

nådigalundtan

MAY, 2017

Lundabekonomerna #134

**“I LEARNED THAT
SUCCESS IS NOT
LUCK - IT'S HARD
WORK”**

Fritjof Bengtsson

page 22



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PARTNERS OF LUNDAEKONOMERNA



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EDITORIAL

G'Day! What a day and what an amazing Valborg weekend I have had! But as I stood in Lundagård and listened to Studentsångarna I realized that it is actually May already! How did that happen? Now, I only have one month left in Lund. Spring is according to me the best season and lucky for me I will experience two of them this year, since I'm going to Melbourne for my exchange semester this autumn (which is spring in Aussie!)! With that, I do not only leave my apartment and my friends, I'll also leave my position as Editor-in-Chief to my fellow mate (already practicing the Australian expressions as you may notice) Lovisa whom I am certain will make a spiffy (that means excellent) work.

Applying for this position might be one of the best decisions I have ever taken. Not only did I get the chance to be the leader of a group, something that probably will take years before I do "in real life", and not only to meet and work with the most amazing committee, but also to hang out with and be a part of, and I quote Inspector Thomas Kalling, *"the best student union in the galaxy"*. The new board of this union, LundaEkonomerna, is elected and Lundtan took a chat with all of them which you can read further in the magazine. I don't know what is greater than the galaxy but I bet these people will make our union even better.

Since I didn't want to end my last editorial with something boring I googled "Australian expressions" and found a page called koalanet.com (pretty legit name I must admit). With inspiration from that I want to thank you for reading our magazine, recommend you to apply for the new committee of Lundtan (or something else) next semester, demand you to appreciate the time you have in Lund (and don't forget Lomma beach!) and say that I hope your summer is filled with lots of Barbies, pashes and tasty whinge (barbeques, long passionate kisses and wine)!

Yours sincerely,



Hanna Rasmusson, Editor-in-Chief

RUNNING FEARLESSLY

When you google “1967” and “important happenings”, the internet gives you many events: Nicole Kidman and Mark Ruffalo was born, Purple Haze by Jimi Hendrix was

recorded, Sweden introduced their first detection dogs and *The Jungle Book* had its world premiere on cinemas around the world. In other words, from a historical point of view Google didn’t find the year 1967 peculiarly impor-

tant. However, I disagree.

The famous author Haruki Murakami once wrote *“Most runners run not because they want to live longer, but because they want to live their life to the fullest.”*. To live one’s life to the fullest is often seen as a dif-





difficult task. It is even harder, when you know what you want to do, but is forbidden to do it. A fearless woman overcame this obstacle when managing to do what at the time was thought impossible – she ran a marathon. The year was 1967.

50 years has passed since the day when Kathrine Switzer became the first woman to ever officially enter and run a marathon, despite a ban on female competitors who were barred from participating with male runners. To be able to get a racing bib number for the Boston Marathon she had registered herself as K.V. Switzer. Her first name was hid behind her initials and her gender could not be discovered. Switzer had hoped that if she only got a bib number she could run the storied marathon. She would soon find out that this wasn't the case. While



running, Switzer was actually physically attacked by a race official, Jock Semple. He attempted, among others, to stop Switzer from running. Fortunately, they did not succeed. Switzer completed the race. Later on, she also won the New York City Marathon in 1974. What had begun as an attempt to participate in a run, was soon to become an important milestone for equality and female sports. Kathrine Switzer helped to pave the way for other female runners. *"When I was first running marathon, we were sailing on a flat earth. We were afraid we'd get big legs, grow mustaches, not get boyfriends, not to be able to have babies. Women thought that something would happen to them, that they'd break down or turn into men, something shadowy, when they were only*

limited by their own society's sense of limitations."

