DEAR STUDENTS...

My name is Maja Lundberg and I am the President of Föreningen Ekonomerna. I started studying at Stockholm Business School fall semester 2019 and immediately was drawn into the student life by Föreningen Ekonomerna. As a student moving to Stockholm for studies, I found Föreningen Ekonomerna the perfect way for me to get integrated into Stockholm. It was in the social committee that I found my spot and made my first friends of many within the Association.

The years I have been involved in the Association has been some of the best years of my life. By being involved in different projects within my committee, I have managed to both develop personal and professional skills, as well as managed to expand my network. I hope that you will take advantage of the opportunities offered and do the same. It is beneficial both for your time as a student but also afterwards.

Being the President is a lot of fun even if it is challenging at times. By having the ultimate responsibility of the Association your daily tasks can include everything from sending emails, to making sure clogged toilets in Festningen are taken care of, to crisis management during a pandemic. There is certainly never a dull moment being the President and I just love it!

No matter if you are a new or existing member; I want to extend the warmest welcome to Föreningen Ekonomerna! I hope you are excited for what is to come. The years within the Association will be filled with lots of fun and probably be amongst the best years of your life.

Do not hesitate to reach out if you have specific questions on what I do or if you are interested in something else regarding the Association. Looking forward to seeing all of you in the upcoming year. Both old and new friends!

president@foreningenekonomerna.se
Föreningen Ekonomerna, the Business Association at Stockholm Business School, is a non-profit, politically impartial association placed under the Faculty of Social Sciences at Stockholm University. The Association has come a long way from its humble beginnings back in 1965, when it was founded by a group of friends, on a trip to Prague. The originally small association, mainly focused on creating a social student spirit among economics students, today offers a range of complementary events and services to the students at Stockholm Business School based on dedication and the wish to make valuable contacts for the future.

Follow us on social media
Facebook: @festhlm
Instagram: @foreningenekonomerna.se
Youtube: Föreningen Ekonomerna
LinkedIn: Föreningen Ekonomerna - The Business Association at Stockholm University
Website: fest.se

WHO ARE WE?

BECOME A MEMBER

A membership grants you access to the welcoming programs, our internal events, pubs, association meetings, etc. You will also get our Mecenat card, which is a student card that grants you student discounts on public transportation and at hundreds of businesses.

Exchange Student Membership
Duration: 1 semester
Price: 149 sek
This membership is perfect for students who study at SBS for 1 semester, for example exchange students or students studying elective courses.

Master’s Student Membership
Duration: 2 years (4 semesters)
Price: 149 sek
This membership fits students who study for more than 1 semester yet less than 2 years, for example students studying for one year or doing their master’s.

Bachelor’s Student Membership
Duration: 3 years (6 semesters)
Price: 149 sek
This membership fits students who study for more than 2 years yet less than 3 years, for example bachelor (kandidat) students or long-term students.

Support Membership
Duration: 1 semester
Price: 149 sek
This membership is meant for people who want to support the Association, for example former students or people who love the Association in general. This membership does not grant you guaranteed access to our events and you will not get a Mecenat card.

Become a member by visiting our website fest.se/join
FESTNINGEN

Festningen is located at Kräftriket (house 1, close to the bus station “Albano”), a place that you are welcome to hang out at, if you are a member of Föreningen Ekonomerna.

The house is divided in two floors, which has both meeting rooms and general social spaces. You can bring your own lunch to heat in the microwaves, get some uni work done, drink FREE coffee or why not just hang out with other members of the Association? Festningen also provides video games and even has its own bar held by PrU, which is newly renovated. At the top floor, the Board has their own meeting room where they have their weekly meetings.

In general, Festningen is a great place to just hang out and meet new people within the Association - welcome!

For information about opening hours, see fest.se.

THE STRUCTURE OF THE ASSOCIATION

THE ASSOCIATION MEETING
The highest deciding body.

