



/stampus

WE ENLIGHTEN YOUR STUDIES





**WELCOME TO
HELSINGBORG AND
LUND UNIVERSITY**

Congratulations!

The fact that you are holding this /Stampus bible means that you have taken the big step of starting to study at Campus Helsingborg. A step we, together with you, plan to make sure you will never regret! The only reason that the /Stampus Student Association exists is to make your time at campus the best of your life.

As a student, much is new and unknown, but don't worry, we promise that the time spent will be awesome and unforgettable. Apart from the obvious hours of actual studying, you will experience pub evenings, dinners, parties, sports activities, radio participations and many other things together with us in /Stampus. You will meet a lot of new people and make friends for life!

As support for you as a novice student, this bible will give you all information you need regarding the life as a student here in Helsingborg. Ask us, we know!

Fredriksdals
Friluftsmuseum 1700 m

Tropikarier 1700 m

Helsingborg Arena

Idrottens Hus
Olympia 900 m

300 m  
Skolmuseum 500 m

Dunkers Kulturhus
Tullstöv 600 m

200 m
Helsingborg 200 m

Norra Hamnen 700 m

 punkten 400 m
 

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Chairman's statement

Before I started my studies at the university I had only heard stories from friends about the student life. Stories telling me about how much anxiety you get from studying for an exam or how many times you might need to re-read a book. But I also heard stories about all the spontaneous parties at student housings, mighty traditions as Tandemstafetten (The Tandem Relay) or celebrations at Valborg. About how to attend a dinner dressed as whatever you can imagine or the fact that within the life as a student there is something for everyone. I could never imagine how great and fun it actually is!

It is difficult to describe what the “student life” is hence it needs to be experienced. To feel the fellowship created between lovely people, to experience things you have never experienced before, or just to make unforgettable memories.

Together we have skied in the Alps, been partying at Villan like it was the last night of our lives, travelled back and forth to Helsingör late nights to watch the sunrise, competed against

each other in various types of sports and singing “Helsingborgsvisan” at dinners as loud as only us students are capable of.

Being a student is so much more than studying, exams and essays. It’s about getting to know other people, getting to know yourself, dare testing things you have never tried before and developing as a person. At the same time as you have an awesome time!

As the chairman of /Stampus I want to, together with my board and all members, make sure that we create these unforgettable memories, wonderful moments and joyful events that only student life can.

Andreas Christensson
Chairman /Stampus



/STAMPUS



ANDREAS CHRISTENSEN
Chairman
Service Management



LINNÉA PERSSON
Vice Chairman
Service Management



VIKTOR HUANG
Finance Manager
Service Management



SARA ERICSSON
Business Manager
Strategic Communication



AMANDA NYHLÉN
Marketing Manager
Strategic Communication

BOARD

MICHAEL SUNDBLOM
Stampus FM Station Manager
Strategic Communication



JOACIM ARGELIUS
Property Manager
Specialist Teacher



MADELEINE ANDERSSON
Committee Manager
Service Management



FREDRIC TAPPER
IT Manager
Service Management



ANNA LINDHOLTZ
& CARL RÖCKERT
Pub Masters
Strategic Communication
Service Management





HELSINGBORG

Helsingborg has, thanks to its perfect geographical location, become known as the “Pearl of the strait” in the Öresund region. With its 130 000 inhabitants, the city is a centre of culture and entertainment at the west coast of Skåne, with something for all tastes. Whether you love to hang out on sunny beaches, club until your feet ache or hike in beautiful environments, Helsingborg is the city for you.

In addition to the awesome nightlife and nice beaches, Helsingborg has more treasures for you to discover. Worth visiting are Pålshö Kallbadhus for a cool dip in the winter, Sofiero Castle with its magnificent gardens, the markets on Söder and the city’s landmark Kärnan. If you feel like getting away from Sweden for a little while, Denmark is only 20 minutes away by ferry.

THE ASSOCIATION HOME

Consul Persson's villa, or Villan as we call it, is the old house that has been the home for /Stampus since 2003. Here is where we hold our Thursday Pubs, festivals, radio broadcasts and much more. During the first part of your stay in Sweden, Villan will become your second home. Then you will be part of something historic; in the spring of 2016, the old Gustav Adolf parish hall on Söder will open up as the new students' union building. /Stampus and the other student associations will then move its activity there. Obviously this is something that will be celebrated big time!





THURSDAY RESTAURANT

Are you tired of living on instant noodles and baked beans? Are you just sick of doing the dishes? Whatever the reason, /Stampus has the solution for you. Every Thursday, our Thursday Restaurant serves super yummy food to student friendly prices. We always have a vegetarian option for those who don't eat meat. After dinner you must not miss the Thursday Pub!

