



IT'S TIME FOR KICK-OFF 2025

[Your handbook for the perfect Kick-Off]

Created by

LOK

SOCIALS TEAM



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LOK



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Head of Pedsex Park



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Head of Blue Crew



@lokhlk



/lokhlk



/lokhlk.com



president.lok@js.ju.se



vicepresident.lok@js.ju.se

LOK

Lärande Och Kommunikation

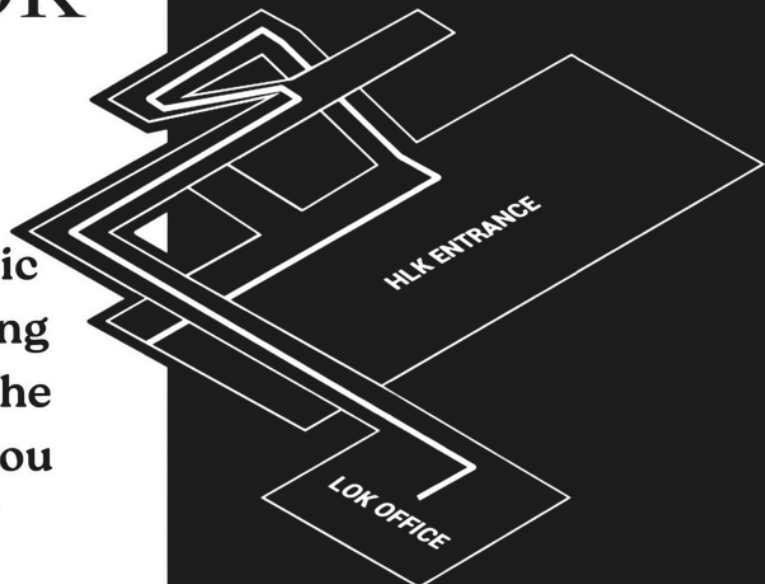
LOK is the student association of HLK, advocating for the interests of the school's students. Every student attending a course or program at HLK is automatically a member of LOK.

LOK strives to create a supportive and inclusive environment that enables every student to thrive. Their primary mission is to ensure that your years at Jönköping University are as unforgettable as possible!

