



VÄSTGÖTA

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NATION

# WELCOME TO VG!



## DEAR NOVICE\*!

We're super excited you've made your way here! Perhaps you're up against a new challenge, or you're already acquainted with Lund's vast student life and everything it has to offer. No matter in what manner you came to Västgöta Nation, we would like to say - "WELCOME HOME!"! It's our greatest pleasure to welcome you to the best student nation that Lund has to offer. Västgöta Nation was founded in 1669 and has since then been a home for thousands of students from a vast array of countries. At VGs you have the opportunity to visit our amazing night club Metro, eat the best tapas in Lund, and fire up a pre party with your friends at Professor Pong.

We, your novice foremen\*\* offer you the opportunity to take part in the hospitality that VG is known for with an unforgettable novice period. You'll get the opportunity to form new friendships and start the semester in the best way! The registration period is open week 35 - 38, so come by the nation between 10-18 on a weekday to sign up or just grab some coffee with us.

If you have any questions, please stop by during the registration or send an email to [novischeriet@vgnation.se](mailto:novischeriet@vgnation.se)

\* Common name of a newly accepted student at a university,  
now primarily used at Lund University

\*\* The people responsible for the novice period at Västgöta Nation

## VÄLKOMMEN HEM!

Greetings from your novice committee

# THE NOVICE PERIOD

## THE NOVICE PERIOD AT VÄSTGÖTA NATION



The novice period at Västgöta nation contains everything from lively parties where you novices together get to experience Lund's student life in the best way, to sober and cozy events where you get to know your novice friends even better! We will also have activities organized by the nation's sports committee and well-being committee, to see the nation's many sides.

Bring a group of friends, or come by yourself, to get to know lots of new friends! As a novice, you will be divided into a group with other new students and associated mentors who will make sure you get the best welcome to Västgöta Nation. The novice period is a perfect gateway into nation life and to see what the nations in Lund, not least VG, have to offer.

Come by the registration desk at Tornavägen 17-19 to become a member of the nation and sign up for an incredible novice period at Västgöta Nation!

## THE NOVICE CARD

The novice card is for those of you who have just started studying at Lund University and it gives you some benefits here at Västgöta Nation. There will be spots reserved for you with the novice card at selected novice events. Be sure to be on time to get one of the reserved spots!

To take advantage of the benefits that come with the card, you as a novice must register at Västgöta Nation. The novice card is valid during the whole semester and will be handed out at our registration. Check our website for more information of the card's benefits!



# THE WEEK AT VG\*

WEDNESDAY



22:00

THURSDAY

SOUP LUNCH

12:15

FRIDAY



19:00

SATURDAY



19:00

SUNDAY

AMERICAN BREAKFAST

12:00

\*These are the events that are organized every week, throughout the semester!  
Follow our Facebook page for events and activities from our other committees as well – such as Tapas Thursday, NATU, Sports, or our club VEGA!

# GET INVOLVED\*

## WORK AT VG

Do you want the chance to work with **Lund's most wonderful foremen**?

Västgöta nation is run by students, for students. Here, many have met lifelong friends and it is the opportunity to meet new exciting people mixed with the chance to try working with something you are passionate about that feels so rewarding and fun.

And if that wasn't enough, job seekers are also rewarded with either a thank you sitting or a meal ticket.

Thank you sittings are held on Wednesdays about every other week and always have different exciting themes!

**Do you want to be part of a working team?**

Västgöta Nation offers work teams for the Metro- and VEGA committees, where members work every third Wednesday or Saturday. The concept promotes a strong community and contributes to making Metro and VEGA the best nation clubs in Lund. When you start working, you receive "stjärnjobbarstatus" with benefits such as queue priority and free entry every Wednesday you don't work. In addition, you get a "tacksittning" or foodticket after each shift and end

the semester with a amazing work party together with everyone who has worked throughout the semester.



## THE FOREMEN

If you've tried working at the nation and you want to get even more involved, there's an opportunity to become part of our great foremen community. It's thanks to these 90 enthusiasts that our nation thrives. In addition to the sense of community the foremen provides, you get the opportunity to develop your skills in everything from cooking, bartending, and photography to leading projects and collaboration.

