



2025

OFF TO A RUNNING START
KICKOFF BOOKLET



**SWEDISH DEFENCE
UNIVERSITY
STUDENT UNION**

Welcome to THE SWEDISH DEFENCE UNIVERSITY STUDENT UNION!

Dear students,

Whether you have just started your studies or have already completed a few semesters, we at the student union would like to wish you a fantastic start to the semester. Life as a student offers so much more than just knowledge, lectures, exams and course literature. It is a period that also opens up opportunities for community, commitment and influence

As the student union at this university, we are here to support you throughout your studies. We therefore encourage you to take advantage of the opportunities offered. Whether it is getting involved in student representation, participating in our student social activities or otherwise contributing to and taking part in what the union has to offer.

We look forward to meeting you all!



Erica Sohlberg, President

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FÖRSVARSHÖGSKOLANS
STUDENTKÅR



Get it together!!

Checklist for New Students

1. Accept your admission and apply for student aid

Confirm your place on antagning.se, and apply for student aid (CSN) at CSN.se.

2. Register in Ladok

As a new student, you need to register via student.ladok.se. You must register before every course, so don't forget to do it on time!

3. Get an SEDU account

As a new student you'll need to register for a SEDU account, information can be found under paragraph 4 on the SEDU website. With your SEDU account you gain access to the learning platform Canvas, your student email, and Office 365.

4. Find your schedule and syllabus

The SEDU uses the scheduling system TimeEdit. Finding the correct schedule can be a bit tricky, so use the course code you'll find in Ladok.

For example, if you're studying the first semester of the Bachelor's Programme, the course code for International Relations is 1SS079.

Once you've found your schedule, the next step is course literature! Reading lists are usually found at the bottom of the course syllabus or in a separate literature list. You can find syllabi on the student portal at fhs.se.

Pro tip: Look for course literature at the Student Union's book marketplace. Search for "FHS Boktorget" on Facebook.

5. Get your access card

As a new student, you must obtain an access card. The Swedish Defence University uses personal access cards, and to create yours you must be photographed. Times for card registration will be announced on the student portal and communicated separately.

Please note: SEDU is a protected site. Visitors are welcome in the open areas (the entrance, Propellern, and the Anna Lindh Library) between 09:00 and 17:00 on weekdays. Bringing visitors into the restricted areas constitutes a violation of the Protection Act and is punishable by fines or up to two years in prison.

6. Find housing

The housing situation in Stockholm is challenging, but we in the Student Union want to share a few tips for finding your future home. As a member of the Student Union, you can apply for housing through SSSB, which is owned by the student unions of Stockholm. SSSB offers both corridor housing and apartments in the city center and nearby suburbs.

Blocket-bostad and kvalster.se have thousands of listings in various price ranges.

There are several housing providers in Stockholm that offer apartments.

Bostadsförmedlingen provides both student housing and regular rental contracts from around Stockholm County. Be sure to join their housing queue as soon as possible!

Ask around during the welcome week. Some students might have space for a lodger or be interested in sharing an apartment.

Stockholm is a large city with excellent public transport options. Do not feel limited to living in the city center. SEDU is located right next to Roslagsbanan, which connects large parts of northeastern Stockholm. The subway reaches most suburbs and the commuter train covers the entire county. A commute of 45 to 60 minutes is not unusual.

7. Sign up for the kickoff!

The Student Union's welcome week is a highlight of many students' lives at SEDU. You can find more information about this year's kickoff at fhskar.se/en.

8. Become a member and get involved in the Student Union!

By joining the Student Union you can both support and take part in everything we organize, from student representation to social activities!

You can easily become a member via fhskar.se/en/bli-medlem!

**If you have any questions, just grab a buddy.
They are always happy to help <3**

What is the Student Union?

The SEDU Student Union is both fun and incredibly important for you as a student! Sure, the union organizes fun parties and offers unbeatable camaraderie, but its main task is academic advocacy. The union is represented in all of the university's preparatory and decision-making bodies so that you can have as much influence as possible over your studies.

As a member, you can, among other things, get involved in the Student Union's academic advocacy organization (known as the Civil Section) and represent the opinions of your fellow students. Being engaged as a student representative is not only a valuable credential for your future career, but it also gives you an invaluable opportunity to shape your education.



The union is led by the student union board and the board members who are elected by the members at each annual meeting.

