

ACTIVITIES REQUIRING PRIOR REGISTRATION

MINDFUL CERAMICS – EXPLORE CLAY WITHOUT ANY PRESSURE TO “ACHIEVE SOMETHING” 09:00–11:00

A free-form creative session. Location: Berghem Lera.
Instructor: Ewa Lantz.

SKI TOURING 09:00–15:00

In Tavasten with IKSU Friluft. Transport available.

PADEL

Various times between 10:00 and 15:00

Tegs Padelcenter. Instructors are available on site.

GOLF SIMULATOR AND DRIVING RANGE MAT

Various times between 10:00 and 15:00

Tegs Padelcenter. Instructors are available on site.

NORDIC-STYLE SLED DOG TRAINING WITH UMEA DHK

10:00–11:30 With own dog, Mariehemsängarna

14:00–15:30 Intro without dog, Campus ski trail below SLU. Leaders from Umeå Dragshundsklubb.

CLASSIC CROSS-COUNTRY SKIING

10:00–11:00

Campus fields. Leaders: Elbert Karlsson & Andreas Domeji.

INTERVAL SPRINTING

10:00–11:00

Nolia Friidrottshallen. Instructor: Anneli Johansson.

BADMINTON

10:00–11:00, 13:00–14:00 & 14:00–15:00

Badmintonstadion, Ersboda. Instructors from IFK Umeå.

BOX N’ KICK

10:00–11:00

Location: Moskva Hall, IKSU Sport. Instructors from IKSU Kampsport.

FUNCTIONAL STRENGTH TRAINING

10:00–11:30

Nolia Friidrottshallen. Instructor: Jan Bäck.

WORKSHOP: MOVEMENT FOR INNER DEVELOPMENT

10:15–11:45

Kamphallen, IKSU Sport. Instructors from Change the Game.

KUNDALINI YOGA – HOLISTIC WELLNESS CARE

11:00–12:00

Norrlands Kundaliniyoga. Instructor: Jessica Cronvald.

VAST – A COSMIC JOURNEY THROUGH TIME AND SPACE

11:00–11:40 & 13:00–13:40 (in Swedish)

15:00–15:40 (in English)

Film screening at Wisdome Umeå. Curiosum.

LET’S FIRE UP SOME FOOD!

11:00–13:00

Outdoor cooking workshop at the campus fields. Leader from the Department of Food, Nutrition and Culinary Science.

CROSS-COUNTRY SKATE SKIING

12:00–13:00

Campus fields. Leaders: Elbert Karlsson & Andreas Domeji.

PIMPLE ICE FISHING

12:00–14:30

Lake Nydalasjön. Instructors from Umeå Municipality.

FLIRT WITH CALISTHENICS

12:15–13:15

A taste of the basics: pull-ups, handstands & core.

Location: Rom Hall, IKSU Sport. Instructor: Elvira Ek.

NO SHAME SESSIONS

13:00–14:00 & 14:30–15:30

Location: Athen Hall, IKSU Sport. Guided class focusing on body awareness and creative expression. Instructor: Felicia Bergström Martinez.

ARCHERY

13:00–15:00 & 15:00–17:00

Umeå Energi Arena. Instructors from Umeå Bågskytteklubb.

BOULES

13:00–15:00

Umeå’s new boules hall, Spinnvägen 22. Instructors from Nordboulén.

WEIGHTLIFTING

13:30–14:30

Location: Bratislava Hall, IKSU Sport. Instructor: Elvira Ek, IKSU.

ART EXPERIENCE AT BILDMUSEET

14:00–14:30 Slow looking tour.

15:00–15:30 Art and truth-telling

ART EXHIBITION IN AURORA

14:00–15:00

Guided tour with Micael Norberg and Brita Täljedal.

STRONG THROUGH MENOPAUSE WITH IKSU

14:00–16:00

Workshop with lecture and practical session in the gym, IKSU Sport. You have the option of registering for the lecture only.

IMPROV THEATRE

14:30–16:00 & 16:30–18:00

Sirius room, Galaxen meeting point in the Universum building. Instructors from Grotteatern.

BEACH VOLLEYBALL FOR BEGINNERS

15:00–16:00

Beach Hall, IKSU Sport. Instructors from IKSU Beach.

