



# The Dynamo

*Shedding some light on Lund*

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dynamolund.wordpress.com

*The Dynamo is an independent initiative by students, for students. Our goal is to help non-Swedish speaking students in Lund have a better idea of what goes on around town.*

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## Lund first in first round

*Tuition fees*

Applications are in for international students wishing to study in Sweden for the 2011 fall semester. This is the first time non-EU/EEA and non-Swiss students face application and tuition fees. Numbers are way down all over Sweden, including in Lund – though LU did relatively well overall.

According to the Swedish Agency for Higher Education Services, there were 32,640 applicants to Lund

University Master's programmes in 2010. For 2011, numbers have gone down to

gone from 6934 to 1102 applicants. 15,528 Master's applicants had LU as their first choice for the 2010 fall term, against 5188 for 2011.

For the whole of Sweden, Master's applicant numbers have gone from 91,788 to 25,094.

Still, Lund received some consolation: it was the first choice of almost twice as many international Master's applicants as any

*(Continued on page 2)*



Far fewer non-EU students applied this year.

Photo: Jane Dimu

## Bring on the buns!

*Festivities*

You probably would have noticed so far that Swedes are bun people – their all time favorite is the beloved *kanelbulle*, a sweet roll with cinnamon, which you can find in all cafeterias. There is even a national day for *kanelbulle*.

But maybe you have noticed another kind of bun that has appeared in the windows of confectionaries and cafeterias as March gets closer. This bun, *fastlagsbulle* or most commonly *semla*, is a round, sweet bun which is split in the middle and filled with whipped cream and almond paste. It is part of a Swedish tradition called

'*Fastlagen*' that is celebrated 40 days before Easter.

Literally translated, *Fastlagen* refers to the period before Lent, which was also the original purpose of the tradition. The word itself is borrowed from a German word "*Fastelabend*" which means "the night before Lent". In the old days, during *Fastlagen* people were able to eat and celebrate and after that the serious and dull Lent itself started and lasted until Easter.

Up until the 16th century, when Sweden was a Catholic country, Lent was an essential part of Easter and the Church was very strict about people

following Lent properly; in other words, that they wouldn't eat more than what was allowed and only the kind of food that was allowed. This is why *Fastlagen* was celebrated with an overflow of food and drinks.

### Three days

The law said that people could start celebrating three days before Lent. These three days still remain in the calendars today: first is *fastlagssöndagen* (even though many people took a head start already on Saturday), then comes *blåmåndag* – called blue Monday presumably because there were blue

*(Continued on page 5)*

## Tuition fees: time to adapt

(Continued from page 1)

other Swedish university (2<sup>nd</sup> place Stockholm University was the first choice of 2735 applicants).

Richard Stenelo, Director of International Marketing and Recruitment, counted 2100 fee-paying international LU applicants for next fall. "We'd like to keep 2/3 of our students as international students. Our goal is to accept 400 (or 1/3) non-EU Master's students per year," states Stenelo.

With this year's applications, there are technically 3 non-EU applicants for every available space. "We want to get these numbers up. We'd like 10,000 applications per year, including 3000 EU applicants," he claims.

### No more free ride

Anna Neuman, Political advisor to the Minister of Education, explains that "it's not a surprise that the application numbers have gone down. When something that was free suddenly has a price, students that only chose Sweden because the education was free will not want to come here anymore," she declares.

"We believe that Sweden should compete on the global education market by offering education of the highest quality," maintains Neuman, "not by being a low budget alternative. We want students to choose Sweden – but for the right reasons. Motivated, talented students are always welcome and we will do our best to show them that Sweden is a good choice if you want a high quality

education."

Institutions get help from the State to ease the transition, she announces: "universities get access to government scholarships funds to offer their students. The government has also given extra money to the Swedish institute to help promote Sweden as an education destination."

### Not enough government support?

However, these funds may not be sufficient: "we are very disappointed with the government," expresses Richard Stenelo. "They have given only 90 million SEK in total for all of Sweden. The full effect of the reforms represents a 40 million SEK loss per year in government funding for Lund alone. This is what universities have to bring in with tuition fees."

He explains that fees will go to the cost of education, a scholarship fund, better student services, Swedish classes for all Master's students, academic writing support, counseling services, activities, marketing, as well as a housing guarantee for all non-EU applicants. "All the money has to go back to students. We are not allowed to make a profit," says Stenelo.

### Scholarship opportunities

Students from 12 countries designated by the government (Bangladesh, Bolivia, Burkina Faso, Cambodia, Ethiopia, Kenya, Mali, Mozambique, Rwanda, Tanzania, Uganda and Zambia) will have access to specific financial aid. There will also be

scholarships available to students from countries neighbouring the EU zone, namely Turkey, Russia and Ukraine.

