

WELCOME TO UID
VÄLKOMMEN TILL UID



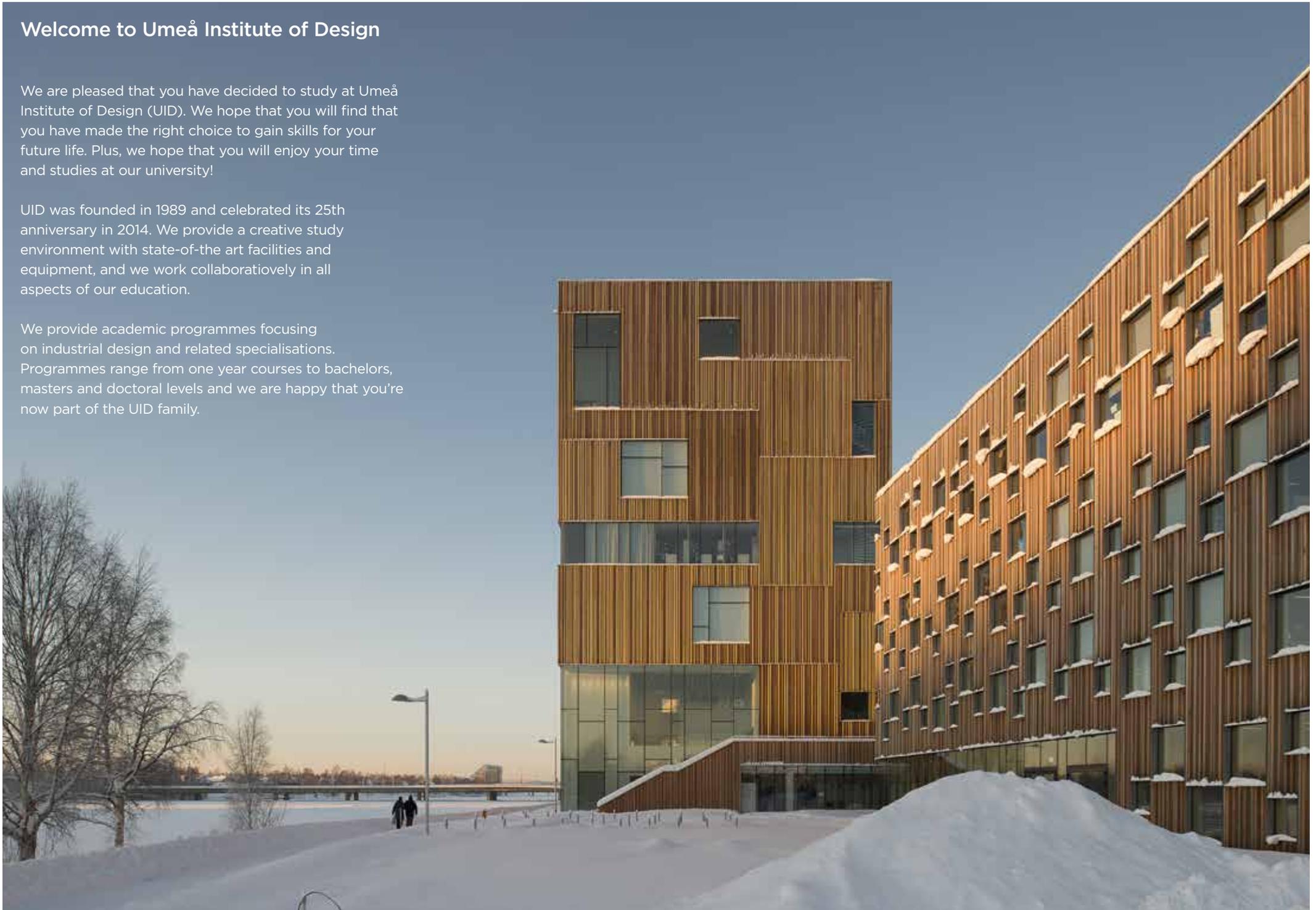
UMEÅ INSTITUTE OF DESIGN
UMEÅ UNIVERSITY

Welcome to Umeå Institute of Design

We are pleased that you have decided to study at Umeå Institute of Design (UID). We hope that you will find that you have made the right choice to gain skills for your future life. Plus, we hope that you will enjoy your time and studies at our university!

