



UPS General Meeting

You are welcome to join our general meeting where you have an opportunity to meet us and connect with us in person! If you would like to get involved as an active member of UPS, then it is the perfect opportunity to learn more about the offices and tasks. You can discuss with the existing office members how to manage responsibilities and the time investment required. Fika will be served!

Venue: Glasburen (in front of KBC cafe)

Date: Monday 24th November

Time: 16:00 – 17:00

Social events by postdocs for postdocs

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

A successful Quiz Hike along with the PhD Studentkår at Gammlia skogen, despite Umeå weather! Happy faces, and winners got a well deserved sugar rush!

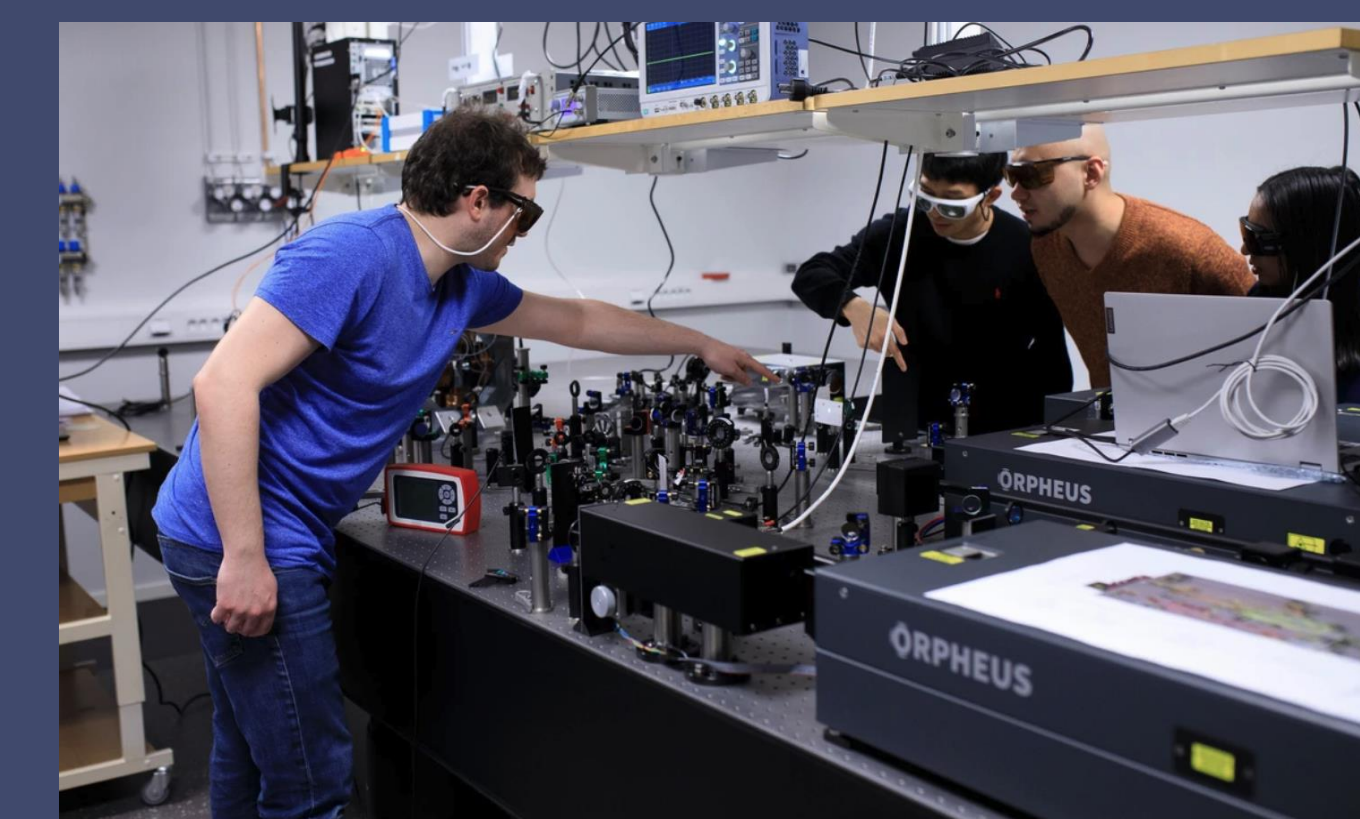


Research highlights



Today's digital technology is both energy-hungry and approaching its speed limits. Supported by the Marie Skłodowska-Curie Actions programme, Ben Johns will explore whether light can replace electricity – potentially paving the way for faster, more energy-efficient computers. The project focuses on so-called polaritons, hybrid particles that are half-light and half-matter, which are promising for optical technologies.