For other students from the rest of the world, "every university gets a sum to award as they see fit; Lund has received 2.1 million SEK from the government, and has fundraised close to 3 million SEK more. Those scholarships will be granted based on merit only, regardless of financial need," claims Stenelo. This is important, he says, "as we want to have to mix of students from diverse backgrounds." International students are a very good source of PhD students and researchers, he adds.

### Money money money

"There are lots of obstacles for students," concedes Stenelo. "Of course there's tuition, but also the application fee (900 SEK), the cost of sending the application through express post, the 2 or 3-month wait for a response... We're looking into improving this", possibly by processing applications directly at LU, for example.

"Tuition fees have forced universities to increase services and to think of students in a different way. If students pay they are allowed to expect more," believes Stenelo.

Tuition at LU will now cost 100,000+ SEK per year for non-EU/EEA/Swiss students. Sweden's *Migrationsverket* estimates monthly living costs at an additional 7300 SEK.

Ariane Senécal

## Piled Higher & Deeper

### OTHER FORMS OF JETLAG:



Comic

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## is for Lunds Nation

*The Nations of Lund – From A to Ö*

Thanks to  
Gustav  
Henriks-  
son, Ku-  
rator at

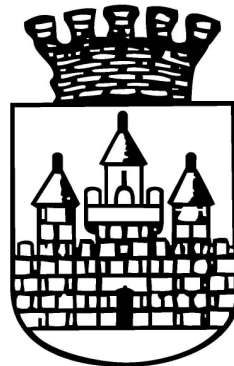
Lunds Nation.

**When were you founded and why:** We were founded in Lund, originally as Skånska nationen in 1682. In 1889, Skånska nationen was dissolved and five new nations were founded; one of them was Lunds nation. The nations were founded to provide student social activities.

**What is the pride of your nation:** Our pride is Penthouse club and our amazing *sittnings* on Fridays (four times per semester) and every Saturday.

**What is your nation's symbol and why:** Our symbol is Lund's *vapensköld* ('weapon shield', or coat of arms).

# LUNDS NATION



# LUND

Image courtesy of Lunds Nation

**history:** The Cardigans played at Penthouse!

**What international students can do in your nation:** Everything, we have two exchange students as *foremen* (volunteer workers in charge of activities).

**What are your plans for this year:** Hybris!, our saturday nightclub and our ball Finnfesten!

**What is your best beer:** Haha, I guess Starobrno, Newcastle or Corona.

**Do you offer meals and if so how much:** Every day! Lunch is 35 SEK.

**What is your best weekly event:** Penthouse on Thursdays.

**Where are you located:** Agardhsgatan 1.

**Website:** [www.lundsnation.se](http://www.lundsnation.se)

*Missed the start of the alphabet?  
It's all at [dynamo.wordpress.com/](http://dynamo.wordpress.com/)*

Can you name a special event in your

## After the wedding: a family divided

*Film review*

Susanne Bier has been in the news a lot these days, since the Danish director's new film *In A Better World* is now nominated for an Oscar for Best Foreign Language Film.

Her fourth feature, *After the Wedding*, was nominated for the Foreign Language Oscar in 2007. The film has an interesting story with good acting and believable characters, although it is a bit melodramatic at times.

A Danish aid worker (Jacob), managing an orphanage, in India returns to Copenhagen to secure financing from a wealthy businessman for the

orphanage that will otherwise close down.



When he arrives in Denmark things take an unexpected turn and his initial plans to return are not realised.

Rolf Holger Lassgård, who plays the businessman, and Stine Fischer Christensen, who

plays his daughter, are impressive in their roles.

The contrast between the lifestyles of the aid worker in the slums of India and the life of the wealthy businessman in Denmark reveals the opposing life choices that the working life spectrum has to offer.

The film benefits and moves forward with the help of the friction between these two main characters. If you'd like to see a family drama with some social commentary in the background then *After the Wedding* is a good choice.

*Efter Brølløpet*, Denmark 2005, available to borrow at the SOL library.

Umut Hanioglu



[dynamolund.wordpress.com](http://dynamolund.wordpress.com)

# Helsingør – Visiting the Prince of Denmark

Travel

**If you want to combine a ferry trip from station to station with a visit to one of northern Europe’s most beautiful Renaissance castles, Helsingør is the place to go.**

### Getting there

The journey to Helsingør is well worth the trip to the Danish side of the Öresund. Hop on the Öresund train to Helsingborg and enjoy the ride! The train ride costs 79 SEK one way and takes about 45 minutes. Once you arrive at the Central station in Helsingborg, take the escalator upstairs to the *Knutpunkten* where you can buy a ticket for the ferry (Scandlines, 60 SEK). Don’t worry about a wait, the ferries to Helsingør run every 20 minutes and take you directly on board the ferry for a 20 minutes sail. The ferry ride is moderately short, but be sure go out on the sundeck to spot the beautiful view of Helsingør approaching.

