



UPS: 2025 in reflection

Oh my, how time flies! It is amazing and scary, all at once, that it is already another 'end of the year' season. Soon it will be time to welcome in 2026. But what an eventful year it has been for UPS! There were many changes along the way, some bittersweet... and yet, much were also accomplished.

From reviving UPS Språkcafe and fostering new connections with the PhD Studentkår, to the successful running of Postdoc Day, Retreat and many more events besides, we certainly have a lot to be proud of. Thank you to all who have been a part of the UPS community! May it grow even more, with your continued support. Cheers!

Social events by postdocs for postdocs

UPS organizes social events to enhance the work/life balance and help to connect the postdoc community in Umeå.

On the 22nd of November, a group of postdocs braved through the snow-shrouded marshes of the Nature Reserve just outside of Carlshem to get to the reward at the end: a glimpse of the beautiful Grössjön in early winter. The company and overall great time in the forests weren't too shabby either, of course. Perhaps a similar outing is already in the works, so keep an eye out for that and join us the next time!



Career Development events by postdocs for postdocs

These are events aimed at arming postdocs with skills to advance their careers.

GRANT & CV WRITTING Workshop

Looking for tips from experts from the university on how to write a successful scientific grant, or on how to best tailor your CV? The dates are not yet finalized, but if this is what you're looking for then keep your calendars open for when this happens! The registration call comes soon.

Date: TBD, likely week after Jan 6

Time: Pre-lunch talks online over three days, with a full-day workshop on the last day

Venue: Umeå University

UPS Språkcafe

Fresh off a very productive November, our Språkcafe under the much-appreciated guidance of Institutionen för Språkstudier continues on for the last three sessions before the Xmas and New Year's break with the following dates and times.

5 December 13:00 - 14:00 (week 49) Fri

10 December 13:00 - 14:00 (week 50) Wed

19 December 13:00 - 14:00 (week 51) Fri

The venue will be shared via email in due time.

Register [HERE](#) to be in the know:



Intrusive Swedish-isms
during... Philosophy101



Have more intrusive thoughts?
Want to talk about it?
Come to
UPS SPRÅKCAFE
It's the support system you need

Useful information for Umeå postdocs

If you are new to Umeå. Visit our website for useful information [HERE](#)

Digital map at campus — With the digital maps, it is easy to find your way around the Umeå campus, the hospital area and the Arts Campus. You can view the map in your computer's browser and in the app on your phone. Check out [MazeMap](#)

