

## 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. Most importantly, you can discuss with the existing office members how to manage responsibilities and the time investment required.

**Venue: Glasburen (in front of KBC cafe)**  
**Date: Monday 29<sup>th</sup> September**  
**Time: 16:00 – 17:00**



## Celebrate UmePride!

Umeå's celebrated annual Pride Parade returns for 2025. The parade will take place on **27th September**, departing from **Döblen's Park** at **12:00**. Events go on throughout the weekend of 26th to 28th of September. [Visit here](#) to see all the events happening!

## Postdocs spotted having fun at retreat in Lycksele

On the weekend of 6th – 7th of September around 40 Postdocs of Umeå and SLUPA (SLU postdoc association) were spotted on a **Postdoc Retreat** at First Camp Ansia in Lycksele, where they appeared to be taking a break from working. They were instead found to be completing challenges, networking, hanging out, and having fun.

The fun began with a **Networking Session**, in which participants got to know each other better by designing films, games, or products based on their combined fields of research. The resulting 'creations' were both imaginative and hilarious, and should definitely be considered as career alternatives if academia does not work out.

This was followed by a **Team-Building Scavenger Hunt**, in which everyone had to look for clues while trying not to get lost in the wilderness that is First Camp Ansia. These clues included instructions which had to be interpreted to make art pieces out of leaves, pine cones, sticks, pebbles, and whatever else had been collected while out looking for the clues (it is amazing what postdocs can scavenge when out and about). The resulting art works demonstrated that despite years of suffering and turmoil in academia, postdocs still retain some degree of creativity and artistic skill.



A **Discussion Session for Postdoc Issues** was held the following day. This session provided an opportunity for postdocs to get things off their chest and voice their concerns. Because postdocs like complaining and are very good at it, a decision was taken to end the session with positive postdoc experiences, of which it turns out there are many (and not all of them have to do with fika).

It had been planned to visit the zoo in Lycksele on the second day of the retreat, but this was not possible due to the poor weather. A complaint has been submitted to the retreat organising committee for not being able to control the weather on the day and allowing it to rain!



The postdocs have since been rounded up and sent back to Umeå, where they have resumed their work. Greater efforts will clearly be needed to stop them escaping from their postdoc duties and going on a retreat again next year.

**Thank you to everyone who joined and provided feedback about the retreat — and to all who helped make it such a success!**

Warm regards,  
**The Umeå Postdoc Society & SLUPA**



## 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 first being on the 20<sup>th</sup> of September. More information [here](#). Talks are mostly in Swedish.



### Seminar with Nobel Prize laureate Emmanuelle Charpentier

Emmanuelle Charpentier is making a long-awaited visit to her home university. Join a lively discussion on **Friday 26th September** at **Aula Nordica** about the importance of research and researchers in society, the future of the CRISPR-Cas9 gene editing tool, and what it's really like to be awarded a Nobel Prize. More information and registration [here](#).



### SLU Day in Umeå

On **Saturday 11th October** from 11:00 to 15:00 SLU Umeå opens its doors for a day of activities for all ages. See the [website](#) for more information.