THE BOARD
There are a total of nine board members each year and their duty is to secure that the Association is ongoing throughout the whole year.

MINISTRY OF MARSHALS (MOM)
Selected members who have been active within the Association for a long time are chosen to reassure that the Association’s traditions are kept alive and honored. MoM also acts as an advisory body for the Board.

ELECTION COMMITTEE
Finds suitable candidates for various positions within the Association.

INSPECTOR
An external person with the duty to support activities and work in the capacity of an advisory body.

INTERNAL AUDITOR
Responsible for reviewing that the Board of the Association follows the Associations’ constitutional rules.

STUDENT COUNCIL
A student body organ in which education etc are discussed, to raise and make awareness of problems at the institution and preserve the students’ interests.

OPERATIONAL MANAGEMENT GROUP (OMG)
The Chairs and Vice Chairs of the committees, clubs and independent projects who ensure the daily operations and put the Board’s strategic vision in to practice.

COMMITTEES & CLUBS
Each committee has its own Chair and Vice Chair which control various activities and events, focused on specific fields where members get to develop their skills in various areas.
Ekonomernas Dagar is the Association’s largest project that takes the shape through inspiring pre-events and one of the biggest Career Fairs for business & economics students in Sweden. Our mission is to empower business students to solve the challenges of tomorrow, by allowing them to meet and network with their potential future employer. We welcome you to join the event to get a glimpse of what the corporate world has to offer!

**How do I apply for the event?**
Sign up at ekonomernasdagar.com.

**Is it free for students to attend to Ekonomernas Dagar?**
Yes of course!

If you have any questions send us an email to pm@ekonomernasdagar.se

**Check out our social media!**
Instagram - @ekonomernasdagar
Facebook - @ekonomernasdagar
Linkedin - @ekonomernasdagar

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**EVENT CALENDAR**

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**Summer break**

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THE DAYS TO REMEMBER

Spring Ball
Spring Ball is one of the biggest events of the year. It is an annual gathering held for all Association members. At the Spring Ball you will get an extravagant experience with ballroom traditions in an exciting environment!

Hjulmiddagen
Hjulmiddagen is a Christmas sitting for all Association members. You will eat traditional Christmas food and get a real Christmas spirit! Ministry of Marshals also hands out medals for the fall semester on this very special and appreciated evening.

Ångbåten
Ångbåten is an old tradition within the Association, that back in the days was held on a "ångbåt" (steamboat). But since students in the past have gotten a bit seasick, the event is now held on land! Ångbåten is also the event when Ministry of Marshals hands out Association medals for the spring semester.

Aktiva Kvällen and Dagen
This event can be seen as a share-out for all the members of Föreningen Ekonomerna, where the Association aims to give back to all its active members. The event can change its form but is usually a type of hangout or dinner. The event takes place during the end of the semester and is the perfect time to meet and socialize with the other members before the break. Sometimes casual is the best.

Tvärsittningar
At a Tvärsittning, two or three committees get together and have a small sitting with their members. These sittnings can happen at any time throughout the year. Tvärsittningarna will have a fun theme and you will have a good time with songs and competitions!

Skiftet
As the name suggests, the event represents the shift of responsibilities from the current Board, OMG and other trustee positions to the new ones. This is a ceremonial event that comes in different shapes, different years, but always includes a ceremony and sometimes also a sitting. The event is an invite only type of event, so make sure to apply for a trustee position – the Chairs, Vice Chairs for all committees and clubs, the project leaders for Fadderiet or project leaders for Ekonomernas Dagars. The Ministry of Marshals and the Internal Auditor are of course invited as well.

MÄ’s Birthday
This event is organised to celebrate the birth of our beloved Ministry of Marshals. The celebration consists of mingle and games and it is an invite only event for the trustees, meaning Chairs, Vice Chairs, project leaders for Ekonomernas Dagars and Fadderiet and the current Board and Board elects. This is a birthday you do not want to miss, join one of the trustees!