If successful, the research could lead to optical switches that make computers much faster than today's devices – and eventually open doors to entirely new forms of quantum and light-based information technology.



What's Happening on Campus



Fika efter en forskare

Listen to talks from faculty members on their favourite topics and have fika whilst you're at it! Very popular talks happening on certain Saturdays at Väven, the final talk of this fall on Nov 15, 13.00. You can also follow the lectures online at umu.se/live. More information [HERE](#)

KBC Days 2025

KBC Days will be back this year on 11th and 12th November. The scientific theme for this year's event will be "Bridging Scales: from Quantum to Cosmos", providing a framework for discussions on different scales of scientific research and interpreting and using research results across scales and dimensions. More information [HERE](#)




INVITES YOU TO A NEW
Pub Night
THURSDAY, NOVEMBER 13, 18h
LION BAR
Storgatan 55
PLEASE REGISTER HERE: 

Pub Night

The UPS Social Events Office invites you to Pub Night, the event where you can meet others and have nice food and drink after work.

Date: Thursday 13 November 2025

Time: 18.00



Venue: Umeå

CONTACT: Katerina at katerina.cervena@umu.se
(+46 722267698)

If you are joining, please fill out the form [HERE](#)



More about these events:
Life Science Pub [HERE](#)
House Breakfast & Seminar [HERE](#)

13 NOV 	27 NOV 
Life Science Pub Save the Date November 13 2025 16:00 - 22:00 Orangeriet Boule & Bistro	House Breakfast & Seminar – Nil Medical November 27 2025 8:15 - 9:00 Conference room 'Skogen', Umeå Biotech Incubator

UPS Språkcafé

After a successful first meeting on Oct10, we have the next dates for UPS Språkcafé, made possible with assistance from Institutionen för Språkstudier. Sessions are on Fridays with the following dates and times.

