

INSPARKSTIDNINGEN

# RIVSTART



KUNGL  
FÖRSVARSHÖGSKOLAN

.....  
**Everything You Need to  
Know About the inspark on  
page 5**

.....  
**You hold the keys to your  
future student life!" -  
Column by the student  
union president on page 3**



**FÖRSVARSHÖGSKOLANS  
STUDENTKÅR**



# 3

## Column by the Student Union President



## What can you do after graduation?

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## Everything You Need to Know About the inspark



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### Rivstart

Ges ut av Försvarshögskolans Studentkår

### Redaktör

Robert Steffens

## Welcome to FHS!



**Rasmus Lindstedt**  
President

**D**ear new student!

This year marks the 15th anniversary of the Swedish Defence University. Much has happened since 2008, transforming from an institution primarily focused on the predecessor of the higher officers' program, to a university that now educates students from around the world in a multitude of subjects. The primary mission remains unchanged – to contribute to a more secure world!

We have high hopes for you, as you embark on your education that will shape you into a future crisis manager, who will carry out the Swedish Defence University's core mission. You will receive a world-class education that best prepares you for your future role. You will learn the fundamentals that will accompany you throughout your professional life, and of course, the student union will be with you every step of the way!

An education at the Swedish Defence University is, after all, much more than just textbooks, lectures, and exams. It's meeting your future colleagues, whether it's in the lecture hall, in mässen, or at the next sitting. Don't miss out on this opportunity!

Participate in our sittningar and our career events, talk to the HOP-students in mässen and your fellow students in the lunchroom, seize the chance to broaden your horizons and create the network that you will carry with you throughout your life and career!

My first introduction to the student union was during the inspark, in the fall of 2020. I had graduated from high school in the summer of 2018, and while all my friends had started studying engineering or game development, I, newly employed in the construction industry, found myself standing in a 4-meter deep trench, drenched in sewage water. Perhaps this wasn't the future I had dreamed of; I wanted to bring about change and contribute to something greater. I went back and forth between studying medicine in Linköping, studying to become a master mariner in Kalmar, and commuting to Uppsala to study law; but one thing was certain: a Stockholm student? Never!

But the more I thought about it, the more sensible the Swedish Defence University seemed. I had studied math in high school and hated it, so medicine was out. I visited Kalmar, after which becoming a master mariner was off the table. Crisis management and security seemed perfect, and I could study law as an elective semester in Uppsala. Long story short, bachelor's program in political science, here I come!

Although not everything went exactly as planned. Political science became international law, which is, I might add, is also law, and my time as a student has been marked more by discussions on research funding than participating in student radio.

This fall, I'll step down after two years as the student union president. More than half of my time as a student here has been spent in various meeting rooms and discussions about everything from the working environment of doctoral students and research grants, to the future officer training and our contribution to national defense. I still remember my first meeting after being elected as the subject council representative in political science. We had just finished our first exam, and it felt both nerve-wracking and meaningful to provide feedback to a, if I'm being honest, rather bored group of teachers. I got involved in the study social committee and planned the next gathering which, despite pandemic adjustments, went quite well, and I got to be a fadder for newly admitted students, a real highlight!

I've made friends for life, visited naval ships, met ministers and royalty, helped people move in, helped people move out, and last but not least, acquired hundreds of new contacts on LinkedIn!

You hold the keys to your future student life, get involved, contribute to your own and everyone else's student experience, and contribute to a mission larger than yourself!

Welcome to the Swedish Defence University!



# LUNCH PLACES



By: **Rasmus Lindstedt**  
Student Union President

Bringing your own packed lunch is, of course, always preferable, but as a student, it can sometimes be a hassle. You have to buy the food, cook the food, package the food, and perhaps most importantly, remember to bring the food to school. There are many steps before you can sit down in the student union building and enjoy your pasta with ham and peas-corn-paprika. But once again, Rivstart comes to the rescue, this time with our top list of lunch spots!

## 1. Proppen

By now, you have probably already become familiar with Proppen, but unfortunately, the editorial team hasn't. Proppen opens this fall under new management, but friendly staff and good food have always been its hallmark.