In Helsingør you will arrive right at the Central station as the station and the harbor are integrated on the Swedish western coastline. With a population of 50,000 Helsingør is rather small and the city centre is very compact, the best way to explore the city is by foot.

### Food

Food in Denmark and especially eating out is even more expensive than in Sweden. So, if you are short on cash, bring your own lunch box with whatever you like.

If you want to eat the Danish way, a *smørrebrød* in one of the cafés is obligatory. The cheapest way to eat out is to go for one of the Kebab places that offer meals from about 30 DKK (approximately 35 SEK).

Another option is to stop by in Helsingborg on your way back where you will find a lot of nice ca-

fés. One in particular is Ebbas Fik (Bruksgatan 20, [www.ebbasfik.se](http://www.ebbasfik.se)), a café completely soaked in 50’s style.

a place that he himself never visited, a guided tour through the royal apartments of the castle will shed light on that and on the six-



**Helsingør and the sea can never be separated.**

### Things to Do

Visiting the castle Kronborg while in Helsingør is an absolute must and definitely the highlight of your visit. The castle which is on the UNESCO’s World Heritage List since 2000 is especially

century history of the castle. The guided tour is included in the ticket price of 70 DKK (approximately 80 SEK).

To find out about the opening hours and what else is included in the ticket price, check out the official *Slot Kronborg* homepage: [www.kronborg.dk](http://www.kronborg.dk).

Don’t forget to take a walk around the castle and listen to how the Dutch armada came to help the Danish army in 1658 on one of the audio-information points.

After visiting this really impressive monument, take a walk through the old city centre of Helsingør and stop by at the Carmelite Monastery and the Church of St. Mary as well as the Cathedral of St. Olai.

If you still have the energy for some more travelling, go back to the train station and get on the train to Humlebæk which is a 10 minute ride. Here the museum Louisiana offers a unique exhibition on Modern Art ([www.louisiana.dk](http://www.louisiana.dk)).



**Kronborg castle is a must-see for all Shakespeare and history buffs.**

well-known. Here is where Shakespeare set the Tragedy of *Hamlet*. If you want to find out how Shakespeare got inspired by

**Text : Ruth Schüller  
Photos: Felix Hahn**

## Fastlagen: stuff yourself while it's time!

(Continued from page 1)

clothes in the altar those days. Here in Skåne, that Monday was also called *bullamåndag* (bun Monday) when people ate *fastlagsbullar*, and there was a custom that farmhands gave buns to maids that day.

The last day, and most important day of *Fastlagen*, is the Tuesday that is called *fettisdagen*, "Fat Tuesday". The name speaks for itself: the target was to gather as much fat as possible for the upcoming Lent, preferably by eating pork since it was forbidden during Lent.

In northern Sweden, where there still is snow at this time of the year, the kids and the young gathered their sledges and slid down the longest hill in the village together.

*Semlor* are mostly what is left of *Fastlagen* in today's Sweden. Previously, the eating of *semlor* was limited only to *Fastlagen*, but today the Swedes already start eating them straight after Christmas.

But it's probably not wise to eat too many of them, considering how it all ended for King Adolf Fredrik, who is said to have eaten himself to death on *Fettisdagen* in 1771 – from an overdose of, among other things, *semlor*.

This year *Fastlagen* takes place from the 6th to 8th of March.

**Want to have a taste of typical semlor buns?  
Here's an easy and yummy recipe to try!  
(Makes approximately 14 buns.)**



One example of an all-time *Fastlagen* favourite – *semlor*!

### Dough:

1 egg  
50 g of yeast  
100 g of butter  
3 dl of milk  
1 teaspoon of salt  
1 teaspoon of cardamom  
1 dl of sugar  
Slightly less than 1 liter of wheat flours  
1 egg for coating

### Filling:

Almond paste  
A couple of table-  
spoons of milk  
Whipped cream  
Powdered sugar for  
topping

### Directions:

Crumble the yeast, keep eggs in room temperature. Melt the butter in a pot and add the milk so that they

become hand warm. Pour into the yeast and blend.

Add salt, cardamom, egg and sugar. Blend in the flours until the dough is fully smooth.

Place the dough in a warm, breeze-free place and let it rise for 30 minutes.