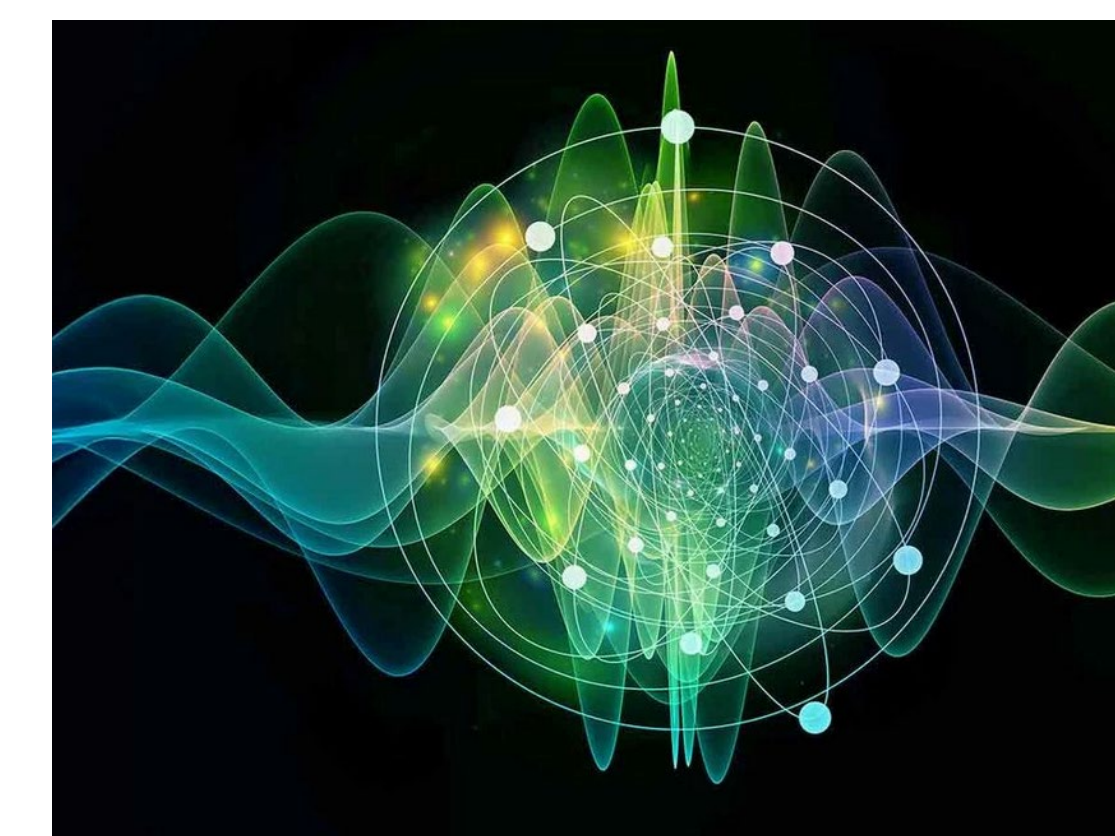
### Annual Celebration Lectures

During the morning of **18th October** honorary doctors, professors and scientific award recipients of Umeå University will give public lectures. Each lecture is 20 minutes with a 10-minute pause in between. Refreshments will be served. More information is available on the [website](#).



### 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. **Register before 28th October** on the [website](#).



### Resources for Resolving Postdoc Issues

Having difficulty opening a bank account? Think your residency application is taking too long? You may be able to get help with such issues.

**SOLVIT** is an informal problem-solving network of the European Commission and the member states of the EU/EEA. It is free of charge, but available only to those who are citizens of other EU member states (including Norway, Iceland, and Liechtenstein)

**Your Europe-Advice** is a free advisory service provided by legal experts for issues regarding living, working, studying, shopping, travelling and doing business in the EU. Open to everyone who is working or studying in an EU country (including Sweden).

If you are aware of any other resources that could help fellow postdocs, do let us know and we can add them to the list!



## Events in Umeå

Living in Umeå, you can experience a variety of vibrant festivals and exciting events, ranging from music and theatre to dance and sports. Here we have gathered some events in Umeå this autumn that you may be interested in!

### Asiatiska Filmfestivalen (Asian Filmfestival)



As part of Asiatiska Filmfestivalen there will be 3 films to experience at **Folkets Bio** in Umeå on **Sunday 12th October**. All films have English subtitles. Festival passes can be purchased from the cashier at Folkets Bio. Dinner is included in the price. Tickets for individual films can be purchased here on the [Asiatiska Filmfestivalen website](#) or from the cashier at Folkets Bio. Be sure to check out other films at Folkets Bio [HERE](#)

### SEASIDE SERENDIPITY | 海辺へ行く道 | Japan

14-year-old Sosuke and his friends are busy this summer with art projects. They live in a little seaside town which welcomes artists of all sorts and where odd incidents occur. Here, quirky children dive headfirst into challenges that are given to them while eccentric adults are entangled in secrets and lies. The town itself, in constant motion like the reflection of the sun on the ocean, is like the Seaside Serendipity is a collection of colourful vignettes that illustrates the many nuances of life with a bright imagination and wit. A feel-good movie with much warmth and kindness.