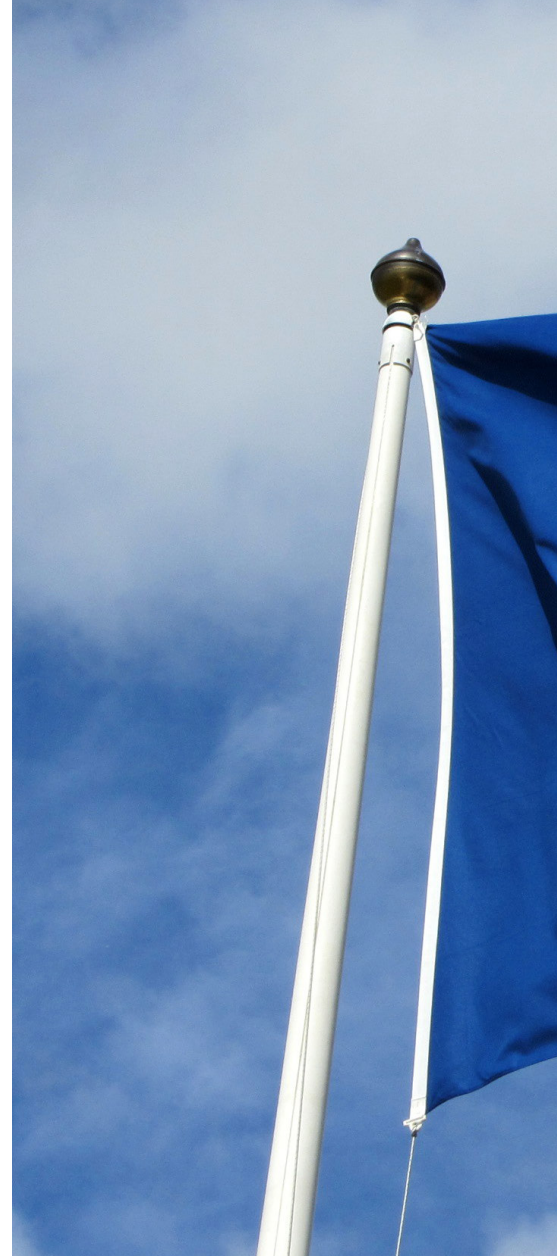
This spring Switzer once again ran the Boston Marathon, but the scene looked much different. On this day, on the 50th anniversary of her first historical race, she ran along approximately 14.000 other women and she ran under her full name - Kathrine Virginia Switzer. The only thing that has remained the same is her bib number, 261.

Text: Elvira Eugenea Eriksson

Photo: Recuerdos de Pandora, Excellence & Womens running



THE 60 YEAR OLD UNION



This year the European Union celebrates its 60th year in existing as an international organization to promote collaboration and free-movement for its members' citizens. It is following through one of the longest peace times in Europe in modern time and have been through both bad and good times. During the last few years the union have been facing some of its biggest hardships ever and the future for the union is more unclear than ever.

After the second world war, most parts of Europe was left in ruins. Not even half way through the 20th century, two world wars had occurred, both originating from Europe. Europe has had a long history of conflicts between the many states and regions that have come and gone. Something had to be done in order to prevent further devastating conflicts between the countries in the region. The first step of collaboration was the "European Coal and Steel Community" that started in 1951 between six countries. The European Union arose from this collaboration six years later in 1957 through the treaties of Rome which

stated that a "common market" should exist between the members of the community. Over the years the union have grown and consist today of 28 members. Although that number will soon be changed to 27, due to the decision of the UK to leave the EU last summer.

Over its 60 years history, the union has witnessed several major changes and happenings in the region. In its creation the "cold war" had just begun, and Germany and other part of the region was divided by an iron curtain in the form of the Soviet Union. In the 90s, all of this had changed and many of the borders that



had existed was teared down. Until the 21st century everything seemed to work in the union's favor and the expansion and development continued. Over the last few years though, the union have been facing several setbacks that have left it in an unsure state. Things became crucial after the financial crisis in 2008 and the impacts it had on many countries economies like Greece that was left in shambles. The war in Syria and the refuge crisis, as well as the many terrorist attacks in European cities have continued to deepen the problems in Europe and the union on how to handle the situation. With Brexit, UK leaving the

union, it will lose some of its magnitude and importance as a global player in the world. Voices are also raised in the member states that the union dictates and control too much of their own sovereignty. All these challenges are currently burdening the union.

Being born in the 90s here in Europe makes it hard to imagine a time without the EU. Some say that this year might be crucial for the future of the union, with the election of a new president in France, and the federal election in Germany. With UK leaving, Germany and France will be left as the strongest bearers and protec-

tors of the union. If the results in either countries would be in favor for an EU skeptical leader, the fear is that it might be the end of EU as we know it today. A common complain with EU is the bureaucracy and the many regulations it creates. Many people do not know how the EU works and how the policies are being made, even though the policies can have important consequences for people in the member states.

It is easy to understand that if you only focus on the downside of the union's work and do not see or take part of all the positive effects, you would want to leave



it. Over the years EU has helped to create a more open and freely Europe with more collaboration and understanding between countries, and have helped to hold Europe together in its longest modern peace-time ever.

With that said, EU is not perfect and much will have to be done in order to cope with the changing times and challenges. It

is not possible to live on old merits forever. Making people aware of the work in the union is of vital importance in order to give people a better picture of the work of the union. It seems like people in Europe know more about how the

American politics work than they do about EU politics. Important players in this sense are both news media and the members of the

“The nearest question is whether EU will succumb these hard times, or manage to raise again.”

European Parliament that represent their constituency, their home countries. Mostly they are only heard from every five years when the election

for the parliament is held. To hear more often from these members in the news about their works and progress in different questions can benefit people’s regular knowledge of what they are doing and how things are going.

