

ACTIVITIES REQUIRING PRIOR REGISTRATION

UNIVERSITY GOLF

08:30–15:00

Played at Bjurholm Golf Club. A green fee will be charged.

MINDFUL CERAMICS – EXPLORE CLAY WITHOUT ANY PRESSURE

09:00–11:00

A free-form creative session. Location: Berghem Lera.

PHYSICAL FITNESS TESTING

08:30–12:00

In the School of Sport Sciences' Performance Development Lab.

FUNCTIONAL STRENGTH TRAINING

09:30–11:00

Nolia Friidrottshallen.

DUATHLON/TRIATHLON

10:00–11:00

Meet at the track by the campus football pitch.

SPEED AND SPEED STRENGTH

10:00–11:00

Nolia Friidrottshallen.

OUTDOOR CLIMBING WITH UKHK

10:00–14:00

Starrberget, Vännäs. Carpooling will be organised.

PADEL, GOLF SIMULATOR AND DRIVING RANGE MAT

Various times between 10:00 and 15:00

Tegs Padelcenter. Instructors are available on site.

SWIMRUN IN LAKE NYDALASJÖN WITH TTGU

11:00–12:00

MARTIAL ARTS WITH IKSU KAMPSPORT

11:00–12:00

Different forms for beginners. Location: Moskva Hall, IKSU Sport.

KAYAKING ON LAKE NYDALASJÖN WITH TTGU

11:00–12:00

LET'S FIRE UP SOME FOOD!

11:00–13:00

Outdoor cooking workshop at the campus fields.

BEGINNER'S HIKING WITH IKSU FRILUFTS

11:00–17:00

Hiking in Tavelsjö, bus transport from Universum available.

WORKSHOP – STRONG THROUGH MENOPAUSE WITH IKSU

12:00–14:00

Lecture and practical session in the gym, IKSU Sport.

FISHING IN LAKE NYDALASJÖN WITH UMEÅ

MUNICIPALITY

12:00–14:30

Meet at Lake Nydalasjön.

INDOOR MINI-GOLF WITH UMEÅ BANGOLFKLUBB

12:00–14:00, 15:00–17:00 (Swe) & 18:00–20:00 (Eng)

Indoors at the Umeå Bangolfklubb premises, Spårv. 20, Västerslätt.

OUTDOOR HYROX WITH IKSU

12:30–13:30

IKSU Sport. Held in Swedish only.

CALISTHENICS WORKSHOP WITH IKSU

12:30–13:30

MOUNTAINBIKE CLINIC

13:00–15:00

SCA Arena in Obbola. Instructors from Obbola Outdoor.

DISC GOLF

13:00–15:30

Meet at the campus football pitch.

BOULES WITH INSTRUCTOR

13:00–15:00

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

DANCE: NO SHAME SESSIONS

13:00–14:30

IKSU Sport, Aten Hall.

BADMINTON WITH IKSU

13:00–14:30

IKSU Sport, Paris and Berlin Halls.

GREEN WOODWORKING

13:15–16:15

Meet outside the west entrance to SLU, next to the fir trees.

GUIDED TOUR OF ARBORETUM NORR

13:30–16:00 (Swe & Eng – parallel tours)

Bus transport to Baggböle is available upon request when registering.

WORKSHOP – THE KETTLEBELL IS YOUR FRIEND

13:45–14:45

IKSU Sport, Rom Hall.

ART EXPERIENCE AT BILDMUSEET

14:00–15:00

Tour of "AI and the Paradox of Agency".

IMPROVISATIONAL THEATRE WITH GROTHEATERN

14:30–16:00 & 16:30–18:00

Location: NAT.D.200 in the Natural Sciences Building.

DRYLAND MUSHING WITH UMEÅ DRAGHUNDSKLUBB

15:00–16:00

On the campus fields. With or without your own dog.

AIKIDO WITH ISSHINKAI AIKIDOKLUBB

15:00–16:00

Umeå Budoklubb's dojo, Bankgatan 10.

