

INSPARKEN 2023

# NOLLE GUIDE



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# Welcome!

Congratulations on the admission and welcome to Malmö University!

During the first two weeks the University invites you to an Inspark packed with fun activities. It is also a golden opportunity to meet new friends, from your own program as well as others!

Of course, it's not mandatory to participate in all the activities. You can pick and choose which ones you want to participate in. But do remember to collect your Inspark bracelet during the overall sale! The bracelet is your ticket to all the events during Insparken.



**MAU Inspark 2023**

The official Facebook Page for this years Inspark



**mau\_inspark**

Insparken official Instagram



**inspark.malmostudenter.se**

Insparken official website



**festmesteriet.se/insparken**

the Festmesteriet website about Insparken



**MAU Inspark 2023  
OFFICIAL GROUP**



**MAU Inspark 2023 RED  
TEAM**



**MAU Inspark 2023  
YELLOW TEAM**



**MAU Inspark 2023  
GREEN TEAM**



**MAU Inspark 2023  
BLUE TEAM**

# What is Insparken?

Insparken is the Nollas introduction to the student life in Malmö and is arranged by the Student Union Malmö and Festmesteriet.

During Insparken the Nolla competes together with its faculty to collect points. The winning team is presented on the last day of Insparken. To show which team (or faculty) you belong to there will be opportunities to buy a “ovve” or a t-shirt in your team's color. This is of course voluntary but except from the fact that it is extremely fun with student overalls it is also an incredibly practical garment.

And a “Nolla”, that’s you! Someone who is just starting their journey here at Malmö University.

The purpose of this Nolleguide is to explain everything about Insparken so that you are as ready as you can be for the most fun two weeks of the year!





# Insparken Volunteers

During Insparken a lot of older students are involved with the task to give you an Inspark as fun and memorable as possible. These are presented below.

## Generaler

It is the Generals that plan and execute Insparken, work that lasts for about a year. These are chosen with care so that Insparken will be as good as possible. There are four in total.

## Kaptener

It is the Kaptener (Captains) that make sure that the General's planning becomes reality and is the heart of Insparken. It is the Captains that carry out the different activities and are also included in the planning a bit. There are three or four captains in each team.

## Faddrar

Faddrarna are everywhere during Insparken and are probably the ones you will see the most. They are out in the field and participate in the activities together with the Nollor. You can always turn to one of the Faddrar for help - regardless of team! They can also be your contact to a Captain or General. There are several per team, everything between 10 and 50.

# Overallen

The overall, or ovve as it is also called, is your most precious garment during your study period. Each team (or faculty) has its own color on the ovve.

It can be a fun thing to change parts of your overall with someone else, but do remember that it often has a hidden meaning! Each University has its own rules and meaning about ovve parts and they can change over time. These are the current meanings in Malmö:

**Part of the leg** - Friendship

**Collar** - Committed relationship

**Back Pocket** - Making out/cuddle

**Front pocket** - Very close relationship

Ovven gets dirty easily but Nollan does best in ignoring it. There are restrictions regarding how Ovven is allowed to be cleaned; the student must be dressed in the Overall during the wash.

At several of the events there will be the possibility of buying patches to your Ovve. Older student usually have a lot of beautiful patches. Especially a lot. And especially beautiful.

# Ovve rules

1. Ovven is only allowed to be washed with you in it.
2. Ovven is not allowed to be cut to pieces.
3. The Student Unions logo can not be covered.
4. You are not allowed to tamper with anybody else's Ovve without their permission.
5. Ovven is your most holy and prettiest garment and is carried on different student events if nothing else is said.
6. If you change program you cut the Ovve in half and sew it together with your new color.
7. You take someone's Ovve-virginity by biting off the tag at the side pocket (with consent of course).  
Note! Hands are not to be used.

# Sittningar

A sittning is a dinner with food, drinks, songs and sometimes even spex or other activities. There are different kinds of sittnings such as finsittning, fulsittning, ovvesittning amongst others.

## Finsittning

A finsittning, is as the name implies, a finer sittning. Often leased in a finer restaurant or something alike. There are some rules here such as a dress code as well as conduct. If you want to make a huge mess instead a fulsittning might be more appropriate!