EU has been through a lot over its 60 years history and is facing a decisive moment in its existence. The nearest question is whether EU will succumb these hard times, or manage to raise again. The future may be unsure, but the union has been through hard times before and will work hard to solve the current challenges.

Text: Karl-Jacob Ingvarsson
Photo: Wikipedia Commons & Umweltbundesamt

-Where can I make a difference?

Fotograf: Håkan Målbäck

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THE PROBLEM OF HOUSING IN SWEDEN



It's no news to anyone that finding a place to live with short notice in Sweden is difficult, especially if you are looking for a place to buy or rent in Sweden's major cities such as Stockholm, Malmö, Gothenburg. Lund isn't a big city but it is no exception to the lack of housing. Why is it so hard to find housing in Sweden? Why are prices of real estate rising but not the number being built?

The answer to the first question lies in the fact that the housing market right now is experiencing

market failure. What does this mean? It means that the allocation of goods and services is not efficient. The quantity of houses provided does not match the quantity of houses demanded. This means that there are negative externalities, monopoly over housing, asymmetric information to the buyers and the market failure occurs in the short term.

The Swedish government has implemented a number of policies in order to try to control the housing market. This in effect is a largely debated issue as many people believe the market should be free and non-regulated. This regula-

tion has been put in place in order to keep rents and prices down, but in actual fact it has been having the opposite effect. The idea of rent regulation occurs when government set limits (price ceilings) or rent stabilisers (regulation on when rent can be raised and by what percentage) this is to protect tenants from paying ridiculously high prices. This type of system has a lot of negative consequences and has been criticized for creating enormous queues which result in long waiting times and black markets where people rent their flats for double the prices due to the high demand.



And people feel stuck and large families have to live in small flats.

The lack of housing indirectly affects the GDP and the job market as job mobilization is proven to be very difficult. Many people must refrain from good job offers and university placings as they cannot find any accommodation to rent or buy at a reasonable price or for the long term. In recent years the building of houses and apartment buildings has declined greatly since the 1960's where apartment buildings and villas were built in abundance, also due to the lack of housing. The population has been rising since then, unfortunately what hasn't is the number of apartments and houses.

What is then the solution? There

are some obvious remedies which include building more and many apartments and houses as fast as possible. Another option is deregulating the housing market and let the market set the price of housing in terms of both rent and sale. It is also possible to reduce the tax on housing and therefore reduce the so called "moving tax" which will result in easier movement and more incentive to move house or flat if necessary. There are obviously more feasible solutions such as social housing, increasing the competition between building contractors but this is no easy task to take on. It will take a lot of time and reforms by the Swedish government to produce a more effective housing system where the Swedish population can fulfil their need for housing without waiting

for years and move houses and apartments with ease: when you want to or when you need to.

Text: Jasmine Rafferty

Photo: Pexels & Wikipedia

Stockholm, Sweden





LundaEkonomerna
LUSEM Student Union

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LUNDAEKONO-
MERNASE**

MONTHLY SUMMER EDITION!

HAPPENING THIS SUMMER

19th-24th of May LundaPride 2017. Lund will be filled with artists, seminars, speakers, a parade and much more to celebrate pride!

23rd of June Midsummer Eve! Bring out your most summery outfit, put the seven flowers under your pillow and put your game face on for classics like hopsack, “potato on the spoon” and “beer kubb”.

16th of July Norah Jones will have an concert at Sofiero Castle in Helsingborg. Sofiero is an optimal place for an outside concert with picnic and blankies. Be there or be square.

17th-19th of July Kiviks Marknad: The biggest market place in Sweden and attracts 100 000 visitors each year with around 1000 booths and events to visit. If you miss Lund too much, VarGlad Spexarna arrange a summer-spex here in Kivik. Don't miss it!

21st-26th of August Novice Week: It's time to welcome the new LundaEkonomer. New for this year is that the entire week is in English due to the new international Bachelors program.

MASHUP

SORBET OF THE MONTH!

With summer around the corner so is the need for something refreshing. This desert combines Lundtan's favourite things: **Non-alcoholic Beer Sorbet with lemon!**

Ingredients:

500 g sugar

About 3 bottles beer (non alcoholic)

2-3 lemons

An ice cream machine will make the result event better but is not necessary. You can stir the cream regularly instead. However, if you feel like shopping 150 kr can get you an ice cream machine and eternal happiness.

How to do:

Stir half of the beer in a pan on low heat until the sugar dissolves. Add the rest of the beer and let it cool before adding lemon zest and freshly squeezed lemon juice. Put the batter in an ice cream machine for 20 minutes or put it in the freezer and stir regularly.



THE FOR- GOTTEN DIC- TATORSHIP

Which country has a capital where the main roads are empty and lined with golden statues, presidential elections are won contentiously by the same person with a 98 percent majority and political enemies are secretly abducted? The answer is Turkmenistan, the forgotten dictatorship of Central Asia.

