



ÖSTGÖTA NATION

Spring semester 2025

Dear Novice, congratulations on the admission and a warm welcome to Lund and Östgöta Nation! Your decision to become a **Lundastudent** has just opened up a whole new world that will give you the most memorable time of your life! We at **Östgöta Nation** welcome you to a wonderful semester filled with **festivities, joy** and everything that belongs to the student life. Östgöta Nation was the first nation to ever establish here in Lund, and has been a center in the student life for over **350 years**. Here at Adelgatan 4 in Lund you will also find the most **festive parties**, the **best food**, the **nicest pubs** and much more. Nations are seen as **gathering places** for students, but ÖG is so much more. ÖG is a place where you find **friends for life**, learn what **community** is all about and you create memories that will last a lifetime.

To welcome You a little extra as a novice in Lund, we at ÖG host a **novice period** where it's all about getting an **unforgettable experience** with other novices and older Östgötar, also known as your mentors. The novice foremen, together with the mentors will arrange for you a wonderful novice period where we all will create **memories for life** while being guided through Lund's student life.

The novice foremen would like to welcome you

Novischförmännen are the people in charge of the novice period and will make sure that all the activities are arranged and going according to plan. For this semester, it is Wilma Berg and Clara Kronholm who are in charge of this honorable task! The theme for this novice period is **"destinations"**.



Name

Wilma Berg

Studies

Politics

Best memory from ÖG

There are many memories, but my best one must be from when I was a novice at the nation. That was when I met my best friend. A close runner up is when we celebrated the last of April in the Nation's courtyard- the atmosphere was incredible!

Fun fact

I know all of Linda Bengtzings songs by heart!



Name

Clara Kronholm

Studies

Bachelor of molecular biology

Best memory from ÖG

My very own novice period!

Fun fact

This New Year at midnight I ran 5km!!

4/2 - Introday with Pub Punkan

We are going to kick-start the novice period with Pub Punkan. Punkan is our very own pub, where you will get to meet your mentors and fellow novices. With a delicious burger and something to drink it's the perfect time to get to know your novice group.

5/2 - "Cykelfest" - a Cycling Party with the Mentor Group

We continue with a classic Lund cycling party together with your mentor group. You'll cycle around Lund, visiting mentors' homes for games, food, and socializing, giving you an even better chance to get to know each other.

6/2 - Fulsittning + Downtown

It's time for your first "fulsittning"! The evening will offer spex where each group will perform their own fantastic spex and a wonderful **prize** will be awarded to the person with the **best costume**. After this you will get pre tickets for our very own club **Downtown**.

8/2 - ÖG turnament TDC edition + Sunset

No student life in Lund is complete without TDC! You'll experience TDC à la ÖG in the apartments at the nation. You'll participate in competitions and games in different rooms with all of the nations different committees. The evening wraps up at our Saturday club, **Sunset**.

10/2 - Racket Night with the Sports Committee

The sports committee are arranging a racket night at Victoriastadion! Have fun together and try out various racket sports like badminton, squash, and tennis. All you have to bring is sport's attire and a good mood to take the chance and win points for your group.

11/2 - Paint and sip with NATU

Unleash your creative side! Together with NATU, we'll enjoy tasty tea from Javahuset and paint.

12/2 - Cocktail Night with the Mentor Group + Karaoke at Sing Sing

You'll gather in your novice groups to mix cocktails —alcoholic or non-alcoholic—based on fun themes. The evening ends with all groups coming together at Sing Sing to sing your favorite karaoke!

14/2 - Novice party + Afterparty

Finally comes the long-awaited **novice party**! Put on your finest clothes, bring your songbook, pen and a **table gift** and get ready for a fantastic sitting! Here you will be offered a three-course menu, singing and also an **award ceremony** after the awesome points hunt. Other prizes will also be awarded for those who have excelled an extra bit. The novice party will be rounded off with an afterparty!

15/2 - Brunch

We round off this fantastic novice period with a classic and much needed brunch. Here you will be offered good food and the bar will be open for orders. Who does not love a nice brunch?

This spring at ÖG



A regular spring semester in Lund is filled with as many traditions as there are people in the city. Don't miss the spring at ÖG that will be filled to the brim with excited students from all corners of the world that participate in these amazing Lunda Traditions and other festivities that the nation offers.

Sångboksgenomsjuggningen

Each spring we have a sittning dedicated to our **Sångbok** – book of songs! A fantastic three-course dinner is accompanied by concerted singing of the nation's dearest and most traditional songs.

