STUDENT GUIDE

FALL

2026



hälso SEKTION

JÖNKÖPING UNIVERSITY

School of Health and Welfare



WELCOME

My name is Mahdi Kobeissi and have been studying at the School of Health and Welfare – (Or hälso as we like to call it) for three years, and I am now working full-time as the president of Hälsosektion. My job is to make sure you're student life will be the best possible!

A new exciting chapter in your life is about to start. At the School of Health and Welfare you won't just get an education, you will also gain friends and make memories that last a lifetime.

Jönköping University has a vibrant student life thanks to all of our dedicated students, and we have a ton of different committees and associations you can volunteer in. I can strongly recommend that you take part of it as much as possible as it is one of the best ways to make friends and create a community for yourself!

In this guide you will get a crash course of the student life at School of Health and Welfare. I wish you a wonderful study time here at School of Health and Welfare and I'm looking forward to meeting you during the kick-off!



THE BOARD

HÄLSOSEKTION

hälsosektion.ju

The board of Hälsosektion is a group of students that have the mandate to represent the students at School of Health and Welfare in different contexts. Me and my board represent the students in multiple forums with teachers and other employees at JU, and make sure all students have fun, are being fairly treated and feel safe during your time here.

We also hold different events and banquets during the year.
To be able to achieve what we want to, we need more people, and therefore The board also have three different committees, HUTT, PulsOrdern and SUSHI.

Through us you have a chance to affect your student life!
Make sure to follow us and our committees on our social media to be updated about everything that happens at school.



Felicia Valfridsson
Head of Administration
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hälso SEKTION Hälsosektion



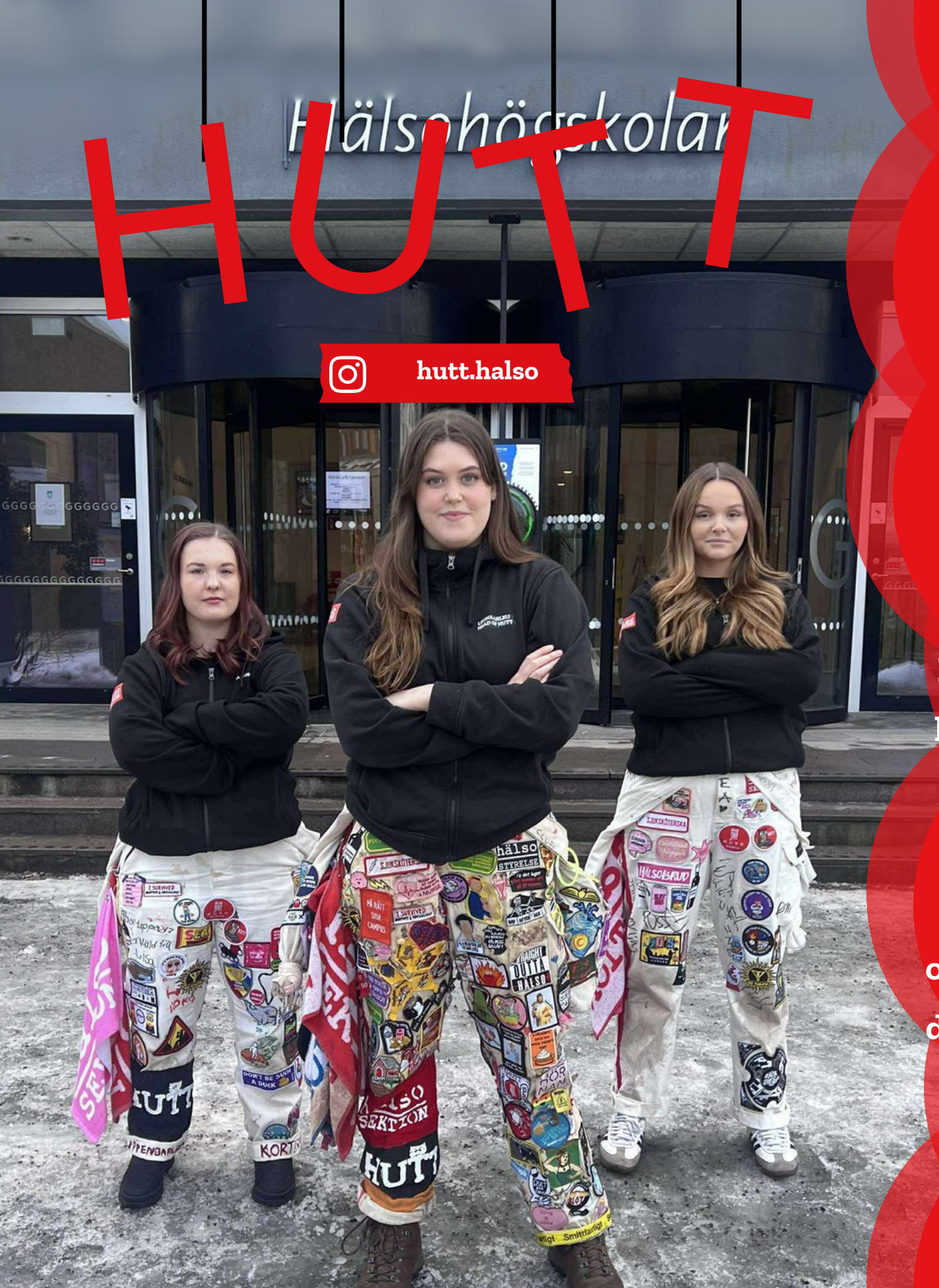
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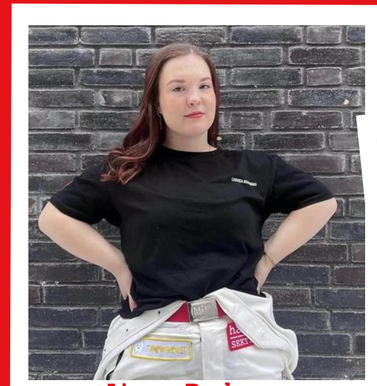
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HUTT

