

# A QUICK SURVIVAL GUIDE TO A ~~ZOMBIE APOCALYPSE~~ PhD at KAROLINSKA



We are here for **YOU**, every step of your PhD Journey!



Contact us at:

[dsa@medicinskaforeningen.se](mailto:dsa@medicinskaforeningen.se)

Visit us at:

[phdsa.se](http://phdsa.se)

Follow us for the latest updates and events!

Facebook: DSA at KI

Instagram: [@dsa.karolinska](https://www.instagram.com/dsa.karolinska)

Twitter: [@DSAKarolinska](https://twitter.com/DSAKarolinska)

# WORKING

Very important!! Binding  
"contract" with the PI

Cardio helps you  
outrun zombies!

- Individual Study Plan: Your roadmap to obtain the PhD.
- Ladok: PhD status, courses registration and credits collected.
- Free phone counselling\*: 0200 21 63 00 for financial, private or work-related health issues.
- Avonova (Employee health center) \*\*- For all health related matters.  
Email:kungsholmen@avonova.se, stockholmcity@avonova.se or huddinge@avonova.se
- KI Health promotion: Gyms, health and events.
- Benefits\*\*: 1500 SEK/yr for sports & reimbursement for medicines.
- Free commuter bus between Solna & Flemingsberg campuses.

\* Three free calls per case.

\*\* Must be employed as a doctoral student, not on external scholarship.



Find more detailed info at: [ki.se/en/staff](http://ki.se/en/staff)

# STUDENTS



- Medicinska Föreningen (MF): Karolinska's student union.  
Access to SSSB housing, student card, discounts (SL) and events.

Check the website: [medicinskaforeningen.se/en/](http://medicinskaforeningen.se/en/)

- Doctoral Students' Association: PhD section of MF (monthly meetings, event funding, information/help, and events).

The masterminds  
behind this guide!

- Ombudsperson: Confidential problem solver employed by MF for PhD students (harassment, issues with the PI...).

[do@medicinskaforeningen.se](mailto:do@medicinskaforeningen.se)

- Student Health center (Ph: 08-524 835 70)

All health related matters, including stress management, crisis management, depression or any other mental or physical health matters.

\*doctoral students are considered both students and employees.



BRAINZ

[studenthalsan@ki.se](mailto:studenthalsan@ki.se)

# SWEDEN

- Skatteverket: Taxes, personal number and swedish ID card.
- Insurance: House, accidents (dentist) and liability (Trygg Hansa, Folksam, Länsförsäkringar...).
- Migrationsverket: Swedish Migration Agency.
- Försäkringskassan: Social insurance agency (EU health card, sick & parental leave and dentistry (partial) financing).
- Banks: Handelsbanken, SEB, Nordea, Swedbank...
- Phone companies: Comviq, Telia, Tele2, Tre...
- Electricity companies: Vattenfall, Fortum...

Or else be nobody!

Can be very problematic...

mmm...Kanelbullar



# HOUSING

- SSSB.se: Student housing that MF members can apply for.
- Akademiskkvart.se: Accommodation subletting platform for students.
- Blocket.se: Lots of houses and rooms for rent, you can search for posted ads or post your own.
- Bostaddirekt.com: Renting a room / house or buying it.
- Hemnet.se: Aggregator of houses available for purchase.
- Facebook groups: There are plenty of groups where people post short-term rentals (Kungsharma, Pax & Strix, Lappis...).

Register asap for queue, tons of days needed!

Be careful with scams!!



# SWEDISH

- FolkUniversitet Courses: One Swedish course paid by KI.
- SFI: Free courses for foreigners. Sign up on your municipality website or SFI center.
- SAS: Advanced level Swedish courses (after SFI).
- Apps: Duolingo (free) and Babbel (not free).
- 8 Sidor: Written news in easy Swedish.
- SVT easy swedish news: [svtplay.se/nyheter-pa-latt-svenska](https://svtplay.se/nyheter-pa-latt-svenska).

Lycka till!

# AFTERLIFE

At least 1 year  
before the end

- Sign up for A-kassa\* to have unemployment benefits.  
\*Must be employed as a doctoral student, not on an external scholarship.

- Naturvetarna: Scientists trade union tops up the benefits and helps you find a job if you are a member.

[naturvetarna.se](https://naturvetarna.se)

- SULF: Academic trade union with similar service as Naturvetarna.

[sulf.se](https://sulf.se)

- KI Career Service: Newsletter, events and blogs.

[staff.ki.se/career-support-for-doctoral-students](https://staff.ki.se/career-support-for-doctoral-students)

- CHaSE: Annual career fair at KI.