After belonging to the Soviet Union for 69 years Turkmenistan was ruled by President for Life Saparmurat Niyazov until his death in 2006 and power was succeeded to Gurbanguly Berdymuhamedow. The Central Asian dictatorship has during

Mr Berdymuhamedow's repealed some odd policies and made some major reforms. For example circus and ballet is yet again legal and Turkmenistan is no longer a one-party state. However the latter is only for

show according to Human Rights Watch, Amnesty and many more.

On paper Turkmenistan might seem to become less authoritarian as old policies are repealed and internet has been introduced to its population, but this is only a facade. In reality Turkmenistan is surprisingly similar to North

Korea. Both in Turkmenistan and North Korea

foreign travel is very limited, practicing

religion can lead to imprisonment and

all available media is state-owned.

Furthermore, similar to Mr

Berdymuhamedow's fellow dictator

Kim Jong-un there is a personality cult around him. Turk-

menistan's vain despot has dubbed himself

Arkadag, which translates to the protector, and erected

a 3 meter golden statue of him





riding a horse on-top of a 20 meter cliff in Ashgabat, Turkmenistan's capital. There is no question about who is the leader of Turk-

menistan and whoever is brave enough to question it will most likely end up in jail.

halved during recent years and export routes have been shut down Turkmenistan has sought out new revenue streams. Berdymukhamedov is currently expanding Turkmenistan's tourism industry. The protector of Turkmenistan is attempting to re-brand himself as a tourist magnate by building Central Asia's equivalent of Las Vegas. Building has already begun and the first few massive marble hotels are open to visitors.



Despite erecting massive statues, limiting internet access and rigging the elections Turkmenistan's economy has grown a lot. Between 2010 and 2014 the economy grew by an average of 11% per year with most of the growth originating from gas and oil exports. As oil and gas prices has

Turkmenistan is the forgotten dictatorship of Central Asia that is ruled by a vain tourist magnate that is dubbed the protector, an odd mix even in our world.

Text: Carl De Geer
Photo: Wikipedia Commons & Vice news

HOW MY DESIRE FOR BIG ARMS CHANGED MY LIFE

Today I participated in my first powerlifting meet. It wasn't an "official" competition (as in the Swedish championship), but it was a competition nonetheless. The atmosphere was amazing and I am really impressed by the number of people that participated, both as competitors and support. I finished 3rd, which felt great.

My training career is probably shorter than most others. I was never active as a kid in terms of playing soccer or attending sports. I spent most of my time playing video games with a few exceptions of short periods of tennis, boxing and swim practice. All in all, I was never an athlete.

The first time I went to the gym was in 9th grade. It wasn't very serious and most of my workouts consisted of a combination of training my chest and arms. I guess as most guys first stepping into the gym I was trying to earn my ticket to the very special gun show. I had little to no knowledge about strength training, which led to a very slight increase in both strength and muscle mass. My motivation quickly faltered and I quit. I didn't step into a gym (or exercise for that matter) until three and a half years later during my high school exchange year in the U.S.

When I arrived at my high school in Sacramento I was told that the grades I got while abroad wouldn't count back in Sweden. Lazy as I was (to some degree still am), led me to choosing the easiest courses

available. Unfortunately, I had to take a few "serious" courses. My day would start with English, followed by Political Science and then Choir before lunch break. After lunch I went to Basketball, followed by Volleyball and then I finished with either "Open sixth" (you can go home one hour early) or Teacher's assistant.

So, what does this have to do with my strength training? As you have read I attended both basketball and volleyball, but we didn't practice these sports five times a week, two days a week (Tuesday and Thursday) we spent in the school gym. While in the gym we had to do (what I thought were stupid exercises) squats, deadlifts, power cleans and bench presses. Where were the bicep curls and pec flies? I didn't take much of a liking or interest in Tuesdays and Thurs-



days, but as time went on I got a little bit stronger. I did not realize this at the time because my arms were still the same size as they were a year ago (maybe slightly bigger seeing as I went to Taco Bell almost every day after school).

When I got back to Sweden my 3rd and last year of high school was due. Since I spent a year abroad I essentially had to retake my last year, which meant joining a new class. I have never had a challenging time talking to new people or making friends. Earlier however my self-esteem was very low, but after coming back from America it was great. My self-image was still very flawed due to reasons not discussed here (also I still had small arms).

I talked to a good friend of mine and asked him if he wanted to start going to the gym together. He was very positive to the suggestion. We spent a couple of days talking about how we were going to go about it. A rather quick realization for both of us were that neither of one of us had any idea how to train in a gym. We knew how to do a bicep curl but that was about it. So, we started reading up on the subject, it took us a few days but we learned a lot (I am sure that without these days of reading and learning I would not have been where I am today, strength wise).