UID was founded in 1989 and celebrated its 25th anniversary in 2014. We provide a creative study environment with state-of-the-art facilities and equipment, and we work collaboratively in all aspects of our education.

We provide academic programmes focusing on industrial design and related specialisations. Programmes range from one year courses to bachelors, masters and doctoral levels and we are happy that you're now part of the UID family.



Roll call

August 29, 2022

The official roll call for UID will take place August 29 at 09.00 a.m.



Orientation for new students

The Orientation Course for new students consists of a series of activities that will help you to become acquainted with life in Umeå and studies at Umeå University. This year it takes place on line. Visit <https://www.umu.se/en/education/student-services--support/orientation-course/> to find out more. We want to give you the best possible start with us here in Umeå. If you have any trouble figuring out where to go or what you need to do, please feel free to ask the Welcome officer or anyone in the staff.

Once again a warm welcome to UID!



Stuff you should know about UID

Umeå Institute of Design (UID)

Umeå Institute of Design is part of the Faculty of Science and Technology at Umeå University (UmU). You will find a lot of useful information on the UmU web (www.umu.se), and in the UID student handbook on the UID home page.

<https://www.umu.se/en/student/umea-institute-of-design/student-handbook/>

Your university user account (UmU-id)

In order to access the central IT systems at Umeå University, you need a user account, an UmU-id. You will receive a user account after you have been admitted to studies at Umeå University, and you will need to activate it before you can use it to sign in. Information on how to activate can be found [here](#).

<https://www.umu.se/en/student/we-can-assist-you/it-services/>

The UmU-id gives you access to the internet from computer labs, our wireless network and to the Umeå University Student Web, where you can specify a temporary address, verify your results, etc. You will also be given an e-mail address which Umeå University and we at Umeå Institute of Design use to communicate with you as a student. As a new student, you will also need to activate your user account approximately two weeks prior to the term start. Further info on how to do this can be found in your 'Welcome Letter'.

Address

As soon as you get a place to live in Umeå you need to register that address as your personal address. Make sure that you have your name on your mailbox, otherwise letters may disappear. You should never ask people to send post to the UID address, since the University has 30 000 students it's likely that letters disappear.

UmU card

You will get a key card that will give you full access to the school 24/7. Use of the UmU card when entering confirms personal validity and the right to be on the premises. After the UmU card has been swiped and the PIN-code punched in (or after the "Open" switch has been pressed on the way out), the door is unlocked for 5 seconds.

You will receive more information when it's time to apply for the UmU Card. You will be able to activate the card so you can make copies and print outs.

Alarm

The alarm is activated non-stop outside of extended office hours between 6 pm and 6 am. When the alarm is activated no windows may be opened. Access via a door with card-reader/code-lock is possible round the clock. If the door is held open for more than 15 seconds a buzzer sounds as a reminder that it should be closed, and if it continues to be held open the full-strength alarm will start after 60 seconds.



UID atmosphere

At Umeå Institute of Design, we work together to create a social and supportive environment. We put people first, not only in our design approach, but also in the day to day life. That's why we always say "hej" to each other in the hallways.

Wozzop

During Monday morning fika at 10.15 "Wozzop live" is held in the Atrium, where you will get an update of what's happening at the school during the week.

Coffee/ Fika

The Swedish word for coffee break is *fika*. You will find the two coffee machines on the third floor, outside the staff kitchen. One cup of coffee costs 5 SEK and you will be able to pay with your credit card (VISA or Mastercard).

Lunch

There is a lunch restaurant at the Arts Campus; Hansson & Hammar. In order to get a discount you need to prove that you are a student by showing your UMU card.

You can also go outside the school to eat. The nearest restaurants are the following:

- Droskan Pub & Restaurang, Storgatan 60: Typical Swedish tradition food
- Bokcafé Pilgatan; Pilgatan 14: Soup of the day
- Matador, Kungsgatan 102: Pizza, salad, hamburgers
- Shanghai, Storgatan 113: Chinese food

School meetings

School meetings for all students and staff are held the first Wednesday afternoon every month. It's the easiest way to get your voice heard and to discuss what's going on at school.

Cleaning week

In the student kitchen the different classes take turns being main responsible for the cleaning. Make sure to help your classmates when it's your turn. A clean kitchen will make everyone happy!



