



NOVICE PERIOD

AUTUMN 2025

METRO



NOVICE FOREMEN

EVELINA SÄVHAGE

Studies:
Dramaturgy

Hometown:
Trollhättan



What do you always find in your bag:
Blister plasters :(

What's your favorite event at the nation:
Freda' !!!

My best tip for student life:
Take a box instead of a roll
if you're going to eat on the go

TILDE ÅBERG

Studies:
Physiotherapy

Hometown:
Härnösand

My best tip for student life:
Have a really old and rusty bike
so it doesn't get stolen



What do you always find in your bag
A sports lunch, yummy

What's your favorite event at the nation
Metro club!!!

ELIZABETH MENEMENCIOLU

What you'll always find in my bag:

Hand sanitizer.

My best tip for student life:

Always have hand sanitizer
in your bag.



Hometown:

Divonne les Bains,
France

What's your favorite event at the nation:

Soup lunch

Studies:

Economy and Society

GENERAL INFORMATION

All information during the freshman period will be conveyed via Facebook, in the freshman period's Facebook group

"Novices at VGs Autumn 2025"

Make sure you join it! Other communication will take place via Messenger with the mentor groups you will be assigned to. On **vgnation.se**, you can find general information about the novice period and the nation's activities.

There you will also find a link to the pamphlet you are currently reading. If you have any questions about the freshman period, you are warmly welcome to contact us in the freshman committee at

novischeriet@vgnation.se.

Don't forget to follow us on social media!

@vgnationlund



CALENDAR

12/9 PUB QUIZ

17/9 WELCOME HOME

21/9 MOVIE NIGHT

24/9 SECRET ACTIVITY

1/10 NOVICE SITTING

10/10 NOVICE PARTY

TBA NATU

TBA IDROTT

PUB QUIZ & GAME NIGHT

The time has come for the first activity of VG's novice period, Autumn 2024!

We're kicking things off with a fun pub quiz where you'll get to shine with questions about everything under the sun.



**Not really into quizzes?
Don't worry!**

Afterwards, you'll get a chance at redemption in beer pong and Mario Kart. We'll wrap up the evening by heading out together to the novice period's very first nation club!!! Welcome to VG's, welcome home <3

When?
Friday 12/9

Where?
Västgöta Nation



WELCOME HOME SITTING

Do you share our
passion for midsummer, Abba,
meatballs and IKEA?

Or are you looking to learn
more about the swedish icon
known as the Dalahäst?

Either way this night is perfect for you!

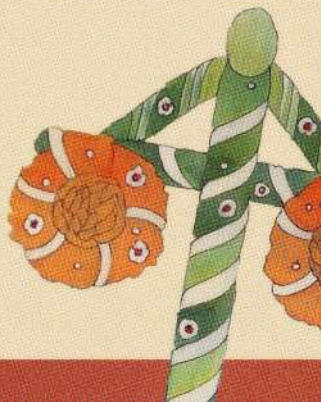
The first "sitting" of the novice period will be themed
around Sweden and things we love about this country!
The evening will contain everything a typical sittning i Lund
should: **food, drinks, entertainment and lots of singing!!**

The mentors will welcome all novices to pre-party in your
groups to get in the party mood, and afterwards we'll take on
the best nation club in Lund: VG:s own **METRO!**



When?
Wednesday 17/9

Where?
VG Nation



MOVIE NIGHT

After two eventful evenings, it's time for the coziest event of the novice period: **Movie night!**

Together we'll eat lots of **snacks**, see a nice movie and enjoy a **cozy night!**

Mean Girls, Shrek or action? Come and find out! Put on your softest clothes, **bring a blanket** and spend the night with your new friends <3

When?
Sunday 21/9

Where?
VGs Nation



SECRET ACTIVITY

The only thing we'll reveal for now
about this secret activity
is that we're going to have an amazing time
all night long...

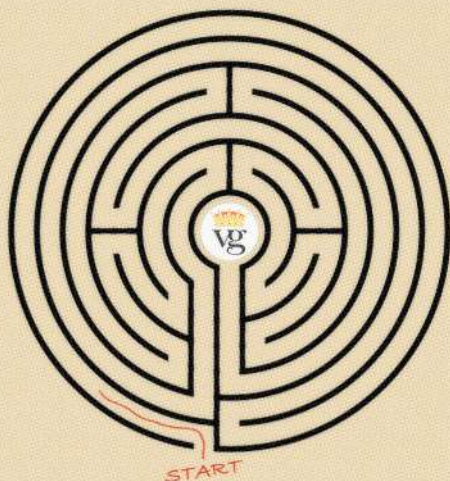
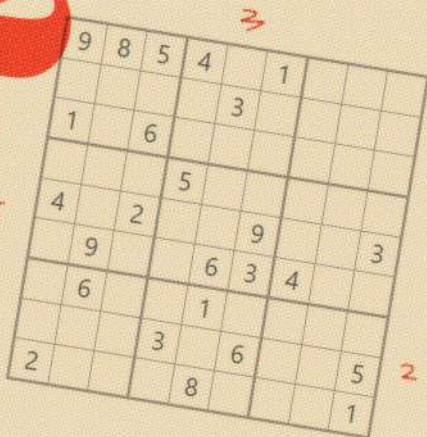
Time: around 6 PM until laaaate