Gustav Adolf
In the spirit of Gustaf Adolfsdagen, I demand pea soup and punch! This annual event is hosted by the Ministry of Marshals for the trustees – the board and the OMG. The event takes place on Gustav Adolfsdagen and as the introduction mentions, serves a culinary speciality according to old traditions.

Association Meetings
The time for you as a member to make an impact! These meetings are the perfect time for members to get an insight into what will guide all future activities, since what is decided here can be seen as the governing body for the coming year. Activities on the agenda include approving the Association budget, approving new Vice Chairs/Chairs and activity plans and electing the Board. The Association meetings happen throughout the year, 3 times in total: once during the fall semester and twice during the spring semester, and all members are welcome to attend and encouraged to vote.
COMMITTEES & CLUBS

HOW DO I APPLY?

To join a committee/club, you only need to join their Facebook group or attend one of their meetings.

If you want to apply for a specific position within the committee/club, please send them an email or check out open positions at our internal recruitment page.

VICE CHAIR ELECTIONS

At the end of each semester, around December & May all committees hold elections for the next Vice Chair. The current Vice Chairs step on as Chairs.

All members are welcome to attend these elections and vote. Apply to these positions by sending in a motivational letter when the time is due.

Marketing Committee

The Marketing Committee handles the organization’s internal and external marketing. It involves everything from strategic marketing planning on how to best reach out to the public, to making movies, posters, and other marketing materials. We host workshops and other activities with the purpose of marketing the organization. No prior skills required, if your interest lies within marketing and communication in any form, then the Marketing Committee is the meeting place for you.

Contact: mc@foreningenekonomerna.se
Facebook group: Marketing Committee of Föreningen Ekonomerna

International Committee

The International Committee is the first contact and meeting point for students at Stockholm Business School who are particularly interested in international studies, careers, contacts, and companies. Working closely with the Head of International Affairs and the Board of Föreningen Ekonomerna, the IC collaborates with the Association’s wide range of multinational connections, including but not limited to students, businesses, and enterprises.

Contact: ic@foreningenekonomerna.se
Facebook group: International Committee of Föreningen Ekonomerna
Business Committee
The Business Committee operates as a link between the members of Föreningen Ekonomerna and the business world. Through projects, events and different roles, the Committee establishes and maintains good relationships with the Association’s partners, sponsors, and to the industry. We also offer students to become a Corporate Manager for one of the Association’s partner companies for one year. This gives the student great opportunities to network and make important contacts in the business world before graduating.

Contact: bc@foreningenekonomerna.se
Facebook group: Business Committee of Föreningen Ekonomerna

Education Committee
In collaboration with the Head of Education in the Board, the committee runs queries regarding student matters and represents the students’ point of view when concerning larger matters in SBS. In addition to this, a variety of projects are held yearly with the aim of enriching students’ academic skills. Through discussion and cooperation, the Education Committee improves the quality of education in SBS by helping students bring their speaking rights forward and by further developing their academic skills.

Contact: ec@foreningenekonomerna.se
Facebook group: Education Committee of Föreningen Ekonomerna

Social Committee (PrU)
We keep old university traditions alive, party hard and bartend at all Association’s events.

Contact: social@foreningenekonomerna.se
Facebook group: Social Committee of Föreningen Ekonomerna

Event Committee
The Event Committee strives to uphold the social pillar within the Association by creating and going through with events. By providing for our members an insight on the process of events planning as well as a platform to expand personal networks within the industry, they seek to expand their expertise within this organizational field of business.

Contact: event@foreningenekonomerna.se
Facebook group: Event Committee of Föreningen Ekonomerna
**IT Committee**
The IT Committee’s primary vision is to integrate IT and economics at a larger scale among the members of the association. Our plans are to organize IT oriented workshops, active days with attractive companies and gaming nights.