Staff

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Student Union – NTK

Umeå Science and Technology (NTK) is the union of all technology, science, architect and design students at Umeå University. Their vision is that your education and your study time shall exceed everyone's expectations. To achieve this they represent the members' interests on all levels of the University. The member fee is 430 SEK per year or 280 SEK per semester.

You could benefit from the membership in the following ways:

- a chance to make your voice heard
- cheaper entrance at the Student Union House Origo and the possibility to visit the other student pubs on Campus
- discounts on membership at the sports center IKSU
- travel discounts
- local discounts at shops, cafés and restaurants

Have a look at www.ntk.umu.se for more information.

Ställverket

Ställverket is UID's own student organisation. Through Ställverket, student representatives are elected for all decision making bodies and strategic working groups at UID.

The student representatives take part in the work groups to help develop the school, and to contribute with the students' perspective. The student representatives represent all students at UID. In order for them to do so, all UID students should actively aid them with input and issues to bring up at the different group meetings.

Stuff you should know about Umeå

Finding your way

Use hitta.se or the Hitta.se app for orientation. Hitta has a better coverage of Umeå than Google Maps.

Digital Map of the University

Download the Maze map app to find your way around the University.
<https://www.umu.se/en/contact-us/maps/digital-maps/>

Banking

To open a bank account in Sweden, you need a Swedish identity number. You can only get this number if you are staying for more than 1 year in Sweden. But some banks can open an account even if you don't have an ID. A Swedish bank account is really useful since all your bills can be paid on the internet. More information about opening Swedish bank accounts will be giving during the Orientation Course.

Shopping

Super markets

COOP

Ålidhem Centrum, the Centre, Ersboda
www.coop.se

ICA Supermarket

Ålidhem Centrum, City Center,
 Strömpilen, Ersboda
www.ica.se

Willys

Ersboda, Avion Shopping
 A cheaper supermarket
www.willys.se

Lidl

Ålidhem Centrum www.lidl.se

House stuff

Expo

Norra Obbolavägen 28
 (outside city center)
 Mon-Fri 10-18, Sat 10-16 Son 12-16

Hemtex

Kungsgatan 54
 (inside MVG Gallerian, city center)
 090 77 86 55
 Mon-Fri 10-19, Sat 10-17, Sun 12-16.

Hemtex

Avion Shopping
 Marknadsgatan 3 (outside city center)
 090 348 37 10
 Mon-Fri 10-20, Sat-Sun 10-18.

ICA Maxi

Strömpilsplatsen 41
 (outside city center)
 Phone: 090 10 84 00
 Every day 8-22.

IKEA

Marknadsgatan 1, AVION
 (outside city center)
 Mon-Fri 10-20, Sat-Sun 10-18.

Jysk

Formvägen 6
 (outside city center)
 077 045 74 57
 Mon-Fri 10-19 Sat 10-17, Sun 11-17.

Second hand shops

Myrorna

Gräddvägen 2
 (outside the city center)
 090 70 10 60
 Mon-Fri 10-18, Sat 10-16.
www.myrorna.se



← need a mattress?

Röda Korset City

Rådhusplanaden 10-12, (city center)

Phone: 090 13 60 25

Mon-Thu 11-17, Fri 11-16 and Sat 11-15.

Röda Korset Mariedal

Björnvägen 7, Umeå

(outside the city center)

090 14 56 40

Mon-Fri 10-18, Sat 11-15.

Returbutiken Umeå (second hand)

Tegelbruksvägen 7 (Behind Stömpilen and ICA Maxi, outside the city center)

090 16 49 12.

They are usually open Mon-Fri between 10-18. During the period June to August they are open between 9-18.

PMU Pingstkyrkans (second hand)

Läringsgatan 9 (Teg, outside city center).

090 200 99 70

Quite large second hand store with everything from clothes to furniture.

Open: Tue 13-16, Wed 13-18, Sat 10-14

Blocket

Sell, buy, and rent site; the swedish ebay.

www.blocket.se

Travel

Bus

For schedules, prices and maps, see Länstrafiken website at www.tabussen.nu

You can't pay tickets with cash - payments should be made with card.