Take the dough to a baking table and knead all the air bubbles in it. Cut the dough in to 14 pieces and prepare round, even buns. Let it rise for 30 minutes.

Coat the buns carefully with a beaten egg. Bake them for 8-10 minutes in the oven at 225-250 degrees.

Let the buns cool before filling them. Cut off the top of the bun. Take the almond paste and part of the content of the bun and mix together. Warm a couple of tablespoons of milk and blend in to get a smooth filling.

Add in between the bun bottom and top. Whip the cream (about 0,5 dl cream/bun) and add on top of the almond paste. Place the top of the bun and dust some powdered sugar on top.

Text and Recipe: Laura Siira



## Lund's second language

Editorial

**There is a steady annual flow of exchange and full-programme students coming to check out Lund's student-friendly reputation. This international presence means a few things for Lund: Language cafés, better pot-lucks, queues at VGs...**

But it also means that a good percentage of the Swedish and non-Swedish population (students and professors, but also grocery cashiers, etc.) will use English on a daily basis. Most don't have this language as a mother tongue, but English is today's *lingua franca*.

Some deplore this imposition of English (American?) language and culture, predicting the global death of cultural identities and lesser-spoken languages. Some

are less dramatic and are learning to embrace Lund's international side – if you can't beat them, join them!

In Lund, many organizations such as P6, UPF (featured this issue), *Lunds Studentteater*, and more are reaching out to non-Swedish speakers.

For their part, nations are finding that international students can be a non-negligible source of revenues and volunteers. They tend to seek more entertainment and leisure, making the most of their limited time in Lund. They cannot be overlooked, especially now that membership to nations is non-mandatory.

The administration is also starting to think about better services and activities in English, now that Lund must compete for non-

EU students' dollars, rupees, dinars, pounds...

We believe the mix of Swedish and international students can mean a win-win situation. It can force reserved Swedes to stretch their extrovert muscles, and it can bring international students to know more about the place they're in and be more respectful of local customs.

This humble publication was created exactly one year ago by two international Master's students who decided it was time more and better info got to non-Swedish students – so we'd be less clueless, and maybe more interesting to include in life in Lund in general. We hope we indeed are helping accomplish that.

# Foreign Affairs, student flair

*Student life*

Whether you are looking for a place to hone your skills for your future profession, engage into an exciting debate on a topical issue of world politics, or simply enrich your student life with an interesting extracurricular activity, UPF (Utrikespolitiska föreningen, or Association of Foreign Affairs Lund) is an organization for you!

Despite its somewhat intimidating title, don't think you have to be super-smart to join. Everyone is welcome!

One good reason to join and get active is to boost your resume. Two out of three professors at my Master's programme have started their (quite impressive) careers here. It can be a very valuable experience for those who cannot yet boast of 'real' jobs, especially if one manages to get a position on the annually-elected board.

If you decide to join, there is a range of activities to choose from. 'Passive' member can simply join and get an opportunity to attend lectures and pubs for free, receive a quarterly magazine, *Utrikesperspektiv*,

and attend some other events (e.g. "UPF goes Kino") at a discounted rate.

More active folk can volunteer and join one of the eight UPF committees: Lecture, Activity, Career, Magazine, Webzine, PR,

the lectures), while the Travel committee plans UPF trips to places of interest in various countries (this usually includes visiting various institutions and diplomatic facilities, but not only!). Among previous destinations were Serbia, Ireland, Japan, Jordan, Israel, and Palestine.

For those who see themselves as future diplomats (and also speak Swedish), the Career committee organizes a mentorship program and a prep course, which gives students an insight into the work of the Swedish Foreign Service.

For more information, check out the UPF Facebook group (*Utrikespolitiska föreningen Lund*) or go to [www.upflund.se](http://www.upflund.se).

You can also read the webmagazine at [www.utrikesperspektiv.se](http://www.utrikesperspektiv.se) – more and more articles are published in English.

Alisa Nikitina



Fascinating speakers regularly step in front of this microphone.

Radio or Travel. Lecture committees organize lectures with famous Swedish and foreign guests, politicians and academics. Most importantly, an increasing number of lectures are given in English.

The Activity Committee organizes *sittnings* and a monthly pub evening. The Magazine and the 'Netzine' are for aspiring writers. PR is, accordingly, for everyone who would like to try their hand at PR (incl. marketing, fundraising, and filming

## Upcoming UPF events

**1 Mar 19:00:** "Religious and Political Conflicts in Israeli Society" by Karin Zetterholm, Docent in Theology.

**2 Mar 19:00:** "Responding to Emergencies and Rebuilding Societies – How WFP is supporting Haiti as they rebuild for a better future" by Anne Poulsen, Director of World Food Programme, Nordic Liaison Office.