INTERVAL SKIING

15:30–16:30

Kvarnen watermill, Gamla ski trail Instructors from IKSU Längdskidor.

GET BACK! SELF-DEFENCE FOR INDIVIDUALS WHO IDENTIFY AS A GIRL OR WOMAN

17:00–18:00

Performance Development Lab Instructors from Backa!

TASTER SESSION IN SKIING WITH A BISKI

18:00–21:00

Bräntberget ski slope Instructors from Friluftsförbundet. For participants with all forms of functional variations.

HYROX

18:50–19:35

IKSU Sport. Instructor from IKSU.

Registration via the website is open 4–16 February.



Free health and wellness care for students and staff of UME and SLU.

Photo: Exploring Human, Elvira Lundgren



LIVE IN AULA NORDICA

LIVE STRONG! – SUCCESS FACTORS FOR A SUSTAINABLE LIFESTYLE JOHANNA FORSBERG

11:30–12:05

An ordinary resident of Västerbotten who has done extraordinary things – from years of saying “I’ll start my new life on Monday” to completing the En Svensk Klassiker spots challenge in record time and joining the national military running team. The lecture combines personal experiences with evidence on how to achieve a sustainable lifestyle change in mid-life. Johanna Forsberg, physiotherapist in the Swedish Armed Forces and health columnist, also raises the highly topical issue of civil defence: how well equipped are our bodies for crisis and war? She explains how we can build a physique that can withstand the greatest demands.



AWARD CEREMONY – ELITE SPORTS STUDENT OF THE YEAR 12:05–12:15

This distinction honours a student who successfully combines elite sports with academic studies at Umeå University. The award highlights role models who demonstrate how to pursue a sustainable dual career.

THE ROLE OF SLEEP IN PHYSICAL ACTIVITY, PERFORMANCE AND HEALTH JOHN AXELSSON 12:15–13:00

How does sleep affect your physical performance, development and risk of injury? John Axelsson provides the answers and explains why good sleep is a key to success – whether you are an elite athlete, a coach or simply want to be more active in your everyday life. John is a sleep researcher and professor at the Department of Psychology, Stockholm University.



LIVE PÅ SLU



FORESTS AND HEALTH – SEEING BEYOND THE TREES VIKTOR GÖRANSSON 12:30–13:00

Doctoral student Victor Göransson from SLU will give a lecture on the positive impact of forests on humans and our health. He will highlight both health aspects and how forests have been shaped by cultivation in Sweden – a meeting point between nature, culture and well-being. The lecture will be given in English in PO-Bäckström Hall, Swedish University of Agricultural Sciences (SLU), 6th floor.



LIVE ONLINE



BOOST YOUR WELL-BEING – MENTAL HEALTH FOR A SUSTAINABLE STUDENT LIFE MALIN JONSSON & JOAKIM ABRAHAMSSON 10:00–11:00

How can you feel good and find meaning in a time characterised by stress, demands and comparisons? This lecture provides practical tools for boosting self-esteem, building good relationships and creating space for recovery. The speakers are Malin Jonsson and Joakim Abrahamson, psychologists at Student Health Service. The lecture will be given in Swedish and is geared towards students.

HOW TO BOOST YOUR HEALTH IN YOUR DAY-TO-DAY LIFE LOUISE KARLSSON 10:00–11:00

Louise Karlsson shares insights from her research and clinical experience, focusing on practical tools for boosting your health in your day-to-day life – both at work and at home. She highlights flexibility, meaningfulness, balance and recovery. Louise Karlsson is a specialist occupational therapist and researcher in health and lifestyle at Halmstad University.

FROM STRESS TO STRENGTH: EXERCISE THAT CHANGES YOUR WELL-BEING LINDA HERMANSSON 15:00–16:00

The workplace is an environment we spend a lot of time in – and it has a significant impact on our health. Linda Hermansson, physiotherapist and ergonomist at Falck Occupational Health Service, provides knowledge and practical advice on how to create workplaces that promote physical, mental and social well-being.

PRE-RECORDED ONLINE

HOW TO EAT CHEAP AND HEALTHY! DAVID JONSSON

How can you eat healthy and filling meals without your food costs spiralling out of control? This lecture provides strategies for choosing affordable and nutritious ingredients, cooking filling meals and avoiding pitfalls that make your everyday meals expensive. The lecture is given by David Jonsson, senior lecturer at the Department of Food, Nutrition and Culinary Science, Umeå University.