Lunch price: Rumor has it about 110 SEK

Pea soup on Thursdays: Likely

Overall rating: Presumably 4/5

## 2. Coffice

A stone's throw from the student union building is your savior against low blood sugar and forgotten lunch boxes. With a range of salads and other snacks, the hunger rescuer is always close by. The editorial team particularly recommends the last-chance selection, which is discounted by half.

Lunch price: about 80 SEK

Pea soup on Thursdays: No

Overall rating: 3/5

## 3. Syster o Bror

For the connoisseur, Syster o Bror offers a gourmet lunch with a little extra, just across the street from SEDU. In a location packed with clerks, you can experience a taste of your future work life, close your eyes and envision an adjustable beige desk in an open office landscape!

Lunch price: 120 SEK

Pea soup on Thursdays: No

Overall rating: 4/5

## 4. La Campus Pizza

Pizza, Sushi, and Thai food in the same place, is it even possible? Should it even be legal?! The editorial team doesn't pass judgment on the matter and can simultaneously quietly acknowledge that La Campus is mainly frequented by various KTH students. We therefore urge caution when entering the establishment. You should eat, otherwise you'll die, and with that as an option, La Campus is still okay.

Lunch price: 110 SEK

Pea soup on Thursdays: Probably, they serve pizza and sushi in the same place, for crying out loud

Overall rating: 2/5

## 5. Taste by Nordrest

Generous buffet with five dishes that will put you in a deluxe food coma. An excellent way to perform CPR on your last allowance from CSN; eat on the 22nd and you'll make it to the 25th! Coffee is included in the price, and the soft serve ice cream machine gives you birthday vibes on a Tuesday in November.

Lunch price: 125 SEK

Pea soup on Thursdays: Yes

Overall rating: 4/5

## 6. WKB Gärdet

In a sea of neon yellow high-vis-jackets, you can feel like a true blue-collar worker for a day, and with the Armed Forces HR center around the corner, you can eavesdrop on thrilling discussions about the upcoming RALS (framework agreement for salaries in the state sector, editor's note)! With dessert on Fridays and lunch starting at 9:00 AM, you can decide where to set the bar for the day!

Lunch price: 125 SEK

Pea soup on Thursdays: Yes

Overall rating: 5/5

.....  
**One bonus tip:**  
Have lunch later on Wednesdays and Thursdays, then you can survive on hot dogs in mässen.



### Clara Ternström

**Home town:**  
Täby

**Studying:**  
Final year of Bachelor's in Political Science

**What have you done this summer?**  
Had a proper vacation this year! Relaxed thoroughly at the summer cottage, hiked for a week in the mountains, enjoyed the sun in Italy, and traveled back through Europe by train.

**Favorite studying place:**  
The couch with a blanket, some snacks, and the dog beside me

**Standard order in the mess:**  
"What would you recommend?"



### David Gustafsson

**Home town:**  
Söderhamn

**Studying:**  
Bachelor's program in Political Science

**What have you done this summer?**  
Jobbat och kollat på fotboll

**Favorite studying place:**  
The library

**Standard order in the mess:**  
A David of course



### Ebba Svanfeldt

**Home town:**  
Stockholm

**Studying:**  
Political Science

**What have you done this summer?**  
Traveling and working

**Favorite studying place:**  
FHS library

**Standard order in the mess:**  
GT



### Elin Huss

**Home town:**  
Östersund

**Studying:**  
Bachelor's program in military history

**What have you done this summer?**  
Working at Försäkringskassan (and have seen Håkan Hellström!)

**Favorite studying place:**  
In a library

**Standard order in the mess:**  
Sleepy bulldog, allways!

## We are faddrarna



### Emil Björk

**Home town:**  
Hudiksvall

**Studying:**  
Bachelor's program in Political Science

**What have you done this summer?**  
Worked and drank beer!

**Favorite studying place:**  
Preferably (more often) study at home about 4 1/2 hours before submission with copious amounts of cheap energy drinks