**2 Mar 20:30:** UPF pub at Wermlands nation: Opportunity to mingle with new and old UPF members after the lecture. Entrance free until 10 p.m.

**9 Mar 19:00:** (lecture in Swedish) "Ship to Gaza – Även i vår" by Dror Feiler, musician and artist.

**10 Mar 19:00:** Kino, Kyrkogatan 3: Burma VJ: Reporter i et lukket land (Using smuggled footage, this documentary tells the story of the 2007 protests in Burma by thousands of monks). Movie preceded by a lecture by Jenny Hedström.

**29 Mar 19:00:** (lecture in Swedish) "Biståndets utmaningar i en föränderlig värld" by Gunilla Carlsson, Minister for International Development Cooperation.

**31 Mar 19:00:** Kino, Kyrkogatan 3: Like a Pascha (A look at the largest brothel in Europe, the women working there, and the men who visit the place.)

**14 Apr 19:00:** Kino, Kyrkogatan 3: XXY (A dramatic story of a 15 year-old hermaphrodite – she lives with her parents, who have to cope with the challenges of her medical condition.)

*The movie evenings begin with a brief introduction to the subject presented by inspirational speakers. After the movie, there are discussions, which everyone is encouraged to join. "UPF goes Kino" features movies either in English or with English subtitles.*



*The Dynamo* is an independent, volunteer-based, non-commercial initiative. We would like to thank our volunteers for their time and hard work, and our readers for their loyalty.

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Editors: Philippe-Antoine Charbonneau and Ariane Sénécal

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# White Rabbit Jumps in 2011

Chinese New Year

**January 1st was not the White Rabbit Year yet. The Chinese calendar has its own laws and rules. The year of the White Rabbit started on February 3rd, 2011. In China, this time is called 'Spring Festival' because it marks the beginning of spring.**

Year of a prolific, peaceful Rabbit for all Chinese, according to their verified horoscopes, it is connected with family, comfort, care of children and parents, constant work, and tactfulness.

The rabbit – the clever diplomat – is able to convince, but is too serene.

What signs exist in the East, what symbols are born with the White Rabbit?

## Medicine

Already hundreds years ago, it was thought that day after day the little rabbit prepares life and longevity medicines, and helps sufferers.

It is therefore believed that people born in a year of the Rabbit do well in the field of medicine.

However, the year of the Rabbit year is quite good for politicians, diplomats, and statesmen.

## Around the world

Also, the year of White Rabbit is widely marked, even twice in a year, with the approach of the lunar new year, and on a moon holiday in

the middle of autumn. It is also celebrated in Singapore, South Korea, Japan, and Malaysia. Certainly there are big events in all big cities of China.

Preparations for the year of the White Rabbit are also in all large "Chinatowns" of the world: San Fran-

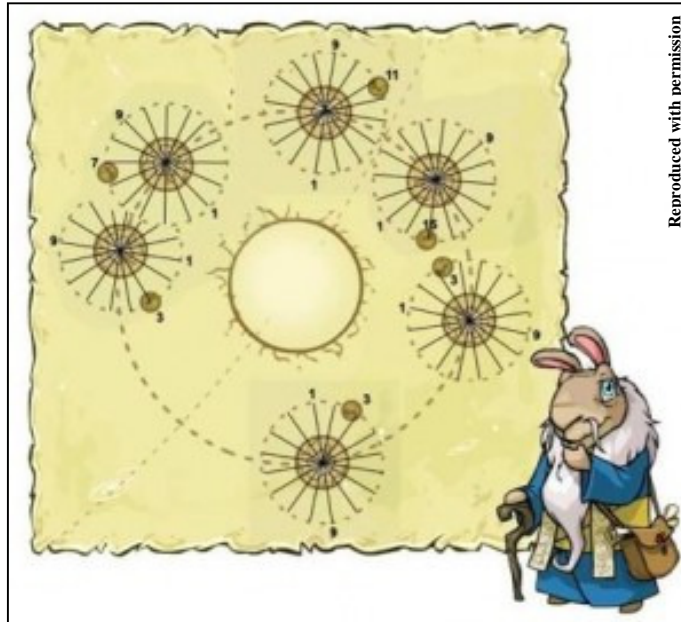
Sweden, one week before Chinese New Year, there were some calendars, posters, and ornaments with rabbit figures on them.

So, what should we do and hope in this year? Be as the Rabbit, clever and resourceful, prompt and careful, serene and self-assured. Appreciate home and family. It is not a coincidence that this 28th year (in terms of six-ten years' cycle in Chinese astrology) is called "a Rabbit who is looking out of a hole".