When?
Wednesday 24/9

Where?
VG Nation



TRY TO SOLVE THIS



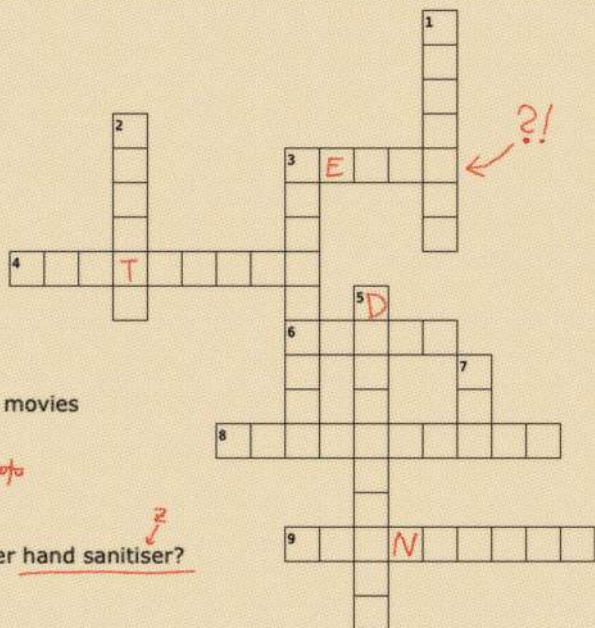
Hmm...

ACROSS

3. VGs Club **THE BEST!**
4. Swedish food, ball shaped
6. Brother to Luigi
8. The street Vg is on
9. where is Tilde from?

DOWN

1. a great snack when watching movies
2. the sports committee
3. Swedish summer celebration **of**
5. what does Evelina study?
7. where does Elizabeth store her hand sanitiser?



MIDSUMMER With NATU

Keep summer alive with us in NATU! Join us and celebrate swedish Midsummer, a tradition full of games, **competitions** and **homemade made Swedish fika**.

We recommend wearing comfortable clothes suited for the weather, and don't forget to bring a competitive mindset and **team spirit!**

We are looking forward to see you there!





ELSA

Where?
The Bar at VGs

When?
7/10



DODGEBALL With IDROTTE



Hello from the **Sports Committee!**

For us, Västgöta Nation is so much more than just a nation, it's a place filled with **laughter, community, and memorable moments.**

With great food, awesome dance floors, and lots of fun activities, there's always something exciting around the corner.

To kick off the semester and welcome you back to the nation, and the Sports Committee, in the best way possible, we invite you to a true classic: a game that captures the **playful and joyful spirit** we want to share with you this autumn.

Mark your calendars, because on September 30th it's time for Västgöta's very own **novice dodgeball tournament!** See you ther, ready to throw, duck, and laugh together!

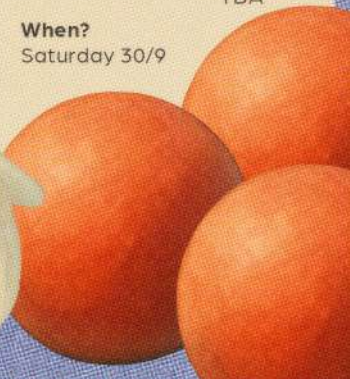
It's going to be fun, but above all, a lot of fun!

Where?
TBA

When?
Saturday 30/9

MALENA

EMMA



NOVIC SITTING

Sittings can be the highlight of Lund's student life, especially on a **Wednesday night**, so let's have another one! But sometimes, you take a wrong turn in the VG corridors... but how wrong can it really go?

Don't worry, because tonight, ending up in the wrong place is exactly the right thing to do. Because at this sittning, we celebrate every misstep, misunderstanding, and **delightful mistake**.

After the dinner, we'll keep the party going and dance the night away at our very own club, **METRO!**

When?
Wednesday 1/10

Where?
VGs Nation

E

2



NOVICE PARTY

What would the novice period be without
a **Magical** party to end it?

Nothing!

Dress to impress in your finest **dresses and suits**
and meet us at Lund's most festive building: **AF-borgen**.



The evening will offer extra
everything that you
have grown to love about sittnings,
not least a delicious, **three course menu**
prepared by our top food foremen.

Prepare yourself for the
highlight of the novice period,
and a night you won't soon forget!

Where?
AF-borgen

When?
Saturday 10/10

Dresscode?
Dresses and suits



FAQ

I'd like to be more active at the nation, what can I do?

Join the Facebook group "Jobbare på VG / Workers at VG".

Or talk to a mentor and they will help you out!

Work once or as often as you would like, no previous experience needed!

Come and have a great time,
get to know other students and get a sittning as thanks.

Do I need to be a foreman to be active at VG?

Absolutely not! As a member you can work
at our different events with food, in the bar or at the club.

I don't love to party, do you have any sober events?

Then the NATU events or the Sports events are perfect for you,
as they are always without alcohol! However,
of course you can always choose to be sober at all of our events.

I want to meet more friends in Lund, do you have any tips?

You have already taken the
first (and the best) step - becoming a member at VG's!

Our novice period is made for meeting
other students and to have fun together, but the possibilities don't end there.

Come join a working shift with us, bring a friend from your
novice group and go to our club Metro, or join one of our sports teams!

I want to follow Västgöta Nation on social media, where do I find you?

Instagram @vgnationlund and Facebook "Västgöta Nation"