Once a month, the resturant also arranges an amazing brunch that you don't want to miss!

THURSDAY PUB

Every Thursday it's time for the pub at Villan! After many hours of studying, Thursdays are a relief when you can celebrate that the paper is handed in, the latest exam is passed or simply that it's almost Friday.

In the best student place in the city you'll find cheap beer, great music and lovely people. Make sure you are one of them!

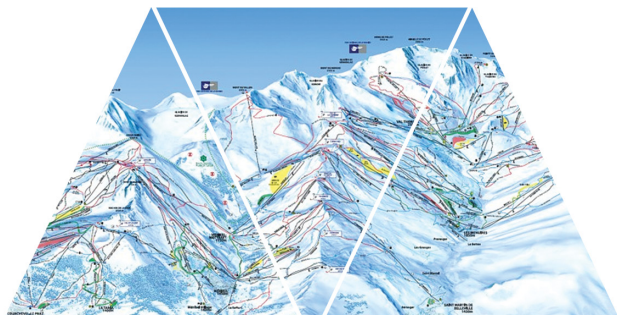
Don't miss our themed parties when Villan becomes jam-packed with happy and costumed students! Thursdays will never be the same again...



VAL THORENS 2016

In the beginning of every year, /Stampus organizes a ski trip to the Alps. Several buses are stuffed with students hungry for skiing and partying. For one week, we are enjoying the best slopes and the coolest night clubs. Put the school aside for a moment and enjoy wonderful powder snow and great afterski. A perfect way to reload for a new, crazy spring semester!

There is a high demand for the tickets, so we recommend that you and your friends are out in good time and keep an eye on the ticket release to be able to be part of a journey you will never forget!





TANDEM 2016

Tandemstaffen is a student tradition that takes place in May, where around 20 teams from Lund travel to Gothenburg in buses full of excited students. The start is in the evening at Götaplatsen in Gothenburg where all the teams are getting ready together. Then everyone bikes back to Lund taking turns on a tandem bicycle, while the rest of the teammates are cheering.

On the way back to Lund, two long stops are made where great outdoor discos are taking place. Naturally, /Stampus will be participating to create an awesome atmosphere and bike like never before! Simply something that cannot be missed!

/STAMPUS FM

As part of Sveriges studentradio (SSR), we are proud to present our own radio channel /Stampus FM! Every week entertaining programs are being sent and the best part is that as a /Stampus member you can participate and help making our radio programs really good.

Our radio contributes to P3's Musikhjälpen as we have the same concept with artists, competitions, fundraisers and more!





/STAMPUS SPORTS

Tired of the constant working out at the gym? No worries, /Stampus gives you the opportunity to keep fit in a socially and rewarding way! Soccer, floorball, handball and volleyball sessions are held every week and as a member you can participate in how many sports as you want. Everyone is needed regardless of experience, so if you have dreamed of trying a sport but thought it was too late, now is your chance! Training has never been more fun!



/STAMPUS COMMITTEES

A fantastic way to get to know students from other programs than yours is to involve yourself in one of /Stampus' many committees. As a staff member of /Stampus you get free entry to the Thursday Pubs and gets invited to the crazy staff parties held once per semester.

• BAR TEAM •

Try out to stand on the other side of the bar

• FOOD TEAM •

Cook for and serve hungry students

• THE EVENT COMMITTEE •

Be involved in planning of all /Stampus parties

• THE DJ COMMITTEE •

Learn how to mix and gain the power over the music

MEMBER INITIATIVES

Do you think something is missing? Do you have any fun projects you want to run? Perhaps you want to hold a pub quiz every month or just arrange a beer pong tournament. We encourage members to take initiative and organize things! Keep in mind that /Stampus is your association and the more you contribute, the better it gets. Right?



Student vocabulary

For new students, it can be difficult to keep up with the student terminology, especially if you don't know Swedish. So if you feel like you don't have a clue, this vocabulary might come in handy!

AKADEMISK KVART If your schedule says your lecture starts at 10.00, in the academic world this means that it in fact begins at 10.15. Please note that this does not apply to exams!

FÖRELÄSNING Eng: Lecture. Is normally a lesson where a mossy old man is standing at a podium teaching something that could just as well have been Greek. Advice: Bring coffee for this may take a while...

TENTA Stands for "tentamen", a complicated word for "examination". And that word really matters now, because completed "tentor" usually result in great celebrations, no matter how it went!

OMTENTA If you have failed an exam 9 times, you should on the 10th time, according to tradition, wear a tuxedo if you are a man and an evening gown if you are a woman. In both cases, a candle should be lit at your place.

SITTNING A three-course student dinner with a lot of singing. An important rule is "rather sing false than not at all". Theme is common during the sittningar.