You can also buy your ticket by an app, 'Ultra appen'. Or by buying a bus card, (Ultra card)

which reduces the cost of each trip with about 20 %.

The user decides how much money to put on the card and correspondingly the number of trips (6-40 trips).

This card is available at different places in Umeå as Kiosken, Ålidhem Centrum, University Hospital and the Central bus office situated at Vasaplan.

Cycling

Umeå is excellent for cycling. All over the city are cycle paths separated from the traffic roads. Cycling is a really simple, healthy and cheap way to commute in Umeå (even in winter, the cycle paths are plowed). New bicycles tend to be expensive, but you can find cheap second hand bicycles. Here is a list of places where you can buy bicycles and bikes' accessories:

Returbutiken Umeå (second hand)

Tegelbruksvägen 7 (Behind Stömpilen and ICA Maxi, outside the city center)

090 16 49 12.

They are usually open Mon-Fri between 10-18. During the period June to August they are open between 9-18.

Cykel & Mopedhandlaren i Umeå AB

Second hand and new

Häradshövdingegatan 11, Umeå

(close to UID)

Telephone: 090 14 01 70

Blocket

Sell, buy, and rent site; the swedish ebay. (bike = cykel in Swedish). www.blocket.se

Services

Internet

Many options are available to get Internet. It is worth shopping around and get information about the various options in order to get the best service for you.

All students have a free of charge Internet connection on the Campus/UID. You will get this Internet access during the first week of school.

At home

Student prices are available with most of those Internet providers. However, you need the proof that you are registered as a student by giving a Ladok number (Ladok is the national study documentation system). You will get this number during the first week of school. Depending on the Internet provider you choose, you might need a identity number to sign a contract. You can get this number if you are staying for more than 1 year in Sweden.

The most common IT provider is Bostnet, (If you rent from Bostaden) For questions or concerns about Internet in your student room, please call their IT Support: 090 17 77 17 or visit their website at www.bostnet.se.

By a Router

Elgiganten

Strömpilsplatsen 5

077-111 51 15

Net on Net

Bruksvägen 5

(Ersboda Umeå)

Kjell & Company

Storgatan 51

090-12 69 50

Mobile phone and telephony

Telia is a place to get a mobile phone, a telephone card, a Swedish telephone number or any accessories related to wireless telephony. The Phone House is another store and they are both situated in the city center. There are also many telephony network providers from which you can choose. You can generally buy those at the supermarket, in convenience stores, electronic stores etc.

Telia

Kungsgatan 60

010-457 19 40

Mon-Fri 10-18 and Sat 10-14.

Elgiganten Phone House

Rådhusplanaden 2, Utopia

077-111 51 15

Tele 2

Network provider

www.tele2.se

Halebop

Network provider

www.halebop.se

3

Network provider

www.tre.se

Comviq

Network provider

www.comviq.se

Health care

The Student Health Service

(Studenthälsan) is available for students at Umeå University and students at the Swedish University of Agricultural Sciences in Umeå.

The Student Health Service works with health promotion and prevention for students. They serve as a complement to the Swedish health care system.

<http://www.student.umu.se/under-studietiden/studenthalsan>.

Drop in at *Infocenter Universum, Umeå University's main campus*

Local health care center

If you need to see a doctor during your period in Umeå, you can make an appointment at a health care center. Call 1177 to find out which health care centre you belong to. The phone numbers and addresses to health care centres are listed on the website for Västerbotten County Council (www.1177.se)

If you come to Sweden from a country inside the EU/EEA or from Switzerland to study, you are entitled to essential health care for the Swedish patient fee. To obtain this health care you must show proof of identity and your European Health Insurance Card (EHIC, Europeiskt sjukförsäkringskort). If you wish to have health care that is not considered to be essential, you must pay the entire cost yourself.

If you come to Sweden from a country outside EU/EEA to study, you are not entitled to health care in Sweden for the Swedish patient fee.

FAS Plus provides cover to non-EU students who are accepted to, and undertake, higher education at Umeå university and who pay term fees for the education.. The insurance also provides coverage for students who have been granted scholarships.

Medical advice

Medical advice around the clock: call 1177

Emergencies - SOS Alarm/112

Acute illness or accident: call 112

Medicine

Sweden's pharmacies have long been a state-owned monopoly but this monopoly is now broken. This means that you can buy medicines at for instance Apoteket and Kronans Droghandel. You can also buy medicines that are available without a prescription at supermarkets, petrol (gas) stations and other convenient places.

