

NOVICE PERIOD



FALL 2026

NOVISCH FOREMEN



Name: Tove Hellström

Age: 22 years

Hometown: Gothenburg

What are you studying? Hopefully human rights or international relations... ask me in September

Favorite committee in the nation? Vega, specifically boiler room!

What is your Roman empire? Breaking Bad



Name: Misgana Tesfamariam

Age: 23 years

Hometown: Stockholm

Studying: Economics

Favorite committee in the nation?

Metro club!!

What is your Roman empire? The emperor's new clothes



Name: Tara Korpy

Age: 22 years

Hometown: Strängnäs

What are you studying? Human Rights

Favorite committee in the nation? Kupan cocktailbar

What is your Roman empire? The Egyptian Pyramids

GENERAL INFO

All information regarding the new student period will be shared via Facebook, in the dedicated group:

"Novices at VGs fall 2026"

Other communication will take place via Messenger within the mentor groups you are assigned to. You can find general information about the new student period and the nation's activities on the nation's website!

There, you will also find a link to the pamphlet you are currently reading. If you have any questions about the new student period, please feel free to contact us at the Novice Committee at novischeriet@vgnation.se

Follow us on social media:

[@vgnationlund](https://www.instagram.com/vgnationlund)





CALENDER

11/9 Pubquiz, Pong

16/9 Välkommen Hem

20/9 Outdoor Cinema

23/9 Secret Activity

1/10 Sports Event

7/10 Novisch Sittning

11/10 NATU Event

16/10 Novisch Party!



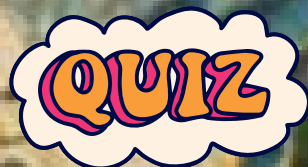
PUBQUIZ, PONG

We start the novice period strong with a fun PubQuiz where you get to shine with questions about everything between heaven and earth.

Is quizzes not your thing? Do not worry, get your revenge in beer pong or Mario Kart! We will end the evening by going out together to the club-night of the novice period!!!

Welcome to VG!

Welcome home <3



VÄLKOMMEN HEM SITTNING



Do you share our passion for Midsummer, ABBA, meatballs, and IKEA? Or are you keen to learn more about Dala horses?

The first sittning of the novisch period is themed around Sweden and everything we love about the country! The event will feature all the hallmarks of a classic Lund-sittning: food, drinks, entertainment and singing!

Your mentors will welcome you to a pre-party within your groups to get into the spirit, and after the dinner, we'll head to Lund's best club: Västgöta Nation's very own METRO Club & Bar!



OUTDOOR CINEMA



After two fast-paced evenings, it's
time to take it easy, perhaps the
coziest event of the novice period:
CINEMA NIGHT!

We'll set out a table with snacks, turn
on a movie and enjoy a cozy evening
together!



SECRET ACTIVITY

TOP SECRET

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...

YOU DON'T WANT TO MISS THIS
Time: around 6 PM until laaaate



SPORTS EVENT

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.

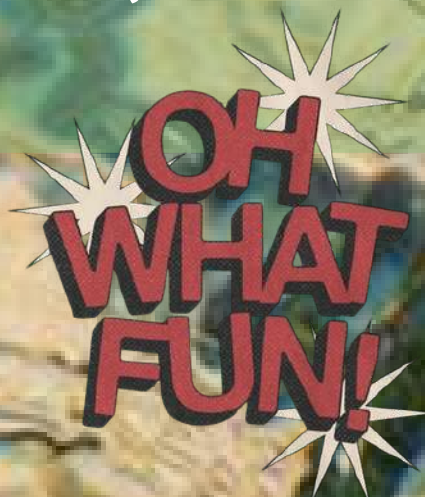
To kick off the semester and welcome you to the nation- and to the sports committee in the best possible way-we invite you to a true classic: a game that captures the playful and joyful spirit we want to share with you this fall!

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

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



Jesper



Filippa



NOVISCHSITTING

GENDER BENDER THEME



Ready to try something new? Then this is
the sittning for you.

What used to be obvious may not be
anymore. Roles change places,
expectations are thrown out the window
and your reflection may bring a surprise.

However, one thing is for certain:

PARTY NIGHT AT METRO!

*do it
for the
plot*



Cheers

NATU EVENT

Create your own bordspresent with NATU

Welcome to a fun craft night with us at NATU, where we'll be making our very own table gifts! We're **Klara** and **Hugo**, NATU foremen at the nation, which means we organize cozy, playful, and creative activities throughout the semester! After an eventful novice period it can be nice to sit down and hang out before it ends, but it's also time to get excited for the grand finale! That's why we're inviting you to a craft night where we'll make our own table gifts, a true Lund tradition where you give the person sitting next to you a small, fun gift that you can either enjoy during the dinner or keep as a memory afterwards. Let's paint glasses, make bead creations, create games - or just come by to hang out and enjoy some fika :)

Klara

There will be plenty of delicious fika, and together we'll let our creativity flow while getting ready for the novice sitting! We're so excited to meet you all soon <3

Hugo



NOVICE PARTY

What would a novice period be without a magical closing party? Answer: NOTHING!

Put on your finest dresses and suits and meet us in Lund's most festive building: AF-borgen!

The evening will offer everything you love about sittings, not least a delicious three-course menu prepared by our top chefs.

Get ready for the highlight of the novice period, an evening you will never forget!



When? Friday 16/10
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 formman 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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