

ACTIVITIES REQUIRING PRIOR REGISTRATION

Open for registration 3–15 September.

For more information: umu.se/idrottshogskolan/halsa-pa-campus



UNIVERSITY GOLF CHAMPIONSHIP

08:30–15:00
Robertsfors Golfklubb. Registration fee applies.

SPRINT SPEED

10:00–11:00
Campus Arena. Instructor: Anneli Johansson from the School of Sport Sciences.

EXPLORE MEANINGFUL MOVEMENT EXPERIENCES

10:00–11:00
An active workshop with instructors from Change the Game. Kamphallen, small mat IKSU Sport.

DARE TO GO VEGETARIAN – AN INSPIRING JOURNEY THROUGH THE WORLD OF VEGETABLES

10:00–12:00
Restaurant kitchen, Teacher Education Building. Leader from the Department of Food, Nutrition and Culinary Science.

BADMINTON WITH IFK UMEÅ

10:00–11:00, 13:00–14:00 & 14:00–15:00
Badmintonstadion, Ersboda.

IMPROVISATIONAL THEATRE WITH GROTTETERN

10:30–12:00 In English, Klossen Ålidhem Centre
13:00–14:30 In Swedish, Klossen Ålidhem Centre
13:30–15:00 In English, Sirius room, Universum
15:30–17:00 In Swedish, Sirius room, Universum

HYROX

11:00–12:00
Umeå Performance Center. Instructors from TTGU.

KAYAKING

11:00–12:30
Lake Nydalasjön. Instructors from TTGU.

EXPERIENCE TRIATHLON

11:00–12:30
The grassy area behind the Northern Behavioural Sciences Building. Instructors from Umeå Triathlon Multisport. You must bring your own bike and helmet.

HIKING WITH IKSU FRILUFTS

11:00–17:00
Hiking in Tavelsjö, transport by minibus available.

FISHING

12:00–15:00
Lake Nydalasjön. Instructors from Umeå Municipality.

MOUNTAIN BIKING WITH OBBOLA OUTDOOR

12:00–14:00 Beginner
15:00–17:00 Advanced
SCA Arena, Obbola. Equipment is available on site.

DISC GOLF

13:00–15:30
Disc golf course on campus, meet at the football pitch. Led by Magnus Ferry, Staffan Karp and Eric Carlsson.

BREASTSTROKE

13:00–14:00 & 14:15–15:15
IKSU Sport. Instructor: Jelena Nääs.

LET'S FIRE UP SOME FOOD!

13:00–15:00
Outdoor cooking workshop at the campus fields below SLU. Leader from the Department of Food, Nutrition and Culinary Science

BOULES WITH NORDBOULEN

13:00–15:00
Umeå's new boules hall, Spinnvägen 22 Grubbe.

GREEN WOODWORKING

13:15–16:15
Meet at the fountain outside of Universum. The instructors are Erik Sigurdsson and Pär Norén.

TASTER SESSION IN MARTIAL ARTS

13:30–14:30
Venue Moskva, IKSU Sport. Instructors from IKSU Kamp-sport.

ART EXPERIENCE AT BILDMUSEET

14:00–14:30
Bildmuseet, Umeå Arts Campus.

RUNNING TRAINING WITH IKSU

14:00–15:00
The session will be held outdoors. The meet-up point is indoors at the North ("Norr") entrance of IKSU Sport.

GUIDED ART TOUR IN AURORA

14:15–15:15
The tour guides are Micael Norberg and Brita Täljedal.

MUSHROOM WORKSHOP

15:00–16:00
Venue in the School of Sport Sciences administrative office, behind IKSU Sport. Led by mushroom specialist Jon Granbom.

AIKIDO FOR BEGINNERS

15:00–16:00
Isshinkai Aikido Club, Bankgatan 10. Drop-in, as space permits. The main instructor is Ulf Hjerpe.

BEACH VOLLEYBALL FOR BEGINNERS

15:00–16:00
Meet at the beach hall of IKSU Sport, court 1. Instructors from IKSU Beach.

STRONG THROUGH MENOPAUSE WITH IKSU

15:00–16:30
Workshop with lecture and training. At IKSU Sport.

SKI TOURING WITH IKSU LÄNGDSKIDOR

15:30–16:30
Meet at the base of Bräntberget.



The activities are primarily conducted in Swedish, but everyone is welcome. English can be used upon request by participants. The School of Sport Sciences reserves the right to make changes to the pro-

Health on Campus

17 September 2025

*Congratulations
UMU
60 years!*



Free health and wellness care for students and staff of Umeå University

Photo: Samuel Pettersson

UMEÅ SCHOOL OF SPORT SCIENCES
UMEÅ UNIVERSITY



LIVE IN AULA NORDICA

All lectures are given in Swedish unless otherwise stated.