**Standard order in the mess:**  
A Heineken or a David!



## **Frida**

**Home town:**  
Stockholm

**Studying:**  
Political Science

**What have you done this summer?**  
Worked at a summer camp, enjoyed wine on cliffs, and bathing

**Favorite studying place:**  
Across from the guard

**Standard order in the mess:**  
A beer and a sausage



## **Ida Gillberg**

**Home town:**  
Lidköping

**Studying:**  
Bachelor's program in Political Science

**What have you done this summer?**  
Worked!

**Favorite studying place:**  
Anna Lindh Library

**Standard order in the mess:**  
Briska Peach Riesling



## **Julia Jörtsö**

**Home town:**  
Eskilstuna

**Studying:**  
Political Science, Crisis Management, and Security

**What have you done this summer?**  
Relaxed with friends and worked as a security coordinator

**Favorite studying place::**  
Serre dei Giardini Margherita (hot tip for the third term's exchange!)

**Standard order in the mess:**  
A David!



## **Gustav Christensson**

**Home town:**  
Växjö

**Studying:**  
Master's program in Politics, Security, and Crisis

**What have you done this summer?**  
Rested in Paris and Jersey to meet friends from school and my previous internship

**Favorite studying place:**  
Sofas in the library

**Standard order in the mess:**  
2 hot dogs and cider



## **Iris Weström**

**Home town:**  
Stockholm

**Studying:**  
Bachelor's program in Political Science

**What have you done this summer?**  
Explored the city and attended Almedalen Week

**Favorite studying place:**  
At home in bed or the sofas at Anna Lindh Library

**Standard order in the mess:**  
A glass of white wine or a GT



## **Maja Skoglund**

**Home town:**  
Varberg

**Studying:**  
Bachelor's program in Political Science

**What have you done this summer?**  
Went on a train journey, worked, and hung out with friends

**Favorite studying place:**  
Anna Lindh Library

**Standard order in the mess:**  
Beer!



**Linnéa Gustafsson**

**Home town:**  
Töreboda

**Studying:**  
Political Science

**What have you done this summer?**  
Worked at a hotel in my hometown on the plains

**Favorite studying place:**  
The library

**Standard order in the mess:**  
Heineken draft beer



**Max Eriksson**

**Home town:**  
Stockholm

**Studying:**  
Bachelor's in Military History

**What have you done this summer?**  
Worked and explored history in London/England

**Favorite studying place:**  
The library at FHS

**Standard order in the mess:**  
A Heineken



**Nina McCarthy Hartman**

**Home town:**  
Stockholm

**Studying:**  
Political science 5th semester

**What have you done this summer?**  
Rested and read! Highly recommend "Say Nothing" about the conflict in Northern Ireland if you have time after all the course literature...

**Favorite studying place:**  
Café in Söder or one of the armchairs at Anna Lindh Library.

**Standard order in the mess:**  
Gluten-free beer when available!



**Martina Sandgren**

**Home town:**  
Uppsala

**Studying:**  
Bachelor's program in Political Science

**What have you done this summer?**  
Renovated the attic, worked with the student union, visited New York and the UN building

**Favorite studying place:**  
Fjädern i in the union building

**Standard order in the mess:**  
The new cocktail!



**Max Rasmusson**

**Home town:**  
Ystad

**Studying:**  
Bachelor's program in Political Science

**What have you done this summer?**  
Worked at a pub

**Standard order in the mess:**  
Landsort Lager



**Pyar Andersson**

**Home town:**  
Nyköping

**Studying:**  
Political Science, third year

**What have you done this summer?**  
Worked as a passport officer, vacationed in Sörmland by kayak, and visited England

**Favorite studying place:**  
Anna Lindh Library

**Standard order in the mess:**  
A large beer and Billy's veggie





## Rania Yassin

**Home town:**  
Stockholm

**Studying:**  
Political Science, Crisis Management, and Security

**What have you done this summer?**  
I have traveled to Germany, Växjö, and spent time with friends in Stockholm

**Favorite studying place:**  
The library or an empty classroom

**Standard order in the mess:**  
Briska



## Robert Streffens

**Home town:**  
Tumba

**Studying:**  
Military History

**What have you done this summer?**  
Worked as an editorial writer for Gotlands Tidningar and tried to put this newspaper together