hutt.halso





Linnea Booberg
Head of HUTT
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EDUCATION COMMITTEE

HUTT is the education committee at School of Health and Welfare and they handle all kinds of questions about courses and education and can help students move forwards in conversations with teachers, or if you feel you are not being treated fairly.

Every semester HUTT recruits course evaluators that helps voice the student's opinions about the courses. HUTT also have a good contact with teachers and program directors at the school to help develop the programs according to the student's wishes.

Contact us if you have any questions about courses and education such as grading or any questions about the committee!

-HUTT.

PULSORDERN



pulsordern.halso

STUDY-SOCIAL COMMITTEE

Pulsordern is the sexmastery at hälso! We are energetic and enthusiastic group. The sexmastery's job is to plan and host events for the students at hälso, and are responsible for making the student life as vibrant and fun as possible. They normally host two annual "sittningar", as well as hold a charity auction each year. They also host a few other events during the year for all students and will be hosting a sittning during the kick-off! Don't Miss it

If you want to know more about us and our upcoming events, make sure to follow us on instagram!

-PulsOrdern.



Christin Paredes Lindblad
Head of PulsOrdern
pulsordern.halso@js.ju.se

PULSORDERN 2025

PulsOrdern

INTERNATIONAL COMMITTEE

SUSHI is the committee that works with integrating the international students at School of Health and Welfare, as well as helping any students wanting to go on exchange.

They arrange events for all students, but makes sure they are in english so all internationals will be able to attend. Recently they have also started a close collaboration with the international committees at our sister schools, HLK, JIBS and JTH, to together create an epic "Sittning" for all students to enjoy. They also handle any questions problems you might encounter if you want to become an exchange student

We look forward to seeing you!

-SUSHI.







Sona Johansson
Head of SUSHI
sushi.halso@js.ju.se

SUSHI



SUSHI



SUSHI

sushi.halso

THE KICK OFF

Jönköping University has one of Sweden's best Kick-offs – 10 days packed to the brim of events, games and competitions!

The kick-off is all about getting a fun and exciting start to your studies here and helping you get to know all of your new classmates. During the kick-off you will be in a large group of other new students, and have fadders there to help out. Fadders are students at Hälso who already know their way around the school, and know everything that will happen during the kick-off, so they will be there to answer any questions you might have starting a new school.

