



Karlstads Student Life and Student Associations

Karlstad is a relatively small city but the students quite literally run it. You will see students running around in different colored overalls. Each overall is for a respective student union organization, meaning an organization run by students for students that study the same or similar thing.

Here's your guide to what they are:

1. **LÄSK** *(pronounced: lesk)*

All teacher programs are included in the student union LÄSK.

They have bright red overalls.

LÄSK is also the biggest student association at Karlstads University (also known as KAU).

Instagram: @lask_kau



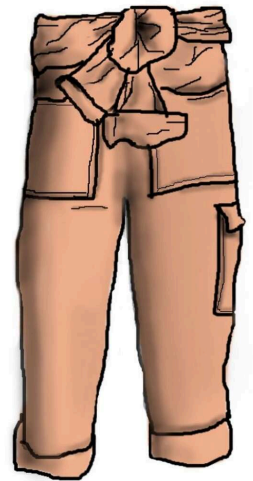
2. **BAMSE** (pronounced:
bam-seh)

Bamse is actually a popular children's cartoon character.

University engineers in Civil Engineering, Mechanical Engineering, Electrical Engineering and Energy and Environmental Engineering programs are included in BAMSE.

They have apricot colored overalls.

Instagram: @bamsekau

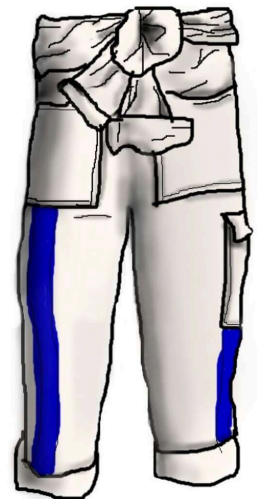


3. **CURA** (pronounced ku-rah)

CURA is a student association for nurses, sports science, dental hygienists, public health science and health and wellness students.

They have white overalls with a blue line down the sides.

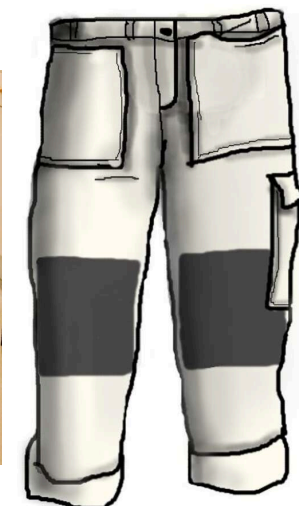
Instagram: @cura_studentforening



BAMSE and CURA often do activities together and are close to one another.

4. **I.D.I.O.T** (pronounced idi-oot)

Yes, they are called idiot but don't be fooled by the name. I.D.I.O.T. includes “innovation technology and design engineering students.”



The students here wear white work trousers - with orange and black details.

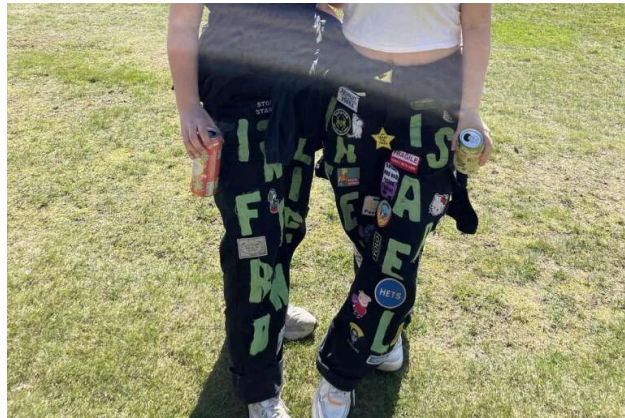
Instagram: @foreningenidiot

5. **Inferno** (*pronounced inferno*)

This student association includes students studying Communication and PR.
(Also known as KPR)

Infernoites (as they call themselves) wear black overalls with green text.

Instagram: @kau_inferno



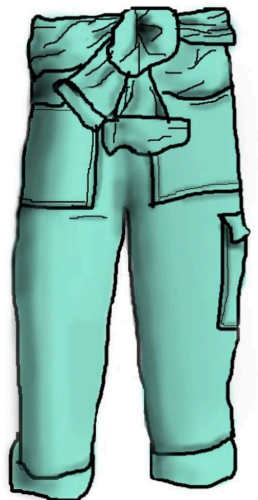
6. **KRAMA** (*pronounced krama*)

Krama means “to hug” in Swedish and include students studying Digital Media and Analysis, and Visual Communication and Design. (Also known as DMA and VKD)

They have turquoise overalls.

KRAMA and Inferno are “sister associations” as they study similar courses and even start their first semester together.

Instagram: @kau_krama



7. **JFK**

JFK -not John F. Kennedy but a play on words - is an acronym for “Juridiska Föreningen i Karlstad” meaning “The Legal Association in Karlstad”.



They include those who study law and tax law.

They wear high visibility worker pants.