**Favorite studying place:**  
At home at my desk

**Standard order in the mess:**  
White wine



## Thyra Löfgren

**Home town:**  
Uppsala

**Studying:**  
Political Science

**What have you done this summer?**  
Worked at Arlanda Airport and spent time with family on Gotland

**Favorite studying place:**  
The shelf, but usually end up in the library

**Standard order in the mess:**  
Non-alcoholic cider



## Rebecka Ilskog

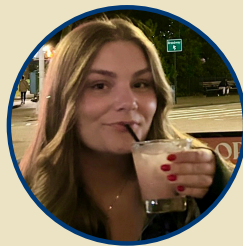
**Home town:**  
Stockholm, born and raised!

**Studying:**  
Bachelor's program in Political Science

**What have you done this summer?**  
I huvudsak varit på sjön, antingen Mostly been on the sea, either on the family boat in Stockholm's archipelago or along the northern coast on the ship m/s Shamrock, where I sail as a chief mate.

**Favorite studying place:**  
The library or the shelf, depending on the mood!

**Standard order in the mess:**  
A juice...



## Sofia

**Home town:**  
Linköping

**Studying:**  
Bachelor's in Political Science

**What have you done this summer?**  
Working and drinking!

**Favorite studying place:**  
Pass!

**Standard order in the mess:**  
A David!



## Viktor Lindhé von Ehren

**Home town:**  
Stockholm

**Studying:**  
Kandidatprogrammet i militärhistoria

**What have you done this summer?**  
Mainly worked on museum activities at the Royal Palace, but also had time to visit Almedalen (where more from FHS were present), sail, and spend time with friends.

**Favorite studying place:**  
At home, but when I need to get something done, I go to the library on campus.

**Standard order in the mess:**  
Wisby Weisse. Not the best wheat beer, but it's what's offered. If there's punsch available, I'll have that.





## Zakarya Ahmedi

**Home town:**  
Stockholm

**Studying:**  
International Law

**What have you done this summer?**  
Worked for the government

**Favorite studying place:**  
FHS

**Standard order in the mess:**  
Beer



## Zoe

**Home town:**  
Stockholm

**Studying:**  
Masterprogrammet i Politik,  
Säkerhet och Krig

**What have you done this summer?**  
Rest till Albanien och Italien,  
pluggat språk, jobbat och hängt  
med min pojkvän.

**Favorite studying place:**  
Köket :)

**Standard order in the mess:**  
Cava!

# SCHEDULE FOR THE INSPARK

## Monday, August 28th

Introduction day with the university and your program.

Lawn games and activities in Humlegården, starts at 18:00.

## Tuesday

Study session with academic and career counselors, time and location to be announced later (ESO).

Mentors present with tips and advice!

## Wednesday

Mess evening in the historic mess hall of the Swedish Defence University! Dance floor, ghost ball, and quiz may be included!

Starts at 16:00 in the mess hall.

## Thursday

Game night? Floorball? To be announced later!

Time and location ESO.

## Friday

Student Union's traditional picnic gathering in Lill-Jansskogen!

Group walk from campus, starts at 18:00.

## Saturday & Sunday

Explore Stockholm or visit museums?

Meet your new classmates and hang out in your mentor groups!

## Monday, September 4th

Olympiad and hangout with your mentor groups at Gärdet!

Starts at 17:00.

## Tuesday

Student Union provides breakfast at the student union building!

Starts at 08:00.

Mentor group gathering in the evening, starting at 16:00.

## Wednesday

Rounders & sausages at Gärdet!

Starts at 17:00.

## Thursday

Lecture with XXXXX in the Sweden Hall at ESO! Socializing and quiz in the mess hall afterward!

## Friday

Your first formal dinner at FHS concludes the induction weeks, location: super-secret!!

Tickets sold separately, dress code: formal attire or equivalent, starts at 18:00.