Under the board there are **three sections**:

- Civil Section
- Doctoral Section
- Section for the Higher Officer Program (HOP)

The union also has **two committees**:

- Student Social Affairs Committee
- Labor Market Group - Kompass

Student Social Affairs Committee

The Student Social Affairs Committee is the part of the Student Union that works to promote a strong sense of community among the university's students by organizing various social events, for example, the kickoff!! 🎉

Labor Market Group - Kompass

The Student Union's career activities are mainly carried out through the Labor Market Group - Kompass (AMG). Through AMG, the union creates formal and informal contacts with the labor market on behalf of its members.

Civil section

The Civil Section consists of members from the civilian programs and carries out operational academic advocacy at the university, for example by having its members serve as student representatives in subject and program councils.

Doctoral section

The Doctoral Section is responsible for academic advocacy for the doctoral programs and for fostering social community among SEDU's doctoral students.

Section for the Higher Officer Program

The HOP Section gathers participants in the Higher Officer Program (HOP) at SEDU and works to ensure student influence within the HOP program.

What is the Union Board?

They are the ones who make the decisions!

The entire work of the Student Union is led by the student union board. The board is appointed by the members at the annual meeting and works to coordinate the activities of the sections and committees.



THE SWEDISH DEFENCE UNIVERSITY STUDENT UNION

The board's internal work is divided among various responsibilities, such as treasurer, secretary, and the equality and nondiscrimination responsible. You can find more information about these roles on the union's website, including role-specific email addresses.

If you're unsure where to turn, or if you want to contact the entire board, you can always email karen@fhs.se, and we'll respond as quickly as possible!



You haven't missed our social media, have you?



FHSKAR.SE/EN



On the website you'll find all the information you need! Facts about the union, contact info, meeting minutes, governing documents, event calendar, and much more. This is also where you become a member of the union!!!



**FHS_KAR & FÖRSVARSHÖGSKOLANS
STUDENTKÅR**



On Instagram and Facebook, you can find the latest updates from the union <3

Kickoff superheroes:

THE BUDDIES

The buddies are there throughout the kickoff to take care of you new students

♥ Get to know them here!



Elin Bjelke

Age: 21

Hometown:

A tiny town between Jönköping and Borås

What are you studying?

Bachelor's program in Political Science

What do you usually have in your lunchbox?

If it's the 25th, money for Taste, otherwise leftovers.

Olivia Perry

Age: 23

Hometown: Uppsala

What are you studying?

Fifth semester of Political Science

How do you prefer to spend a weekend in Stockholm?

Preferably meeting friends and trying new restaurants!



Willian Wiklund

Age: 26

Hometown: Stockholm

What are you studying?

Master's program in Military History

Where do you see yourself in 10 years?

Analyst in the intelligence sector



Hannah Lara Matikainen

Age: 28

Hometown: Stockholm

What are you studying?

Master's in War and Defence

How do you prefer to spend a weekend in Stockholm?

Good question, there is a ton of fun stuff to do here, but a good weekend for me would be eating good food and having nice drinks with friends and family. Then I would of course end the night by going salsa or bachata dancing.



Sofia Schultzberg

Age: 25

Hometown: Stockholm

What are you studying?

Third year of Bachelor in War, Culture and Society

How do you prefer to spend a weekend in Stockholm?

Going to flea markets or a concert



Nerea Alvarez

Age: 26

Hometown:

Stockholm now
(originally from Navarra, Spain)

What are you studying?

Master's Degree in War and Defence

What's your go-to at Mässen?

Always Briska: rhubarb, elderflower, strawberry... anything

Henrik Jansson

Age: 35

Hometown: Karlstad (sort of)

What are you studying?

Master's program in Innovation, Defence and Security

What is your standard order at Mässen?

"Gimme your biggest, strongest, cheapest drink!"





Rikard Nyberg

Age: 35

Hometown: Stockholm

What are you studying?

Bachelor's program in Political Science

Standard order at Mässen?

Virgin GT. But I recommend trying a Tequila Dimridå to see what you get. Sometimes it's the best drink you've ever had, other times it's barely drinkable, like a milder version of Russian roulette.

Alexander Claesson

Age: 23

Hometown: Malmö

What are you studying?

Political Science

Standard order at Mässen?

Malt and hop smoothie



Jean-Eric Belmonte

Age: 30

Hometown: Madrid, Spain

What are you studying?

Master's program in War and Defence

Typical lunchbox?

Pasta, chicken, mushrooms, and spinach



Eira von Garrelts Svärd

Age: 21

Hometown: Stockholm

What are you studying?

Bachelor's program in Military History

Standard order at Mässen?

Too many glasses of Riesling



Ebba Munck af Rosenschöld

Age: 23

Hometown: Täby

What are you studying?

War, Culture and Society / Military History,
Bachelor's

Best SEDU memory?

There are many great memories, but the
funniest ones come from the sittings! Look
forward to them



Moa Sharp

Age: 23

Hometown: Göteborg

What are you studying?

