



[Read the newsletter in your browser](#)

#3 - 2022

Dear master students at LIME,

Time flies and soon three months have passed of this autumn semester. November can be a dark and rainy month in Sweden, but this November we have already in November experienced our first snowfall. In this newsletter, you can read a short story from one of our master's students in Bioentrepreneurship about experiencing snow for the first time.



From left: Mia von Knorring, Madelen Lek

We hope the snow will come back on December 13 when we celebrate the traditional Lucia day in Sweden. On Lucia LIME is happy to invite you all to see a **Luciatåg** in the Widerström building.

The KI-choir Ascalpella will brighten our Lucia-morning in the entrance at **8:45** and afterwards we meet outside room David for some Luciafika (**Iussekkatt** and glögg).

For those of you in your second year, preparation for the upcoming master thesis project is in focus. We know from experience that the preparation can be rather stressful for you and therefore we would like to share our best tips:

- Prepare well by reading up on your subject as early as possible
- Plan your time well
- Set your own deadlines for when you need to have finished specific parts of your project
- Enjoy! This is going to be a challenging but also a very rewarding part of your studies.

Yours,

Mia von Knorring & Madelen Lek

Departmental Director of Education (GUA) & Assistant Departmental Director of Education

LIME NEWS

A mix of LIME internal news about research, new teachers, LIME talks, HI Conversations and more

2022-12-06 **Lifestyle4Health seminar: mHealth**

2022-12-08 **Master students Christmas mingle**

2022-12-13 **Lucia celebration at the Widerström building** (more information above)

2023-06-07 **The KI Medical Ethics Conference**

Want to know more about the Department of LIME?

Visit **About LIME** to read about management, professional services and research groups.

Have you noticed the slightly darker look of this newsletter and of the KI profile over all? It's because KI has changed its graphic profile! Read more: **KI's colour palette**



TELL US ABOUT YOUR SNOW EXPERIENCE

We asked our students to tell us about their snow experience here in Sweden. Also see below how to build a snow lantern - snölykta.





- Coming from **Myanmar (Burma)** where the temperature ranges from 25 - 45 C in the city that I lived, it was like going into a fairy tale land, I felt incredibly happy. The snow makes everything brighter as it reflects light and that instantly lifted my gloomy mood that I had during the cloudy days. I could watch, feel and play with snow like a little kid. I feel like now I could survive the harsh Swedish winter.

Zun Pwint Aung

Tip: **Build a snow lantern to light up dark winter nights**

FROM MASTER TO PhD

Doctoral studies lunch event 24 November 2022

On November 24, LIME hosted a lunch event to which all KI master students were invited to attend to learn about **doctoral studies at LIME**. The interest for this event was greater than we thought, 115 students were registered and they had a lot of questions! By using the interactive tool Menti we got a pretty clear vision from which of the programmes students are most likely to prepare for doctoral studies!

Director of doctoral studies **Per Palmgren** started to welcome all students until vice Director of doctoral studies **Stefano Bonacina** continued to talk about doctoral studies in common and different ways to go. **Ingrid Smedberg**, administrative officer for doctoral studies, continued to give numbers and explain the process of the doctoral courses and programme plan for PhD at LIME.

And finally, a doctoral student from LIME, **Sophia Appelbom** told her story from student to PhD. From studying psychology on both bachelor and master level at Stockholm University (SU) she ended up as a PhD-student in the **Health Informatics centre** at LIME. This was very interesting to hear and also shows the wider perspective of doctoral studies. You do not need to continue in the department where you study, but can find an interesting supervisor along the journey to take you somewhere else.

Today LIME has 43 registered PhD students and hopefully some of the participating students from this event will become a PhD after finishing their master studies. This was really a successful event with possibilities to continue every year.



Per Palmgren, Ingrid Smedberg, Stefano Bonacina and Sophia Appelbom

MEET LIISA OLSSON

one of our Educational administrators for LIME's master programmes

At LIME we have two programme administrators who work with everything connected to our master's programmes. Liisa Olsson is working with the **master in Bioentrepreneurship** and Maria Appelgren is working with the **Joint Master's Programme in Health Informatics** and the **master in Health Economics, Policy and Management**.

Hej Liisa,

- **How long have you been working at LIME?**

I have been working at LIME since 2009.

- **What does it mean in your role to be a programme administrator?**

My role is to provide administrative support to teachers and students, support systems and activities that enable the effective running of a unit.

- **When can / should students contact you?**

Students are welcome to contact me every day; they are welcome to drop by our office at Widerströmska but it is good to check beforehand that I am working at the office that day!

- **How can students contact you?**

My email address is liisa.olsson@ki.se and phone 08-524 872 37.

- **What do you enjoy most in your role?**

I enjoy the contact with students and teachers most. I enjoy problem solving!

- **Do you have a motto or special talent?**

This too shall pass.



This "embroidery" of Liisa's motto is made in the free tool **The Folklore Company**. Go create your own!

FRIENDLY REMINDERS & USEFUL LINKS

Migrationsverket, important information, student health, seminars etc..

When you need a certificate

From now on you should contact arkivet@ki.se when you need a certificate showing that you are an active student at KI (or that you are finished with your courses and are awaiting your degree diploma). Arkivet are manned all summer and can sign and stamp your certificate the same day as you send the request.

More complicated certificates and/or forms from your home country that needs signature from KI, should still be addressed to your study counsellor **Malin Sandell**.

Useful links

- **Contact information for the LIME educational staff**
- **Ethics at KI**
- **Student blogs**
- **The Student Health Care**

Happy Holidays and a Prosperous New Year!

How do you rate the LIME student news letter? Let us know!



term. Let us know if you wish to include something in upcoming newsletters by contacting
malin.sandell@ki.se

Editorial staff: Malin Sandell, Liisa Olsson, Marie Lind. Layout: Marie Lind