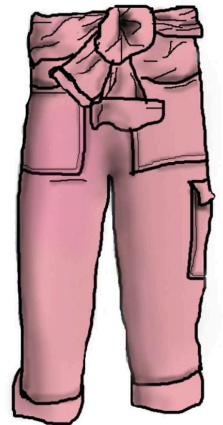
Instagram: @jfkarlstad

8. Karlekon

Karlekon includes the Bachelor of Economics program, international business and other economics-related studies.

They wear pink overalls.

Instagram: @karlekon



9. KNAS (pronounced kn-ah-s)

Knas is a Swedish slang word for something being crazy or weird..

Many different programs belong to Knas. It is for you who are studying science base year/semester, the mathematics program, the physics program, the chemistry program, the biology program or the subject teacher program for maths, chemistry or biology.



Knas dresses in brown overalls.

Instagram: @knas_karlstad

10. LiGiSt

LiGiSt is the program association for measurement and mapping technology students, and for students studying to become GIS engineers.

They wear a gray overall with text in red and yellow.

Instagram: @ligist.kau



11. Linda

Linda is the association for those studying civil engineering, computer technology, university engineering in computer technology, It-design- system design, It-design- business system and finance, bachelor's program in computer science and web developer.

If we don't find them at the student bar, they are probably sitting in the roundabout outside the university, which has become a tradition for them. The roundabout is called the Linda roundabout among students. That's also what it's called on Google maps.

The overalls are burgundy (or wine-red as they say).

Instagram: lindacarlstad



12. Mexika

MEXIKA is an acronym for “Mäklar EXamen I KARlstad” meaning “Broker Degree in Karlstad”.

The real estate economics program is included in this student association.

They have blue overalls with white text.
Instagram: @mexika.2001

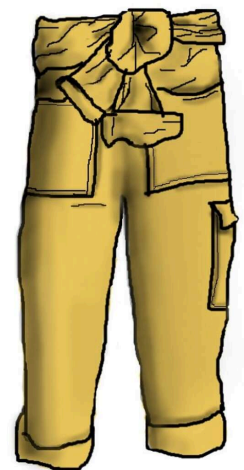


13. MiNK

Mink is an association that consists of only one program, the Environment and Safety Program.

They have bright yellow overalls with letters in a strong green contrast. Naturally, they have a mink as their mascot.

Instagram: @mink_kau



14. Pelikan (pronounced: peli-kah-n)

Pelikan is an association for the personnel and working life program.

Pelikan does not have overalls, but instead wears purple work trousers. And the color purple is their signature.

Instagram: @pelikankarlstad



15. SEKE (pronounced: see-keh)

SEKE includes all civil engineering programs.

It can be easy to confuse Seke's overalls with Inferno's overalls, both of which are black. The difference is the color of the letters. SEKE has black overalls with yellow text.

Instagram: @sekeikarlstad



16. Spex

Spex includes the sociology and psychology program plus all independent courses in sociology and psychology.

Spex has recently switched from these dark blue workers pants to dark blue overalls, so you'll see spex students wearing both.

Instagram: @spexkau

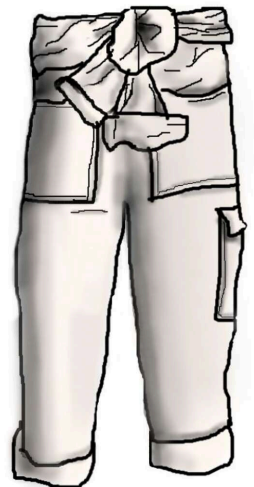


17. SVIK (pronounced: sv-eeek)

Svik includes the politics' bachelor's program, community analyst and community planner program.

They wear white overalls.

Instagram: @svikarlstad



18. TURE *(pronounced: too-reh)*

Ture includes the tourism program at the business school at Karlstad University.

They wear blue overall with yellow text.

Instagram: @turekarlstad



19. Kulting *(pronounced: kuul-ting)*

Last but definitely not least, but also smallest of all, Kulting. Kulting is a play on words, as the Swedish word for culture is “kultur” and the Swedish word for a baby pig is “gris kulting” - hence why their mascot is a pig, Arthur, wearing a flannel.

Kulting includes the cultural studies program and all humanities courses.

Instagram: @kau_kulting



So there you have it, all 19 program student associations!

Here's some more info that's good to know:

1. Swedish students call them “ovvar”(plural) or “ovve” (singular) regardless if it's an overall or pants, and you'll see and hear the word often.
2. The “text” on the ovve is usually the association name on one leg and the students name on the other.
3. Students purchase and collect a number of patches that they glue (or if they're dedicated, they sew) on their ovve.
4. After the orientation weeks (the first two weeks of uni where students are called “nollor” meaning “zeroes” as they have 0 university points) students become “ettor” (ones) after they complete the first course and are officially in their first year, they receive their “ovve” and cannot button it down or tie it around their waist until after they have a ceremony of the associations choosing.
5. There are strict rules about how to wash their ovve, as in they are not allowed to be washed unless washed with it ON the student, like the student may jump in a river with it on to wash it. It can only be properly washed if all three human liquid comes on it: blood, vomit AND sperm.



We also have a number of interest associations as well, for more info reach out to me and we'll definitely find something of interest!

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