Research highlights

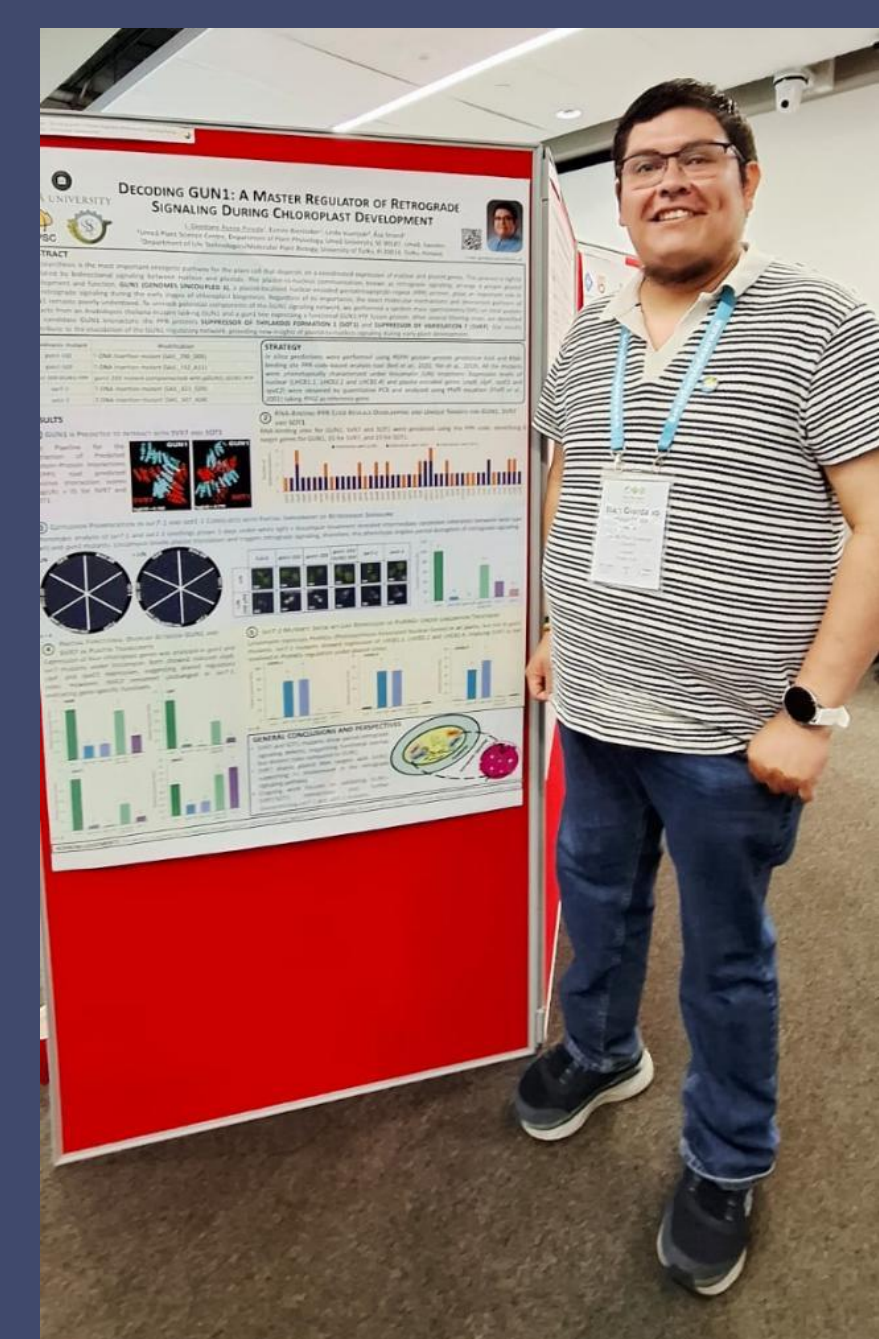
In this occasion, Ilian Giordano Ponce-Pineda, whose research is based at the Umeå Plant Science Centre (UPSC), is the one highlighted for his work on chloroplast-to-nucleus communication in plants.

Giordano, who hails from Mexico, currently focuses on GUN1 (GENOMES UNCOUPLED 1), a key plastid-localized regulator of the process in *Arabidopsis thaliana*.



Already has Giordano identified two new candidate interaction partners of GUN1, both which are also plastid-RNA regulation genes.

Giordano recently presented his work at the New Phytologist Next Generation Scientists 2025, where it received great interest from the international plant research community. Those curious about plastid signaling, chloroplast development, or *Arabidopsis* genetics, feel free to reach out at giordano.ponce@umu.se.



What's Happening on Campus

Luciadagen



Don't miss one of the finest traditions in Sweden around Christmas-time: Lucia Choir on campus with the Umeå Student Choir. Staff and students can pick their free tickets up at Infocenter or at UB from December 4. The show happens at Aula Nordica on Dec 12, from 12.00 to 1240. More info [HERE](#).