Read more about the posts on our website [vgnation.se](http://vgnation.se) and stay tuned for when vacancies are announced on our



\*Join our **Facebook-group Workers at VG**, go to [vgnation.se/en/verksamhet/engagera-dig/](http://vgnation.se/en/verksamhet/engagera-dig/) or talk directly to one of our foremen for more information!

# BAR & CLUB

## METRO

Every Wednesday at 10 PM we open up Metro – also known as Lund’s best club – and dance all the way until 2 AM! There’s something for everyone here: whether you’d like to relax and chat with your friends over a beer in our lounge, or if you’d rather dance away your exam stress down in the club. With three bars, DJs, and two lounges, Metro is the obvious choice every Wednesday night!

Presale tickets are available on STUK. Valid ID and Student-lund membership are required (a payment receipt works too). If you’re a member of Västgöta Nation, you’ll always get half off the entrance fee!



## SITTNING

Our popular “sittningar” (student dinners before the club) are the perfect place to celebrate graduations, birthdays, or any other occasion. To book a sittning, simply email [pqs@vgnation.se](mailto:pqs@vgnation.se).

If you’re curious about being on the other side of the bar, you also have the chance to work behind it or to help cook the dinner for the evening’s sittning! As a thank you, you’ll later get to join one of our amazing “thank you sittningar,” which include presale tickets to Metro!

Sign up here:

[vgnation.se/verksamhet/engagera-dig/](http://vgnation.se/verksamhet/engagera-dig/) or join the Facebook group [Jobbare på VG!](#)



## VEGA

Craving even more parties? We open the doors to VEGA every other Saturday. Two of which will be our popular Boiler Room concept. Keep an eye on our social media to stay updated on the dates.

Come dance the night away with us at our, and soon your, favorite Saturday club!





# FOOD & RESTAURANTS



## FREDA' KITCHEN & BAR

Do you want to end the week with a cozy, top-class dinner where the drinks and wine are something out of the ordinary? Freda' Kitchen & Bar is the perfect way to treat yourself to a luxurious dinner with matching drinks – at student prices. Simply a fantastic way to finish the week. Reservations can be made through STUK. The doors open at 7 PM – welcome!

## SOUP LUNCH

Every Thursday at 12:15 we open our doors for some lovely soup lunch. The soup is served with freshly baked bread and rounded off with a delicious dessert together with a cup of coffee or tea - all for only 45 SEK!

No reservation needed, so take a well-deserved break and enjoy a tasty lunch!



## AMERICAN BREAKFAST

A Sunday struggle? or just the perfect chance to catch up with your friends about the weekend's adventures. Here you can restore the balance with delicious food and drinks to get ready for a new week!

At AB you can enjoy pancakes, bacon & eggs along with plenty of other tasty treats!

In other words, everything that belongs to a real American Breakfast! Drop in from 11:30 and enjoy a lovely brunch!

## KUPAN

Our newest addition! KUPAN is the cocktail bar you didn't know you needed - a place where first class drinks meet flavorful snacks in a lovely and welcoming atmosphere. The concept is drop-in, but for those who wants a guaranteed spot, there are a limited number of bookable tables in STUK!

FOLLOW OUR DIGITAL CHANNELS, INSTAGRAM, FACEBOOK, OR OUR WEBSITE,  
TO STAY UPDATED ON EACH EVENT'S WEEKLY MENU!

# THE YEAR AT VG



## PIRUM

Pirum is an experience beyond the ordinary. Here you will be served gourmet meals of the highest quality made of handpicked ingredients and specially selected wines. This is the kind of food you will get at a 5 star restaurant, but made affordable for the ordinary student! This event only takes place once every semester, so make sure to book well in advance, because you do not want to miss this fantastic experience. Welcome!

## NYCKELORDEN

Balls are a central part of student life – and Västgöta Nation's annual ball is no exception. Every February, the nation's members, active students, alumni, and their loved ones gather at AF-borgen for an unforgettable evening. Nyckelorden includes a three-course dinner, the traditional Västgötaknalle and waltz, followed by a "sexa." It's a long-standing tradition that brings together generations of students while creating memories that last a lifetime!