PHYSICAL ACTIVITY AND HEALTH – PLENTY OF TRENDS, BUT WHAT DO WE ACTUALLY KNOW?

PATRIK WENNBERG
11:30–12:00

Trends in physical activity and health come and go. One minute, being sedentary is as dangerous as smoking, and the next, you should be doing short, high-intensity workouts. However, research takes time, and clear answers often only emerge long after something has become a trend. In this lecture, I will take you through some of the trends that have been researched in recent decades. What has research taught us? What research questions are relevant today? Patrik Wennberg is a professor at Umeå University and a specialist in general medicine. He has been conducting research in physical activity and health for over 20 years.



BRAIN STRETCHING – A CREATIVE WORKOUT FOR INNOVATIVE THINKING AND HEALTH!

KATARINA GOSPIC
12:05–12:55

During this lecture, you will get to know your brain through experiments and begin to think about how AI and the digital world affect your thoughts, feelings and behaviour. You can think of it as a form of brain stretching – a mental workout that, just like physical activity, strengthens both well-being and resilience. Katarina Gospic is a doctor, physiologist and has a PhD in cognitive neuroscience. She is co-founder of the AI company Edsvärd, which creates intelligence for the built environment. Through her lectures and books, she gives people tools to manage information overload, make better decisions and create sustainable change. Katarina has received several prestigious awards, including the Swedish Mensa Award, has been a summer speaker on the P1 radio channel, and has lectured at the UN headquarters in Bonn.



PRE-RECORDED ONLINE

Available 17–19 September on the website.

MUSHROOM KNOWLEDGE

JON GRANBOM
Given in English. This lecture provides an introduction to mushrooms. Mushroom specialist Jon Granbom will discuss some of the most common edible mushrooms and give advice on what to keep in mind when picking mushrooms. The lecture also covers the basics of species identification and tips on how to distinguish edible species from similar-looking species. Finally, Jon will discuss how to get the most out of mushrooms, from cleaning and storage to drying and cooking. Jon Granbom is a representative of the association Svampkonsulternas Riksförbund, Region Norr.



TIPS AND TRICKS – FOOD FOR HEALTH AND EXERCISE

EWACARIN SEHLSTEDT
Based on the latest Nordic Nutrition Recommendations, this lecture focuses on food, health and the environment, and the differences between athletes and non-athletes. It also provides tips and tricks to help us all incorporate better eating habits in our day-to-day lives. EwaCarin Sehlstedt is a licensed dietician at the Department of Food, Nutrition and Culinary Science.

BRIEF INFORMATION ABOUT THE RIGHT OF PUBLIC ACCESS

SATISH STRÖMBERG
Brief informational video in English. How can we access and how can we enjoy Swedish nature? Satish Strömberg is an IT educationalist at Humlab and former chair of the Swedish outdoor association Friluftsrådet Umeå. During Health on Campus, he will present a short informational video about the fantastic Swedish right of public access.



THE ALL-IMPORTANT SLEEP

MARIA NORDIN

We do it every night. It is wonderful when it works, but annoying and stressful when it doesn't. Sleep is a necessary elixir of life that needs to be properly managed to keep us in balance so we can live a healthy life and perform at the level we want. This lecture is about just that, sleep. Maria Nordin is a docent in psychology at the Department of Psychology at Umeå University.

LIVE ONLINE

Links available on the Health on Campus website.

FROM PRESSURE AND STRESS TO ENTHUSIASM AND WILL!

MALIN JONSSON, STUDENT HEALTH SERVICE
09:00–10:00, Live digitally

A digital lecture on how to understand and manage performance anxiety and self-critical thoughts to be in better shape in the long run, both physically and mentally. The lecture is given by Malin Jonsson, a licensed psychologist from Student Health Service.

MENTAL FITNESS FOR A SUSTAINABLE EVERYDAY LIFE

ÅSA MIEMOS – FALCK OCCUPATIONAL HEALTH SERVICE
10:00–11:00, Live digitally

Feeling stressed sometimes is part of everyday life, but if you go too long and too often without giving yourself the time and space you need to recover, it could be harmful and impact your health. Åsa Miemos is a health developer at Falck and lectures on recovery, why it is important, and how we can learn to understand when our bodies react to stress and when we recover. What does mental fitness mean, how can it help us in our everyday lives, and how do we influence it?