If I were to summarize the three most important items we learned on a list they would be:

1 The optimal movements/ exercises to build muscle and strength are “big lifts” (lo and behold deadlifts, squats and press movements). These lifts will activate the most amount of muscle in your body. The bicep curl is from this point of view subpar because it only activates one muscle (the biceps).

2 Your bodyweight is determined by the number of calories you eat. If you eat a surplus you gain weight (the easiest and fastest way to gain muscle is training while on a surplus), if you eat a deficit you lose weight. This is always true. The common notion that different people have different metabolic rates is false (it can vary, but only a percent or two). Your base metabolic rate is determined by your gender,

height, weight and the amount of physical activity you take part in.

3 Patience is key. You won't get strong overnight, over a week or over a month. It takes time – a lot of time. During this time, you must train in an optimal way and eat enough protein (somewhere around 1.5-2g per kg of bodyweight) and enough calories to gain weight. Unfortunately, this is probably the single biggest factor to why people give up and quit. The results don't show up fast enough or at all.

Our plan was to gain (bulk up) weight and muscle August through December and then cut down (diet) January through June so we could become fabulous beach boys for summer.

The day finally came when we first stepped into the gym. We had found a workout plan we thought looked good and that had a bit of everything. Each workout was about one hour long

Monday through Friday, while Saturday and Sunday were rest days. When I think back to this today I would say five times a week is too much, three times a week is more optimal both timewise and physically.

With our newfound knowledge about food we thought the more the merrier. We started eating so much we were on the brink of exploding (I strongly recommend against this – exploding that is). It was all very repulsive, but we got results nonetheless. We gained a lot of weight and a lot of strength.

Several times I would put rape-seed oil in my protein shake for extra calories (who does this?). At the peak of my 'gaining' period I had gained about 20 kilos in about 4 months (as I said – repulsive) and I weighted 103 kilos in the morning. You should also know that under optimal circumstances a man can gain about 4 kilos of muscle mass in a year. I gained 20 kilos in 4 months, out of those twenty maybe one kilo was muscle. Again, I would not recommend doing it this way.

Finally, the day had come for our diet to start. The plan was to periodically lower our calorie intake to match whatever we weighted that week (when you lose weight your metabolic rate will go down as a direct effect of you carrying less weight). Both of us quickly devi-



ated from this plan because we thought we weren't losing weight fast enough (remember that thing about patience? I didn't either). Looking through my old food diary from this time I saw that some days I would eat as little as 1000 calories (to put this in perspective, sources say the Auschwitz diet ranged from 700-1100 calories a day) – this is far from healthy. Both my friend and I started losing weight rapidly.

For me this crash course diet started taking its toll both physically and mentally rather quickly. I would weigh

everything from broccoli to oil, documenting it in my food diary. I would get anxiety thinking about eating candy or ice cream. I was fatigued most of the time and going to the gym didn't feel at all as much fun as it used to do. Nonetheless we kept going until June. At the end of my "diet" I had lost 30 kilos - I weighed 73 kilos. I was lean, muscular and looked healthy. I thought I looked great. The irony is that I was far from healthy. I would get extreme anxiety if I ate something considered "unhealthy".

Even though most people praised me for making such a transformation I had a wakeup-call one day at the gym – I became enlightened. I was at the gym working out (at this time I didn't follow any training regimen or set program, I mostly did what I felt like) and I thought I would try some deadlifts

(something I was very good at a couple of months prior to that day). I was weak, I could barely lift half of what I used to be able to. I had wasted all those months becoming stronger and now I

was almost back where I started (the food anxiety was just a bonus).

I started eating again – not the obscene amounts I did before – but enough to maintain a normal weight and have the energy to train. I started training with the sole purpose of getting stronger. I said to myself that any muscle

I would acquire was just a bonus. I started eating whatever I wanted and felt like eating (read: I started eating healthy foods with the occasional binge in candy or whatever). I started becoming stronger again and it felt amazing. All my anxiety was gone and I started looking forward to going to the gym again.

Fast forward a year and I had become really strong – strong enough to compete in the Junior National Championships in powerlifting (with a good shot of finishing on the podium). Two of my close friends were also going to compete – the thought was that we were going to prepare together (we were all in different weight classes). Unfortunately, I fractured a disk a couple of months prior to the competition which made it impossible for me to attend. My two friends did compete and I am still amazed to this day by the amount

of discipline they showed both in their training regimen and their diet leading up to the competition.

I wouldn't let the injury stop me from training (just a couple of weeks). I had to rehabilitate for a long time (which I am sure if you experienced sucks) but I did not give up. That was two years ago. Leading up to yesterday – which was a big moment for me – I am very proud and glad I didn't quit.

