



# ÖSTGÖTA NATION

*Fall 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-foreman, 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 Clara Kronholm and Thea Funk who are in charge of this honorable task! The theme for this novice period is **"Superfans"**.



### Name

Clara Kronholm

### Studies

Molecular biology

### Best memory from ÖG

One of my best memories from ÖG is Fest Filbyterium Lundense 2024. It was a night filled with laughter, dancing and great vibes! I also made great memories during the noviceperiod Spring 2025 with all of the novices and mentors. A favourite of mine was our TDC where the apartments transformed into different destinations and we held a room with the theme Berlin-Techno.

### Fun fact

I ran 5km during New Year's Eve.



### Name

Thea Funk

### Studies

Digital cultures

### Best memory from ÖG

The theme for a sitting during my noviceperiod was "retirement home" and I was an old man for a night. I danced like I have had my hip replacement and kept going until the club closed down. Did I look good? Absolutely not. Was it fun? Oh yes.

### Fun fact

I was robbed by a monkey in Thailand.



### ***16/9 - Introday with barbeque***

We are going to kick-start the novice period with an afternoon in the botanical garden where you are going to play some fun games to get to know the other novices and mentors. We will then continue back at ÖG in our courtyard for some barbeque!

### ***17/9 - "Cykelfest" - a bike party with the mentor group***

The noviceperiod continues with a classic student activity - the "Cykelfest". 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.

### ***18/9 - 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!

### ***20/9 - Dayparty with the theme "Festival" + Sunset***

There is no better way to start your time in Lund than with a dayparty! Östgöta Nation's courtyard will be turned into a festival with a DJ, laughter och good vibes. Put on your best festival look! We will wrap up day with our very own club Sunset!

### ***21/9 - Preperations for the competition day***

Bring out your creative side! Today you are going to do everything to secure a win in the upcoming competition! You will prepare flags, team songs and dances together with NATU.

### ***22/9 - "Dryckesmilen" from Lomma + Brännboll***

A classic student activity: the drinking mile. Together we are going to walk a mile from Lomma to Lund with fun stops on the way - with or without alcohol in your glass. The night wraps up with Brännboll in the City park.

### ***24/9 - TDC + Afterparty***

No studentlife without a TDC! During this day you will get to experience a TDC à la ÖG in the nation's apartments. Like a classic TDC you will get to take part in unique competitions and games with the nation's committees. The night end with another nation's club.

### ***25/9 - Competition day***

The day has finally come! Make sure you are prepared for the day ahead - get into the team spirit and secure the win! Today the groups will go head to head in different exciting competitions. See you in the City park!

### ***26/9 - Noviceparty + 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 sittning! 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! You do not want to miss this!

### ***27/9 - Brunch***

We will finish 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 fall at ÖG



A regular fall semester in Lund is filled with as many traditions as there are people in the city. Don't miss the fall 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.

### ***Fest Filbyterium Lundense***

Every fall the nation arranges its very own ball- Fest Filbyterium Lundense. The highlight 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.

### ***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 our most beloved parties. Glögg, a christmas smorgardsbord, gift giving, mistletoes and dancing are all given elements. Santa Claus will be there- will you?

## Get involved at ÖG



Being active in a nation is incredibly fun and educational. Here you get the opportunity to meet new people and create new contact networks while improving your resumé with non-profit commitment. The friends you meet at the nation are usually the ones who stay with you for the rest of your life! Being active means that you are involved in the nation, for example working in a club team 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*. You can also email [pqs@ostgota.nu](mailto:pqs@ostgota.nu) or talk to one of your mentors or any of our foremen.



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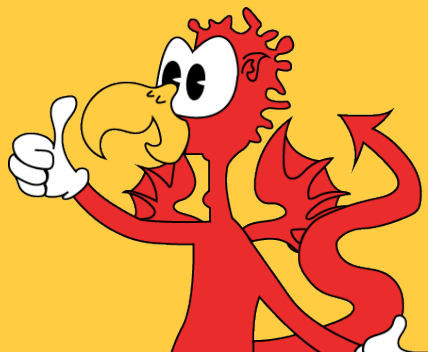
NATIO

## **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 different channels with three different live DJ:s! 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 23.15! 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 Mondays, 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 Pub*

Norinders pub is open Fridays every fourth week, a perfect opportunity for an after school with your classmates.

## *Downtown*

Every other week, the nightclub Downtown opens at ÖG. The DJs deliver dance friendly hip hop and RnB music. A perfect opportunity to celebrate an exam, a birthday or simply the fact that the weekend is approaching!

## *Sunset*

Saturdays in Lund mean 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!

## *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.



## ***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 sittning, 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 Football Championship for all the nations in Lund 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](mailto:idrott@ostgota.nu) or join our Facebook group *Idrott på Östgöta nation*. You can also follow [@ostgotaidrott](https://www.instagram.com/ostgotaidrott) to stay updated!

## ***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.

## ***Marskalkeriet***

Together with the Balgeneral and the Övermaskalk, the marskalkeri help arrange our ball Fest Filbyterium Lundense. They work together to prepare the big party, to ensure everything goes according to plan during the big dinner and to make sure all of our guests have a memorable night.

## Other events in the spring



### *Sångboksgenomsjüngningen*

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.

### *Östgöta Nation's Carnival*

Next spring it is finally time for the carnaval again! The Lundacarnival is a magnificent event taking place every fourth year and we are one of the nations that arrange our very own carnival! Östgöta Nation's carnival is a historic tradition that is filled with friends and celebration - you do not want to miss this!

## 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!*

## Follow us



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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 Ekonomi and the Notarie. The Quratel have taken a year's leave from their studies to work full time at the nation. The Quratel can answer all of your questions and is most often at the office and can help you with everything from sittning reservations to guest passes. If you have any questions regarding the nation or its activities, don't hesitate to contact [expen@ostgota.nu](mailto: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**

Matilda Almström



**ProQurator Ekonomi**

Louise von Post



**Notarie**

Amelia Andersson-Rose

# *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***

Norinder's pub every fourth week

## ***Saturday***

Sunset club - 22:30-02

Brunch every third week



## **ÖSTGÖTA NATION**

Adelgatan 4 - Lund



**Studentlund**