AIR RIFLE SHOOTING

15:00–17:00

Umeå Energi Arena, Hall D.

SKI TOURING WITH IKSU LÄNGDSKIDOR

15:30–16:30

Meet at the base of Bräntberget.

BEACH VOLLEYBALL FOR BEGINNERS WITH IKSU BEACH

16:00–17:00

Las Palmas Beach Hall, IKSU Sport.

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

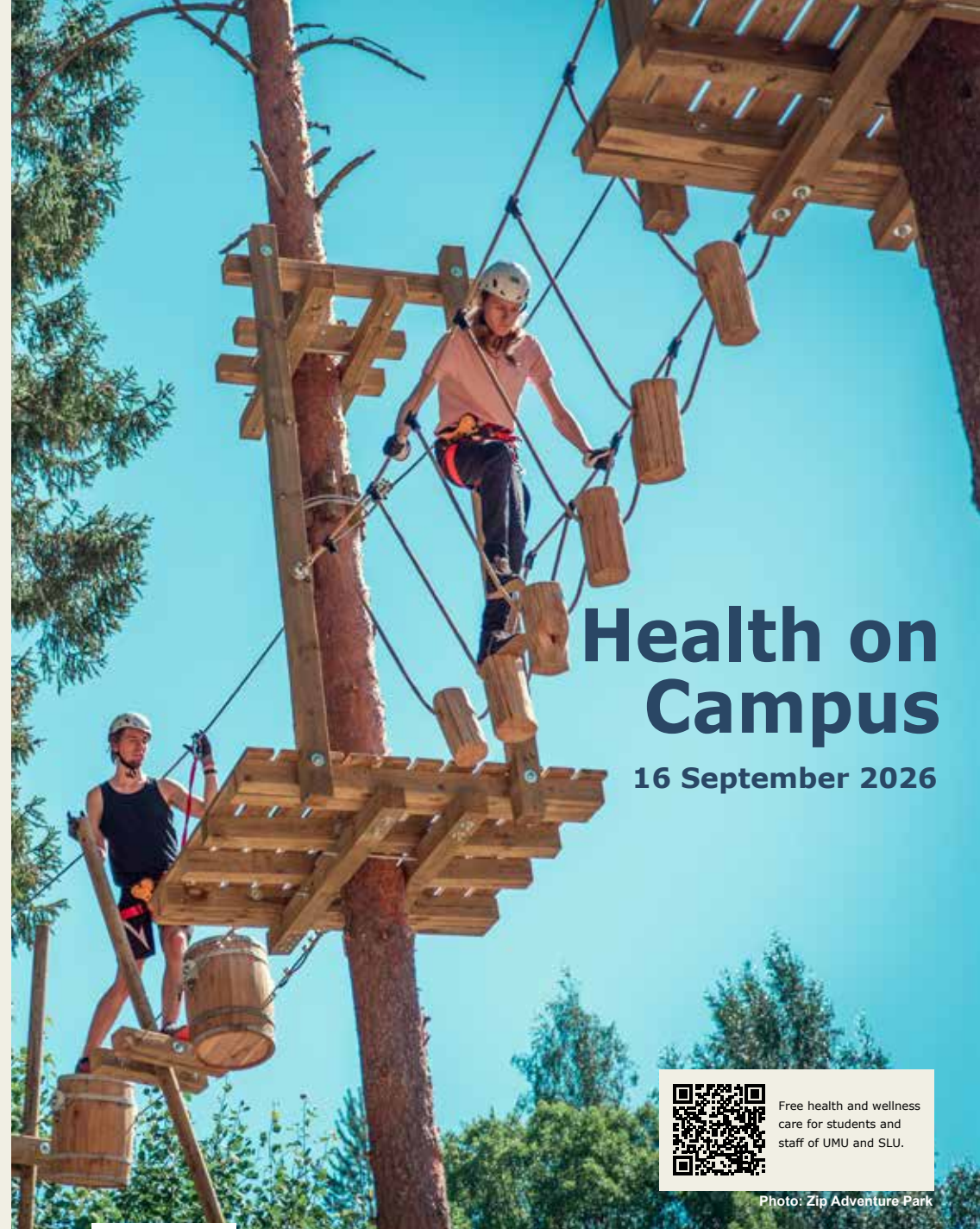
17:00–18:00

Performance Development Lab, Faculty Office of the School of Sport Sciences

Registration via the website is open 2–14 September.



