



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: KBG201
Date: Monday 23rd March
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.



INVITES YOU TO A NEW

Pub Night

THURSDAY, MARCH 19, 18h

LION BAR

Storgatan 55



UPS 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 19 March 2026
Time: 18.00
Venue: Lion Bar, Umeå

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

UPS Språkcafé

Språkcafé will be restarting on March 2nd and will continue every week afterwards, same place, same time. Anyone who wants to brush up on their Swedish skills, no matter at what level you think you stand on, come over!

Date: Every Monday
Time: 16.00-17.00
Venue: KBC Café

CONTACT: Najat Dzaki
najat.dzaki@umu.se

No registrations necessary.

UPS Winter Hike

UPS invites you to enjoy the spring-winter sun at the sea! This time, we explore Strömbäck Kont's Naturreservat on Saturday, 14 March 2026. Check out the hiking trail [HERE](#).

WE MEET: Saturday, 14 March, 8.50 am at Vasaplan, platform M. Please buy yourself a ticket. The single ticket price is 58 SEK via the tabussen app.

WHAT TO BRING: Hiking/robust boots, warm clothes (check the weather forecast), water, food (for BBQ if you want), fika, a smile, camera, blanket or cushion to sit on.

CONTACT: Betka and Anton
alzbeta.kuizova@umu.se +46703295791
anton.kirch@umu.se +46730646996

For more information and to register, please fill out the form [HERE](#).

Find more stuff around town!

[Visit Umeå](#) [Biljett Centrum](#) [Filmstaden](#) [Folkets Bio](#) [Norrländ Opera](#)
[Umeåregionens Bibliotek](#) [Allt om Västerbotten](#)

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.

umeapostdocs.com

[@umeapostdocsociety.bsky.social](https://twitter.com/umeapostdocsociety)

[Umeå Postdoc Society](https://www.linkedin.com/company/umeapostdocsociety)

[@umupostdoc](https://www.instagram.com/umupostdoc)

[Umeå Postdoc Society \(UPS\)](https://www.whatsapp.com/channel/00299a60000000000000)

