

RUS HANDBOOK

Esbjerg

2022



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The RUS handbook

The RUS handbook is made for you, as a new student at Aalborg University Esbjerg, so you can gain insight into how the start of your time at the university will go by.

In the RUS handbook, you can read about different practical things, which are nice to know before your first day of study and thereby give you an idea of what is awaiting you in September.

It is recommended that you spend some time reading the RUS handbook, and if you have any further questions, you can write a post in the Facebook group **First Year Students 2022 - AAU Esbjerg** or write an email to the RUS planners, Ole Bengtsson or Victor Stoianov.

Mail:

Ole Bengtsson, obengt14@student.aau.dk

Victor Stoianov, svicto20@student.aau.dk

What is RUS?

At Aalborg university, RUS is the first month of your time at the university, where you get to know your fellow students through various activities. This month will be filled with funny, exciting, and unforgettable moments, together with many new acquaintances.

On your first day, everybody will be appointed a study group, which will be your 'family' in the start of your study. You will remain in this study group for the first semester, making sure that you are never alone.

In the month of RUS and the first semester, every study group will have a tutor, who is responsible for making sure that you and your study group will have the best and funniest first semester.

Do not hesitate to ask your tutor about anything... They're there to help!

If you are questioning whether it is important to participate in the many activities in the month of RUS, the recommendation is yes. You should participate as much as possible!

At Aalborg University Esbjerg, you'll discover that everything takes place in groups. You'll also discover how influential the social relations are on your experience and everyday life at the university. Social relations are thus vital for your study time to be fun, good, and educational on a more personal level. So, remember to do yours to create a good social base. This will make the rest of your study-time a lot more fun!

Who helps me along the way?

It is not only tutors who will give you a good time in the month of RUS. The University has also hired RUS planners and a RUS instructor.

But with all these designations, how are the roles distributed?

RUS planner:

Your RUS planner is responsible for the overall planning of your RUS month. The planner is responsible for everything going as it should, and it is also the person who can answer all questions regarding the month of RUS!

RUS instructors:

The RUS instructors are employed by the RUS planner in collaboration with the university, and their task is to help with the planning of, as well as participate in, the RUS course (This event will be explained later).

Tutors:

The tutors are the ones who make sure everything is fun, and the ones who will help you through the start of your study. Every group will be assigned their own tutor, who will be helping the groups at the start of first semester.

However, do not mind that there is a difference in titles, everyone behaves the same, and works on an equal footing, so you can get the most fantastic start! Do not hesitate to contact any of the tutors, RUS instructor or RUS planners!

Meet the people responsible for RUS



RUS planner:
Name: Anette Hollænder
Year: 9th semester

RUS planner:
Name: Victor Stoianov
Year: 5th semester





RUS instructor:
Name: Cristina Apostol
Year: 5th semester

31st of August - Day 0

The first day of study is definitely the day you are looking forward to the most! That's why we've chosen to give you a calm start with this "cheat day".

Besides giving a calmer start, so everything doesn't come in one day, but are spread over 2 days, it also gives an extra day of fun, before everyday life really knocks on the door. This day can also be called the 'info day', where a lot of practical information will be presented.

What is the plan for day 0?

First and foremost, you meet up at Aalborg University Esbjerg, Niels Bohrs vej 8, where all the tutors will be ready to welcome you and show you to the canteen. When everyone is gathered in the canteen, you will be shown around the campus and hear presentations from the study secretary, the SU office, and the study advisor.

After the presentations, the fun begins with Campus Escape! Here you will gain a greater knowledge of campus by doing a lot of activities.

Since everyone can't be in Campus Escape at once, there will be shifts, so everyone won't start at the same time. Have patience and otherwise just use the wait to enjoy the company of your new group.

This day is important to show up to!

As mentioned earlier, the social life on campus is important and, on this day, you already get the opportunity to create the first relationships with people while having a fun day.

1st of September – First day of study

Now you have survived day 0 and the first study day has arrived. This day will mostly deal with the fields of study and more fun and cool activities. It all starts with you showing up at the university again and being shown to the canteen (if you do not already have a good idea of where it is). When everyone is gathered there, the day proceed as following:

Welcome and breakfast in the canteen

At 9:00-9:50 you will be sitting in your PO groups (your new little family). There will be a short welcome and then a bun and a coffee will be served. Here you have some time talk and get to know each other a little better.

Official welcome

At 9:50-10:30 there will be a slightly more official welcome, where the head of campus and Dean will welcome you and wish you a good study time on campus and in Esbjerg.