31 October 13:00 - 14:00 (week 44)

7 November 9:00 - 10:00 (week 45)

14 November 9:00 - 10:00 (week 46)

28 November 13:00 - 14:00 (week 48)

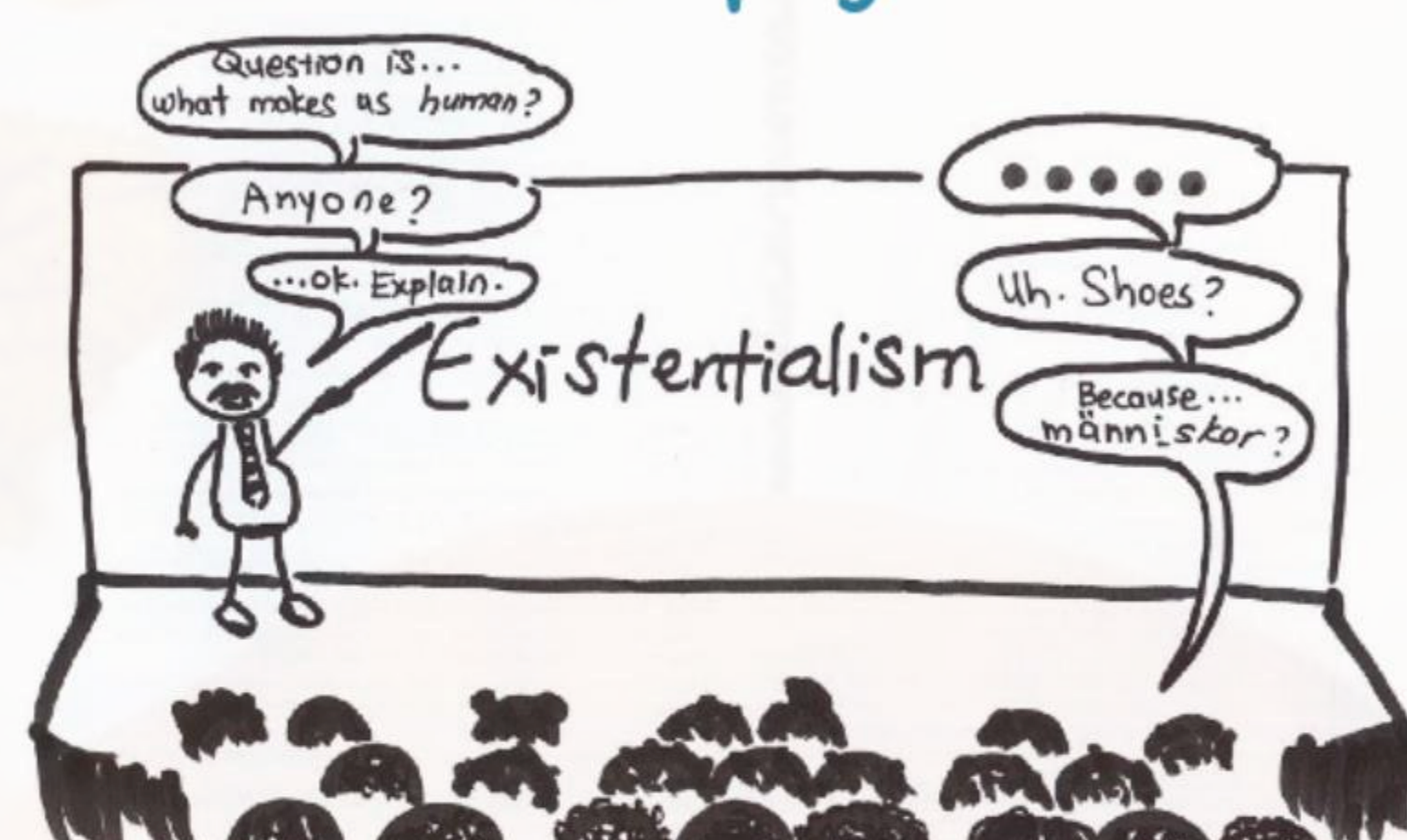
Venue: Galaxen Sirius, Universum

CONTACT: Najat Dzaki
najat.dzaki@umu.se

Register [HERE](#)



Intrusive Swedish-isms during... Philosophy101



Have more intrusive thoughts?
Want to talk about it?

UPS SPRÅKCAFÉ
It's the support system you need

Science lunches at Curiosum

Read more [HERE](#)



Conferences

Snow, Climate and Culture in a Time of Change

Mon 17 NOV | Monday 17 November, 2025
at 13:00 - 14:30
HUM.D.220 - Hjortronlandet

What does snow mean in an era of climate change? How has it shaped our societies, our culture, and our understanding of nature – and what happens when it disappears?

Register before 13 November [HERE](#)

Northfood: Plant Science for Change

Read more about Northfood [HERE](#)
Register before Nov 03 [HERE](#)

Mon 10 NOV | Monday 10 November, 2025
at 08:30 - 16:30
P5 conference center, Väven

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](#)

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](#)



Seminar Series

MedChem Seminar Series

Nov 06 - [Annalisa Pastore](#), King's College London, UK.
Nov 18 - [Björn Forsberg](#), Linköping University, Sweden.
Nov 25 - [Ellen Bushell](#), Umeå University, Sweden.

15:15 in KB.E3.01 (Lilla hörsalen, 3rd floor, KBC-building)

Humlab Talks

Humlab Talk provides an arena for discussing research issues, technical solutions and ideas from different disciplines in an in-depth and prestige free way.

Read more [HERE](#)

Wed
19
NOV
Humlab Talk: Fanfiction as Data
⌚ 13:15 - 14:45
📍 Humlab / Zoom
LECTURE. With Anastasia Glawion

Mon
24
NOV
Inuit and Sámi women's environmental engagement
⌚ 13:15 - 14:45
📍 Humlab
LECTURE. With Laëtitia Marc

Breakfast - a food and meal summit

Are you hungry for conversations about food and meals? Welcome to Breakfast – a seminar where discussions about food, meals and opportunities for collaboration are at the centre.

