



ÖSTGÖTA NATION

Fall semester 2026

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 Emelie Resman and Matilda Sundberg who are in charge of this honorable task! The theme for this novice period is **"Magical noviceperiod, Östgöta Walt Disney"**.



Name

Emelie Resman

Studies

Law

Best memory from ÖG

One of my favourite memories was when me and five other friends dressed up in the same floral-shirts for a thank-you party with a holiday theme! ÖG's bal is also high up on the list, waltzing at AF-borgen is hard to beat!

Fun fact

I have been doing musical theatre for 15 years!



Name

Matilda Sundberg

Studies

Subject teacher

Best memory from ÖG

My favorite memory is Silent Disco, where you get to dance until 3 a.m. with your headphones on full volume while everything around you is almost completely silent!

Fun fact

I am one of Arvingarna's biggest fan and I know every single song by heart!

15/9 Intropub Punkan

The novice-period kicks off with a gathering and introduction in Lundagård. After that, we'll continue the evening at ÖG, where we have reserved ÖG's very own pub, Punkan! During the evening, we'll host a pub quiz while you enjoy delicious burgers and drinks from the bar.

16/9 - Bike party

The novice-period continues with a bike party within each group. Your mentors will treat you to a starter, main course, dessert, and great company. Maybe it's also time to start planning your group's performance for tomorrow's sittning (dinner-party). Pump up your bike tires and get ready for an evening in true Lund spirit!

17/9 - Themed sittning + Downtown

Tonight it's time for the themed dinner-party (sittning), and we'd love for you to go all out with your costumes! The more on theme, the better! Together we'll enjoy great food and sing at the top of our lungs. The evening will feature lots of fun performances, as each group gets the chance to present its own fantastic skit. Remember, the best performance will of course earn extra points in the points competition! An amazing prize will also be awarded to the person or group with the best costume. After the dinner, you'll get to dance at our very own Thursday-club, Downtown!

19/9 Drinking mile + Sunset

Now it's time for the legendary Drinking Mile! Get your sneakers ready for a long walk out to lovely Lomma. Along the way there will be stops, games, performances, and activities. Bring your own beverage of choice, and don't forget plenty of water! Afterwards, we'll take the bus back to Lund together for a few hours of rest before heading to ÖG's Saturday club, Sunset!

20/9 Activity with NATU

We will spend time together and get to know each other better along with NATU!

21/9 Novischlunch + sportsevent

We'll start the second week by reserving lunch at ÖG for a lovely novisch lunch and then gear up for the evening's activity together with the Sports Committee!

23/9 - TDC + Night out

No student life in Lund is complete without TDC! On Wednesday, you'll get to experience TDC à la ÖG in the Nation House apartments. Just like the classic format, you'll take part in fun competitions and games in each apartment together with the nation's various committees. The evening concludes with a night out at another nation!

24/9 - Mentors night

Time to earn those final points before everything is decided! This will be a relaxed evening where you can meet up in your groups, finish any remaining challenges, and maybe grab a few extra points at the last minute. Tomorrow at the formal dinner, the winners of the points competition will be announced and prizes awarded, so now's the time to sharpen your elbows and make a final push!

25/9 - Noviceparty + Afterparty

At last, the long-awaited novisch celebration is here! Put on your finest clothes, bring your songbook, pen, and table gift, and get ready for an amazing sittning! The evening will feature a three-course meal, singing, and prize ceremonies for those who have stood out a little extra. The novisch celebration concludes with an afterparty together with our friend nation, Lunds Nation. You won't want to miss this!

26/9 - 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



Fest Filbyterium Lundense

Every fall the nation arranges its very own ball, Fest Filbyterium Lundense! This is the happening of the fall and is not something you want to miss. To attend a ball means food, drinks and entertainment of the highest quality and Fest Filbyterium Lundense is not an exception!

Punschfesten

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

Silent Disco

What has, in the later years, become one of our most popular events and is a crucial part of the perfect semester in Lund! Once a semester always at ÖG!

The Christmas party

The Christmas themed end-of-year-party is considered one of our most beloved parties. Glögg, a Christmas smorgasbord, gift giving and dancing are all given elements. Santa Claus will be there- will you?

Söderströms Källare

Enjoy Östgöta Nation's fine dining experience featuring a five-course meal and a carefully curated beverage pairing menu.

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 foodteam-bosses, for example, are the ones who together with their workers prepare and cook a three-course meal for our guests. The foodteam-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 or talk to one of your mentors or any of our foremen.

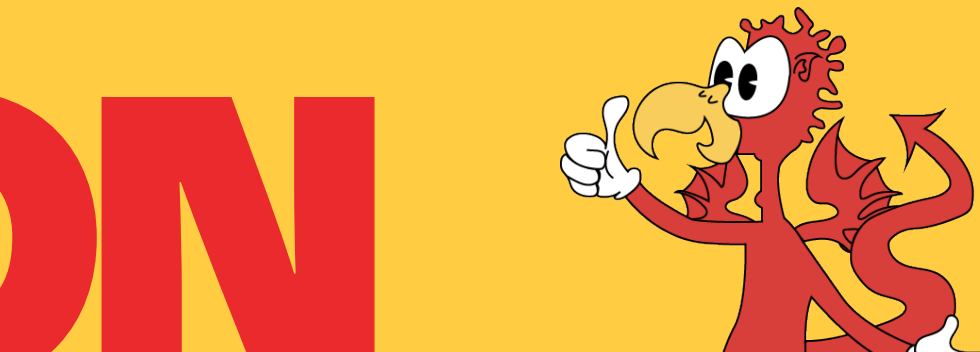


At Östgöta Nation the clubs are at the center.

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.

Norinders bar & bistro

Norinders bar & bistro is open Fridays every fourth week, a perfect opportunity for an after school with your classmates. You can always enjoy delicious food here, including a three-course dinner and a selection of cocktails from the bar!

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!

Söderströms Källare

Our fine-dining restaurant where we serve a five course meal together with hand picked beverage.

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 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.

Marškalkeriet

Together with the Balgeneral and the Övermaskalk, the marškalkeri 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.

Pr-committee

The Pr-committee is responsible for documenting all of the nation's events and keeping our social media updated with everything fun happening at the nation!

Other events in the spring



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.

Tandem

A fast-paced two-wheeled adventure you won't want to miss! During the Tandem Relay, we travel together by bus to Gothenburg before taking part in the traditional tandem bicycle relay race back to Lund. The relay has been held (sporadically) since 1971, and year after year the student nations and student unions of Lund compete to see who can pedal their way home the fastest. A must-do experience for every Lund student!

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 party at our courtyard all day!

First of May Lunch

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

Sångboksgenomsjüngningen

Each spring we have a sitting 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

Not sure what kind of music you want to dance to? Don't worry- with three channels, three DJs, there's something for everyone! Dance the night away until 3 a.m. Put on your headphones and let's get the party started!

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!

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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 sitting reservations to guest passes. 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.



Qurator

Daniel Gunnarsson



ProQurator Ekonomi

Saga Reader



ProQurator Social

Vilde Jonsson Wold



Notarie

Julia Sandgren

Always at ÖG

Monday

Lunch 12-13

Activity with the sport committee

Tuesday

Lunch - 12-13

Wednesday

Lunch - 12-13

Thursday

Pub Punkan - 18-late odd weeks

Downtown club - 22:30-02 even weeks

Friday

Norinder's bar & bistro 19-00 once every month

Söderströms Källare 18-late a few times during the semester

Saturday

Sunset club - 22:30-02



ÖSTGÖTA NATION

Adelgatan 4 - Lund



Studentlund