Silent Disco

What has in the later years become one of our most popular events, and a crucial part of the perfect semester in Lund. Only once per semester, and only at ÖG.

Last of April

This is the day when the entire city turns into a massive party! At ÖG we always deliver an unforgettable day with live music and a party at our courtyard all day. For those who have energy left, we also have a nightclub in the evening.

First of May Lunch

The day after-party! We arrange a wonderful sittning for all members of the nation, to celebrate the spring and that summer is upon us.

Tandem

A high-speed adventure on two wheels that cannot be missed! Tandem takes place during the springs that the Lundakarneval is recharging where we together take a bus to Gothenburg to then do a traditional relay on a tandem bike back to Lund. The relay has (sporadically) been held since 1971, where Lund's nations and student unions compete to see who pedals the fastest! A must for every student in Lund!

Get involved at ÖG



Being active in a nation is incredibly fun and educational. Here you get the opportunity to meet new people, create new contact networks while improving your resumé with non-profit commitment. The friends you find in the nation are usually the ones who last the rest of their lives! Being active means that you are involved in the nation, for example working in a club team or food team of some kind and taking part in all the fun activities that the nation organizes.

To become active you have to work three times during one semester. You get a lot of benefits as an active member, for example an active badge, which means that you get free entrance to our clubs until 23:15. If you have worked once, you will also be invited to Vieri parties!

The foremen at Östgöta nation are all responsible for making sure that their committee runs smoothly. The food team bosses, for example, are the ones who together with their workers prepare and cook a three-course meal for our guests. The food team boss plans the menu in advance and also orders the food. But most importantly they make sure that their workers have fun.

We have something for everyone! At ÖG you can work with everything from cooking and nightclubs, to photography and marketing. For more information about our committees that you can get involved with, ask a foreman or read more later in the pamphlet.

Want to get involved?

Join the Facebook group *Tjänstemän på Östgöta Nation*, or click the “Engagera dig”-button on our website, www.ostgota.nu. You can also email pqs@ostgota.nu or talk to one of your mentors or any of our foremen.

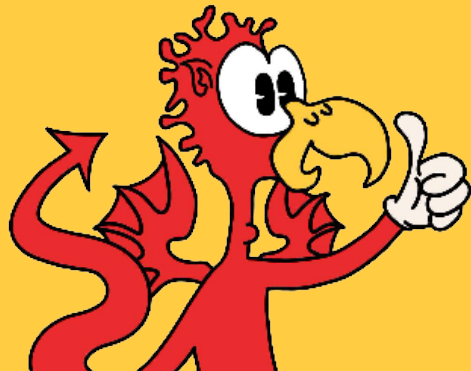
LUN
DYS
BE
ST
CLUB
NATIO

At Östgöta Nation the clubs are at the center.

With three club concepts there's something for everyone, so we can be sure we are guaranteeing the best clubs in Lund, for all. On Thursdays, even weeks, we have **Downtown**, our Hip Hop and RnB club, and every Saturday we have **Sunset**, with mainstream house music. Once per semester we have our popular **Silent Disco**, where you get to choose between three channels playing three different genres. Only once per semester, only at ÖG, and something you definitely do not want to miss.

Our clubs always have a packed dance floor and deliver top class music, and our members get priority in line until 23.00! So if you want to take part in the best ÖG has to offer, it is best to join.

Come and dance all night long with us!



Committees



Lunch

Lunch is served at Östgöta Nation Tuesdays and Wednesdays and costs a mere 45 kr. Coffee and dessert is included and there is always a vegetarian alternative available.

Pub Punkan

Thursdays every other week, classic pub food is served along with chilled drinks at Pub Punkan. This is a perfect occasion to hang out with friends or gather for a pre-party.

Norinders

Fridays every Friday each month after salary or student grants, we have a nicer dinner served along with shaken drinks at Noridner. This is a perfect occasion to celebrate the week-end and to start your friday before other festivities.

Downtown

Every other week, the nightclub Downtown opens at ÖG. The DJs deliver dance friendly music with hip hop and RnB. Before the nightclub kicks off, there is always a sitting with a maximum of 110 guests. A perfect opportunity to celebrate an exam, a birthday or simply the fact that the weekend is approaching!

