A QUICK SURVIVAL GUIDE TO A

PhD at KAROLINSKA



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



Contact us at:

dsa@medicinskaforeningen.se

Visit us at:

phdsa.se

Follow us for the latest updates and events!

Facebook: DSA at KI

Instagram: @dsa.karolinska

Twitter: @DSAkarolinska

WORKING

Very important!! Binding "contract" with the Pl

- Individual Study Plan: Your roadmap to obtain the PhD.
- Ladok: PhD status, courses registration and credits collected.



- Avonova (Employee health center) **- For all health related matters. Email:kungsholmen@avonova.se, stockholmcity@avonova.se or huddinge@avonova.se

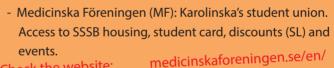
- KI Health promotion: Gyms, health and events.
- Benefits**: 1500 SEK/yr for sports & reimbursement for medicines.
- Free commuter bus between Solna & Flemingsberg campuses.
 - * Three free calls per case.
 - ** Must be employed as a doctoral student, not on external scholarship.





Find more detailed info at: ki.se/en/staff

STUDENTS



Check the website:

- 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 Pl...).

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.

SWEDEN

- Skatteverket: Taxes, personal number and swedish ID card.

- Insurance: House, accidents (dentist) and liability (Trygg Hansa, Folksam, Länsförsäkringar...).

- Migrationsverket: Swedish Migration Agency.

Can be very problematic...

Or else be

mmm...Kanelbullar

- Försäkringskassan: Social insurance agency (EU health card, sick & parental leave and dentistry (partial) financing).

- Banks: Handelsbanken, SEB, Nordea, Swedbank...

- Phone companies: Comvig, Telia, Tele2, Tre...

- Electricity companies: Vattenfall, Fortum...



HOUSING

Register asap for queue, tons of days needed!

- 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...).





SWEDISH

- FolkUniversitet Courses: One Swedish course paid by Kl.
- 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.

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.se
- Naturvetarna: Scientists trade union tops up the benefits and helps you find a job if you are a member.
- SULF: Academic trade union with similar service as Naturvetarna.

sulf.se

- KI Career Service: Newsletter, events and blogs.

staff.ki.se/career-support-for-doctoral-students

- CHaSE: Annual career fair at KI.