The first official day of the Kick-off is the 24th of August, but make sure to buy your overalls during the overall sale on the 24th.

Kick-Off week is always an amazing and unforgettable experience so don't miss out!



ALTERNATIVE KICKOFF

For those who might not be into all of the loud music, large scale events and many people, the alternative kick-off might suit you better! It is held every year by the student health for those who would rather get to know people on a smaller scale, with less distractions or overwhealming sensory imputs.

This Kick-off will be held in the library during a few days of the kick-off week. More info will come later on so keep your eyes open on the JU library's and JU's website.



KICK OFF TEAM 2026



Alma Svensson
Vice-Team Leader



Simon Bolmvik
Team Leader



Redon Kunushevci
Fadder Responsible



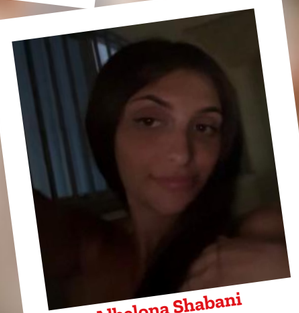
Clara Rudberg
Marketing



Maya Höglund
Events



Moa Striem
Finance



Albelona Shabani
Logistics

kickoff.hh

kickoff.hhj@js.ju.se

KICK OFF

We are the Kick-off Team! Together with the Project Leader in Jönköping student union we have planned all the activities for the Kick-off! We have worked hard with this and are so excited, so we really hope you will love it!

On Hitract we will be publishing the schedule and all upcoming kick-off events, and on instagram we will be sharing more information about the events, when and where to meet, and announce the score after each day.

What activities will be held will not be published just yet, but make sure to follow us on instagram and Hitract so you won't miss the announcements!

If you have any questions before then, or feel like you can't wait until the announcements, hit us up on instagram DM's or send an email and we'll make sure to get back to you!

What we Value most...

The Ovve will be you most valued clothing item as a student, it is not only worn during the whole kick-off, but also at all student parties and every time you go to the student night club Akademien.

So why does everybody love it?

Firstly, it's extremely comfortable. Secondly, you never have to worry about what to wear on a night out. Thirdly, it is a personal outfit that shows who you are. It tells other what school and program you are studying, and you can decorate it however you like with different patches, and get your friends to sign it!

Leg strap - Color guide

We at School of Health and Welfare are those who wear the white overalls! In addition to this we also wear coloured stripes on our right leg that shows what program we study.