HOW TO FIND LOK

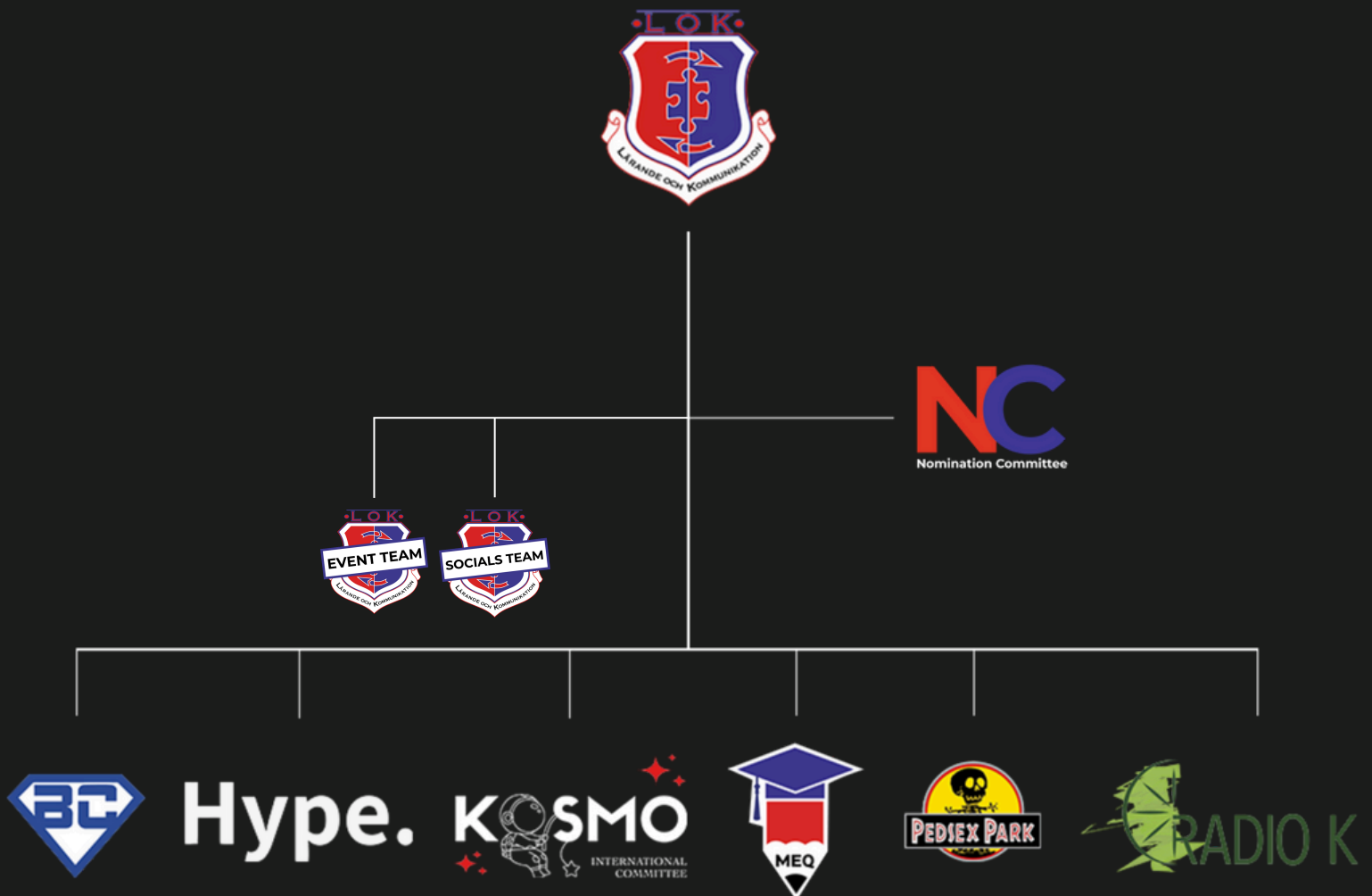


Heres a graphic manual showing how to locate the LOK office, if you ever need it!



Organizational Structure

LOK's members exists of all students at HLK that pays the mandatory student union membership fee. If a member wants to become a part of the Board of LOK, they apply through the Nomination Committee (NC). LOK also has six committees underneath them that has different work areas, responsibilities and aims. All the committees help LOK achieve their goals that is stated in their By-Laws.



Committees under LOK

The committees under LOK all have different work areas to make sure that the student life at HLK is top-notch!



Radio K is a committee offering opportunities for students interested in media to create podcasts and work in radio production. They also host an annual event, "Radio K bryr sig" to raise funds for Musikhjälpen, a Swedish charity initiative.

Instagram: @radiokju

Hype.

Hype is an advertising agency that offers JU students work experience in various advertising roles. Collaborating on local and national projects, it helps students develop skills and expand their professional networks.

Instagram: @hype_ju



Kosmo is an international committee at HLK. Through their initiatives, they aim to improve the study experience for all students, by promoting cultural exchange and providing support to international students. Both Swedish and international students make up the members of the committee.

Instagram: @kosmocommittee



MEQ is a dedicated committee focused on protecting and advancing your rights as a student. They actively engage with university stakeholders, address student concerns, and work towards creating a high-quality educational experience.

Instagram: @meq_lok



Within LOK, there are two prominent social committees known as Pedsex Park and Blue Crew.

They hold the responsibility of orchestrating sittings, but also other engaging events throughout the semester; like Beer Pong and Dodge Ball tournaments!

Pedsex Park's members are red ovves and Blue Crew's members are blue ovves. But of course anyone can go to their events!

Instagram: @pedsexpark and @bluecrewhlk

Work groups under LOK

These work groups are in direct collaboration with LOK.



Nomination Committee

LOK's Nomination Committee is in charge of collecting all applications to LOK before a Bi-Annual meeting. They also hold all interviews with the applicants and nominate one of the applicants for a position.