Breakfast will be served from 07:45
Friday 21 November 2025 Time: 8.00 – 9.00
Venue: Teacher Education Building, Floor 3

Read more and register [HERE](#)



#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](#)



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.

Umeå European Film Festival (UEFF)



The 12th edition of UEFF will be taking place from **25 - 30 November**.

UEFF brightens up the autumn darkness! During the days, films from all corners of Europe are screened: documentaries, short films and feature films. Quizzes, live music, sing-alongs and conversations with filmmakers and industry professionals.

Check out the [website](#) for more information.

Umeå Jazz Studio

Live Jazz on thursdays **30 Oct – 11 Dec**

This fall, the program includes Rigmor Gustafsson, Oddjob, Malin Wättring, Johan Lindström, Sara Aldén, Karin Hammar, Jacob Karlzon, local jazz heroes and many, many more.

Music from 8:00 PM but from 7:00 PM there is the opportunity to buy something to eat and drink.

Learn more [HERE](#)



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](#)

Participate in a vegetarian cooking group!

Here you have the opportunity to learn to cook a vegetarian dish or bake together with others. The group decides together what to cook for each occasion. The idea is to learn from each other, socialize and speak everyday Swedish.

Location: Umeå City Library, Väven, floor 4
Starting Monday 10 November 16.00-18.30

Read more [HERE](#)

