



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. Main coordinators for the buddy program in Växjö are Linnaeus Union (Linnékåren) 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*
- *Network with other students with an international mindset*
- *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

Incoming students (in the program referred to as newbies) appreciate the informal and personal contact that the buddy program can provide. The newbie can better appreciate the time away from home when a buddy who may introduce them into the study environment, the local society and way of life. Studying in a foreign country means a big and sometimes difficult adjustment. A buddy can make it easier to meet new impressions. Being a buddy means helping a newbie to settle in a new and unfamiliar environment. This could involve a minor responsibility but mostly a chance to get a new friend.

When you have received the buddy notice with info about your assigned newbie(s), introduce yourself. Use the contact details provided in the buddy notice. Find out what you have in common. Maybe you get questions about traveling to Växjö, or how to join a soccer team? What student associations to join? What are the best places for coffee and cake in town? Many students need help with searching for housing*. It is good to be available upon the newbie's arrival but not mandatory. Consider what you would have appreciated if you were the newbie.

*Linnaeus Union has a housing agency where private landlords may advertise, as well as general info about how to search for accommodation: <https://linnek.se/eng/bostadsportal/> and <https://linnek.se/eng/bostadsinfo/>

Suggestions on how to help your newbie:

- Invite your student over for "fika"
- Take the newbie to the supermarket. Explain the difference between milk and yogurt package wise.
- How to sign up for exams, the purchase of memberships, tickets to parties and events
- Library card & copying, getting a router, buying a bus card etc.
- What is Academic quarter?
- How to act when visiting a Swede (for ex. we take off our shoes when invited to a friend's place)
- 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 they can be overcome. Discuss, ask questions, explain, and try to understand from each other's perspectives. The cultural differences may result in practical difficulties for the student. If you cannot answer, refer to the Student Coordinator at Linnaeus Union or to the university.

Register!

Not yet registered to become a buddy? Go to <https://buddyprogram.lnu.se>

Upon registration you make several choices that will influence the possibility of being assigned a newbie with a similar profile. Newbies may stay anything from 4,5 months to 3 years. It is possible to indicate your preferences, then we do our best to meet your expectations. Contact us if you have any questions. To become buddy a fall semester, register in the spring and vice versa. The result is shared in June or July and in August/Sep for fall semesters, and in Dec and Jan for spring. Each semester you want to become a buddy to a newbie you must re-register. This is because we continuously work to improve and upgrade the system used.

What happens after registration?

Buddies and newbies are matched in two rounds each semester. Buddies get an email 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). 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 in the group.

Events

ESN Växjö usually organizes introduction events, as well as events throughout the semester, for both international and for local students interested. Interested in getting involved? Join the board or one of the committees, <https://www.facebook.com/vaxjo.international.students> or <https://visesn.org/>

Linnaeus Union organizes events too, for ex. a welcome fair open to all students, as well as member exclusive events: <https://www.facebook.com/Linnekaren.vaxjo/>

Buddy introduction

Linnaeus Union arranges buddy introductions, usually at the end of each semester. Introductions help buddies to become prepared to support their newbies in the best possible way. Buddies are invited to these introductions via email.

If you did not find the answers to your questions here, contact the Student Coordinator.



“Tillsammans med dig skapar vi
förändring och möjligheter”

Karin Siöö

Studentkoordinator | Student
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