Instagram: @lok.nc



Instagram: @lok.event



Instagram: @lokhk

There's also two different groups that manages two parts within LOK; our Event Team and Socials Team. LOK Event Team recruits new members during the spring semester, and arranges events like Finmiddagen, Graduation Ball & LOK Week. LOK Socials Team recruits during the fall semester, and manages all of LOK's social media and marketing. Socials Team also work to help other committees within LOK with any marketing if needed.

THE DIFFERENT OVERALLS

A.K.A "ÖVVE"



Communication students at the School of Education and Communication (**HLK**)

Pedagogues at the School of Education and Communication (**HLK**)

Students attending Jönköping Engineering School (**JTH**)



Students whom are a part of the board at Jönköpings Student Union (**JSU**)

Students at Jönköping International Business School (**JIBS**)

Students attending the School of Health and Welfare (**Hälsö**)

OVVE RULES



1 You are NOT allowed to wash it

2 Just got a new sittnings-patch? Glue it on ASAP

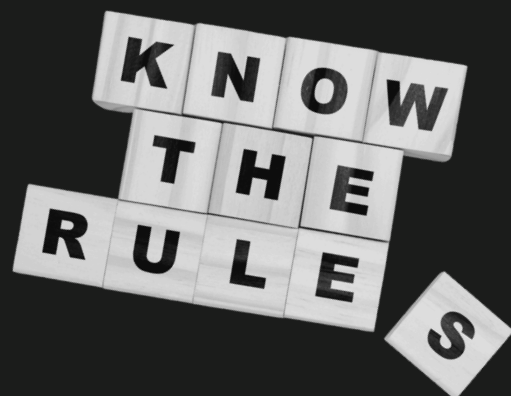
3 The most significant patches should be affixed near your 'holiest regions'

4 First time? Ask a fadder how to glue on a patch and tie your sleeves of the ovve properly.

5 You can only write on others ovve, never on your own - it's considered bad luck

6 If you get patches from events or sittnings you didn't attend you need to glue them upside down

7 The LOK - patch and the one representing your program have designed spots where they need to be placed



HR

**HUMAN
RESOURCES**

GS

**GLOBAL
STUDIES**

MKV

**MEDIA
AND
COMMUNICATION**

ÄL

**SUBJECT
TEACHER**

FL

**RECREATION
TEACHER**

GL

**PRIMARY
TEACHER**

EX

**EXCHANGE
PROGRAMME**

MT

**MASTER
PROGRAMME**

**THE
PROGRAM
COLORS**

HEAR US OUT! -

Why you shouldn't miss the Kick-Off

1 You will meet your fellow classmates and make new friends.

2 You will be introduced to the amazing student life here at Jönköping.

3 You will get to participate in fun activities, that you simply don't want to miss.

4 You will get to know all of your favorite spots in Jönköping by exploring the city.

5 You will create unforgettable memories that will last a lifetime!



KICK-OFF STARTER PACK



Comfortable and sensible shoes. Trust us - they'll get dirty.



A credit card, but most importantly: Swish or Paypal



A powerbank to charge your phone



Clothes for any sort of weather - even if its summer, it can still rain... A LOT.



A proper belt for your Ovve! You don't want it to fall down.

Student Dictionary

LOK

[Lou-kh] association.

The student association at The School of Education and Communication (HLK)

HLK

[Hå-el-kå] faculty.

Högskolan för Lärande och Kommunikation (The School of Education and Communication) the home for the blue and red ovves.

AKADEMIEN

[AKA] nightclub.

The nightclub exclusive for students. Here we party until 2am every Wednesday. Best part? It s cheap and you must wear your ovve! We also sing Stad i Ljust together at 2am.

HÄLSOPARKEN

[Hälso] park.

The park behind The School of Health and Welfare, events such as Valborg take place here.

SITTNING

[Ah-grejt-tajm] event.

An event with entertainment and food. A sittning has a different theme each time and you need to buy tickets a week prior to the event, make sure to be quick! They run out fast!

ZERO

[Zee-row] new students.

A student with no academic credits, yet.



