

NOVICE PERIOD

This must be the place



SPRING 2026

novis-chefiect



Name: Ellinor Adam

Studies: Economy

Home Town: Stockholm

Best tip for a student: Don't stress it, everything will work itself out

Best food after a night out: Hot dog!

Favorite thing at the Nation: American Breakfast!



Name: Linus Lindeberg

Studies: Economy

Home Town: Åkarp

Best tip for a student: It's alright to skip a 8am lecture

Best food after a night out: Hot dog!

Favorite thing at the Nation: Metro Club



Name: Elizabeth Menemencioglu

Studies: Economy & Society

Home Town: Divonne les Bains, France

Best tip for a student: Always have hand sanitizer in your bag

Best food after a night out: Hot dog!!!

Favorite thing at the Nation: Freda' Kök & Bar



GENERAL INFORMATION

All information during the novice period will be communicated via Facebook, in the novice period Facebook group “Novices at VGs Spring 2026”

All other communication will take place via Messenger with the mentor groups you are assigned to. On the nation's website, 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 regarding the novice period, you are very welcome to contact the Novice Committee at novischeriet@vgnation.se

Don't forget to follow us on social media: [@vgnationlund](https://www.instagram.com/vgnationlund)

calendar

6/2 Pubquiz, Pong

11/2 Welcome Home

17/2 Cluedo & Pizza

19/2 Torna Pub Crawl

25/2 Novice Sittning

3/3 NATU

5/3 Sports

7/3 Novice Party!

Pub Quiz

We start off strong with an entertaining Pub Quiz where you can showcase your knowledge on a wide range of topics!

**Is quiz not your thing?
No worries!**

Afterwards, there will be a chance for redemption with beer pong and Mario Kart.

We wrap up the evening with a night out at the first nation club of the novice period!!!

**Welcome to VG's!
Welcome home!**



**When? 6/12
Where? VG's**





**Do you share our passion for Midsummer,
ABBA, meatballs, and IKEA?**

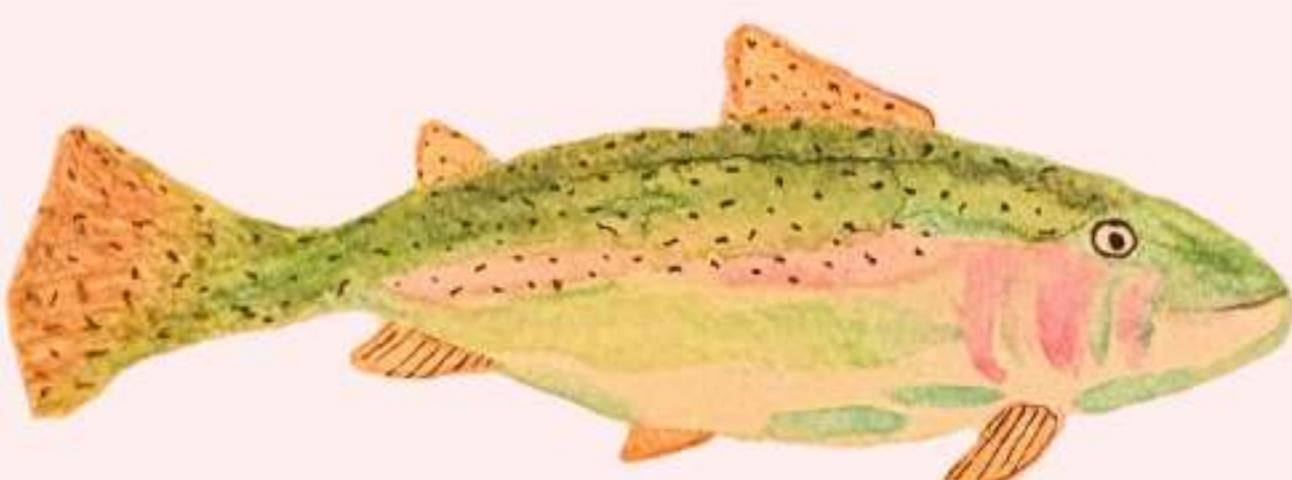
**Or are you curious to learn more about
Dalahästar?**

**Then this is the perfect night
for you!**

The first dinner of the novice period has the theme Sweden and everything we love about the country! The dinner will include everything that is classic for a Lund sitting: food, drinks, entertainment, and singing!