## Fulsittning

A fulsittning (ugly sittning) is like a finsittning, but not as fine. There are often different themes or dress codes that may not be normal. Before a fulsittning it could be a good idea to find out what the theme will be.

## Ovvesittning

A ovvesittning may actually be the finest sittning, because as the name implies you should wear the finest garment, Ovven!



# Student Union Malmö

The Student Union is the students voice towards the University and is a meeting place for all students.

The Union's main task is to monitor the education system, but is also doing other things, for example, working with students' working environment, student aid questions, contacts with business life, enjoyments, parties and recreational activities.

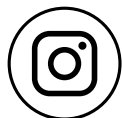
The Union expedition is on Bassängkajen 8 in Malmö. Here you can also find the Unions full timers - the wonderful students that take a break from their studies for a year to wholeheartedly work for the Union.



The Union also has student overalls as well and their color is turquoise, like their logo!



**Studentkåren Malmö**



**studentkaren\_malmo**



**malmostudenter.se**

# Festmesteriet

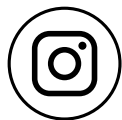
Festmesteriet is the student life heart here in Malmö and one of the Union's largest student associations. They organize fun events such as pubnights, themed parties, club nights and much, much, much more. It is also the association's members that work at the studentpub.

The association consists of students that never have a boring moment together and often go on trips that they organize such as go-karting or going to a drink tasting. Sometimes they also travel abroad or go camping.

Want to be a part of this community? Of course you want to! Come to the Monday Meetings 17.00-18.00 for more information!



**Festmesteriet Malmö**



**festmesteriet**



**festmesteriet.se**

# the Student Health

If you ever feel bad or have been exposed for something (before, during or after Insparken) you can always turn to Studenthälsan (the student healthcare).

Studenthälsan helps you with questions and concerns related to your health, your well-being and your studies. Here you can talk to counselors, nurses and public health workers and you can call, e-mail, make an appointment or come to their drop in.

All contact is of course free of payment, confidential and is journalized.

Do you feel like it's a bit daunting to take contact yourself? Turn to one of our eminent Inspark volunteers and they will help you.



[student.mau.se/stod/studenthalsan/](https://student.mau.se/stod/studenthalsan/)

# Studies and Inspark

Insparken is fun, but from day 1 your studies will start and it can feel both stressful and scary.

For most of you, this is the first time studying at university and some have taken a break from high school so the knowledge might need to be dusted off before getting started.

Faddrar and older students are packed with knowledge of how to manage the studies and Insparken at the same time, or how to nail the first exams on the first try.

Below follows some study tips that nollan will need to navigate the complex world of university.

## Tips:

- Stay in school after your seminars and lectures in the beginning and study together with your new classmates. Sorting out problems in a group helps a lot.
- Lectures pass by QUICKLY and it's not only you that thinks so. But you will get used to it quickly and find a technique that works for you.
- During Insparken it's okay to get a little out of phase, but try not to fall back for more than a week.
- And maybe the most important of all. When exam week is coming, make sure to be in phase! Then you can begin your exam studies without having to read up and the exam will go awesome!

Lycka till!



# Alcohol and Inspark

During some events and sittings that the nolla will be invited to there will be alcohol. It might be served at the bar or brought by nollan themselves.

As nolla it is very important to know that there is a strict alcohol- and drug policy on all the events, which means that the person that does not want to drink NEVER will need to. No means no and shall be accepted by all. But in the unlikely event that someone (consciously or unconsciously) tries to make you/someone else drink more than you want to, tell someone of the Insparken volunteers and you will work it out together.

During all of these events there will be sober volunteers. Do not hesitate to talk with them regardless of the matter.



# Schedule

You can find the schedule on several places, amongst the facebook groups, Insparkens webpage, Festmesteriets webpage or the Unions webpage.

The Schedule and event descriptions use the Unions different event symbols. They are also used during the Unions and Festmesteriets different events during the semesters.



**Swedish and English**



**High volume**



**Alcohol occurs**



**Blinking lights**



**Crowding**



**Accessibility adapted**

# DO YOU HAVE ANY QUESTIONS?

Get in contact with us and we'll answer as good as we can!



**MAU Inspark 2023**



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