Contact: itc@foreningenekonomerna.se
Facebook group: IT Committee of Föreningen Ekonomerna

**Finance Society**
Finance Society is the University’s leading professional and academic society devoted to the world of finance. Our mission is to connect students who share an enthusiastic interest and curiosity about investments and wants to share knowledge and insight. We prepare our members for the success that awaits them in the global business world. By creating a community that helps members to achieve their goals in the classroom, we constantly strive to improve our internal workshops and projects that will help you exceed tomorrow’s challenges.

Contact: finance@foreningenekonomerna.se
Facebook group: The Finance Society of Föreningen Ekonomerna

**Sports Committee**
The purpose of the Sports Committee is providing opportunities for our members to disconnect from the stressful student life by joining us and engaging in various sports activities. We take most pride in organizing annual Surf and Ski trips, so look out for those highly popular events, they sell out quickly! Otherwise, we look to participate and even organize tournaments in different sports such as football, dodgeball, basketball etc.

Contact: sports@foreningenekonomerna.se
Facebook group: Sports Committee of Föreningen Ekonomerna

**Choir Club**
The Choir Club aims to provide social activities in the form of musical expression. This club is open for both the beginner and the professional, with the goal to perform at events held throughout the year. If you are looking for a place to express yourself through music, or simply learn, this is the place for you.

Contact: choir@foreningenekonomerna.se
Facebook group: F.E.S.T Choir

**Master’s Club**
The Master’s Club is a meeting place for Master’s students to get to know their fellow classmates and students from the other programs. Our goal is to create a memorable Masters’ student experience at Stockholm University. To do that, we provide opportunities for Master’s students to engage with the community and become leaders for our various projects. Our club hosts both social and professional events.

Contact: masterclub@foreningenekonomerna.se
Facebook group: Master’s Club of Föreningen Ekonomerna
THE BOARD 2021/2022

The Board of Föreningen Ekonomerna is the highest decision-making body between the Association meetings. The Board’s main tasks include managing the operations and working on the strategic development of the Association. Besides working strategically as a team, each Board member has designated tasks.

President
Maja Lundberg
president@foreningenekonomerna.se

Vice President and Head of Education
Beatrice Barna
vicepresident@foreningenekonomerna.se

2nd Vice President
Klara Ljunggren
2ndvicepresident@foreningenekonomerna.se

Treasurer
Simon Shafiee
treausrer@foreningenekonomerna.se

Vice Treasurer
Axel Sjöstedt
vicetreasurer@foreningenekonomerna.se

Head of Corporate relations
Ilyas Shekh
corporate@foreningenekonomerna.se

Head of Marketing
Mirela Nuhaj
marketing@foreningenekonomerna.se

Head of International Affairs
Klajd Zaloshnja
international@foreningenekonomerna.se

Head of IT
Alex Goubaud
it@foreningenekonomerna.se

How do I apply?
If you want to learn more about the different positions, send an e-mail to election@foreningenekonomerna.se or or visit our website fest.se/board. The applications for the Board will open in the spring semester so keep an eye out for that!
BACK TO THE FUTURE
Former members of Förening Ekonomerna

Caroline Redare
What did you study?
Free courses that I put together to an economics degree with specialization in auditing.

What is your occupation today? Has your participation in the Association helped you on the way there?
I have my own company as a consultant in HR. I thought I would work at an auditing firm, but actually, a friend from the Association, the former President, introduced me to a start-up where I started to work with people and later became HR manager. So thanks to my active membership in the Association, and the people I got to know, I am where I am today!

How did an active membership within the Association affect your study time?
I had no affiliation in a class because I read independent courses. So when I got active within the Association, it became the place for student life and belonging. I started in the Choir Club and later became second Vice President for the club. I had a great time in the Association and got to know friends who are still some of my closest.

What is your most memorable moment within the Association?
The most memorable moment within the Association for me would be the three “spexen” I arranged and participated in. It was so energetic and fun!

Do you have any study tips for new students at the university?
The simplest tip – study something you are interested in!

Martin Lagus
What did you study?
I had free courses and ended up with a minority in economics and a majority in history of economics.