I have learned during my "training career". I learned about nutrition and strength training. I was able to take control over my life in a way I never had before. I learned that success is not luck – it is hard work. It is the patience to repeatedly do what you believe in even though it feels like absolute shit sometimes. I learned that making mistakes is not the end of the world, merely a part of it. And most of the time the goal is not the goal, the journey is the goal. When I started training I couldn't bench press 60 kilos, today I have bench pressed 160 kilos. I have ever since applied a lot of this to other parts of my life – and I am grateful that I can.

In the end, however, the most important thing I managed to create was a big set of biceps.

This is my last article for Lundtan – I hope you have enjoyed my articles.

Good luck & good fortune to you all

Text: Fritjof Bengtsson
Photo: Pixabay

"In the end, however, the most important thing I managed to create was a big set of biceps."

THE BOARD OF 2017/18

THERE WERE A LOT OF FUZZ ABOUT THE ELECTIONS FOR THE NEW, NINE, BOARD MEMBERS A COUPLE OF WEEKS AGO. FIVE FULL TIMERS AND FOUR HALF TIMERS WERE TO BE ELECTED. THE GENERAL COUNCILS WERE LONG BUT EVENTUALLY THEY GOT CHOSEN, BUT WHO ARE THE ONES RULING LUNDAEKONOERMA THE UPCOMING YEAR? LUNDTAN INVESTIGATED THE MATTER AND HERE IS THE RESULT!



*From top left: Cindy, Arvid and Beatrice
From bottom left: Erik, My, Siqi and Tobias*

Vice President: Cindy Grahm

Cindy! Hey, how are you?

Hi! I'm feeling great!

How does it feel that you're going to spend one year at Skånis?

It feels both amazing and scaring at the same time...

What will be your biggest goal/issue to work towards?

My biggest goal/issue would definitely be everything that will help the students at LUSEM to receive the best possible education.

How are you preparing this summer?

I'll probably try to spend as much time as possible at the beach (when I'm not redecorating Skånis for the upcoming year or buying forks, since they tend to disappear).

President: Erik Månsson

Hey Erik! President sounds very fancy. How does it feel?

To be honest it took some time before it had sunk in but now it feels great! The team that I will have the honor to share this year with is nothing but marvelous which just makes it better. We have already started the hand over process and I think we all can agree on that we have some really large shoes to fill!

What do you look forward to the most?

I'm really looking forward to all the fantastic events and value that we as a union will create starting with the novice week and then just continuing during the year. I'm also looking forward to the development of our sustainability work and our strategic plan that we will put a lot of effort in.

How are you preparing this summer?

The summer will consist of planning, reading up on our history and hopefully giving Skånis some love as well. I will also try to get down to the Alps to do some hiking. I really love Skåne but I must admit that I miss the mountains so a week or two would be wonderful!

Communications Manager: Arvid Andersson

Hello Arvid! What do you believe is the most important task as Communications Manager?

The most important task is to coordinate all the communications channels and make sure that we are consistent in our marketing. We have a great diversity of committees and a lot of information to reach out with all the time. The challenge is to keep the communication consistent and make sure that all of our activities gets enough time in the spotlight.

What are you most excited about?

There is too much to mention just one thing! For now I am really looking forward for our international students to arrive in the middle of August, followed by the Novice Week!

How are you preparing this summer?

I will try to be in Lund as much as possible to get mentally ready for the upcoming year. I will also make sure to get some rest so that I am filled with energy when we take off in August!

Internal relations manager: Sara Ryttberg

Hey Sara! What do you look forward to the most?

That's not an easy question, there is so much I look forward to! Getting to work with the rest of the board members is one thing, they are all amazing and I am very excited to spend a lot of time with them during the upcoming year! Being able to affect and help develop our union is another thing that I very much look forward to and of course to get to know all of the fantastic collegials that I will work with and support throughout the year!



How will you use your previous experiences within LundaEkonomerna?

I think the fact that I have been a collegial myself is a valuable experience. I have gone through many of the things that the project leaders now also will experience, which puts me in a good position to give them the right tools they need to be the best leaders possible! My time in the General Council has also given me a good knowledge about LundaEkonomerna that I think is a great advantage to start off with in this position!

How are you preparing this summer?

I will spend the first half of the summer at H&M's head office in Stockholm, hopefully gaining valuable experiences as a business controller intern there. Then I will try to spend some time relaxing in the sun with smaller preparations before it is time for us to start the real work together in august!

Corporate Sales Manager: Tobias Hansson Ehrens

Hey Tobias! How does it feel to be the first one on this new position?

I am excited! There are great challenges ahead and I am excited to continue the preparations for the upcoming year with the new board, so that we are ready to start working together with the inspiring members of LundaEkonomerna.

What is actually the Corporate Sales Manager going to do?

The main tasks are to seek new external relations and to internally plan and coordinate the sales strategy so that LundaEkonomerna has a united and professional approach towards companies.