## KVALBORG

To kick off Valborg week in the best way, VG, together with our neighbors Hallands, invites you to our joint one-day festival on April 29. Kvalborg is an all-day event with bars, food service, and music. The stage features both live acts and DJs, and when the sun goes down, the club opens with two dance floors and five bars! 1500 people can't be wrong – Kvalborg is the highlight of spring!

Preparations are already being made for an even bigger and better Kvalborg next spring, so keep an eye on our social media for information about artist announcements and ticket release!





# TRY SOMETHING NEW!



## SPORTS

Each semester, our sports foremen organize a variety of activities where you can try out new sports and workout together! It can be anything from football and golf to fencing, boxing, or climbing.

Join our Facebook group **Sports with VG**, where information about activities is posted!

## NATU

NATU organize all kinds of interesting activities throughout the semester, such as waltz before Nyckelordern, going to the theater, pottery, paintball, or baking.

You can find out what NATU is up to next on our Facebook page, where we post the latest information.

## ¡TAPAS-THURSDAY!

Four times each semester, you can step into VG's very own tapas bar – ¡TapasThursday! To the sounds of salsa and fiery flamenco, let yourself be tempted with flowing sangria, beer, luxurious cocktails, and delicious tapas dishes. We have 80 bookable seats per event, so be quick to secure your spot and to enjoy an evening celebrating the passion of Spanish cuisine.

¡Bienvenidos!



# HOUSING



## VÄSTGÖTAGÅRDEN

Västgötagården is Västergötland's heart in the historic student city of Lund. The nation has existed in Lund since 1669, while our beautiful houses first saw the light in the spring of 1954. Västgötagården consists of three houses that are supposed to resemble a genuine farmhouse and today houses around 100 students and Västgöta Nation, which has its premises on the ground floor.

As a resident, you have access to a high-standard student accommodation with, among other things, a sauna and gym. As a resident of a corridor, there is a collective responsibility to take care of all public spaces, to help each other with cleaning and to take good care of the corridor and the house's belongings.

To apply for accommodation at Västgötagården, you must be a member of Västgöta Nation and fill out a form housing application that can be completed on the website. If you have any questions about the accommodation, you can talk with the house foremen during their expedition time, Tuesdays 17-18.

**If you are a new student at VG, you also have the chance to enter a draw for a corridor room at Västgötagården! Ask more about this during our registration.**

Finally, we would like to once again welcome you to Lund's best and nicest student accommodation!

Sincerely,  
The house foremen

Email: [husforman@vgnation.se](mailto:husforman@vgnation.se)

# FIND US

## THE REGISTRATION

Our registration is open weekdays between **10-18 during week 4-7**. You are welcome to stop by to register, buy tickets for all the Novisch activities or just hang out with our lovely foremen over a coffee! We Novisch foremen and Västgöta's other foremen are there to answer any questions you have about the nation, Lund or what it is like to be a foreman!

## EXPEDITION

We are here to help you! Everything from sorting out your 'Studentlund'-membership, getting a guest card or making reservations for one of our events - we will make sure you get the help you need!

## CONTACT

Phone: 046 -14 59 04  
E-mail: [q@vgnation.se](mailto:q@vgnation.se)  
Web: [www.vgnation.se](http://www.vgnation.se)  
Facebook: Västgöta Nation  
Instagram: [@vgnationlund](https://www.instagram.com/vgnationlund)  
Tiktok: [@vgnationlund](https://www.tiktok.com/@vgnationlund)  
Address: Västgöta Nation  
Tornavägen 17-19, 223 64 Lund

## OPENING HOURS

Monday to Friday 11-13  
Wednesdays 11-13 and 17-19

Registration period w. 4-7:  
Monday to Friday 10-18



**FOLLOW OUR SOCIAL MEDIA FOR UPDATES,  
PICTURES AND EVENTS:  
[FACEBOOK.COM/VGNATIONLUND](https://www.facebook.com/vgnationlund),  
[INSTAGRAM & TIKTOK @VGNATIONLUND](https://www.instagram.com/vgnationlund)**



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