Breakfast — a food and meal summit

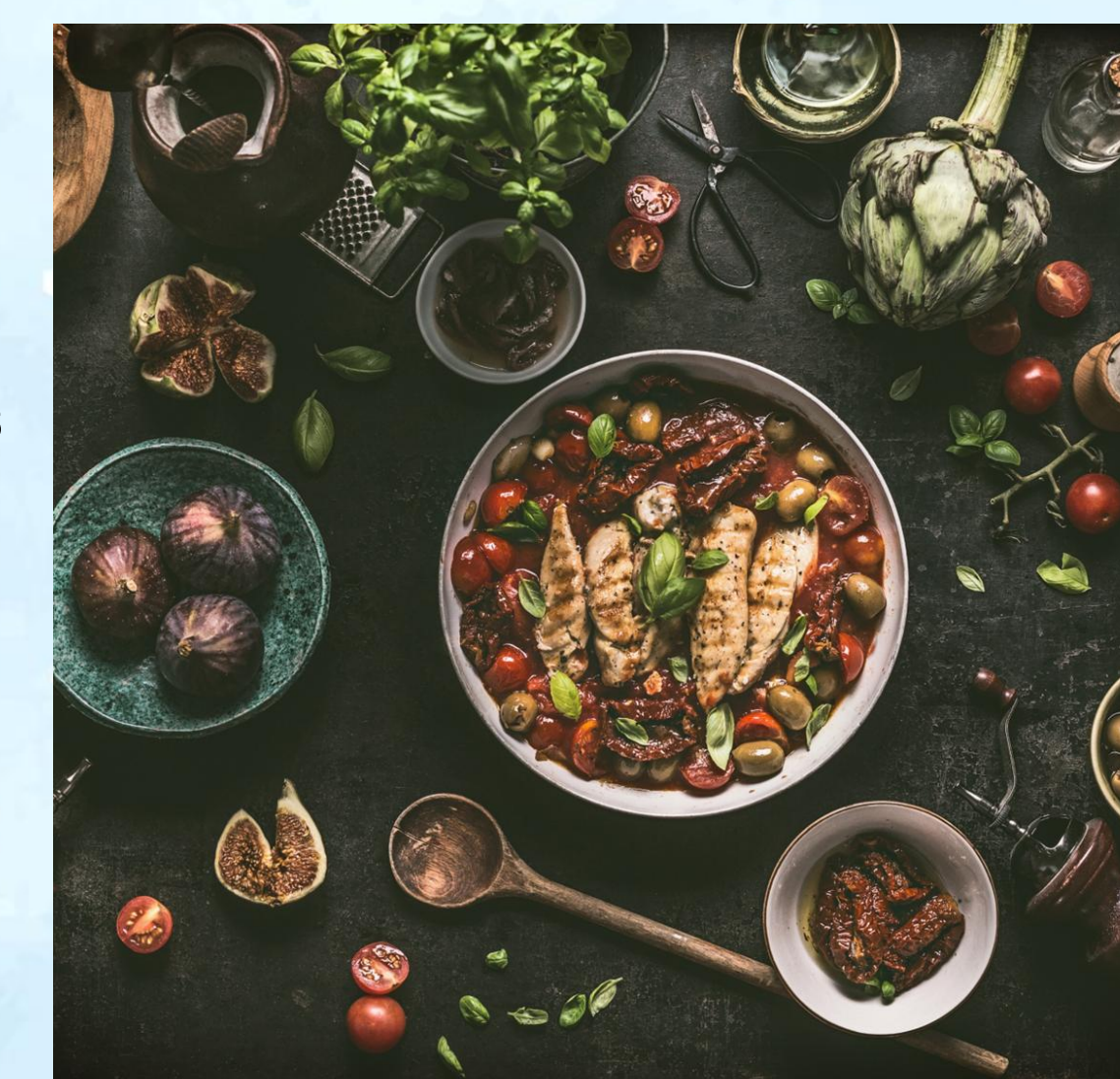
Welcome to Breakfast – a seminar where discussions about food, meals and opportunities for collaboration are at the center, with free breakfast to boot.

Fridays Dec 12 and Jan 23

Time: 8.00 – 9.00

Venue: Teacher Education Building, Floor 3

Read more and register [HERE](#)



Fika efter en forskare

Listen to popular science talks from faculty members and have fika whilst you're at it! Very popular talks happening on certain Saturdays at Väven. The very first series of talks of the year shall be on Jan 24, 13.00. You can also follow the lectures online at umu.se/live. More information [HERE](#)

Conferences

UMF Symposium 2025

Mon 8 Monday 8 December, 2025

DEC at 08:30 - 15:30

DEC Umeå Marine Science Centre, Norrbyn

Showcasing the latest NMR- and MS-based metabolomics research from Sweden, the Nordics, and beyond. The program includes six keynote speakers from leading institutions, plus an industry exhibition of all-things metabolomics research. Find out more and register [HERE](#).

A full day showcasing the diverse science, education and services UMF has to offer. Enhance your knowledge and connect with colleagues and friends. For more info, see [HERE](#).