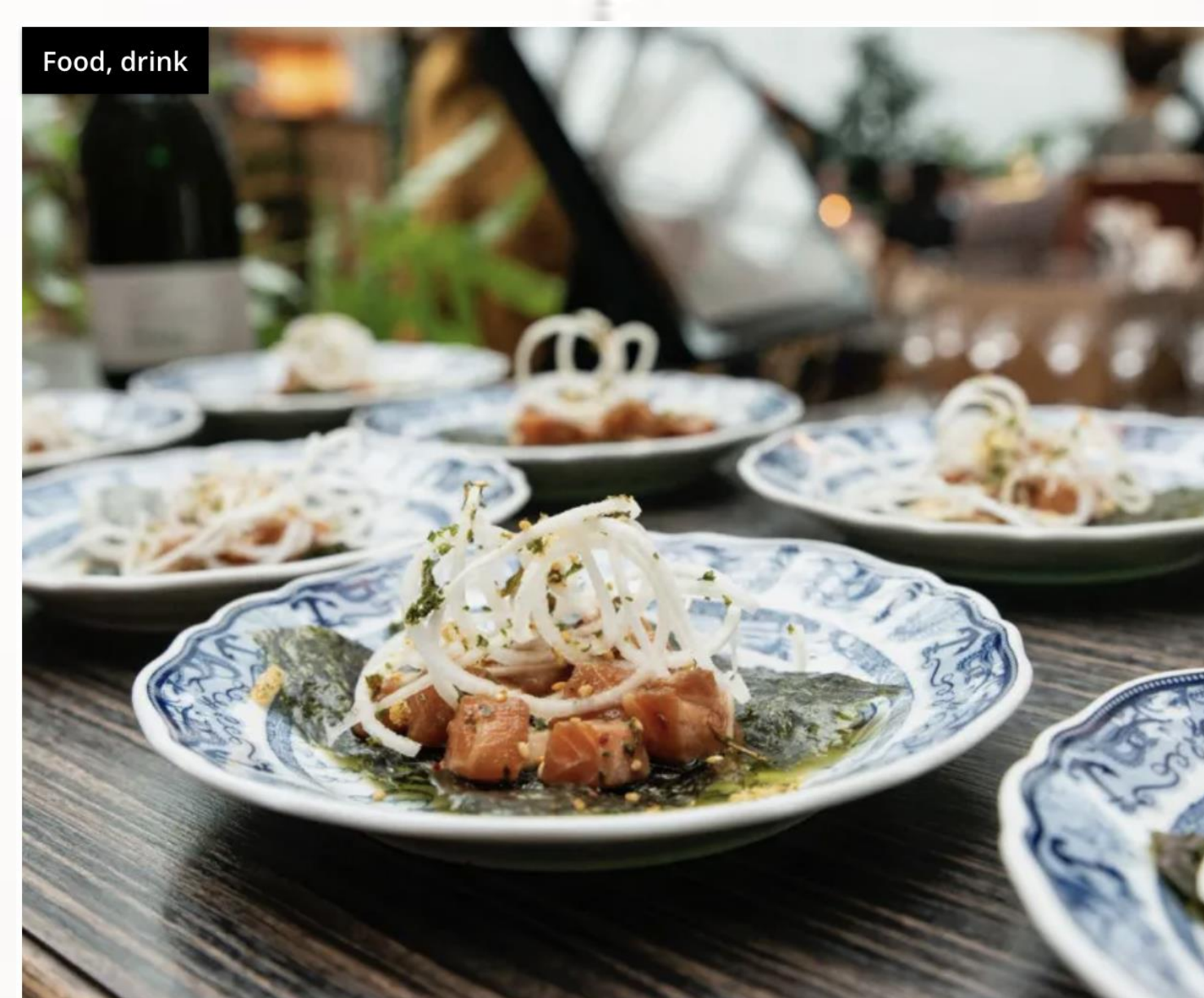
Cooking and everyday Swedish



Umeå taste walk

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.

Saturday 8 Nov 2025: 12:00 - 16:00
Thursday 13 Nov 2025: 12:00 - 16:00
Saturday 22 Nov 2025: 12:00 - 16:00
Read more [HERE](#)