## Reflections

The year of the White Rabbit is a year of reflections and thoughts about one's own life. As Chinese people predict, the best thing you can do in 2011 is devote yourself to family and friends, creativity and art. Because Asians believe the rabbit doesn't aspire to win the world.

We can see some ancient Chinese reproductions of rabbits: always at work, giving people immortality and longevity. The Eastern rabbit is the keeper of immortality. Let's hope he does good work!



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cisco, Sydney, New York, and London, among others.

Even for European people, Chinese new year is a fun reason to celebrate. In

## We asked international students: "What are some of your Spring festival habits, customs, and stories?"

Vox Pop

### Violet Jin:

*Spring Festival is big family reunion, because all throughout the year all your family has to work. But especially for New Year the whole family will gather together and celebrate with delicious food. What do we eat usually? Traditional food for Spring festival is dumplings (jiaozi) which we have to cook also all together with family. It's a lot of fun!*

### Dandan Cao:

*I remember some corporate celebrations of Spring festival. We used to have big companies' annual year-end banquet, and then you can get a year-end bonus. Happy times! I love to visit a temple during Spring Festival; it gives me sacred and spiritual feelings. There are usually a lot of*

*traditional performances around temples. Places are full of special food and drinks.*

### Hongye Fan:

*During Spring Festival I'm so excited about what I will get in my red envelope. Chinese people have traditions about it. Usually parents have to prepare some money for kids in red envelopes and give it to them on the first day of the New Year. Young people also have to prepare something for parents and grandparents, to wish them long life in the New Year. I also like firecrackers, the sound of firecrackers means all the bad things will go away.*

### Ting Li:

*For me, the most interesting things during Spring festival is that everyone has an 'indulgence' of the heart. It is one of the best excuses to indulge. A week's holiday, the theme of fate... Personally, it's time for lots of relaxation: I can sleep in till noon, day and night reversed, it all makes sense to come back a year. I also can eat too much with impunity – lavish meals, delicacies, I won't resist anything! And of course it is a great pleasure to be with family and friends.*

Text and Vox Pop: Lena Kilina

# 100% typisk svensk!

## Recipes

Are you sick of eating falafel or kebab, done with MacDonal'd's, and you can't even look at pizza anymore? Let's try something else then – something typical Swedish! *Köttbullar!*

It's hard to get a typical, good Swedish dish in Lund: most restaurants only serve 'foreign' dishes, because the Swedes eat these dishes at home already! But don't jump on the train to Malmö to get the well known meatballs with jam, sauce and potatoes at Ikea; take on this challenge and make these meatballs yourself, like a real Swede!

### Ingredients:

- 2 big spoonfuls of butter
- 1 onion
- 1 potato
- 3 tablespoons breadcrumbs
- 500 gram minced beef
- 1 egg
- 1 tablespoon parsley
- 2 tablespoons oil
- 1 tablespoon flour

1.25 dl cream

### Instructions:

Cook the potato and mash it. Cut the onion in pieces and fry it in butter. Knead the onion, minced beef, mashed potato, breadcrumbs, parsley, egg, salt and a small dash of cream in a bowl until it becomes a ball.

Make little balls (approximately 3 cm in diameter) from the meat mix. Cook the meatballs

in oil with some butter for about 10 minutes, until done. Take the meatballs out of the pan. With the fat and the flour, make a roux in the pan. Add the rest of the cream to the roux and let it cook for a couple of minutes. Pour the sauce over the meatballs before serving.

This dish is best eaten with red berries jam and new skin potatoes. If you want to make a really good impression on your friends and family by making the jam and the potatoes as well, here are the recipes!

### Red berries jam

The mix of salty main dishes and sweet berry side dishes is oh-so Swedish.

### Ingredients:

- 2 kg red berries (*lingon*) (you can find them in a market or in a big grocery shop)
- 2 kg sugar
- 5 dl water

### Instructions:

To preserve jam for a long time, you need to make sure that the jar and the lid are clean; you can do this by cooking them with water and soda first. Wash the jar and lid with warm water and put the jar turned upside down on a clean tea-towel.

Wash the berries and take the stems off. Put the berries along with 250 grams of sugar and 5 dl of water in a pan. Put the

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We welcome the participation of all students, whatever your talents!  
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For instant updates, join us on FACEBOOK!



### Bakad potatis

Swedes are known for eating a lot of potatoes and there are many variations on this vegetable. We give you an easy-to-make recipe, but feel free to diversify by adding vegetables like onion and paprika to the potatoes.