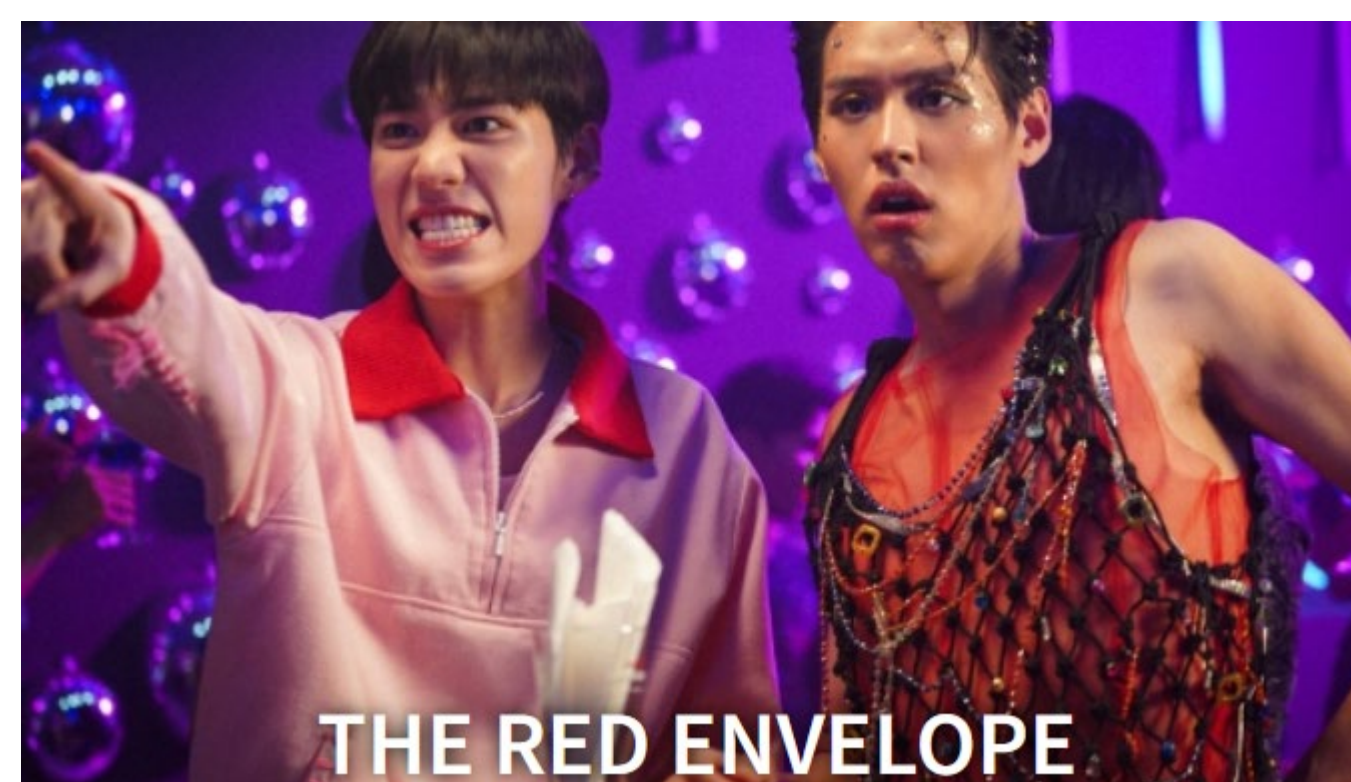
### ABOUT FAMILY | 대가족 | South Korea



Moo-ok owns a famous dumpling shop in central Seoul with long lines of customers, but is a devastated man. His only son Moon-seok, whom he hoped would inherit the family legacy, has become a revered Buddhist monk. One day, two young kids come by the restaurant and claim Moon-seok is their father. Penny-pinching, lonely and grumpy Moo-ok suddenly starts to enjoy happiness like never before.

### THE RED ENVELOPE | ซองแดงแดงผี | Thailand

Menn is an incompetent police informer who clings to outdated views. Fate will play a trick on him when he accidentally picks up a mysterious red envelope, cursing him with nonstop misfortune. He has no choice: he has to marry a ghost. And not just any ghost, but Titi: an unapologetically young gay man.



### Umeå Filmfestival (UEFF)

The 12th edition of Umeå Filmfestival will be taking place from **25 - 30 November**. Includes film quizzes, live music, and discussions with filmmakers. Check out the [website](#) for more information and to keep updated.



## Gourmet City

See what culinary delights Umeå has to offer this autumn!

### Bondens egen marknad (Farmer's own market)

Takes place by **Vänortsparken** (the park in front of Elite Hotel Mimer) every **Saturday** until the 4th of October. [Visit here](#) for more information.



### Umeå Smakpromenad (Gourmand's Promenade)

Walk around the city and have a taste of what the six restaurants around town have to offer. The first of three takes place on the 20th of September. More information [here](#). Tickets need to be purchased prior to the event.

### Afternoon Tea

For those who wish to treat themselves to a fantastic afternoon tea at **Kulturbageriet, Väven**. One of the best bakeries within Umeå. Tickets for sale for certain dates, all **Sundays**, beginning on the 21st of September. More information [here](#).



### Anyone fancy a good laugh?

#### Carl Stanley – Ursäkta min skånska

Stand-up comedy show by the hilarious Carl Stanley, in Skånsk Swedish. Takes place on the **2nd of October**, 7.30pm at **Idun, Umeå Folkets Hus**. Get your tickets [here](#).



#### Victor Patrascan – Stand-up comedy in broken English

Comedian and social commentator from Romania. That alone says something. One of the best around, on his extended tour across anywhere and everywhere that will have him – although he's banned from Georgia. Get your tickets for his shows on the **4th of October** at **Curiosum** [here](#).

## 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](https://umeapostdocs.com)



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Umeå Postdoc Society



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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](#)