Bachelor's program in Political
Science

Standard order at Mässen?

A Heineken!



Melker Skoglund

Age: 22

Hometown: Härnösand

What are you studying?

Political Science

Typical lunchbox?

Pulled pork tacos



Erik Westergren

Age: 24

Hometown: Stockholm

What are you studying?

Final year of the Bachelor's program in Political Science

How do you prefer to spend a weekend in Stockholm?

Fencing, reading books in a park, or with a beer in hand





Tora Carnell

Age: 27

Hometown: Södertälje

What are you studying?

Master's programme in Innovation, Defence and Security

Best SEDU memory?

Every time Tormod and William give their all in karaoke at Mässen

Melker Andersson

Age: 21

Hometown: Borås

What are you studying?

Military History

How do you prefer to spend a weekend in Stockholm?

In Göteborg



Linus Flyborg

Age: 23

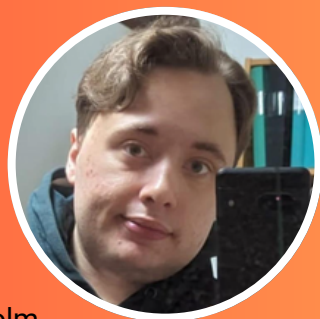
Hometown: Stockholm

What are you studying?

Political Science

Where do you see yourself in 10 years?

Working within NATO or EU, and through that making Sweden and Europe safer and freer



Elsa Crémoux

Age: 20

Hometown: Stockholm

What are you studying?

Bachelor's program in Political Science

Standard order at Mässen?

Sour, but unfortunately it's going to stop being sold 😞



Filippa Hedberg

Age: 24

Hometown: Falun

What are you studying?

Political Science, year 3

Where do you see yourself in 10 years?

Hopefully living the "house, dog, Volvo" life and with a job I enjoy 😊



Nellie Tangen

Age: 21

Hometown: BOLANCHE! aka Borlänge

What are you studying?

Bachelor's in Military History

Best SEDU memory?

Definitely the Spring Ball 2025! (Or possibly when I got my exam back in the course "Railways, Conscription, and Nuclear Weapons" and it surprisingly passed. It was a miracle, I tell you!)



Isabella Galway

Age: 22

Hometown: Stockholm

What are you studying?

Bachelor's in Political Science

What's usually in your lunchbox?

Leftovers



Fabian Freeman

Age: 20

Hometown: Stockholm

What are you studying?

Bachelor's program in Political Science

Best SEDU memory?

All the dancing during the sittings



Teddie Andersson

Age: 27

Hometown: Stockholm

What are you studying?

Bachelor's program in Political Science

How do you prefer to spend a weekend in Stockholm?

I love discovering new things and spend my weekends in the city either trying a new dish or visiting a new place I haven't been to, together with close friends and family.

Tova Porseby

Age: 22

Hometown: Skellefteå

What are you studying?

Bachelor's program in
Political Science

**What's usually in your
lunchbox?**

Palt (a traditional
Swedish potato dish)



Oda Martin Åhrman

Age: 33

Hometown: Varberg

What are you studying?

Political Science

Where do you see yourself in 10 years?

In ten years, I'll be a coordinator for French-Swedish government cooperation in crisis management



Liv Thurhammar

Age: 20

Hometown: Strängnäs

What are you studying?

Bachelor's in Political Science, Leadership and Management

How do you prefer to spend a weekend in Stockholm?

Wild wine nights with friends



Melker Linde

Age: 24

Hometown: Stenhamra

What are you studying?

Second year of the Political Science bachelor's program

How do you prefer to spend a weekend in Stockholm?

Walking through Gamla Stan and then having a drink at a cozy (i.e., cheap) bar



Carl Mäntynen

Age: 23

Hometown: Södertälje

What are you studying?

Political Science bachelor's program

What do you usually have in your lunchbox?

Money for lunch at Nymble

Felix Malmström

Age: 22

Hometown: Gothenburg

What are you studying?

Political Science, 3rd year of the bachelor's program

What is your usual order at Mässen?

A cider and a sausage



Tilde Björn

Age: 21

Hometown: Arvika

What are you studying?

Final year of the Political Science bachelor's program

What is your best SEDU memory?

Celebrating at Mässen after submitting a take-home exam!

Victor Reuterham

Age: 24

Hometown: Stockholm

What are you studying?

Political Science with a focus on Crisis Management and Security

Where do you see yourself in 10 years?

Hopefully working in something relevant to my studies



Where to go when you're

HUNGRY!?



Here are the student union's best lunch and coffee spots when your stomach is growling!