Presentation of the study

At 10:45-12:00 you will be divided into your respective fields of study, where the semester coordinator will be ready to receive you and tell you exactly why their field of study was the right choice. This will include a lot of other important information that you must try to remember. This is the first time you really get some insight into your new field of study, and hopefully will be anxious to get started.

Round tour

12.00-12.30 there will be given a short round tour on campus.

Lunch

From 12:30 there will be lunch in the canteen. There will be served pizza and live music will be played on the grass area behind campus.

RUS month

Even though you have to study full time right from the start, there will still be room for you to participate in all the cool events that's planned for you!

In the coming months, there will be different events and we have collected some of them in this handbook. There will most likely be more to come with the passage of time. Pay attention to upcoming events and take your entire study group, and all your new acquaintances with you.

Prioritize participating in events and keep September free of plans, so you can enjoy your month of RUS! You are guaranteed to miss it when it's over.

Events

September 6th: EU registration

September 7th: Presentation of study techniques

September 9th: Study start test followed by student life fair

September 12th + November 1st: Workshop about group work

September 16th: Sports day and study start party (participation is a must!)

October 3rd-5th: Freshmen-course

RUS course - October 3 to 5

As the end of your RUS month, a RUS course will be held.

What is a RUS course?

RUS course is a cabin trip of two nights, where you have time off from lectures.

In the RUS course, we focus on your social life, at the university, and there will be a lot of activities on this cabin trip, where you can get to know all the others from the different educations. This trip should not be missed, as this is an event that will always be mentioned, when sitting together with a beer in later semesters.

If you're not already completely convinced that this trip is something for you, we think you will be now!

As a conclusion to the whole thing, the last night of the RUS course will host a magnificent party, where you will have an unforgettable evening! RUS course parties have gone down in history as legendary, and so will yours!

There will be more information about the course, the party, the theme and all the practical things. The most important thing you can do now is go into your calendar and set these 3 days aside for the trip!

Nice to know

School related!

- We encourage everyone to become a member of this year's Facebook group. Here there will be a lot of valuable information about the study, and you have the opportunity to ask questions.
<https://www.facebook.com/groups/522847839505533>
- You can find various licenses for Word etc. on this link:
<https://www.ekstranet.its.aau.dk/software> (You get access you're your Study login later)
- Books for the different courses can be bought at sites such as factum books or Saxo. Factum have free delivery to the library at Campus, typical within 2 days. You can also save money by buying used books.
- If you have any study related questions, you can write or call Heidi, your student advisor, on 9940 7669 or send an email on hvj@staff.aau.dk
- If you have any practical questions about exam dates, schedule or where you can obtain information, you can go to the office of your study secretary Sara Lindberg Hildebrandt or contact her by email or phone on slh@staff.aau.dk, tel.: 9940 9732

Nice to know

RUS related!

- Your tutors have worked hard before study start, so you can have the best month and the best start to your student life!
- Even if you have partied and had fun at the RUS course, you can easily go to school the next day!
- If you need something to do in Esbjerg, talk to your tutor, they definitely have suggestions for something to do, and most likely want to tag along!
- Your tutors have planned some events for your study group, which we hope everyone will support.
- There are great opportunities to get to know a lot of cool people this month, so do your best and then it will be memorable.
- None of us bite! Not even those who are on higher semesters. So, if help is needed for anything, just ask!
- If you have any questions about the RUS month, contact the RUS planners:
Ole Bengtsson, obengt14@student.aau.dk
Victor Stoianov, svicto20@student.aau.dk

IT at Aalborg University Esbjerg

We have gathered useful IT related information for the new students at <https://www.en.its.aau.dk/it-start>

AAU Mail

As a student, you will be assigned an AAU email, which will follow you throughout your studies at Aalborg University. Here you receive important information, so you should check this email regularly. You can use webmail or set up mail on your phone or computer. Find instructions at the link above.

WIFI

As a student, you must use the AAU-1x network, which you log into with your email address and password. See instructions in the link above.

Moodle

At AAU, we use Moodle, where you, among other things can see your courses. You may be pre-registered for your courses on the first semester. Later on, you'll have to sign up for the courses yourself. You'll receive information about this on your AAU mail. Read more about Moodle at the link above.

Print and Copy

As a new student, you will be awarded 100 free units, and when these are used, you can buy more. Using your student card, you can copy or scan on AAU's copiers/printers. Printing is easiest if you have Follow-You installed on your computer. You can also use the webpage: <https://webprint.aau.dk/>

Read more about this at the link above.

Apps

One of the most important apps for students is AAU student, which gives you an overview of your courses, locations, and calendar.

If you have any further questions, contact the IT department by email, phone or walk into their office.

Mail, support@its.aau.dk

Phone, 9940 2020

Location on Campus, F110