EFTERSLÄPP The party begins after the sittning. You can go to the eftersläpp if you missed the dinner.

SPEX Is a student theater, a form of comedy with music and a lot of humor.

TURA To take the boat back and forth between Helsingborg and Helsingör without getting off. Something cold to drink in your hand and melodious live music is standard during the trip.

KÄRNAN Is the remaining tower and parts of the wall that once surrounded Helsingborg. Kärnan is located in the middle of the city and is often used as a waypoint.

KULLAGATAN Is the main pedestrian precinct located in the centre of Helsingborg, filled with shops and cafes.

FRIABAD & GRÖNINGEN Is the coastline running through Helsingborg and offers, among other things, beach gyms, lovely beaches and great places to hang out on.

VÄLA SHOPPINGCENTER Named the best Nordic shopping center. Take the bus from Knutpunkten to get there.

KNUTPUNKTEN Is the central station in Helsingborg and thus a second home for all the commuting students.

Discounts

As a member of /Stampus you will, in addition to everything earlier mentioned, also have access to student discounts at many local shops, restaurants, bars, etc. These discounts are exclusive to our members upon presentation of a membership card. Under "rabatter" on our website you will find more information about our various discounts and what they mean!

RESTAURANTS & BARS

BIKTEN

Favourable prices on beer, cider, cocktails and shots!
Bar, Mariagatan 10

TRAPPAN

20% discount on drinks!
Restaurant & Bar, Kärnantrappan

PIZZERIA BOMB

Free soft drink when buying pizza.
Restaurant, Södra Kyrkogatan 22

LE CARDINAL

Afterparty for the Thursdays Pubs in terms of free entry until 02 when showing the stamp from the pub.
Discounted prices on food and drinks!
Restaurant & Nightclub, Södra Kyrkogatan 9

THE TIVOLI

Discounts on food, drinks, concerts and nightclub!
Restaurant & Nightclub, Hamntorget

MANDA'RIN

20% discount on food and favourable prices on drinks!
*Restaurant & Cocktail bar,
Södra Storgatan 10*

EDELWEISS

Goulash soup with bread and crème fraîche + a beer for 99kr! Non-alcoholic for 89kr.

Valid Sun - Wed!
*Restaurant & Bar,
Drottninggatan 15*

IN O UT DELI

15% discount on everything!
*Restaurant,
Södra Kyrkogatan 8*

WOK ON FIRE

15% discount on everything!
Restaurant, Bruksgatan 1

PAPADAM RESTAURANG OCH BAR

15% discount on all food!
*Restaurant,
Bruksgatan 10*

TELEGRAFEN

10% discounts on drinks!
Bar, Norra Storgatan 14

HEALTH & BEAUTY

ACTIC

Year membership for 249kr/month (reg. price 318kr/month)!
*Gym & Indoor Swimming,
Södergatan 60*

IMPULSE DANCE COMPANY

10% discount on all courses!
*Dance studio,
Drottninggatan 72*

TIM'S HAIRCUT

15% discount on haircuts
and treatments
Mon-Thu between 10-14!
*Hairdresser,
Norra Storgatan 14*

TOUCH MASSAGE & REHAB

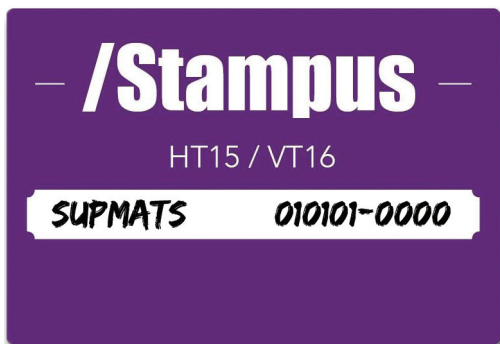
50% discount on the first
treatment and 15% after
that.
*Masseuse,
Filbornavägen 11*

TAUDIEN TRAINING

15% discount on
functional group training.
Free trial workout 31/8-
3/9!
Training, Olympia

TRÄNINGS- AKADEMIN

Free trial workout for a
month + free registration
fee. Then 269kr/month or
3228/year!
*Gym,
Gåsebäcksvägen 20*



**HERE IS THE CARD THAT GIVES YOU ALL
THE DISCOUNTS. GET IT TODAY!**

HELSINGBORGS KAMPSPORT

Free training 3 times a week. 500kr/semester for those who want to practice more often. Only pay the membership fee of 100kr/year.

Fitness center

HELSINGBORGS RODDKLUBB

Practice rowing with /Stampus own rowing team, in collaboration with Helsingborgs roddklubb.

Training, Norra Hamnen

RYA GOLFKLUBB

The tuition fee for 2000 SEK and 20% discount on the regular green fee!