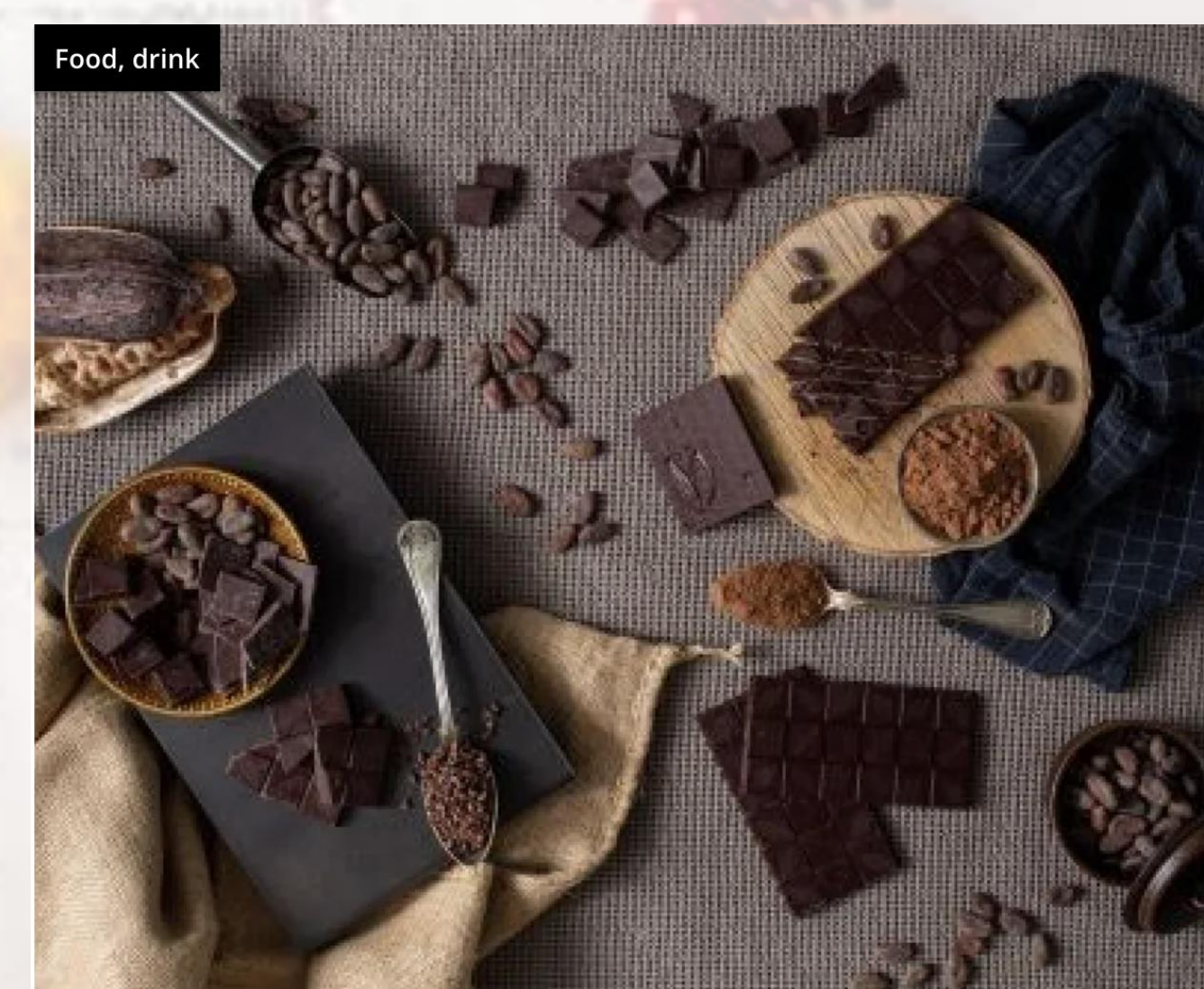


Liqueur & Chocolate Tasting

How science meets chocolate craftsmanship in a tasty evening! Try chocolate in combination with Norrland liqueur and learn about the chemistry of chocolate and sustainable production. The evening is rounded off with dinner at Hotel Botnia.

Nov 14, 2025 5:00 PM - 8:00 PM

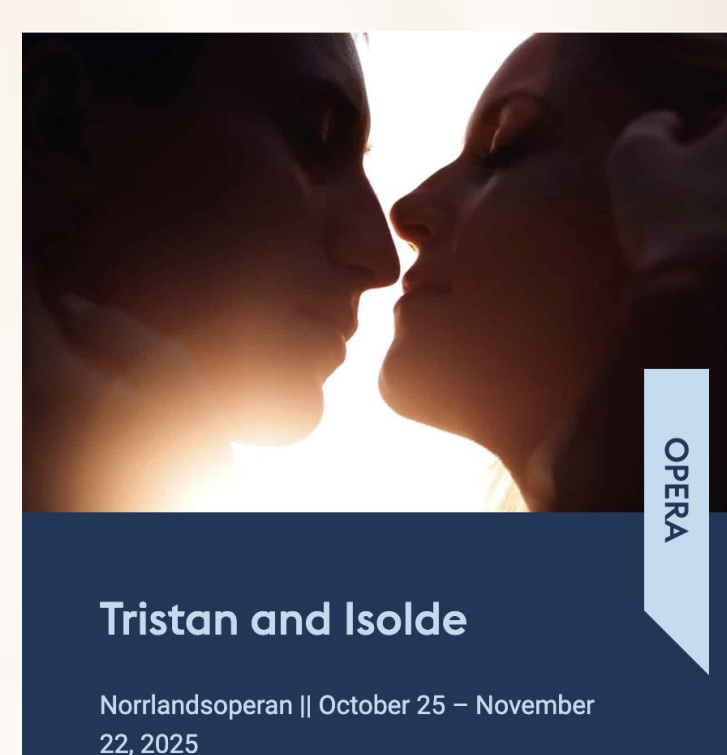
Read more [HERE](#)



Tristan & Isolde

Richard Wagner's love delirium Tristan & Isolde at Norrland Opera! The work has horrified moralists and captivated audiences for almost 160 years. Don't miss this year's cultural event. Read more [HERE](#)

Norrlandsoperan || October 25 – November 22, 2025



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

visit
umeå!

NO

biljett
centrum

allt om
VÄSTERBOTTEN.se

Filmstaden

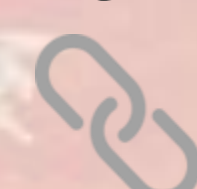
Visit Umeå [link](#) Folkets bio [link](#) Biljett centrum [link](#) Norrland opera [link](#)
Allt om Västerbotten [link](#) Umeåregionens bibliotek [link](#) Filmstaden [link](#)

New term – New activities!

Recruitment

We are always looking for active members in the society! If you want to be involved in the organisation of events, conferences, social events or in the functioning of the society, contact us via any of our channels.

Follow us



umeapostdocs.com



@umeapostdocsociety.bsky.social



Umeå Postdoc Society



@umupostdoc



Umeå Postdoc Society (UPS)

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](#)