Police

Emergencies - SOS Alarm/112

Reporting an ongoing crime: call 112

For non-emergency situations

Call 114 14 or visit the police station:

Ridvägen 10, Umeå

www.polisen.se

Sports

IKSU sport

Sportgränd 7

090 17 08 10

Located on the university area in Umeå. It is the largest training facility in Scandinavia. Here you can find racket halls, an indoor arena, swimming pools and, of course, lots of space for group training, individual training and personal training. IKSU sport offers skin care treatments, massage and physical therapy treatments, there is also a hairdresser and a restaurant within the IKSU Sport facility. The swimming pool area closes one hour before the other parts of the facility. www.iksu.se

IKSU spa

J.A Lindersväg 53

090 71 24 60

Located on Umedalen in Umeå, with scenic surroundings. IKSU spa offers you group training, individual training, personal training and lots of pleasant spa opportunities in an amazing environment. You can enjoy the warmth in the sun room, try spa treatments, massage or book physical therapeutic treatments. www.iksu.se

IKSU Plus

Östra Strandgatan 26, River Side

090 17 08 10

Housed near the Arts Campus. A facility with a focus on group training and individual training in the form of cardio and strength training. Both members with gold card at IKSU sport and members

of IKSU spa will have access to the new facility. www.iksu.se

Navet - Public Swimming Pool

Västra Kyrkogatan 6A, (city center)

090 16 16 40

Located in the city centre. This new swimming centre opened autumn 2016 and offers group training in water aerobics and yoga, there is also a gym for individual training in the form of cardio and strength training. You can also exercise by swimming in the 50 metre pool. navet.umea.se

USM - Umeå Sport och Motion

Skolgatan 62A, Utopia, (city center)

090 12 50 49

/Västra Kyrkogatan 6, Navet, (city center)

090-16 16 40

/Mariehemsvägen 10 E

090 12 50 51

Fully equipped fitness center with different kinds of group training. www.usm.nu.

Umeå – a city för all Seasons!

From long warm summer nights when the sun shines almost 24 hours a day to the Nordic winters when the famous northern lights shimmer in the skies above, the city of Umeå is truly a city of contrasts.

Where else can you spend summer days lazing on one of the many beaches that lie along the region's 150 kilometres of coastline? Where else can you spend your winter days snow-boarding or ice skating at one of the many recreational areas close to the city?

Whether you prefer hiking in rugged, unspoilt countryside where reindeer and elk still roam freely, or feel more at home in the centre of one of Sweden's fastest growing cities with its fashionable shops and great places to eat and drink, Umeå will challenge you with its endless possibilities.

As the largest city in northern Sweden, Umeå is a place where different worlds meet. Over half of the people who live here are from outside the region. More than 50 languages are spoken - with English widely used everywhere - and there is a thriving community of clubs and societies that represent people and cultures from across the globe.

Umeå was appointed the European Capital of Culture for 2014. It's the most northerly Capital of Culture ever.

Discover Umeå

Umeå is a clean and green city in Northern Europe, where people and businesses respect the beautiful



northern landscape and really care about protecting the environment. The city's green credentials are underlined by the fact Umeå is known as the "City of Birches." Almost 3 000 birch trees were planted along the city's wide avenues following a devastating fire that destroyed large parts of the city back in 1888.

As one of the fastest growing cities in Sweden, Umeå successfully manages to balance its environmental commitments with its trade and industry ambitions, attracting some of the world's most creative and enterprising businesses to the region. The city has tremendous IT know-how and IT and communications industries are particularly well established here.

Sunshine or Snow – a City for all Seasons

There are few places in Europe where the weather can change as dramatically as it does in Umeå – from warm sunny summer months when the temperature can soar to over 30 degrees to the depths of a real Nordic winter where the thermometer can register minus 20 degrees for several days on end.

The fact that the weather changes so considerably throughout the year is an important part of daily life in northern Sweden and helps shape the way people live, work and relax. For instance forest running tracks in the summer are transformed into kilometer after kilometer of well prepared cross-country ski tracks during the winter. Freshwater lakes which are ideal for swimming in during the summer become the perfect spots for skating or ice-fishing once the snow has arrived.