How are you preparing this summer?

I will try to get as much rest as possible. A good way for me to relax is to read an inspiring book and the book of this summer will be Petter Stordalen's "Min hemlighet".

International: Siqi Zhao

Hello Siqi! How does it feel to be the only international member of the board?

I'm genuinely happy and proud for that! I think this is very beneficial both for the development of the union and myself, where I will do my best to make my contributions to our work with an international perspective.

What progress do you want to see during the year concerning your work?

I would like to further integrate the international students and the Swedish students under the influence of globalization, so that both groups make the most out of their education at LUSEM while learning from one another.

How are you preparing this summer?

I'll relax and enjoy the holidays harder than ever to get myself prepared to enter the eventful year being full of energy and passion.

Text: Hanna Rasmusson

Photo: Unsplash, Scott Webb & LundaEkonomerna

Treasurer:

Beatrice Axelsson

Hey Beatrice! You're in the Treasury today, what made you apply for the position as Treasurer?

Corny as it may sound I have a general interest in numbers which made me apply for both the Treasury and later as Treasurer. It wasn't a difficult decision since Skånis is one of the places I feel most at home.

What do you believe will be your biggest challenge?

I believe one of my challenges will be to not bring the work home with me and not only talk about LundaEkonomerna with my friends and family.

How are you preparing this summer?

I will prepare by absorbing as much sun as possible and taking the time to relax. Hopefully spending a lot of time with a good book.

Corporate Relations

Manager: My Ryde

Hi My! Why did you apply for this position, and how did it feel when you got elected?

I applied to give something back to our amazing student union. Also because it is a great opportunity and experience that I am sure you will carry with you for the rest of your life! When I got elected I was at first super excited, but later on also a bit nervous I must admit!

What will be your biggest goal/issue to work towards?

My biggest goal is to broaden our partner and company spectrum to be able to meet the demands and wishes for all students here at LUSEM.

How are you preparing this summer?

I will be at Gotland with my family to charge my batteries - and of course I will be eating a lot of ice cream!

Educational Affairs Manager: Christoffer Clarin

Hello Cristoffer! What is the Educational Affairs Manager's main tasks?

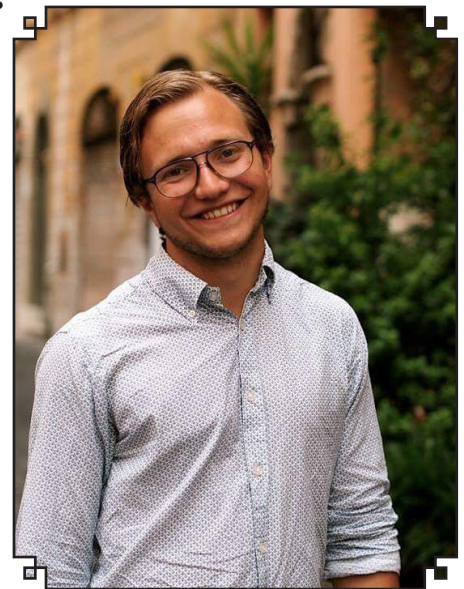
The main responsibility of the Educational Affairs Manager is to surveil the education for the students at LUSEM at a faculty level, which means that I will be representing and communicating the concerns of the students towards the faculty. The position is new for the upcoming year and is created so that LundaEkonomerna has even more resources focused on the education surveillance, with now two different members off the board focused on it, the Educational Affairs Manager and the Vice President.

What are you most excited about?

To get a chance and possibility of giving something back to a school and organisation that has meant a lot to me during these last three years! I have literally had the time of my life down here at LUSEM, and now I get a chance to preserve and develop it towards something even better, I can't think of anything that would excite me more.

How are you preparing this summer?

With a couple of weeks at "bästkusten" for recreational purposes, then with a lot of days and nights at Skånis together with my awesome fellow board members.



LONG LIVE LUNDAEKONOMERNA!



Inspector's page
Thomas Kalling
Inspector

Several years ago, I got a phone call from someone who introduced herself as so and so and as being the vice president of the Lundaekonomerna. I was a bit surprised as I had very little to do with the union in those days. But she quickly put me straight.

- I'm calling to you regarding your course, and I've been receiving complaints from a student about unclear exam rules. It doesn't say anywhere in the syllabus that some lectures require compulsory attendance.

- Eerrr... But they're all compulsory?

But they weren't. The syllabus said that all lectures were compulsory, but we had become de facto lax on absenteeism on certain classes. So she was right and I felt kind of lazy we hadn't updated the syllabus for a very long time.

As I was a bit impressed about the level of commitment on behalf of the vice president, I asked a couple of colleagues afterwards whether they had had similar experiences. And they all confirmed that this happens on a regular basis and the union is almost always correct in their criticism. And perhaps the most importance quality control instance there is when it comes to evaluation and improvement of pedagogics and course content.