Red - Nurse

Orange - Occupational Therapist

Yellow - Dental Hygienist

Green - Social Worker

Blue - Radiology Nurse

Light blue - Orthopedic technician

Purple - Prothetics and Orthotics

Pink - Master student

Gray - Medicine doctor

Black - Biomedical Analysist



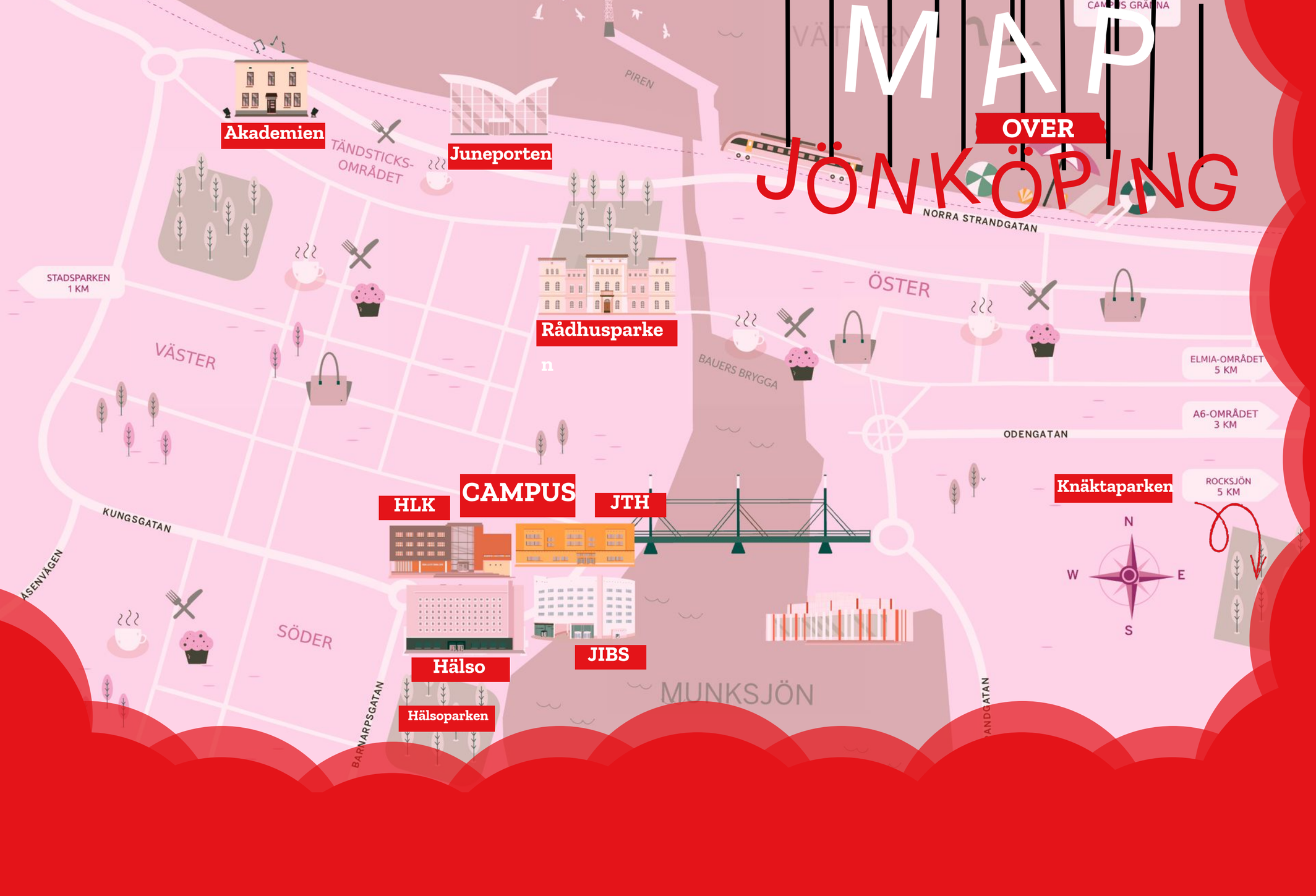
Hitract is one of the main ways we communicate with students, and you will need the app to buy you overall and patches later on. All event tickets are sold on here as well!

So make sure to download the app, pay the mandatory membership fee and start to follow Hälsosektion and our committees to take part of it all!

This is how you do it:

1. Open App Store / Google Store, search for Hitract and install it.
2. Create an account.
3. Verify your student-identity through antagning.se
4. Search for Hälsosektion, and follow!
5. Become a member, by paying for the mandatory membership!
6. You´re now done, and can buy tickets, patches and more!




MAP
OVER
JÖNKÖPING
Akademien
Juneporten
Rådhusparken
CAMPUS
HLK
JTH
JIBS
Hälso
Hälsoparken
Knäktaparken
TÄNDSTICKS-
OMRÅDET
PIREN
NORRA STRANDGATAN
STADSPARKEN
1 KM
VÄSTER
ÖSTER
BAUERS BRYGGA
ELMIA-OMRÅDET
5 KM
A6-OMRÅDET
3 KM
ODENGATAN
ROCKSJÖN
5 KM
KUNGSGATAN
SÖDER
MUNKSJÖN
BARNARPSGATAN
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W
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S



SEE YOU SOON!

But until then,

"På andra sidan campus där hänger ju de bästa, Ovven den är viter för vi är hälsoiter!"

-Hälsosektion.

KICK OFF

hälso SEKTION

PULSORDERN 2025

SUSHI

Always in your heart!
AKADEMIEN
NIGHTCLUB

JÖNKÖPING STUDENT UNION

EDUCATION
HUTT
COMMITTEE

JÖNKÖPING UNIVERSITY
School of Health and Welfare