### Ingredients:

- 4 big potatoes
- salt
- (garlic) butter
- sour cream

### Instructions:

Preheat the oven to 225 degrees. Scrub and wipe

the potatoes clean and put a few holes in them with a fork or knife. Place the potatoes on a baking sheet and bake them for 50-60 minutes, depending on their size. Use a thin wooden stick to see if they are done. Make a cross with a knife on top of the potatoes and widen this opening. Put (garlic) butter and/or sour cream in the hole and add salt before serving.

lid on the pan and let it boil slowly. While stirring, cook the berries for 10 minutes, until they become like pulp.

Take the rest of the sugar and stir it through the jam. Let the jam cook for about 15 minutes until it becomes thicker. Skim the jam and stir it again. Put the hot jam in the pot – use a funnel to do this. Put the lid on the jar and place it upside down in a cool, dark place (i.e. fridge) to cool off.

Text and photo: Lotte Koelemeij



# The Rainbow Model for a healthy meal *Nutrition*

**Sampling a spectrum of colorful fruits and vegetables from nature's bounty makes your plate not only lighter in calories but also healthier. Here are some reasons why you should select a rainbow of fruits and vegetables.**

## Green fruits and vegetables

The green color comes from a natural plant pigment called chlorophyll. Certain green vegetables, including spinach and other dark leafy greens, green peppers, peas, and cucumber contain lutein, which has a synergistic effect with another chemical, zeaxanthin – found in red peppers, oranges and grapes – helping keep eyes healthy. These two chemicals are known to reduce the risk of cataracts and age-related macular degeneration, which can lead to permanent blindness if untreated.

Dark green vegetables are also major sources of the minerals potassium and magnesium, which are the keys to healthy blood pressure and blood sugar levels.

Leafy greens such as spinach and broccoli can also supply a significant amount of the daily requirement of the B vitamin folate. Folate promotes heart health and is also necessary for the repair of damaged cells in the body, which may otherwise develop into cancerous cells.

The class of antioxidants called indoles, found in broccoli, cauliflower, cabbage and other cruciferous vegetables, can help protect against some types of cancer.

Members of the green group include: Asparagus, Avocados, Broccoli, Brussels sprouts, Green cabbage, Cucumbers, Green apples, Green grapes, Green beans, Kiwi, Lettuce, Green Peas, Green pepper, Spinach and Zucchini.

## Red fruits and vegetables

The red color is due to a natural plant pigments called lycopene or anthocyanins. Lycopene is abundant in tomatoes and may help reduce the risk of several types of cancer, especially prostate cancer. Lycopene in foods containing cooked tomatoes, such as spaghetti sauce, absorbs



better than lycopene in raw tomatoes, in the presence of a small amount of fat. Anthocyanins in strawberries, raspberries and red grapes protect cells from damage. Antioxidants are linked with keeping the heart healthy, too.

Some examples from the red group are: Beets, Red cabbage, Cherries, Cranberries, Grapefruit, Red apples, Red grapes, Red peppers, Pomegranates, Radishes, Raspberries, Rhubarb, Strawberries, Tomatoes and Watermelon.

## Orange/yellow fruits and vegetables

The orange color is given by natural plant pigments called carotenoids. Beta-carotene in yellow fruits and vegetables is converted to vitamin A, which helps maintain healthy eyes. Deep orange vegetables, such as carrots, winter squash and sweet potatoes, are loaded with beta-

carotene.

Orange/yellow vegetables fit well in stir-fries and stews and are delicious simply oven-roasted with a sprinkle of olive oil.

The orange/yellow group include: Apricots, Cantaloupe, Carrots, Grapefruit, Lemons, Mangoes, Nectarines, Oranges, Papayas, Peaches, Pears, Yellow peppers, Pineapple, Pumpkin, Rutabagas (Swedes), Yellow winter squash, Sweet corn, Sweet potatoes and Tangerines.

## Blue/purple fruits and vegetables

Their color is due to the natural plant pigments called anthocyanins. Anthocyanins in blueberries, grapes and raisins act as preventive agents for the risk of cancer, stroke and heart disease in addition to their antioxidant role. Eating more blueberries is linked with improved memory function and healthy aging, according to scientific studies.

These are some members of the blue/purple group: Blackberries, Bilberries, Blueberries, Eggplant, Figs, Plums, Prunes, and Raisins.

## White fruits and vegetables

The white color comes from pigments called anthoxanthins. Members like garlic contain health-promoting chemicals called allicin, which may help lower cholesterol and blood pressure. Some other members such as bananas are good sources of the mineral potassium, too.

Members of the white family are: Bananas, Cauliflower, Garlic, Ginger, Mushrooms, Onions, Parsnips, Potatoes and Turnips.