This wasn't the last time I was impressed by our student union. There are a myriad of heroic efforts made on a daily basis by volunteers on a pro bono basis. Historically, the education watch is the core business of a student union, with its staunch yet dialectic interaction with teachers, programme directors and directors, but there is, as we all know, plenty of other stuff too.

The space of this column for sure couldn't give justice to an adequate description of the capacity of Lundaekonomerna, but a couple of overarching achievements come to mind. For example, surviving the abolishment of compulsory affiliations to unions and nations, which once was a real threat. Lundaekonomerna dealt with that and offered a very competitive and attractive product which continues to face soaring demand. Lundaeko-

nomerna have also expanded their operations beyond the borders of our students through charity work, far outside the scope of what one can expect from a student union. The union also made the novice weeks dry. A pathbreaking accomplishment given the strong traditions. Lundaekonomerna have taken a clear and competitive position in the nexus of unions

"There are a myriad of heroic efforts made on a daily basis by volunteers on a pro bono basis."

and nations in town. I could go on. Our job fairs are among the largest in the country. The an-

nual ball has become one of the greatest dinners at Lund. And we have our own band! Plus the best sexmästeri in the galaxy.

I'm stepping down as inspector this semester and I'm truly grateful that I've been able to follow the work of our boards and "actives" and staffers, albeit on the sideline. And your chances of enjoying your studies, landing a good job and taking part in the development of society, are greater than in most other places, thanks to the dedication and effort of everyone in the Lundaekonomerna hemisphere. A heartfelt thank you to everyone who has partaken.

Long live Lundaekonomerna.

Text: Thomas Kalling

Photo: Jennier Annvik



PRESIDENT

Charlie Widenfors

The sun is shining and Lund is showing of its best side as the semester is soon coming

to an end. Students are finishing up their thesis or preparing for final exams before leaving for the summer. The same goes for LundaEkonomerna, this business year is starting to come to its end and the preparations for next year are the main focus. It's a bit cliché to look back over the year and write about the future of LundaEkonomerna but I just can't resist as this is my final column. I constantly feel proud when representing LundaEkonomerna externally, we are truly an eminent student union in many ways. We manage to offer a great variety of services and activities to our members in all our three legs.

First of May is a special day for all students at Lund University. This is the day when LundaEkonomerna, together with the other unions of Lund University Student Unions (LUS), walk to the University building to express our opinions about our education and what the University should work towards to the Vice Chancellor. This is an old tradition that students in Lund have participated in for decades.

This year's first of May, spring had finally arrived and the sun was shining. Dressed in prom dresses, white ties and student caps, the presidents of the student unions and the presidium of LUS walked from the AF-castle, through Lundagård, towards the university building. With them they had LUS massed standards and Lund's choir was singing "Studentsången". Björn Sanders, the President of LUS, knocked on the door to the university building and the Vice Chancellor Torbjörn Von Schantz appeared. Björn, representing all the Unions, held a speech about what the university should focus on in the future, as well as pointing out areas that the university can improve.

The speech ended with a "Vivat" meaning "live"; the traditional ending phrases to show that the students approve of the Vice Chancellors work the past year. Behind Björn the

Our active members have improved LundaEkonomerna a lot during the past year in all our three legs. The education surveillance has experienced big changes, for example the Education Committee are for example arranging another Speak Up Days-survey that focuses on the student welfare situation. LundaEkonomerna will also have another Board member working with educational matters next year. In the career leg we have never had as many company events as this year, and there has been a great diversification in the type of companies that come to visit our students. The social part always arranges social events of top class, the biggest Vinterbal in history is one prime examples of this. We have had a good year but LundaEkonomerna are facing big challenges in the near future. The new international bachelor programme will need to be well integrated in our organization from day one. The lack of a of study places will be a continues challenge for us and the school. If the solution will be to build a whole new building, we would also have to ensure the future of our union house. We can always work harder to ensure that all students from different institutions & nationalities feel like a part of the LundaEkonomerna family.

There are of course many more challenges as we are far from perfect and always should strive to improve. In order to know how we should improve we have to listen to our members. There will be sent out a member survey during the month of May, please let us know how we could develop even further.

LundaEkonomerna's future is bright and I am certain that the new Board will guide us in the right direction.

vice president of LUS and all the presidents from the unions where lined up, all face towards the Vice Chancellor. It was a clear vision of a united student voice, representing all the students at Lund University.

The student unions in Lund may not always have the same opinions, but at these types of events we stand together and make a very important statement: the opinions of the students in Lund matter and we will stand together year after year to remind the university of just that.



VICE PRESIDENT

Louise Söderqvist

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nålu
NÅDIGA LUNDTAN

LUNDTAN
WISHES
YOU A
HAPPY
SUMMER!