Sunset

Saturdays in Lund means Sunset at Östgöta Nation, a night filled with dance and mainstream house music. The nightclub has been open since the 80's, and has been a success ever since! Don't forget that awesome sittings are arranged every week before the club opens.

Bakery

Our ambitious bakers always make sure there is an excess of freshly baked bread and cookies to all lunches. This is a perfect opportunity to hang out with friends while your baking creativity flows. The evening ends with a classic Swedish fika!

Brunch

During brunch you'll get everything you can dream of for breakfast! Our brunch foremen will be ready with everything from pancakes to avocado toast, and of course there are mimosas to get from the bar! The brunch at ÖG is the best way to start your Saturday!

Festmästeriet

Or *Festis* as they are called, are responsible for the nation's bigger events such as the Novice sitting, the Christmas party and our ball Fest Filbyterium Lundense. These events are an amazing experience to be a part of, both as a guest and as a worker!

Sports

ÖG participates in the nation's series of football and everybody is more than welcome to join! Other physical activities are also held in order to keep all of ÖG in shape! Interested? Contact our idrottsförmän at idrott@ostgota.nu or join our Facebook group *Idrott på Östgöta nation*.

Vieriet

To show appreciation for our amazing workers we have a vieri at ÖG. Vieriet is responsible for arranging thank-you-parties and other activities for our workers. The point of a vieri is to create a fun community by spending time together!

NATU

NATU stands for *Nationens Allmänna Trivsel Utskott* (Nation's General Welfare Committee). The NATU Committee arranges cultural and other activities that are not related to partying. It can be anything from study evenings to Christmas and Easter coziness to museum visits to thought-provoking films.

Other events in the fall



Fest Filbyterium Lundense

Every fall the nation arranges its very own ball- Fest Filbyterium Lundense. The event of the fall is not something you want to miss. Going to a ball means food, drinks and entertainment of the highest class and Fest Filbyterium Lundense is not an exception!

Silent Disco

What has in the later years become one of our most popular events, and a crucial part of the perfect semester in Lund. Once per semester, and only at ÖG. We also arrange Silent Disco in the spring.

Punschfesten

Punsch... The drink of the students. You might love it, or you might hate it- no matter what it is worth celebrating. In November we take the chance to arrange Punschfesten, exclusively for the members of Östgöra Nation with dresscode dark suit- a very special party, without counterpart.

The Christmas Party

The christmas themed end-of-year-party is considered one of or most beloved parties. Glögg, a christmas smorgardsbord, gift giving, misteltoes and dancing are all given elements. Santa claus will be there- will you?

What is a nation?

The Nations were formed in order to give the students of Lund a second home, outside of the faculty walls. The nations offer a wide spectrum of events such as nightclubs, "sittings" and brunch buffets, to name a few! Also, you have the possibility to apply for scholarships, attend balls, participate in culture and sports committees and most importantly; get involved and meet lots of new people!

Östgöta Nation is a non-profit organization and all the profit is returned to its members in the form of fun activities and future investments, in order to be able to offer a spectacular student life tomorrow as it is today.

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What is the Quratel?

The Quratel is the nation's management team and consists of a Qurator and a ProQurator Social, ProQurator Economy and the Notarie. The Qurator and the ProQurators have taken a years leave from their studies to work full time at the nation, while the Notarie works 50% combined with studies. The Quratelet can answer all of your questions and is most often at the office and can help you with everything from sitting reservations to guest passes. This semester the Quratel consists of Qurator Almida Cinthio, ProQurator Social Maxwell Overend, ProQurator Ekonomi Louise von Post and Notarie Klara Andersson.

If you have any questions regarding the nation or its activities, don't hesitate to contact expen@ostgota.nu, or stop by for a visit! Office hours are 12-13 on weekdays as well as 17-18 on Thursdays and Saturdays.



Qurator

Almida Cinthio



ProQurator Social

Maxwell Overend



ProQurator Ekonomi

Louise von Post



Notarie

Klara Andersson

Always at ÖG

Monday

Lunch - 12-13

Activity with the sport committee

Tuesday

Lunch - 12-13

Wednesday

Lunch - 12-13

Thursday

Pub Punkan - 19-00 odd weeks

Downtown club - 22:30-02 even weeks

Friday

Norinders - 17-22.30 after every CSN.

Saturday

Sunset club - 22:30-02

Brunch every third week



ÖSTGÖTA NATION

Adelgatan 4 - Lund



Studentlund
Ett medlemskap - hela studentlivet