Acknowledgement and Condolences

It was with great sadness that we learnt of the sudden passing of Dieter Müller, professor of Geography and former Vice Chancellor of Umeå University, on the 20th of November.

Our deepest condolences go to his family, friends, and all those who knew and loved him.



Do you have any suggestions for content for Umeå Postdoc News?

The content of the newsletter is intended to facilitate and support Postdocs at UMU and SLU by focusing on relevant activities.

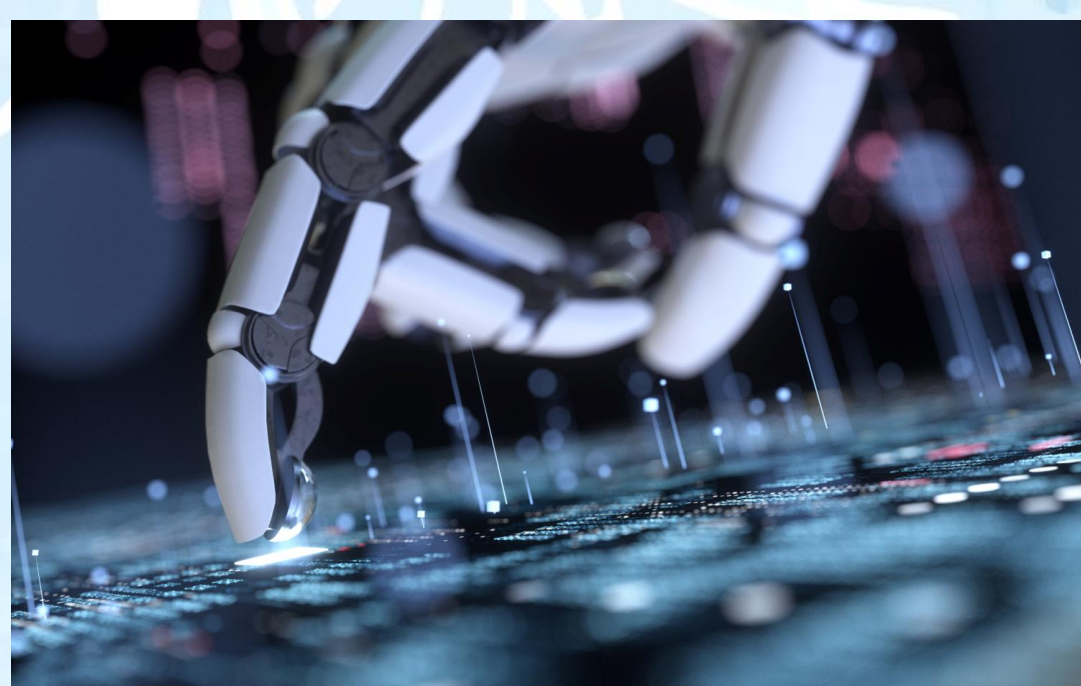
If you have any suggestions, let us know at our [website](#)



Seminars and Useful Links

MedChem Seminar Series

Dec 02 - Ute Romling, Karolinska Institutet, Sweden.
Dec 09 - Laurent Terradot, Universite de Lyon, France.
Jan 20 - Katrin Paeschke, University of Bonn, Germany.
Jan 29 - Aleksandra Trifunovic, Köln University, Germany.
15:15 in KB.E3.01 (Lilla hörsalen, 3rd floor, KBC-building)



#friAIday

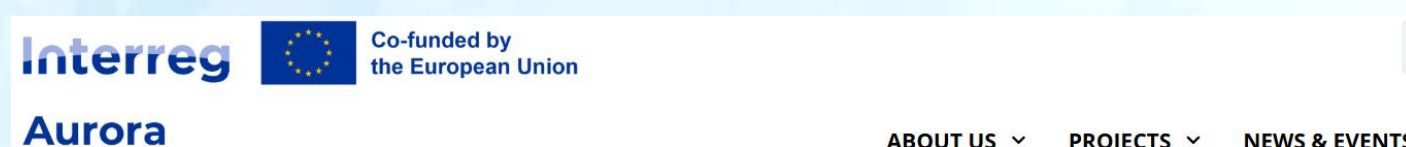
A series of inspiring talks on Artificial Intelligence organized by the Centre for Transdisciplinary AI (TAIGA) at Umeå University. Participating in #friAIday is your opportunity to share your knowledge about AI, learn more, and discuss a wide range of perspectives on AI. Sign up [HERE](#)