More info and
registration



Health on Campus

16 September 2026



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

Photo: Zip Adventure Park



LIVE IN AULA NORDICA

TRAIN YOUR BRAIN! CARL-JOHAN BORAXBEEK 11:30–12:10

Can physical exercise do more than just strengthen the body – can it also affect the brain? This lecture will introduce you to the latest research on how physical activity is linked to the brain's plasticity and our ability to learn throughout our lifetime.

Carl-Johan Boraxbekk, Professor of Neurology at the University of Copenhagen, conducts research into the brain's capacity for change and how it is influenced by factors such as exercise. He will provide an introduction to how physical activity can contribute to cognitive health and lifelong learning.



YOU CHOOSE WHAT YOU WANT TO BECOME DANIJELA RUNDQVIST 12:15–13:00

Danijela Rundqvist is one of Sweden's most accomplished ice hockey players. In this inspirational lecture, she shares experiences from her career – both successes and setbacks. She talks about setting goals, mental strength and how to perform under pressure. She also highlights the importance of physical activity, sleep and recovery for health and performance, and offers practical tips.



PRE-RECORDED ONLINE

HOW DO WE KEEP GOING OVER TIME? – ON RECOVERY IN STUDIES AND WORKING LIFE LINNEA NYBERG

A presentation on how recovery can be understood as part of everyday life, rather than something that only happens after a period of exertion. Using health, sustainable working life and self-awareness as its jumping-off points, this lecture highlights how different types of stress affect us – and how we can find more effective ways to recover in both our studies and our working life. Linnea Nyberg is a health and wellbeing coordinator at Region Västerbotten, holding a master's degree in sports medicine and a bachelor's degree in health education. Her role involves, among other things, translating knowledge about physical activity and recovery into sustainable working practices in everyday life.

MUSHROOM IDENTIFICATION – WHICH ONES ARE EDIBLE AND WHERE CAN THEY BE FOUND? 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.



LIVE

OUTDOOR LECTURE ON HOW FORESTS IMPACT OUR HEALTH VICTOR GÖRANSSON 10:00–10:45

OUTDOORS, OUTSIDE THE SLU ENTRANCE
A walk through "The Forest of the Future" – A short excursion through the forest area in front of SLU, discussing benefits and possibilities with peri-urban forest with regard to human health. The lecture is held in English by Victor Göransson outside the main entrance of SLU, Skogsmarksgränd 17, and it can be combined with "Try Forest Bathing" at 11:00.

INSPIRATIONAL LECTURE WITH A WORLD CHAMPION IN ADVENTURE RACING ERIK JONSSON 14:00–16:00

LUXEMBURG, IKSU SPORT
Join us on a journey where both physical and mental strength are put to the test. The lecture highlights strategies for coping with pressure, the importance of putting the team before the individual, and how to overcome extreme challenges. From the jungles of South America to encounters with wildlife in Canada, the heat of Croatia and rugged terrain in Spain. Erik Jonsson is the World Champion in Adventure Racing.

LECTURE AND WORKSHOP ON MUSHROOMS JON GRANBOM, FACULTY OFFICE OF THE SCHOOL OF SPORT SCIENCES

15:00–16:00, Note: Prior registration required!
Welcome to an inspiring lecture and Q&A session with mushroom consultant Jon Granbom! Over the course of around 45 minutes, you'll be introduced to the fascinating world of mushrooms, with a particular focus on how to identify common species – including edible, poisonous and those that can be mistaken for one another. The lecture will also touch on the basics of growing mushrooms and how mushrooms can be used in cooking. There will be time for questions and discussion after the lecture.