What is your occupation today? Has your participation in the Association helped you on the way there?
My profession today is something that is called agile coach. In practice, it is a team coach that helps team members in tech companies to become more efficient and focus on eliminating waste.

An active membership in the Association has given me the best possible management education you can find before starting your career. Understanding people, strategies, the ways to get there, vision, mission, and how to build a team has been super important learnings from the Association.

How did an active membership within the Association affect your study time?
Of course I went to more parties and studied less, and that I am glad for today. The Association gave me perspectives of my studies, and it made me understand what I also want in my career. But basically, I had more fun when I studied!

What is your most memorable moment within the Association?
My best memory from the Association would be the feeling I had in the team when I held my last speech as a president. The sense of completing something as a team, that was difficult or seamlessly impossible at the time – is something that I will always carry with me!

Do you have any study tips for new students at the university?
Find your geographical spot – where you can shut everything out and only focus on what is important in front of you. It could be a café, a library, or your own table at home. Do not underestimate the power of shutting distractions out of your world.
Baras
Bara consists of six pubs in Södermalm. The dimly lit interior looks like something your mother had decorated after a trip to Indiska (an India-themed store in Sweden) inspired by a thousand and one nights. Later in the evening the volume increases and the pre-party dissolves. Good beer prices and younger crowd are promised with your large group of friends (depending on location and restrictions.)

The Flying Horse
The flying horse is located below Odenplan. With a smaller pub on the ground floor, a larger area opens up in the basement, which makes it idyllic for the larger groups of friends. Here you can sit and order beer cans at a good price while pretending to be a part of How I Met Your Mother. Take your Ted and claim your booth.

Hirchenkeller
Hirchenkeller consists of four pubs that are similar to The Flying Horse in both interior and clientele. Why not come here for an After Work with your seminar group after a successful presentation? Here you eat and (above all) drink at modest prices that is accepted by most people. The place has been open since 1976 and will not go anywhere if you ask the Stockholmers.

Urban Deli Sveavägen
Not only does Urban Deli offer a deli with local and organic food, a hotel, a restaurant and a roof terrace during the summer, it is also an ideal place to get out of your 18sqm without air or inspiration. The lobby after the revolving door is great for studying by yourself or co-working along the long table, but for group work you continue inwards to the spiral staircase downstairs. The price for coffee at the reception and lunch in the deli is good considering the location, electrical outlets are (almost) to every place and micros are in the lobby.

Kaffeverket
Located in Vasastan you will find a café with memories of thousands of Instagram posts inside the walls. In addition to a nice and minimalistic interior, the staff is genuine and service-minded, but to be sure of getting a place to sit, try to avoid rush hour (Lunch and afternoon). Take a seat in the small room to the right for a lower noise level or sit with a view of St. Eriksgatan and the baristas. If you do not feel like indulging in a cappuccino, a brewed coffee is affordable, and refill is included.

Espresso House Stureplan
Looking for a “safe card”? Then Espresso House on Stureplan is the place to be. With student discount, free refills until you crack, seats that correspond to Wallenbergshallen (maybe not), and (at ordinary times) generous opening hours 06–23 on weekdays and 06–01 on weekends, it will be difficult to find something better adapted for both group work and self-study. The interior is industrial with tables or deep leather sofas to sink into (Warning for poor ergonomics). Do not miss the glazed courtyard in which there is room for crazy ideas (literally!).
The student guide was brought to you by "The Student Guide" project group, which is a part of the Marketing Committee. We hope this guide will help you as a new student to navigate through The Business Associations student life. The project itself includes planning the project, creating the design, research, copywriting, taking photos and editing.

If you think that it sounds like a lot of fun and want to learn more about working in creative projects – apply through the Marketing Committee for the next semester and try your wings!

With love,

Alexandra Örenmark
Jonathan Gustafsson
Anna Swärd
Dorotea Söderberg
Deemah Abdelkader