The bottom line is obvious: eat more fruits and vegetables everyday! All forms count: fresh, frozen, dried, brined, or 100% juice.

**Chathudina Janitha Liyanage**

## Also typisk svensk?!

**Korv stroganoff is popular « Swedish » dish which is easy and fast to make.**

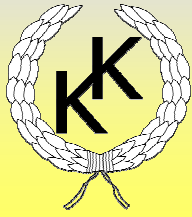
**Ingredients (4 servings):**  
400 g Falukorv (sausage)  
1 onion  
400g crushed tomatoes  
1 dl crème fraiche  
2 tbsp tomato purée  
Salt, pepper, oil



## Directions:

Cut the *Falukorv* into slices and chop the onion. Heat some oil in a skillet over medium-high heat and fry the *Falukorv* and onion together until they are soft and a little brown. Add the crushed tomatoes and stir. Add the crème fraiche and tomato purée and bring to a boil. Season to taste with salt and pepper and let it simmer for 5 minutes.

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## English-Swedish Mini-dictionary

**Hey there's someone who doesn't know there's a queue:** Där är visst någon som inte vet att det är kö!

**Maybe he'll try to jump in:** Han kanske tänker försöka smita in i kön.

**He thinks no one will say anything and he's right:** Han tror nog att ingen kommer att säga något, och det har han rätt i.

**That must be a foreigner:** Det är nog en utlänning.

**I am a Swede:** Jag är svensk.

**Oh there's a queue:** Aha, det är kö.

**It begins there??:** Börjar den där??

**I'll just jump in:** Jag smiter bara in i någonstans i kön.

**I'll pretend to meet a friend:** Jag låtsas träffa en vän.

**I am a foreigner:** Jag är ju utlänning.

Revision: Rasmus Persson

## "Dear Luke": Questions and Answers

**Q: Dear Luke,**

Why aren't all nations open every day?

-Nation Listz

**A: Dear Ms. Listz,**

Well, it would be difficult for a few reasons. First, you need a solid team of volunteers to help you out. Second, you want to make sure you will have customers! In any cases, it makes you visit different nations every time!

-Luke

**Q: Dear Luke,**

I am learning Swedish but cannot imitate the way Swedish speakers kind of sing when they talk.

-Won Tone

**A: Dear Won,**

You are right, it is difficult! If you master this, it shows you have studied very well! In the mean time, you can listen to some good Swedish melodies if you have the Spotify service. -Luke

**Q: Dear Luke,**

I am flying from Copenhagen next week but my flight is at 6 am—what do you recommend?

-Earl. E. Bird

**A: Dear Earl,**

Good news is that trains go all night long now from Lund to Kastrup and its only 35 minutes! If you don't want to take a chance, Kastrup and its duty free shop are open 24 hours a day.

- Luke

### Unsolved Swedish Mysteries

## I will be brief

**The Swedish post is to me a mystery. For many reasons.**

First thing: when I arrived in Lund, I did not receive mail for the first 2 weeks. I wondered why and then someone told me I had to put my name on the door. Why? Why isn't the address enough? The only good thing is that because of that, I never got the first invoice from the International Housing Office – oops!

After I had put my name on the door, a friend emailed me a month later asking me if I had received his postcard. I hadn't and realized why later: he wrote my nickname, not my real name. But why not drop it in the box anyway? I mean, it's a postcard; it will end up in the garbage since there's no return address – just put it in, in case!

And if my name is Philippe and my

friend wrote just 'Phil', well, you can figure out that it was meant for me!

Second thing: why are there different people bringing me the mail? From my window, I see someone who looks like he's from the official Swedish post (dressed in yellow and blue) on his bike every morning, bringing people their mail. Up to here, seems normal, like in any country (just changing uniform colors).

But then I see someone else on his bike, dressed in black with a black box on the bike doing the same thing. An hour later, same situation but the color is red this time. I understand the postal market is deregulated in Sweden now – but doesn't it get to be a bit much??

Third thing: why does a stamp cost the same price if you send your letter to Norway, Mexico or South Africa? I've seen

countries where you have different price categories, depending on distance: to neighboring countries, within Europe, to Australia, etc.

Fourth thing: I've received packages from friends and relatives abroad a few times. Never did the postman bring the package, but often he brought a letter telling me I had a package and I could pick it up... in 2 days at the nearest post office! Why not just bring the package – I was home!

Last but not least, when I forget how much a stamp costs, why does it take me hours to find the price of a simple stamp on the Swedish Post's website?!

This makes me wonder: are people using less snail mail these days because emails are faster or because...?

Philippe-Antoine Charbonneau



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