The mentors welcome you novices to a pre-party in your groups to get in the right mood, and after the dinner we head to Lund's best club: Västgöta Nation's very own METRO Club & Bar!

**When? 11/2
Where? VG's**

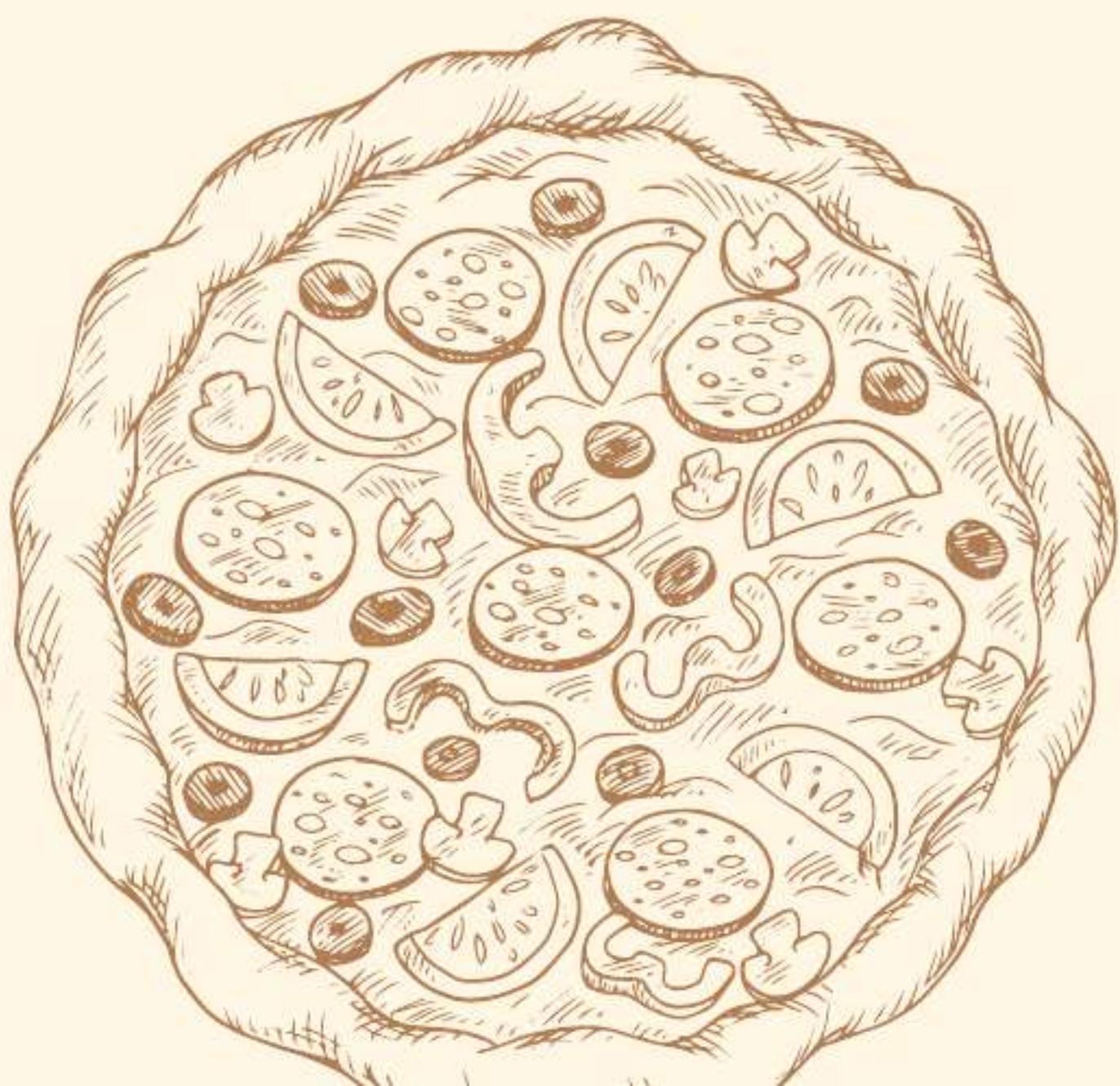


Cluedo & PIZZA

After two eventful evenings, it's time to gather for a cozy and exciting night!