As the seasons change so do the number of sunlight hours. In the summer the sun barely dips below the horizon, providing almost continuous daylight around the clock. December by contrast is the darkest month of the year when the sun struggles to shine for just over four hours a day.

Remember that the weather is part of the amazing experience of living here and is something to be embraced and enjoyed!

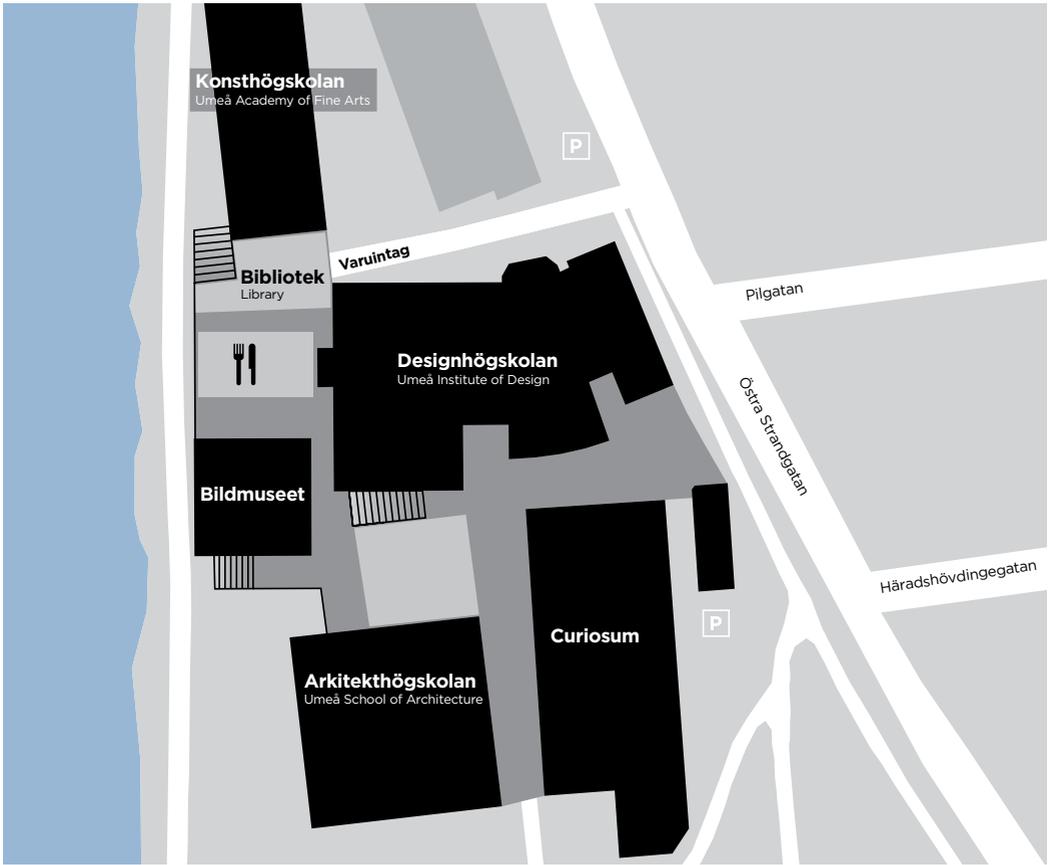
www.umea.se



Facts and Figures

Here is a short list of some great reasons why you made the right choice coming to Umeå:

- Umeå was selected as the European Capital of Culture for 2014.
- The city has 168 football pitches (fields), 61 running tracks, 25 tennis courts, three golf courses, 38 swimming areas and all within a short journey of the city centre!
- Umeå is the home of northern Europe's largest sport and fitness facility (IKSU), located next to the main campus.
- Umeå University prioritizes groundbreaking research into areas such as life sciences, biology, human technology, social welfare and ecology.
- Umeå University's campus is the size of 28 football pitches and more than 40 nationalities are represented among students and staff.
- Umeå is situated in the county Västerbotten with the lowest crime rate in Sweden.
- There are around 36 000 students in Umeå – making it a fun, sociable and creative place to live and study.



Umeå Arts Campus, Umeå University



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UMEÅ UNIVERSITY