EFTER EXAMEN

# Vad gör en **BEREDSKAPSHANDLÄGGARE**

**Your first job after graduation might feel like years away, and indeed it is, considering you still have two or three years left! But when the exam anxiety sets in on a Wednesday evening, all the diplomat lifestyle videos have been watched, and even the growing CSN debt isn't scaring you enough to independently "demonstrate detailed knowledge and in-depth understanding of international operational law relevant to hybrid warfare and terrorism, and how the specific nature of these phenomena influences legal interpretation and application." It requires an acute injection of study motivation!**

**Tim Röde obtained his Bachelor's degree in Political Science with a focus on Crisis Management and Security just over three months ago, yet he has already found a job and moved back to his hometown. Rivstart meets the newly appointed Preparedness Coordinator over Zoom on a late August evening, with the aim of discussing study motivation!**



Why did you choose to study at SEDU?

I already knew from high school that I wanted to study at SEDU, but what attracted me was the ability to choose a specialization for 2 out of 6 terms. You get to study political science with a menu of options. It's a very comprehensive education, highly regarded. Extremely interesting. Plus, I had a childhood dream of being a military officer, and defense and security issues have always intrigued me.

Initially, I applied for the officer program, but while browsing the website, I saw that there were other programs at SEDU that seemed very appealing.

Why not the officers' programme?

What attracted me to political science was the diversity of perspectives, you get insights into all arenas. From the local to the international, where the focus isn't just on warfare, but also on the political dimension, law, and history.

I aimed to end up in an investigative and analytical desk job, which the officers' programme doesn't lead to. You have to wait quite a few years before getting a similar opportunity through that route, while political science gives you the entry pass immediately after graduation. I knew that the Officer Program leads to a military position and you work as an ensign for two years, but I felt that I wanted more flexibility in what I could do after my education and in my future life.

I had already experienced the military during my conscription and knew what the "green" side was like; I wanted to see where a political science education could take me. However, I'm still engaged in the Home Guard and get a good dose of military activity when I miss it!

Can you tell us about when you moved to Stockholm?

It was a big adjustment. From knowing where the central station was in Gävle to having the subway, commuter train, regional trains, and Roslagsbanan all buzzing outside my window in Stockholm, it turned out to be a bit larger than I was used to; not just in terms of the number of trains! It took some time to get used to the city, and after two years, I felt almost at home. I could find my way around while walking, but everything still felt quite unpersonal. I gained an experience, and it was a fun step in my personal development

to spread my wings in a new city, away from family.

Why did you move back to Gävle? Were there other jobs you looked at?

There are security-related jobs all over the country, and the cost of living outside Stockholm is appealing. That being said, there are, of course, plenty of exciting jobs in Stockholm. I also missed what Gävle had to offer, the proximity to nature and work, and the personal touch that Stockholm lacked.

You have to be careful not to fall into the trap of thinking that all jobs are in Stockholm. There are 290 municipalities, several agencies, and a vibrant business sector that is in need of the competence that SEDU graduates possess!

I also started looking for jobs quite early, initially during the Christmas before graduation. There were quite a few interesting jobs, ranging from personnel security to intelligence analysis. I happened upon an advertisement for a job that seemed perfect, even located in my hometown, so I seized the opportunity!

What do you do at work?

I function both as an internal consultant within Gävle municipality and also have the main responsibility for continuity planning for one of our four sectors – the Governance and Support sector (Municipal Executive Office). I am responsible, among other things, for coordinating volunteers for our crisis and wartime planning, continuity planning, and staff and crisis management exercises. Just this week, I finished the municipality-wide oil spill plan, which guides how we handle oil spills at sea.

What's the most enjoyable aspect of your job? Do you feel you have influence? Does it feel valuable?

The most enjoyable aspect is definitely the opportunity to steer and manage complex issues on my own. It's extremely liberating, and of course, a lot of responsibility comes with it, which suits me perfectly! I feel I have been given a lot of trust. If I need to thoroughly familiarize myself with something, I have the time for it. We deal with very difficult, important, and complex questions that require the time they need, unless an extraordinary event occurs – then it's about acting in the moment!