Beyond Calls

Beyond calls is aimed towards researchers who want to strengthen their understanding of what makes funding applications successful. A fresh theme is highlighted at every monthly, Thursday lunch meeting. The next two are scheduled for Dec 18 and Jan 15. Find out more and sign up [HERE](#).

Beyond Calls

Strengthen your funding applications



Interreg Aurora

This brand new programme encourages cross-border cooperation throughout the northernmost part of Europe and Sápmi. The primary goal is for the development of sustainable development that benefits these regions the most. Calls for fund applications are open. Find out more [HERE](#).

Looking for more?

There is so, so much more happening around our university than we can ever list down here. For info on where the next good talk or workshop might be, or even suggestions on what to do for the weekends, simply visit <https://www.umu.se/en/events/>.



Events in Umeå

Umeå is a multicultural city – there is something to do for everyone, ranging from music, food, theatre, art, dance to sports and hikes. While winter is around the corner, we have gathered some events in the city this autumn that you might find interesting.

Nutcracker with the Classical Ukrainian Etoile Ballet



Become mesmerized by a performance of the Christmas-time classic Nutcracker, brought to you by the stars of the Ukrainian ballet troupe. Get your tickets [HERE](#) for the **Dec 9 show, from 18.00 at Idun, Folkets Hus.**

Luciatåg and Umeå Musikklassikers julkonsert

Witness the Luciadag procession through town on **Dec 13 at 15.00 from Renmarkstorget**. Then, on **Dec 16**, head over to the **Old Church** to listen to the choir as they sing Christmas carols from **18.30 onwards**. Admission is free, but limited.