“Guiding the way, Fadders lead the day”

Find out more on the next slide

THE FADDERS

The fadders play a crucial role in assisting and supporting you during the Kick Off and beyond. They are dedicated guides who ensure you have a remarkable and memorable experience. From navigating the campus to understanding class schedules, finding socializing spots, or attaching patches correctly, the fadders are there to help. They serve as reliable mentors, offering support, knowledge, and guidance.

Don't hesitate to reach out to them for a fulfilling and enjoyable time at Jönköping University. If you have any inquiries or uncertainties about Jönköping, the campus, your classes, or even how to properly attach the patches on your overall, there's no need to hesitate! You have a fantastic resource at your disposal – your fadders, or the experienced students who are sporting the fadder shirts.

Throughout the entire Kick Off, your fadders will be proudly wearing shirts in various colors, each of which carries a distinct significance.



The Kick-Off Project Teams

KICK OFF 2025

The Kick Off 2025 project teams work with Jönköping Student Union who are responsible for planning and running the introduction weeks for new students at each faculty of Jönköping University. Each team works closely with the faculty's student association and includes roles such as team leader, event coordinator, marketing, logistics, finance, and fadder coordinator.

Together, they organize events, recruit and guide fadders, manage communication and sponsorships, ensure smooth logistics and technical setups, and create a welcoming and fun start to university life.

HLK has two different project groups, who organize kick-offs for the red oves and blue oves seperately.



Instagram:
@kickoff.hlblue

Instagram:
@kickoff.hlred



JÖNKÖPING STUDENT UNION

As a student at Jönköping University you are also a member of Jönköping Student Union. This means that you have access to your own union acting both locally and nationally for you to have the best time possible here at JU.

The mandatory semester fee paid for membership in the Student Union has several advantages. It grants you the ability to write exams and opens the door to participate in the union's annual meeting, where you can actively contribute to decision-making processes. Being a member also grants you access to various services and opportunities. By expressing your opinions on resource allocation, you can influence the direction of the Student Union, ensuring that your needs and preferences are considered.

JSU are actively engaged in various areas to make sure a positive and enriching student experience is reached. These areas include monitoring the quality of education, addressing student welfare issues, promoting integration, attending to student health and managing Akademien (AKA), RIO (café), and the Student Service desk. If you have any questions, ideas or feedback, don't hesitate to reach out to them.

Committees under JSU

FUF

Föreningen för utvecklingsfrågor is dedicated to spreading knowledge and actively involving students in pressing global issues.

SSA

Students for Sustainable Action is a passionate association at Jönköping University dedicated to making a collective impact on sustainability.

AMNESTY JU

If you are interested in human rights and want to actively make a change and help others, this is the association for you.

WESTCOAST

WestCoast Nation, a Student Union association, is dedicated to enriching student life through a variety of engaging events. From semesterly "sittnings" to the lively Sexkamp competition, they create memorable experiences. They also organize popular activities like After School, pizza nights, and the exciting På Spåret event.

JUSTICE

JUSTICE is a non-profit association. Their goal is to make JUSTICE and Jönköping known to the E-sportsworld.

CARDBOARD

If you are into card, board or roleplaying games this is the perfect association for you to get involved in.

EDIT

EDIT, the student news source at JU, is committed to sharing pertinent information and catering to the interests of fellow students. Their aim is to cover a wide range of topics concerning JU.

UNITE

Unite strive to foster connections among students regardless of their school of study.

SHOWTIME

A creative association that consist of a dance studio, music team, showgroup, improvisation group and a backstage crew.

JUSA

If you're interested in sports, staying healthy, and meeting new people, Jönköping University Sport Association (JUSA) is the place to be.

QULT

Qultmästeriet welcomes students from all faculties. They organize sittningar and events. Qultmästeriet is part of Qult, a travel organization arranging party trips for students.

Lost on campus? Here's a map!



A) President's Office and University Services

- Service Center

B) Jönköping International Business School

C) University Library

D) Students' House

- Student Union
- University Property Services

E) School of Engineering

F) Mariedal Conference Centre

G) School of Health and Welfare

H) School of Education and Communication

J) Campus Arena

K) University Services and exam rooms

- Admissions
- Career Center
- Student Counselling Service
- Student Health Care
- International Office

L) Science Park