.....  
**" Engagera dig i studentkåren, och gå på de evenemang studentkåren ordnar, du lär känna folk från olika program och årskurser, och bygger ett otroligt nyttigt nätverk!"**

My strongest job-related advice is to seize the opportunities you're given to gain your own experience in security and preparedness work during your studies. It's quite different from writing an essay or taking an exam. Look for contexts where you can operationalize your theoretical knowledge; it complements your education perfectly!

Best trick during your time as a student?  
If you go to Coffice in the morning, you can buy lunch boxes at half price!

Get involved in the student union and attend the events organized by them. You'll get to know people from different programs and years, building an incredibly valuable network!

Prioritize conversing and discussing the study content with your classmates; collaborating helps a lot to gain new perspectives and ideas. Political science isn't just about reading; it's about understanding!

Start by reading the summaries and the parts in Swedish, then build on that with the main text and the English parts. Don't get reading glasses too late; you'll end up with a headache for three years.

There's a sauna in the changing room, remember that.

Never leave your ketchup bottle unmarked in the fridge!

Standard order in Mässen?

Two sausages, one GT (w/ lemon and lime).





# Saving on food:

## The vice president of the civilian section gives her best advice



By: **Agnes Martinsson**  
Vice President, Civ. Sek.

When rent, course materials, and SL-passes have been paid for, there suddenly isn't much of your student loan (CSN) left to actually survive during your time as a student. To manage on a minimal budget, it's important to carefully consider your expenses and spend some time minimizing your spending.

One area that tends to drain your money is your food budget. Food can be quite expensive, especially if you're living far from major grocery stores and don't have access to a car. That's why it's crucial to think about how you spend on food, and most importantly: to cook your own meals. Below are suggestions for dishes that provide delicious dinners, lunches, and especially packed lunches, while still being budget-friendly.

### Bolognese Sauce

1 dinner + 2-3 packed lunches.

1 yellow onion  
500 grams minced meat (mixed)  
3 cloves garlic  
1 can crushed tomatoes (Mutti if CSN allows)  
Salt and pepper

**Here's how:**

1. Chop the onion and sauté it in a bit of butter.
2. Add the minced meat and cook until it's almost fully cooked.
3. Pour in the crushed tomatoes and add pressed garlic.
4. Let the sauce simmer for 7-10 minutes and season with salt and pepper.

Serve the bolognese sauce with spaghetti or other pasta.

### Chili sin Carne

1 dinner + 3-5 packed lunches depending on whether served with or without rice.

1 can white beans  
1 can black beans  
1 can crushed tomatoes  
1 yellow onion  
3 cloves garlic  
2-3 tsp cumin  
1-1.5 tbsp paprika powder  
optional cayenne pepper  
salt and pepper

**Here's how:**

1. Chop the onion and sauté it in a bit of butter.
2. Add the spices while stirring, making sure the mixture doesn't burn.
3. Pour in the crushed tomatoes and two types of beans, then reduce the heat. Add salt and pepper to taste and let the chili simmer for about 7-10 minutes. Stir occasionally to avoid burning the chili.

Serve chili sin carne with rice or as is.

### Potato and Leek Soup

1 dinner + 2-3 packed lunches.

600 grams potatoes  
1 leek  
1 liter vegetable broth (water + broth cube)  
3 dl cooking cream  
salt and pepper

**Here's how:**

1. Wash and chop the leek, then sauté it in a bit of butter in a large pot.
2. Peel and dice the potatoes into smaller pieces (about 2x2 cm). Add the potatoes and broth to the pot and let it boil for about 15 minutes.
3. Blend the soup until smooth using an immersion blender or regular blender.
4. Add the cream and let the soup simmer over medium-high heat for a couple of minutes.
5. Season with salt and pepper.

### Spring Rolls with Noodles

1 dinner.