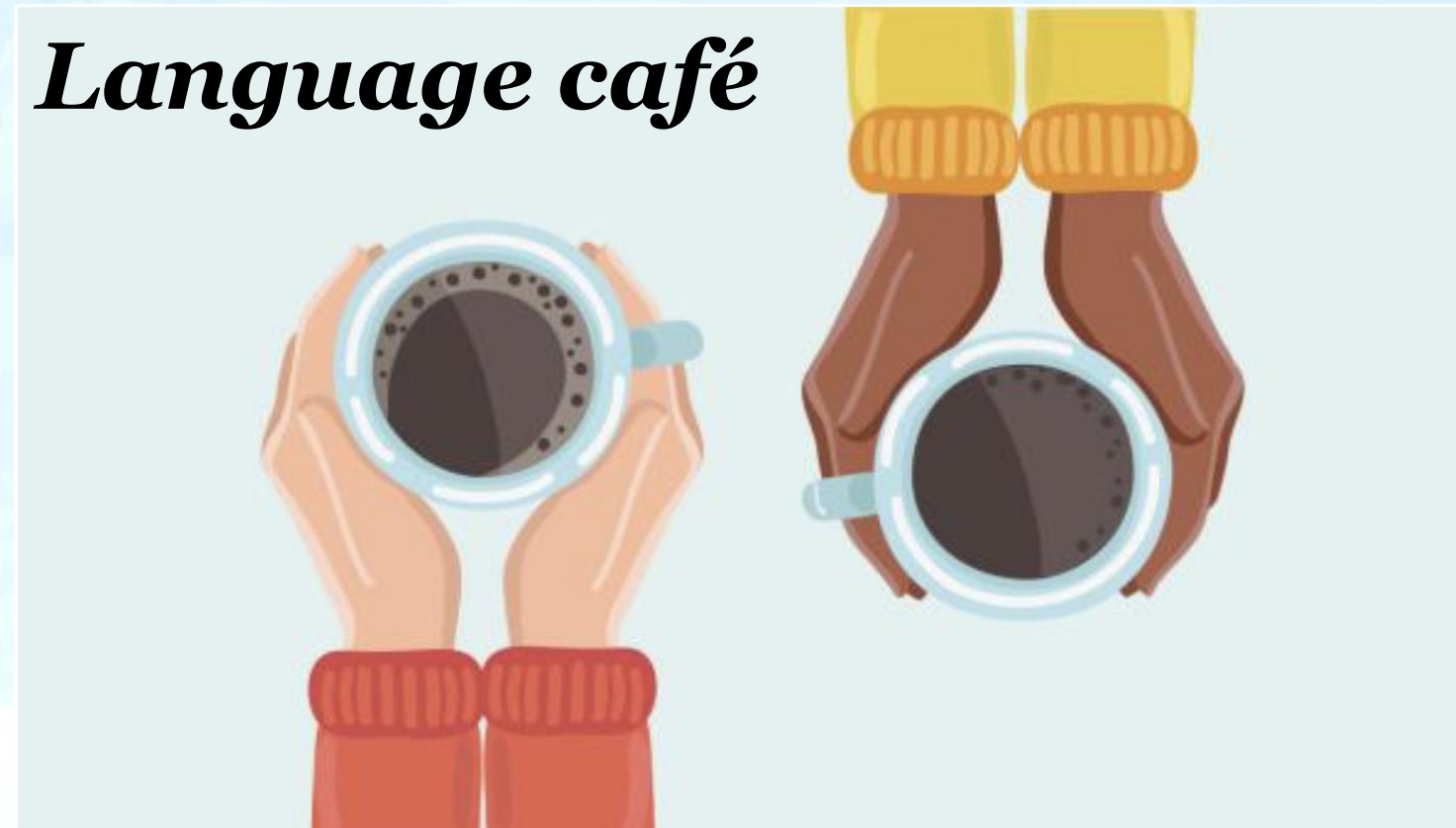
New Year's Eve Fireworks



Stand on one of Umeå Vity's many bridges or across the river at Varvparken to watch as the sky explodes in vibrant colours at the stroke of **midnight on New Year's Eve**. Need help staying up? The many restaurants and bars around town provide special menus all night long!

More stuff around town!

Language café



Welcome to hang out and speak Swedish at Umeå City Library! It is free to participate.

Meet people, learn something new, practice Swedish and have coffee. Everyone is welcome, whether you are new to Sweden or have lived here for a long time.

Time: Tuesdays at 5:30 PM – 7:00 PM
 Read more [HERE](#)

Christmas markets abound!

