



The buddy program at Linnaeus University (in Växjö)

About 1200 new international students begin at Linnaeus University every year. The students represent about 80 different countries across the globe and contribute to create a fantastic environment at Linnaeus University. We are happy that you want to become a part of this through the buddy program. Main coordinators for the buddy program in Växjö are Linnéstudenterna (the student union) and ESN Växjö.

What you get from being a buddy?

- *A possibility to become an important person in the everyday life of a new international student*
- *A close encounter with a culture different from your own*
- *The possibility to network with other students with an international mindset*
- *The possibility to learn new languages or practice the ones you already know*
- *Create a new circle of friends and get new perspectives*

Introduction to being a buddy

Most students prefer the informal and personal contact that the buddy program often provides. The students can better appreciate their time away from home when assigned a buddy to introduce them into the study environment, the Swedish or local society and way of life. Studying in a foreign

country means a big and sometimes difficult adjustment. A personal and informal contact with a buddy can make it easier to meet new impressions. Being a buddy means helping the student to settle in a new and unfamiliar environment. This involves a minor responsibility but mostly a chance to get to know a culture different of your own and a possibility to improve one's language skills. The buddy program is also about personal growth.

When you have received the buddy result with your assigned newbie(s), it is time to introduce yourself. Use the contact details provided. After you have done so the fun begins. Find out what you have in common. Maybe you get questions about how to travel to Växjö, or how to join a soccer team? Or what student associations there are? Many students need help on searching for housing. It is good to be available upon the student's arrival but not mandatory. The student might need help with grocery shopping, get familiar with the area etc. Later you can discover Växjö and its surroundings together!

Suggestions on how to help your student:

- Invite your student over for "fika"
- Help the student at the supermarket. The difference between milk and yogurt for ex.
- How to sign up for exams, the purchase of memberships, tickets to parties and events
- Library card, copying
- Where to buy a bike, a bus card, router etc.
- Academic quarter, what is that?
- That Swedes take off their shoes when visiting friends
- Explain pre-and after parties

Cultural differences

You will most likely discover cultural differences between you and your newbie(s). Sometimes they are big, sometimes they are insignificant. In most cases you can overcome them.

Talk to each other, ask questions, explain, and try to understand from each other's perspectives. The cultural differences can find expression in practical difficulties for the student. When this happens, the buddy can in a simple way help by giving advice about studies and leisure activities. If you cannot answer, refer to Linnéstudenterna or to the university.

Register to become a buddy

Did not yet register? Go to <https://buddyprogram.lnu.se>

Upon registration you make several choices that will influence the possibility of being assigned a student with a similar profile. Incoming students may stay anything from 4,5 months to 3 years. It is possible to indicate your preferences, we do our best to meet your expectations. Contact us if you have any questions.

What happens after registration?

Buddies and newbies are matched in two rounds each semester. To become buddy a fall semester, register in the spring and vice versa. The result is shared in June or July and in August for fall semesters, and in Dec and Jan for spring. Buddies are emailed with the contact info to their newbie/s. The newbies receive the buddy's name and a message from the buddy (that is optional to write in the buddy registration).

Prior to the newbies' arrival buddies receive info by email. If you do not hear from us, begin to look in your spam. Join the Facebook group <https://www.facebook.com/groups/visbuddy/> where news will be posted along with suggestions of events. Buddies can also post questions and help each other.

Events

At the start of the semester ESN Växjö (VIS) usually organizes introduction events for international students and for local students interested. ESN Växjö also arranges parties and other local events. ESN is open to all students in Växjö and not just internationals. To join, and get involved, follow ESN Växjö,

<https://www.facebook.com/vaxjo.international.students/>

Linnéstudenterna also organizes events,

<https://www.facebook.com/Linnestudenterna/>

Buddy introduction

The student union arranges buddy introductions, usually at the end of every semester. Introductions contain information about what we want buddies to do, info about the arriving students and how to support them.

Buddies are invited to these introductions via email or through the FB group

<https://www.facebook.com/groups/visbuddy/>

Links and contact details

Arrival to Växjö: <https://linnestudenterna.se/arrival-information/>

Housing in Växjö:

<https://linnestudenterna.se/accommodation/>

Student Coordinator Karin Siöö

Email: studcoord@linnestudenterna.se

Phone switch: 010-3309000, direct: 070-4819956

Web: linnestudenterna.se

ESN Växjö's Buddy Coordinator

Email: buddy@visesn.org