Golf club, Rya 20

SHANTI YOGA CENTER

20% discount on all membership cards and a further 10% if you recruit another member.

*Yogacenter,
Filbornavägen 11*

HELSINGBORGS GOKART

10% off on the different runs!

Go-Cart, Bredgatan



FESTA, FIKA, SHOPPA, LUNCHA

Åk på en tura eller ta en runda till Helsingör tillsammans med vännerna. **Fika, shoppa och umgås!** Vid uppvisande av Stampuskort eller Studentkort ger vi dig förmånliga rabatter ombord och specialpris på biljetten.



**STUDENT
RABATTER**



På scandlines.se/student kan du läsa mer om erbjudandena.



ALLTID EN AVGÅNG SOM PASSAR

Scandlines
HELSINGBORG-HELSINGÖR

TRAVEL & ACCOMMODATION

BERGKVARA BUSS

Discounts on bus trips!
Bus company

KULLAFLYG

Students are flying for 395kr on selected flights with the promocode STUDENT. Flying Ängelholm-Bromma!
Airline

HOTELL HORISONT

Offers discounts on hotel rooms for relatives to members. 600kr for single rooms and 700kr for double rooms. Remember to indicate that they are relatives of a /Stampus member. Also discount on hotel breakfast for only 60 kr!
Hotel

SVERIGE TAXI

Travel with "loyal customer"-fare. State that you are a regular customer.
Taxi firm

MOVEABOUT

3 months free membership (then 62kr/month). The promocode is found on the website.
Carpool

SCANDLINES

Favourable prices in the bar. Half the price on round-trip travel (or travel 2 for 1). Tura-ticket for only 15kr!
Shipping company

SHOPS & CAFES

7:ANS CYKEL OCH SPORT

10% discount on bicycles, bicycle assessories, servicing and repairs.

Shop, Tågagatan 7

BAGELS CAFE

10% discount on everything!

Café, Södergatan 12

FAHLMANS KONDI-TORI

10% discount on everything!

Café, Stortorget 11

CAFÉ ANNORLUNDES

10% on Fredagsfika, applies on any hot drink and cake!

*Café,
Fågelsångsvägen 23*

CAFÉ SODA

10% discount on everything!

*Café,
Carl Krooks gata 51*



Köp din mat i en studentvänlig matbutik!



ICA **KVANTUM**

Din Bästa Affär!



Öppet alla dagar 8-22

Carl Krooks gata 30, 252 25 Helsingborg

Tel: 042-18 70 70



Se det du vill se

För 68 öre om dagen glider du in smidigare till kossor och 1700-tal, vernissager och foto, DIY IRL, musik och debatt. Ett helt år. Kika in i din nya fritid på

mittkulturkort.se

Vi ses i vimlet! Din Kulturtant

CULTURE

HIF

Very discounted rates on all Allsvenskan tickets for members!
*Football association,
Mellersta Stenbocksgatan*

HELSINGBORGS STADSTEATER

Tickets to the small stage for 100kr. Main Stage 120kr!
Theater, Karl Johans gata 1

RÖDA KVARN

Movie ticket for only 80kr!
Cinema, Karlsgatan 7



KULTURKORTET

For 250kr/year you get free access to Dunkers Kulturhus, Fredriksdalsvägen, Kärnan and Sofiero. In addition, discounts on Stadsteatern, cinema Röda kvarn, the concert hall, Råå museum!
Experience

HELSINGBORGS DAGBLAD

One month free subscription. Half price (125kr/month) to continue your subscription!
Daily newspaper

Contact us



Konsul Perssons Villa
Södergatan 1



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251 08 Helsingborg



www.stampus.se
info@stampus.se



/Stampus



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Thursdays 12-13
at U2

Student housing

AMERIKA SÖDRA

Furutorpsgatan 36

ANGLAIS

Gustav Adolfs gata 14B

BRYGGAREGATAN

Bryggaregatan 40

CAMPUS RIDSKOLAN

Lägervägen 47

HAGA STUDENTBOSTÄDER

Minörgatan 4

HÖJDPUNKTEN

Närlunda

ÖSTRA VALLGATAN

Östra Vallgatan 11

For more information, visit helsingborgsstudent.se

JOIN /STAMPUS — TODAY —

and don't miss all the fun!

We are sitting on U2 every Thursday and sell memberships to the biggest student association in Helsingborg; /Stampus. For only 250kr per year you get a membership and can participate in all our activities and events! Just bring your ID and evidence of admission.





*Alltid
Studentvänliga priser
i Bar & Entré!*

**The
OTTI**

HELSINGBORGS KOMPLETTA NÖJESARENA

HÄMMTORGET HELSINGBORG  **042-18 71 71** *www.theotti.se*