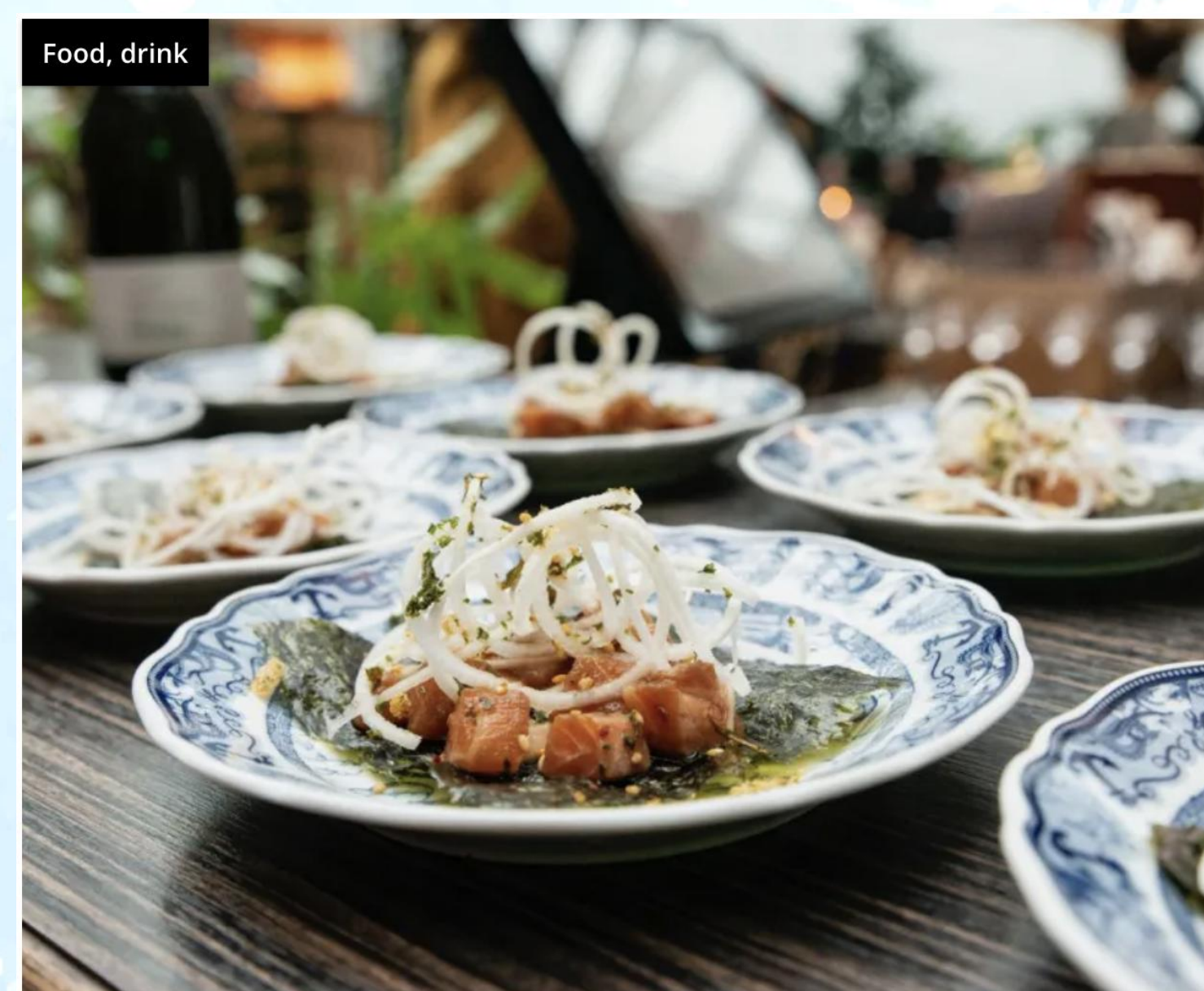
Throughout November and December, numerous Christmas markets are set up around Umeå and Västerbotten. On Dec 6, choose between the markets of Pilgatan, Bildmusset, Umåker or Olofsfors. On Dec 7, Brännland also opens its doors for the day. Froslanda and Vindeln invite you over for more festivities the next weekend, on Dec 13 and 14. The final market for the season is on Dec 20 at Sjungaregården in Granö. Read more [HERE](#)



Umeå for Foodies

Taste walk with stops at various eateries in central Umeå. Take a walk in the center of Umeå and visit some of the city's nicest eateries. At each place you get a taste of something delicious and have the opportunity to buy a drink of your choice.

Dec 6 2025: 12:00 - 16:00
 Jan 17 2026: 12.00 – 16.00 or 13:00 - 22:00
 Jan 21 2026: 18.00 – 21.00
 Read more [HERE](#)



Christmas cinema

It might sound counter-intuitive to be sat down in open -15°C air in the middle of town to watch a bunch of movies for children, but this is a well-beloved tradition here in Umeå. Just be sure to be in your warmest attire to Rådhusstorget on Dec 20, from 15.00!



I Puritani

Fans of the Opera, this one's for you. Vincenzo Bellini created his final opera – a brilliant example of the beauty and drama of the bel canto tradition. The work was written for four of the leading singers of its time. On Jan 10, from 19.00 to 22.45, it is the turn of the stars of our time to interpret these works at Folkets Hus.



Here is a list of websites where you can find more such events:



Visit Umeå [link](#) Folkets bio [link](#) Biljett centrum [link](#) Norrland opera [link](#)
 Allt om Västerbotten [link](#) Umeåregionens bibliotek [link](#) Filmstaden [link](#)

Have the urge to do more?

Answer this call!

We are always looking for active members in the society. To become involved in the organisation of exciting events, conferences, social events, or to simply be apart in the functioning of the society, contact us via any of our channels.

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umeapostdocs.com



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Umeå Postdoc Society



@umupostdoc



Umeå Postdoc Society (UPS)

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