Together, we'll eat pizza and solve a Cluedo mystery. A perfect way to wind down and recharge for the second half of the novice period together!

**When? 17/2
Where? VG's**



torna pub crawl

It's time for a PUB CRAWL!

Together with our neighbors on Tornavägen, we therefore invite you (for the very first time) to the Torna Pub Crawl! Expect great vibes and lots of new faces. Simply an amazing fun night you don't want to miss!

**When 19/2
Where TBA**



novice Sitting

Theme: Fantasy world

Sittings are often the highlight of the week in Lund, especially on a Wednesday. For this evening, we open the doors to a fairytale world where everyday life stays at home and the imagination takes over!

Expect laughter, a fantastic atmosphere, and a night full of everything that makes sittings so much fun! When the dinner is over and the fairytale nears its end, the night is far from over!

We continue the evening at our very own club, METRO, where the dance floor awaits and the party goes on late into the night!

When? 25/2

Where? VG's

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Make your own table gift with NATU

Join us for a cozy craft night with NATU!

We're Elsa and Klara, NATU formen, and we'll be making our own table gifts for the Novice Party - a classic Lund tradition where you give your table neighbor a fun little present to enjoy during the sitting or keep as a memory!

After an exciting novice period, it's the perfect chance to relax, hang out, enjoy some fika, and get creative together before the grande finale.

We can't wait to see you!



NATU formen
Elsa & Klara

When? 3/3
Where? VG's

SPORTS



Hello from the sports coordinators!

For us, VG is so much more than just a nation; it's a place full of laughter, community, and memories. With amazing food, lively dance floors, and plenty of fun activities, there's always something exciting around the corner.

To kick off the semester and welcome you to the nation-and to the sports committee in the best possible way-we invite you to a true classic: a game that captures the playful and joyful spirit we want to share with you this fall!

Mark your calendars, because it's time for VG's very own Novice Dodgeball Tournament!



We'll see you there, ready to throw, dodge, and laugh together!



SPORTS FORMEN

JESPER & TILDE

**When? 5/3
Where? TBA**

novice party

What would the novice period be without a magical closing party? Nothing!

Glam up and join us at Lund's most festive building: AF-borgen!

The evening will offer an extra dose of everything you love about sittings, not least a delicious three-course menu created by our top food formen!

Get ready for the highlight of the novice period - a night you'll never forget!

When? 7/3

Where? AF-borgen

Dress code? Formel







FAQ

I want to get more involved in the nation, how do I do that?

**Join the Facebook group “Jobbare på VG / Workers at VG.”
Talk to a mentor, and they’ll help you out! You can work at the Nation if you want. No prior experience is needed! Come have a blast, meet amazing people, and get a sitting or a food ticket as a thank-you!**

Do I have to become a forman to be active at the nation?

Absolutely not! As a member, you can work in our various committees, as well as in the club, kitchen, and bar.

I'm not a fan of parties, what sober events are available?

Then it's perfect to attend NATU's and the Sports Committee's sober events! Of course, you can also choose to stay sober at all of our events!

I want to make more friends in Lund-do you have any tips?

You've already taken the first (and best) step; becoming a member of VG! Our novice period is designed to help you meet other students, but it doesn't stop there. Join a working team, bring someone from your novice group and visit our clubs, our cocktail bar Kupan, or eat at Freda' Kök & Bar!

I want to follow Västgöta Nation on social media-where can I find you?

Instagram/TikTok: @vgnationlund and Facebook: Västgöta Nation

I'm a morning person, what should I do?

Come by for our American Breakfast on Sundays!



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