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

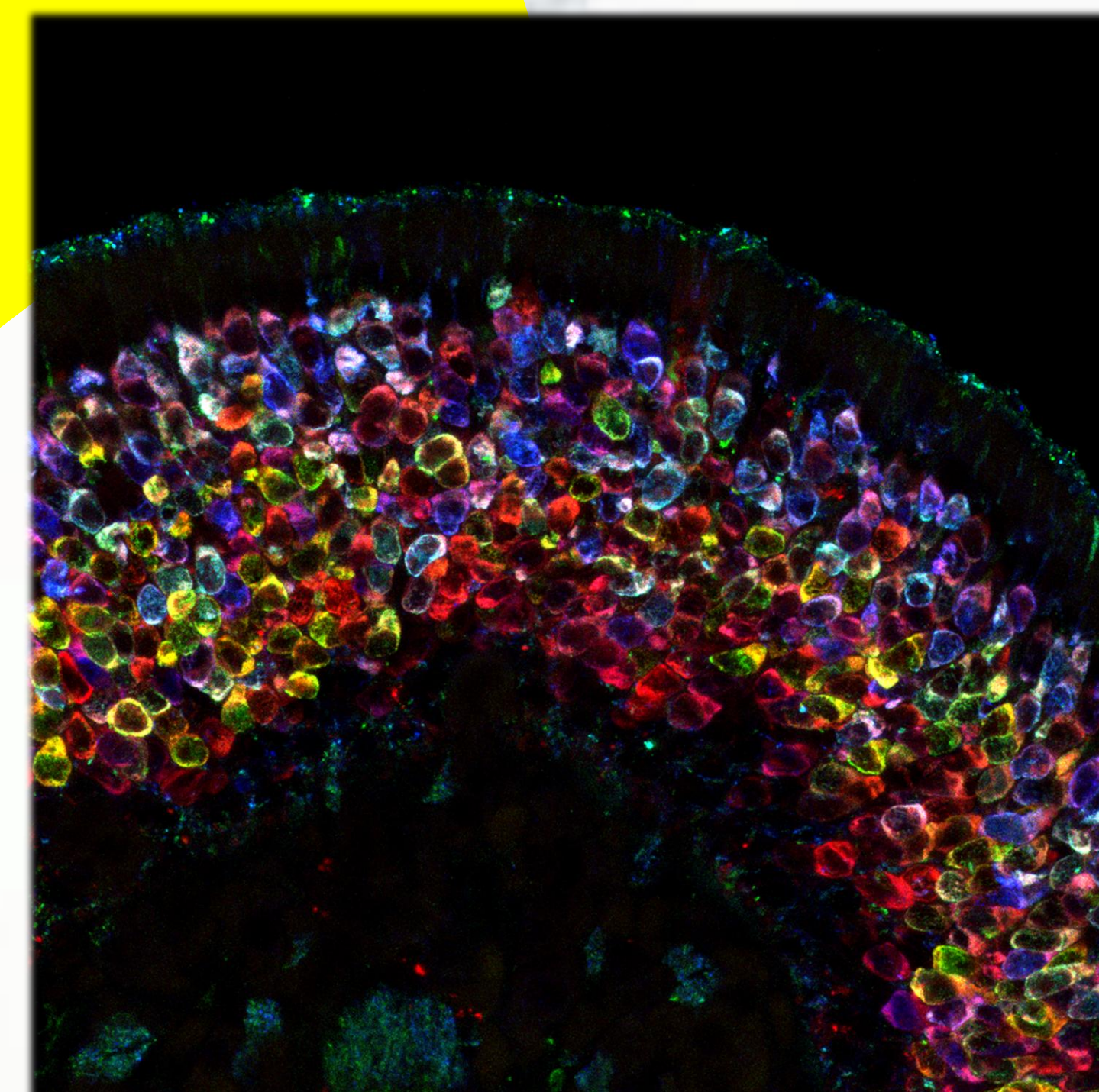
The content of the newsletter is intended to facilitate and support Postdocs at UMU and SLU by focusing on relevant activities.

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

Research highlights – Keshi Chung

It's supposed to be science. Biology, to be specific. We're supposed to be studying the development and maturation of the olfactory sensory neurons (the cells in your nose that are responsible for your sense of smell). But sometimes it feels more like art. It takes several weeks to prepare, from obtaining and processing the tissue samples to sectioning them into really thin slices, and then finally staining with antibodies and imaging them on the microscope. So much time and energy has already been invested in this experiment. We can't stop now. We must see what the result is!

I look at the final result (usually a microscopy image) and I just want to print out a large copy and hang it up on my wall. Doesn't it look so pretty? All of those brightly labelled, colourful cells. What does it all mean? Unfortunately, it often means that my experiment has not worked. Something is not quite right. In fact, it shouldn't look like that at all! The experiment is a failure. Those hours have been wasted. I must now decide if I need to figure out what went wrong and why, or abandon it and move on. But strangely enough I don't feel too bad about it. I look again at the image. How can something that is a "failure" look so beautiful? I still want to hang it on my wall.



Pint of Science 2026

PINT OF SCIENCE is around the corner, where scientists (from all backgrounds) present their research in a local pub.

No scientific jargon, just great storytelling, humor and fun!

We're on the lookout for ~10 enthusiastic speakers to bring science to life in the most fun and engaging way possible! A chance to ditch PowerPoints and use props, stories, and humor to make science the star of the show ★

REGISTER: [HERE](#) CONTACT: Preeti Moar (+46700252629)
preeti.moar@umu.se



Career Development events by postdocs for postdocs

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

Grant Writing & Evaluation Workshop

As a continuation of this series, we invite MSCA postdoctoral fellowship aspirants to a seminar on March 11. Look out for emails from UPS for more information and dates in this series!

In anticipation for **International Women's Day**, we're excited to invite everyone to discuss the barriers and minority stresses faced by women and under-represented groups in STEM. 6th March 16.00 at KBC Glasburen and zoom. Register is [HERE](#).

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](#)