1 package instant noodles (preferably Samyang)  
1-2 spring onions  
Sriracha mayo  
Meat or chicken  
3 sheets rice paper  
optional cheese

**Here's how:**

1. Cook the noodles according to the package instructions. The less liquid remaining when the noodles are done, the better.
2. Brush one rice paper at a time with water or quickly run it under the tap. Place the paper on a plate and fill it with noodles, cooked chicken or other meat (perfect for using leftovers from the previous dinner), sliced spring onions, and Sriracha mayo. It's also good to add a slice of cheese.
3. Roll up the rice paper by folding in the sides and rolling the contents toward you. Try to tighten the roll to prevent the contents from falling out.

PS. If you don't have meat or chicken available, it works just as well without.

### Homemade Bread

A project that takes a bit more time but can save money. Make a couple of loaves at once if possible.

2 loaves.

25 g yeast for bread  
5 dl water  
1 dl milk  
2 tbsp honey  
2-2.5 tsp salt  
13 dl wheat flour  
1 egg for brushing

**Here's how:**

1. Warm the water and milk to room temperature. Crumble the yeast into a bowl and pour the warm liquid over it. Mix until the yeast has dissolved.
2. Add honey, salt, and flour. Quickly work the ingredients into a dough without kneading for more than a couple of minutes.
3. Line two bread pans with parchment paper and shape the dough into two loaves. Place the dough in the pans and let them rise for 60 minutes.
4. Preheat the oven to 200 degrees Celsius (392 degrees Fahrenheit).
5. Brush the loaves with beaten egg and bake in the lower part of the oven for 30-35 minutes.
6. Allow the bread to cool before slicing.

PS. Bread pans can often be found at second-hand stores for around 20 SEK, but you can also bake the dough into rolls or more traditional loaves. If you want to make loaves without a pan: let the dough rise in the bowl and shape the dough shortly before placing it in the oven.

### Potato Pancakes with Pork

1 dinner + 3 packed lunches

800 grams firm potatoes  
2 dl wheat flour  
4 dl milk  
1 tsp salt  
1 egg  
fried pork or bacon for serving  
lingonberry jam for serving

**Here's how:**

1. Whisk a bit of the milk with flour and salt until the batter is no longer lumpy. Add the rest of the milk and the egg.
2. Peel and grate the potatoes coarsely, then stir them into the batter.
3. Fry the potato pancakes, about ½ dl of batter per pancake, in butter for a couple of minutes on each side.
4. Serve the potato pancakes with lingonberry jam and fried pork or bacon.

**Tip - Rice Cooker**

Probably the best thing in my kitchen. Rice is cheap and the foundation for endless dishes, and with a rice cooker, it turns out perfect every time. A cheap rice cooker costs between 300-400 SEK.



WHY SHOULD I GET A  
MEMBERSHIP IN THE STUDENT  
UNION?

## A guide to your future student life





Your membership in the student union is your gateway to life at the Swedish Defence University! As a member of the student union, you always receive discounts on our events, at least equivalent to the membership fee. In essence, you earn back your membership fee at the first event!

The main purpose of the student union is to advocate for matters concerning your education and strive to make the Swedish Defence University's programs even better! We carry out this work starting from individual courses through your course evaluations, to national political issues alongside the Swedish National Union of Students (SFS), which represents nearly 400,000 students in student unions throughout Sweden. Together with SFS, we address topics such as student finances, student health insurance, and student housing. The student union is also a member of Stockholm Student Unions (SSCO), where, along with other student unions in Stockholm, we work towards more student housing, improved student finances, and enhanced student well-being. Through SSCO, you also gain access to SSSB's student housing.

We are represented in all the university's preparatory and decision-making bodies, all to ensure that you have as much influence as possible over your study period! As a member, you can get involved in the student union's educational advocacy organization, the Civil Section, and represent your fellow

students in various university bodies. Engaging as a student representative is both a merit for your future professional life and an invaluable opportunity to influence your education!

The Civil Section also helps you keep track of your rights and supports you if you are mistreated during your education.

The student union's labor market group, Kompass, organizes lectures and industry visits together with potential employers and decision-makers in defense, crisis management, and security. In the past year, students have met with figures such as Foreign Minister Tobias Billström, former prime minister Magdalena Andersson, and CEO of Sveriges Radio Cilla Benkö in the Sverigesalen, and our members have had the chance to visit a French naval ship during its visit to Stockholm. Kompass also organizes the student union's job fair. Take the opportunity to engage to strengthen your position in the job market!