DROP-IN ACTIVITIES

More information: umu.se/idrottshogskolan/halsa-pa-campus

OPEN HOUSE AT IKSU

06:00–23:00

Full range of activities available. Group training sessions subject available on a first-come, first-served basis. Bookings are made on site at the reception desk. You can also activate a one-week trial between 1 and 14 September. More information and a link can be found on the website.

MORNING RUN WITH MEDICAL RUN CLUB

08:00–8:45

Social run, approx. 5 km at a 6:30 min/km pace, followed by light refreshments. Starting point indoors at the Lindell Hall, outside of the University Library.

SWIMMING & SPA AT NAVET

08:00–20:00 Exercise swimming, 50 m pool

13:00–19:00, Discovery pool, relaxation area, and spa

Please show your staff or student card at the entrance.

STRÖMBAD RIVER SWIM AND SAUNA WITH UMEÅ KALLBAD

08:00–11:00

Open sauna and opportunity for instructor-led "wild swimming", at Bölesholmarna beach.

WHERE IS THE CHECK-IN? ORIENTATION ON CAMPUS

09:00–11:00

Starting point at the outdoor gym between the Police Education Building and the Northern Behavioural Sciences Building. Led by Joel Kärrman.

STRONG WITHOUT A ROOF

09:00–11:00

Outdoor gym between the Police Edu. Building and Northern Behavioural Sciences Building. Instructor Amanda Rask.

INAUGURATION OF THE NEW AURORA BUILDING

10:00–10:30

Entrance hall, floor 1.

OUTDOOR ART EXHIBITION

10:30–11:00

Inauguration of the Public Art Agency Sweden's sculpture "Stjärnlikt grenverk" (Star-like tree canopy) by Thomas Hämén. Outside the Aurora building.

TASTER SESSION – GOSPEL FOR ALL!

10:00–11:00

Atrium, Teacher Education Building. Organised by Kyrkan på Campus and Sensus studieförbund.

SING BARBERSHOP WITH SNOWFLAKE SINGERS

11:00–12:00

Atrium, Teacher Education Building.

NATURE ON CAMPUS

12:00–13:00

Meet at the main entrance of the Chemical Biological Centre. Guides from the Department of Ecology, Environment and Geoscience. Given in Swedish. A similar excursion will be given in English at 12:00 on Thursday 18 September.

DARTS WITH MÅSTER ERIK DART CLUB

12:00–15:00

Drop-in in Lindell Hall.

BILLIARDS WITH UMEÅ BILJARDKLUBB

12:00–17:00

In the club room in Ålidhems Centrum.

BOULDERING WITH IKSU

13:00–15:00

IKSU Sport; climbing shoes and instructor available on site.

TABLE TENNIS IN LINDELL HALL

13:15–15:00

Stop by Lindell Hall and play table tennis with elite sports students Hugo Törngren and Artur Blidberg.

DANCE AFROBEAT

12:05–13:00

Atrium, Teacher Education Building.

Instructor from Afrobeat Radiance.

DANCE ROCK

13:05–14:00

Atrium, Teacher Education Building.

Instructor from Umeå Dansklubb.

DANCE SALSA

14:05–15:00

Atrium, Teacher Education Building.

Instructors from Umeå Salsa Club.

DANCE BUGG (SWING DANCE)

15:05–16:00

Atrium, Teacher Education Building.

Instructors from Umeå Dansimperium.

DANCE WEST COAST SWING

16:05–17:00

Atrium, Teacher Education Building.

Instructors from WCS Umeå.

RUN OR WALK TO BENEFIT

PANDEMIFONDEN

14:00–16:00

Choose your own pace, 2.5 or 5 km. Joint start at 2 PM at the fields below SLU. Organised by Virus- och pandemifonden, a fund that aims to support virus research and prevent diseases and pandemics caused by viruses.

HYDROHEX AT NAVET (water-based workout)

15:00–15:45 Hydrohex Cardio

16:00–16:45 Hydrohex Move

17:00–17:45 Hydrohex Beat

Navet, Umeå town centre. Register at the reception desk.

MINDFULNESS – DISCOVER THE POWER OF REMAINING PRESENT

15:30–17:00

Vardagsrummet, Kyrkan på campus, Natural Sciences Building, 1st floor. Instructor: Ruben Timgren in partnership with Kyrkan på Campus and Sensus studieförbund.

AUFGUSS SAUNA SESSION WITH NAVET

16:30–16:45

18:00–18:15

Relaxation area of Navet, Umeå town centre. Register at the reception desk; limited number of spaces.

THE MOVEMENT-RICH TRAIL ON CAMPUS

Available year-round.

WALK AND TALK

Walking trails around the campus of varying lengths, between 5 and 40 minutes.

