



JÖNKÖPING
STUDENT UNION

Welcome Buddy - to the Buddy Program!



Thank you for signing up to be a Buddy for an international student during the next semester! Prepare to explore the world!



It is important that you know what is expected from you as a

Buddy!

This document will help you!

What is the
Buddy Program?

The purpose of this program is to help all the new international students, exchange and program students, who are coming to Sweden to study at the University.

What they all have in common is that they are new at the school, they don't know anyone, and they are unfamiliar with Sweden and the Swedish culture. That is why they need you – as a Buddy! Just imagine how you would feel if you just arrived to a new country with a different culture where you don't understand the language. Wouldn't you want someone to be a helping hand?

BE READY!

Several practical questions may have already been answered during kick-off, but they might look for more answers. Be helpful and provide the new arriving students with information - even without being asked.

BE OPEN!

International students are from all over the world and their culture differs and can be new to us. Embrace the differences - it will be exciting!

SHARE YOUR LIFE!

The internationals hope to get an insight into the Swedish way of life. Wherever you might be from, show them your everyday life at JU, invite them to parties and introduce them to your friends.

TAKE INITIATIVE!

You are the experienced one at JU - it's fair that they expect you to take the first step, out of courtesy. Get in touch with them before they arrive and tell them about yourself and life at JU.



What can you do together?

- ☺ Walk around Jönköping, both the city center and its surroundings.
- ☺ Check out Stadsparken.
- ☺ Show them the nearest supermarket.
- ☺ Cook food - share each others cultures!
- ☺ Inform them about the drinkable tap water, pedestrian crossings, kanelbulle, köttbullar and other typical Swedish things and habits ;)
- ☺ Have fika! (of course)
- ☺ Inform them about the student life in Jönköping.
- ☺ Show them nice cafés or restaurants around town.
- ☺ Watch a hockey match.
- ☺ Take them to school happenings (e.g. Movie Nights, Quiz Nights, Culture Days, sittningar).

When do the international students arrive?

The University offers a “pick up service” during the 1st & 2nd week in January.

Some students arrive before

and after as well. University staff will pick the students up at their arrival points and take them to the Uni. Here they get all the info they need and are given an accommodation, which they also get a lift to. As the new students often need a helping hand during the first days, it’s good if you’re in Jönköping when the international students arrive!



What to do when you get the contact?

As soon as you get the contact to your Buddy, get in touch with him/her. If you apply to become a Buddy before the 18th of December, you will get the contacts to your students during week 51/52 (19th - 31st of December).

If it doesn't
work out?

Sometimes the personal chemistry just doesn't work out. This is a sensitive topic of course, but if it doesn't feel right, you don't have to push yourself. Just contact Julia (presinter@js.ju.se) and we will try to fix it.

We can not guarantee that you will get a student from the countries you wished for, we try our best, but sometimes it just doesn't work out when we match everyone. It can also happen that you get more than one student, if not enough Buddies signed up for the program. You should be aware of, and agreed upon this while signing up as a Buddy.

Do not forget that you signed up to be a Buddy for the whole semester!

We have previously noticed that Buddies tend to lose contact with their student the longer the semester goes, so please, keep in mind to meet every now and then. We also try to help you doing that by offering monthly activities organized by the IAC, that will be offered exclusively for participants in the Buddy program.



A BIG thank you for your willingness to help a new student and have fun!



JÖNKÖPING
STUDENT UNION



INTEGRATION & ACTIVITY
COMMITTEE