The study social Committee organizes gatherings, events in the mess hall, and of course, the introduction week! As a member of the study social Committee, you have the opportunity to contribute to the planning of our future gatherings and the reception of our new students. Those who work at a gathering also get to attend the following one for free as a thank-you for their involvement!

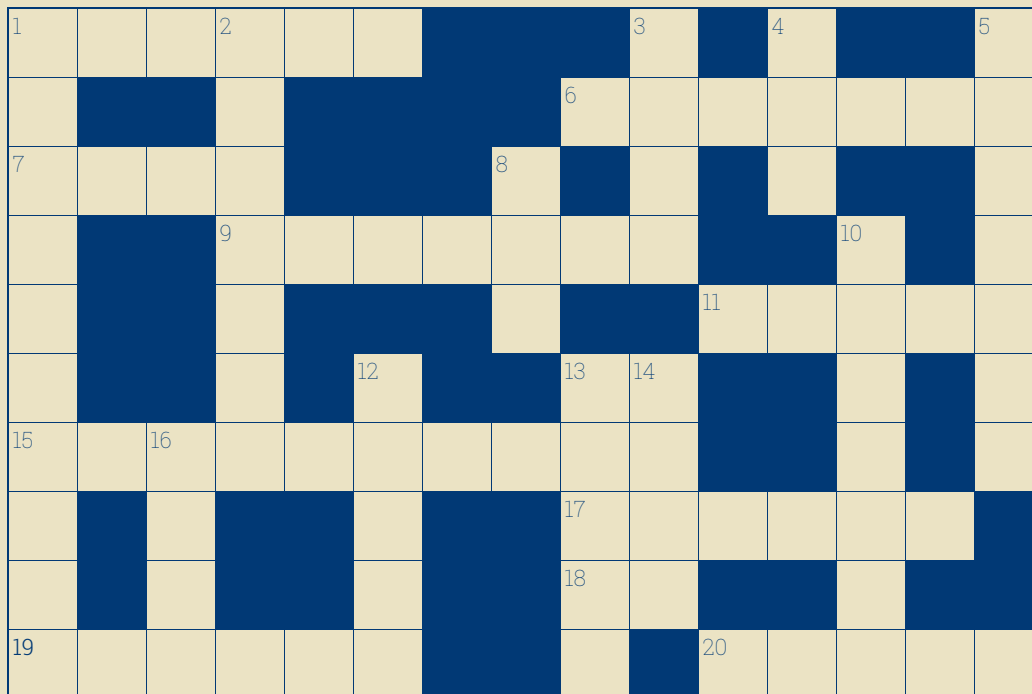
Members of the student union also gain access to several benefits, including the Mecenat card with favorable student discounts and the opportunity to join SSSB's housing queue!

As a member of the student union, you will receive, among other things:

- Always a discount on our gatherings, equivalent to the membership fee
- The opportunity to engage and contribute to a better student life and education
- Access to Mecenat's student discounts
- Access to SSSB's housing queue

Become a member for only 150 SEK per semester now via [www.fhskar.se/en/bli-medlem](http://www.fhskar.se/en/bli-medlem)





### Horizontal →

1. Subject on all levels (6)
6. Future close Nato ally (7)
7. Famous statute (4)
9. Second in title (7)
11. SAS AA BA LH etc. (7)
13. Freedom of press act abbrv. in SE (2)
15. Dusty wars (10)
17. Fmr DefSec now EU (6)
18. IT's not you it's (2)
19. Famous horse, and virus (6)
20. Fmr UN SG (5)

### Vertical ↓

1. Is Riksdagen (10)
2. First in title (7)
3. Famous fmr mayor in IN (4)
4. UN Financial agency (3)
5. State facing RU war (7)
8. Shortened third in title (3)
10. RU white house (7)
12. IGO with eg. Laos and Thailand (5)
13. 45 (5)
14. Failed festival (4)
16. Danish bricks (4)