LIVE ONLINE

DIGITAL STUDY AND WORKING ENVIRONMENT – TIPS FOR A MORE BRAIN-FRIENDLY DAILY LIFE ÅSA MIEMOS 09:00–10:00

Does your brain feel like a web browser with too many tabs open? The constant stream of stimuli in our digital daily lives is increasing our mental strain. This lecture provides practical tools for reducing stress, improving focus and creating a more sustainable balance. Åsa Miemos is a health developer at Falck.

STRONGER SELF-ESTEEM – HOW TO MANAGE PER- FORMANCE ANXIETY AND SELF-CRITICISM. 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.

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



More info and links

DROP-IN ACTIVITIES

OPEN HOUSE AT IKSU

IKSU Sport 06:00–23:00

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

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

09:00–12:00

Meet at Böhösholmarna lagoon. Instructors from Umeå Kallbad.

TRY FOREST BATHING

11:00–11:45

Meet outside SLU's main entrance, Skogsmarksgränd 17.

The activity, led by Elisabeth Bohlin, will be held in English.

DROP-IN-MEDLEY IN DANCE!

DANCE AFROBEAT

12:00–12:55

Atrium, Teacher Education Building.

Instructor from Afrobeat Radiance.

FLAMENCO

13:00–13:55

Solo dance, Atrium in the Teacher Education Building.

Instructors from Sofias Flamenco.

DANCE WEST COAST SWING

14:00–15:00

Atrium, Teacher Education Building.

Instructors from WCS Umeå.

ARGENTINE TANGO

15:00–15:55

Atrium, Teacher Education Building.

Instructors from Tango Norteño Umeå.

DANCE SALSA

16:00–16:55

Atrium, Teacher Education Building.

Instructors from Umeå Salsa Club.

DANCE BUGG (SWING DANCE)

17:00–17:55

Atrium, Teacher Education Building.

Instructors from Umeå Dansimperium.

GOSPEL CHOIR SINGING

11:00–11:55

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

BIKE REPAIR WORKSHOP

11:00–13:00

By the bike shed in front of the MIT Building. The mechanic is Lennart Johansson from Studybike.net.

E-SPORT

12:00–14:00

Lindell Hall. Instructors from Västerbottens E-sportföreningar.

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. The instructors are elite sports students from the School of Sport Sciences.

DROP-IN PADDLING WITH KAYAKOMAT NYDALA

12:00–16:00

Kayakomat Nydala, 30 minutes per session.

DROP-IN CLIMBING AT ZIP ADVENTURE PARK

12:00–16:00

Instructors from Nydala Zip Adventure Park

BOULDERING (CLIMBING)

13:00–15:00

IKSU Sport. Climbing shoes available to borrow.

BILLIARDS, SNOOKER & CAROM BILLIARDS

13:00–18:00

Umeå Biljardklubb's premises at Ersboda, Formv. 16.

WHERE IS THE CHECK-IN? ORIENTATION ON CAMPUS

14:00–15:00

Starting point at the outdoor gym between the Police Education Building and the Northern Behavioural Sciences Building.

TECHNICAL ASSISTANCE AT THE OUTDOOR GYM

14:00–15:00

Between the Police Education Building and the Northern Behavioural Sciences Building. Instructors from the School of Sport Sciences.

HYDROHEX, VIRTUAL AQUA FITNESS

14:30–15:15 Hydrohex Cardio

15:30–16:15 Hydrohex Move

16:30–17:00 Hydrohex Power

Navet, Umeå town centre. Register at the reception desk. Water depth: 130 cm.

MINDFULNESS WORKSHOP

15:30–17:00

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

AUFUSS 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.



More information.

The Umeå School of Sport Sciences reserves the right to make changes to the programme.