Proppen

SEDU's very own cafeteria and restaurant: Propellern! They have everything you need, from lunch to snacks and a well-stocked fridge. Located in the school building.

Coffice

Just a stone's throw from the union house! They serve toasted sandwiches, salads, meal boxes, and pastries. They also have pens and notebooks if you need them!

7/11

Self-explanatory. On the way from the subway to school.

Markenteriet

The student union's own kiosk! Here you can find noodles, energy drinks, and chocolate balls. Everything can be paid with Swish! Located in the old union building at Drottning Kristinas Väg 47

La Campus

Craving pizza or kebab? This is your savior! Located on the way from the subway.

SEDU Union Houses

Both student union houses have microwaves, dishwashers, and cutlery available for loan if you bring a lunchbox!

Don't forget to return the cutlery though!!!



T-Snabben

There aren't many large grocery stores nearby, but T-Snabben still has most things despite its compact size! Located next to Pressbyrån by the metro.



Taste

A generous buffet with five dishes that will put you in full food coma mode. Coffee is included, and the soft-serve ice cream machine gives you birthday vibes on a random Tuesday in November.

Pärla sushi

Are you friends with CSN and craving sushi? Head to Valhallavägen 49 for one of the coziest sushi spots in the city!!



Syster o Bror

For the food connoisseur, enjoy a tray lunch with a little extra at Syster o Bror, right across the street from SEDU.

Mässen

If you're already grabbing a beer, why not eat something quick and cheap at Mässen? Maybe a hot dog or a pan pizza? Who knows!!

Nymble

The Royal Institute of Technology's (KTH) student union restaurant, located in their union house Nymble. They serve a different lunch every day (with a special "punsch lunch" on Thursdays). If you just want coffee or a snack, the café is on the ground floor!



Help! Where do I go!?

Don't worry! We know it can be stressful to find your way when you're new. Here's some guidance!

You'll probably have several lectures in the main building of the Swedish Defence University (SEDU) at Drottning Kristinas väg 37. Search for "Lecture Halls" on fhs.se for more information.

Some lectures might also take place in the "L-building", located roughly opposite the main building, next to the so-called Triangle Park. The address is Drottning Kristinas väg 30.

The student union has access to two union houses with microwaves and dining areas. The old union house at Drottning Kristinas väg 37 (opposite the L-building) and the new union house at Drottning Kristinas väg 33 (behind the main building)

Note: The room in the new union house is on the upper floor. Go straight ahead, then take the stairs up through the door on the left

Where can I study?



Anna Lindh Library

SEDU's own library! There are study spaces, group rooms, and computers available for everyone studying at SEDU. The library is open every day from 06:00 to 22:00. If you want to book a group room, use the scheduling system TimeEdit.

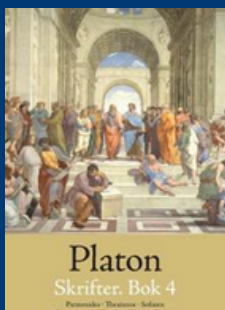
More information is available on the library section of [fhs.se!](https://fhs.se/)

The Student Union Building

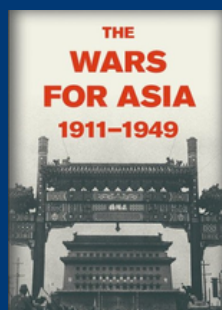
The student union houses also have plenty of dining and study spaces. Plus, they're conveniently close if you want a coffee break at Markenteriet

School premises

Of course, it's also possible to find free study spots in both the main building and the L-building! To see which lecture halls are available, check TimeEdit



Where
to
buy



COURSE LITERATURE?

Once you've found your schedule, the next step is to get your course books! The reading list is usually at the bottom of the course syllabus or in a separate literature list. You can find course syllabi on the student portal at fhs.se.

Pro tip: check out the student union's book marketplace by searching for "FHS – Boktorget" on Facebook.



What is *mässen*?

Following military tradition, the Swedish Defence University has its own officers' "mäss". All students are welcome, making Mässen one of the best places on campus to meet friends and relax. Mässen offers a wide selection of drinks at low prices and is located at Drottning Kristinas väg 37.

Opening hours are usually afternoons/evenings on Wednesdays and/or Thursdays. See you there!



Tips from other students!

- At SEDU, there is no academic quarter like at many other universities.
- There is no “second entry” for exams, so be on time!
- Check your student email regularly.
- All students have access to Office365 through the school.
- Be prepared and engaged in seminars, you can learn a lot there!

Don't forget to become a **MEMBER!**

Join via fhskar.se/en/bli-medlem or
scan the QR code:



