Welcome future X-Change and International students!

We are very proud to welcome you to the Introduction week of 2014 in Halmstad.

The Introduction week (In Sweden called Nollning) is organized from 20 of August – 29 of August, just before the semester starts. It is a Swedish tradition for new students when they begin their University studies. The Nollning is not mandatory but it is a great opportunity for you to participate in a Swedish tradition, to meet new friends, get to know your new classmates, and become acquainted with the University and the city of Halmstad. There will be many activities for you to participate in, all optional of course, and we are sure you will have a great time during these ten days! **The 26 of August is the day you are going to sign up for your course and meet your professors, teachers and classmates. (You have to look up the time and place by yourself.) This is mandatory for your University studies.**

Who are we?
Every program has its own Headcrew. You can recognize the Student Union Headcrew and the other 16 programs, by the different colors of the overalls. Your program is called X-Change and you will recognize us by white overalls and our purple flag with an alien on it. The planning of the Nollning has been an ongoing project since February to make sure that it is going to become a success. All functionaries have been to an educational course in leadership. We have different roles such as Headcrew, dads and various little helpers etc. and we have all prepared for these roles.

Nollning 2014
On August 20 we will meet at 10:00 am (make sure to be on time!!!) at Trade Center (see map on Facebook). We will organize everything for you: make sure to bring a good mood and a motivation to have fun. To participate in the Introduction week you will need to pay a fee to the Student union of 270 SEK. Make sure to bring a receipt as proof of you transaction. You will ALSO need to bring 400 SEK to pay for arrangements of the Nollning. The fee of 400 SEK includes beverages (alcohol and nonalcoholic drinks), t-shirt and some food etc. In the end of the Nollning there will be an optional formal dinner for all students that have participated in the activities. This is not included in the Introduction week-fee. The dinner and party will cost about 380 SEK. You need to bring formal clothes for the dinner.

Remember that there are a limited number of spots for participating in the Nollning 2014, which means first comes first served. Although, some activities we can accept more students to join, for example the Campus tour.

The Student Union (Kåren) - Membership
The Student Union works for all students, both members and non-members, but arrange special activities exclusively for our members. Thus, to be able to receive all special benefits you have to become a member of the Student Union. The membership gives you access to the following: week of welcome (orientation week for new students), reduced entrance fees at the Student Union’s pub and nightclub, discounts at local stores, university health club etc. Remember to be a member!
Rules

**In Sweden it is of most importance to show up on time!** Remember that all drugs (including hash) are strictly forbidden in Sweden. During the Nollning week it is also forbidden to bring your own alcohol, as it is forbidden to drink alcohol in public places. Doing so can result in a fine, about 1000 SEK. During the Nollning week it is forbidden to wear sunglasses and umbrella, due to the tradition.

Checklist

- Comfortable shoes
- Clothes according to weather
- Clothes you don’t mind getting dirty (for example sportswear)
- Bathing clothes for beach day
- ID and letter of enrollment
- Introduction week fee in cash, 400 SEK (cash is king)
- Receipt for Student Union payment
- Money for snacks and various meals

Contact and further Information

For more detailed information it is very important to check out our Facebook-page for the Nollning 2014: **Nollning Alien 2014**

And of course add **Headcrew X-Change** on Facebook.

If you would like to participate in the Nollning 2014 we would be most thankful if you send us an email and tell us something about you (allergies, phobias and disabilities) as soon as possible, absolute last date is 10 of August. If you have any questions, please do not hesitate to contact us at **xchange2014@hotmail.com**, for more information please visit **www.hh.se/english** or **www.karen.hh.se**.

We are looking forward meeting you in August; this is going to be the best Nollning ever!

Best regards,

Your X-Change Headcrew