WHEN HEAVY LIFTING BECOMES MEDICINE LARS BERGLUND

Strength training affects both the body and the brain – not only in terms of performance but also as a form of rehabilitation. This lecture discusses what happens in the body, why strength training is effective and why heavy lifting does not have to be dangerous. Lars Berglund is a docent and senior lecturer in physiotherapy at the Department of Community Medicine and Rehabilitation. He has extensive experience of strength training in research, teaching and clinical work, as well as a background as a powerlifter.

Links to the lectures are available on the Health on Campus website.

DROP-IN ACTIVITIES



SKI TRAILS AND ICE SKATING ON CAMPUS

Ski trails are open starting from 13:00 at the campus fields below SLU. Ice skating on the campus pond is open all day.

OPEN HOUSE AT IKSU

IKSU Sport 06:00–13:00

IKSU Plus Öbacka 05:00–24:00

Group training sessions subject to availability. Bookings are made on site.

MORNING RUN WITH MEDICAL RUN CLUB

08:00–08:45

Social run, approx. 5 km at a 6:30 min/km pace, followed by a Celsius drink. Starting point 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.

COLD WATER SWIM

09:00–11:00

Hole in the ice at Bölesholmarna. Instructors from Umeå Kallbad. Sauna available.

TASTER SESSION IN PARASPORT

09:00–11:00

Location: England Hall, IKSU Sport. Co-organised by Parasportförbundet and the Physical Education Teacher programme.

LEARN TO WAX SKIS WITH SKOGIS IF

09:00–09:30, 09:30–10:00, 11:00–11:30, 11:30–12:00

SLU campus entrance, eastern end of the campus fields.

DROP-IN-MEDLEY IN DANCE!

ORIENTAL DANCING

10:00–10:55

Atrium, Teacher Education Building
Instructor from Balettakademien.

DANCE AFROBEAT

12:00–12:55

Atrium, Teacher Education Building.
Instructor from Afrobeat Radiance.

DANCE WEST COAST SWING

13:00–13:55

Atrium, Teacher Education Building.
Instructors from WCS Umeå.

DANCE FOR HEALTH

14:00–14:55

Atrium, Teacher Education Building
Instructor: Lina Ahlström.

DANCE BUGG (SWING DANCE)

15:00–15:55

Atrium, Teacher Education Building.
Instructors from Umeå Dansimperium.

DANCE SALSA

16:00–16:55

Atrium, Teacher Education Building.
Instructors from Umeå Salsa Club.

SKI ORIENTEERING

10:00–12:00

Meeting point: see the Health on Campus website.

Instructors: Joel Kärrman and Pär Norén.

GOSPEL FOR ALL!

11:00–11:55

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

TEST OUT TOURING SKATES

11:30–13:30

Campus pond, instructors from IKSU Friluft.

ARM WRESTLING

12:00–14:00

Lindell Hall. Instructors from Viking Kraftsport.

CHESS

12:00–14:00

Lindell Hall. Instructors from Akademiska Schackföreningen.

DARTS

12:00–14:00

Lindell Hall. Instructors from Mäster Erik Dart Club.

TABLE TENNIS

12:00–14:00

Lindell Hall. Instructors: Elite sports students Hugo Törnngren and Artur Blidberg.

FRITIDSBANKEN

12:00–14:00

Information table in Lindell Hall.

BILLIARDS WITH UMEÅ BILJARDKLUBB

12:00–15:00 (Instruction for beginners 12:30–13:00)

Club room in Ålidhems Centrum.

BOULDERING (CLIMBING)

13:00–15:00

IKSU Sport. Equipment and instructor from IKSU available on site.

AQUA

15:30–16:00 Aqua

16:05–16:35 Aqua Gymstick

17:45–18:30 Aqua Power

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

Water depth: 130 cm.

MINDFULNESS – DISCOVER THE POWER OF REMAINING PRESENT

15:30–17:00

Tranquility room, Social Sciences Building. Instructor: Ruben Timgren in partnership with Kyrkan på Campus and Sensus studieförbund.

AUFGUSS SAUNA SESSION WITH NAVET

15:30–15:45, 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 Umeå School of Sport Sciences reserves the right to make changes to the programme.