

## Students' support services

### Measures for promoting student wellbeing

- Each university must provide counselling and support services in all the widely used languages of education.
- Each university must have at least one student psychologist per 4,000 students, and any student must be able to get an appointment within a month of contact.
- Student counselling resources must be sufficient in all fields. This is to ensure that the party providing the counselling is familiar with what studying in that particular field involves.
- Students must have the opportunity for sufficient study counselling in all stages of their studies.
- Each university must have a social worker so that students have someone to talk to on short notice about any issues troubling them.  
The social worker can assist with changes in studies, human relationships and life in general.
- Each student group must have their own tutor or instructor to assist their designated group and its members on a regular basis.
- Reasonably priced exercise services must be available at the university campuses or vicinity.
- Enough time must be reserved for having lunch, and students should be encouraged to have lunch every day. Various diets should also be taken into account in the lunch options.
- Wellbeing events must be organised to students in cooperation with, for example, the student unions and FSHS.
- Universities must have designated persons among the university staff to tackle harassment among staff and students alike.
- Universities must have clear procedures to prevent and resolve any harassment.
- Universities must offer students career counselling.
- Each student requiring individual arrangements must know where to get help. The teaching staff will take account of these needs in their teaching.