

UPS General Assembly!

Join us on **Thursday, June 5th at 16:00** in KBC for the **UPS General Assembly**, where we'll be **electing our next President and Vice President** — continuing the great work of our outgoing President, Madhu.

Over the past year, UPS has seen big changes, with several active members moving on. Now, we're ready to revitalize the society and make it stronger, more active, and more welcoming for all postdocs in Umeå.

And that's where you come in!

Whether you're bursting with ideas or just looking for a way to get more involved, this is your chance to join a motivated, supportive team and help shape the future of UPS.

We can't wait to see you there!

Venue: Glasburen (in front of KBC cafe)

Date: Thursday, June 5th

Time: 16-17

Social events

PhD & Postdoc Family friendly Walk & Picnic

Come join us on a walk over Lundabron towards Böleholmarna! This is the first (of hopefully many) joint event between Umeå Postdoc Society and Umeå PhD Studentkår. It should be a leisurely stroll with a picnic/bathing spot at the end, so bring your kids, some good food, a smile, and let's have a relaxing time together in the late spring weather!

Date: Sunday, June 14th

Time: 10:45

Venue: Rådhusparken

WHAT TO BRING: comfy clothes, food, water, fika, a smile, camera, and a cushion to sit on.

CONTACT: Najat or Madhu

najat.dzaki@umu.se

madhusree.mitra@umu.se

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



UMEÅ POSTDOC SOCIETY NTK UMEÅ STUDENTKÅR FOR STUDENTS SINCE 1947 M UMEÅ POSTDOC SOCIETY SLUPA

presents our first joint

PhD & Postdoc Family Walk & Picnic at Böleholmarna

Saturday, 14th June
10:45am onwards
Meet-up point:
Rådhusparken

Open to all!
Kids & strollers especially welcomed
Get your picnic kits ready & register here:

SCAN ME



The Postdoc day went great despite a few date changes!

On rainy 23rd of May Postdocs of Umeå and SLUPA (SLU postdoc association) celebrated a vibrant and well-attended **Postdoc Day** at Kårhuset Origo — a day filled with inspiration, laughter, and connection.

We started with a lively round of **Scientific Bingo** to wake up our minds and break the ice. A guest from **Migrationsverket** shared valuable updates and answered questions about visas and permanent residency. Creativity and teamwork took center stage in the **Engineering Challenge**, where teams built impressive (and occasionally wobbly!) towers from pasta and marshmallows.



A **Stress Management Seminar** led by a certified psychologist offered practical strategies for navigating the challenges of postdoc life. Throughout the day, participants enjoyed **tasty food**, **energizing fika**, and a variety of **prize-winning activities**.

Most importantly, postdocs had the chance to **mingle, share experiences**, and leave feeling more connected and supported in our unique journeys.



Thank you to everyone who joined — and to all who helped make this day such a success!

Warm regards,

The Umeå Postdoc Society & SLUPA

Celebrate the National Day of Sweden in Umeå!



Grab your Swedish flag, head out into the sunshine, and join the celebration—it's National Day!

You are welcome to celebrate the National Day of Sweden at **Döbelns park in Umeå at 12:00-13:00**. There will be music by various artists as well as speeches. In Swedish, but maybe a bit of learning.



Long Weekend at Curiosum – June 6

Celebrate the holiday with a full day of hands-on fun at Curiosum, 10:00–17:00! Enjoy super soap bubbles in the Chemistry Lab, program robots in the Technology Lab, explore immersive films in Wisdome Umeå, and try activities like Bibot programming, stop motion, origami, and more. Free entry for all children up to 19! Snacks available at café Nyfiket or bring your own. Full program at curiosum.umu.se.

Join us for Midsommar at Gammlia!



Midsummer is one of Sweden's most beloved holidays, celebrating the summer solstice with flower crowns, dancing around the maypole, and traditional foods like herring and strawberries. It's a joyful day of light, nature, and gathering with friends and family—often well into the bright Nordic night.

Many of us will be sitting on a grass in Gammlia during Midsummer. Join us!

Friday, 20th of June

See the schedule of events [HERE](#)

Try canoeing at Nydala with Umea Kanotklubb!

Saturdays Mornings Paddling with UKK

Become a member at *Umea Kanotklubb* Paddle any kayak or canoe. A UKK guide will be there to help beginners and those curious about wing paddling. Book a kayak from the club in advance **Be ready by 08:30**—launch at **09:00 sharp**.

Languages spoken: English, Finnish, and Swedish.

Contact:

utbildning@umeakanotklubb.se

Dance the whole summer in Gammlia!

The season of the social dance evenings are open!

You don't need to have any previous experience in dancing!

Come to Gammlia dance hall and learn to dance with locals and maybe make a few new friends!

Time: 6pm-9pm



Schedule:

Mon, June 9th	Salsa	Fri, July 18th	Bachata
Wed, June 11th	Lindy Hop	Mon, July 21st	Salsa
Thu, June 12th	Bugg and Fox	Thu, July 24th	Squaredance
Friday, June 13th	Bachata	Mon, July 28th	Salsa
Sun, June 15th	Kizomba	Thu, July 31st	Bugg and Fox
Mon, June 16th	Salsa	Sun, August 3rd	Kizomba
Tue, June 19th	Squaredance	Mon, August 4th	Salsa
Thu, June 19th	Kizomba	Thu, August 7th	Bachata
Mon, June 23rd	Salsa	Sat, August 9th	Kizomba
Thu, June 26	Bugg and Fox	Mon, August 11th	Salsa
Fri, June 27th	Linedance	Thu, August 14th	Bugg and Fox
Sunday, June 29th	Bachata	Sat, August 16th	Kizomba
Mon, June 30th	Salsa	Mon, August 18th	Salsa
Thu, July 3rd	Bachata	Thu, August 21st	Linedance
Mon, July 7th	Salsa	Fri, August 22nd	Bachata
Thu, July 10th	Linedance	Sat, August 23rd	Kizomba
Mon, July 14th	Salsa	Mon, August 25th	Salsa
Thu, July 17th	Bugg and Fox	Thu, August 28th	Bugg and Fox

