



Schedule – Welcome Week 2026

Sunday 30/8 – "Fika" and campus tour

Time: 15.00-18.00

Location: The Student Union House, Barrskogsgränd 10

Food: Sweet cookies and cakes

Drinks: Juice and coffee will be served

We will open the doors to our Student Union House to welcome you to Umeå and "Skogis". We, the welcome coordinators and mentors, will introduce ourselves and give you information about the upcoming week. You will get the chance to meet your new classmates and become familiar with the campus area in Umeå. We will walk together to the SLU building and show you where Monday's roll call will take place!

Monday 31/8 – Get to know your team

Time: 17.00-23.00

Location: The Student Union House, Barrskogsgränd 10

Food: Tacos

Drinks: Sold at the Student Union House (remember to bring ID!)

On Monday, all the new students will be divided into different teams. These teams will compete against each other at several points during the week, in both more and less conventional challenges! In your teams, you will create a flag and a mascot, and maybe even a chant? Each team will have a few mentors who will guide you through the week. We will eat tacos together and check in on how your first day in your new life has been.

Tuesday 1/9 – Bog rugby and sauna

Time: 16.00-23.00

Location: We will meet at the Student Union House and walk together to the bog by Kinabron.

Food: Hot dogs

Drinks: Bring your own drink of choice

It is time to introduce you to some classic "Skogis" traditions, starting with the famous bog rugby at Nydala. Wear clothes that can get dirty and be prepared to get wet. After the bog rugby, we will head back to the Student Union House, change into swimwear and go into the sauna! We will grill hot dogs together outside the sauna. A good tip is to bring a dry change of clothes that can handle a little barbeque smoke!



Wednesday 2/9 – Hangout at the Student Union House

Time: 18.30-21.30

Location: The Student Union House, Barrskogsgränd 10

Food: Sandwiches

Drinks: Juice and coffee will be served. Today, we are skipping the alcohol!

After yesterday's activity, we will take it a bit easier on Wednesday. We will hang out and continue getting to know each other at the Student Union House through board games and maybe a quiz! We will also try to mix up the groups a little so that you get to meet people from the other teams.

Thursday 3/9 – Thursday Pub

Time: 17.00-23.00

Location: The Student Union House, Barrskogsgränd 10

Food: Soup and pancakes

Drinks: Sold at the bar. Remember to bring ID!

On Thursdays during most of the academic year, Thursday pubs are held at our Student Union House, one of the strongest student traditions in the university city of Umeå. During autumn, the queue winds long outside as people wait to enjoy good food and drinks in what we, and many others, consider to be Umeå's coziest student union house. This Thursday, the pub will be open for only you new students, and we student mentors will try to teach you all the tricks we know! Where is the Skogis queue? How do you avoid the queue to the bar? What is the big golden bell in the bar for, and why are there two white skis hanging there? Maybe we will even start some karaoke, who will sing?

Friday 4/9 – Soap football and barbecue

Time: 17.00-23.00

Location: We will meet at the Student Union House and then walk to the campus lawns.

Food: Hamburgers

Drinks: Bring your own drink of choice

We will try to prepare you for the icy roads of Västerbotten with a game of soap football down on the campus lawns. Wear clothes that can get dirty! For every item of clothing that the team members wear in their team color, extra points will be awarded – hopefully you have unpacked your moving boxes! After the game, we will grill and hang out outside the Student Union House.



Saturday 5/9 – The big Scavenger Hunt and Party

Morning time: 10.00-15.00

Evening time: The mentors will inform you of the time. We meet at the Student Union House at 20.30 and continue until sunrise.

Location: Student Union House, Barrskogsgränd 10

Food: Provided during the pre-party

Drinks: Bring your own drink for the pre-party. Drinks will be sold at the bar in the evening. Remember to bring ID and remember that no alcohol may be brought into the Student Union House.

Remember: The theme for tonight's party is neon.

The final push in the team competition! During the morning, you will get the chance to collect points for your teams while also getting to know both Umeå and your team mates a little better through a classic scavenger hunt.

Later in the evening, your mentors will organize a pre-party before it is time to head to the Student Union House for the neon party! We will start the evening by revealing which team has won the week's team competition. Wear clothes that are suitable for both indoors and outdoors.

Sunday 6/9 – brunch at the Student Union House

Time: 12.00-15.00

Location: The Student Union House, Barrskogsgränd 10

We will have brunch together and talk about how the week has been. We will make sure that you feel fully ready for the autumn semester at SLU.