Welcome Letter 2024

Mid Sweden University, Sundsvall



FOLLOW US ON SOCIAL MEDIA, FOR ALL THE INFO REGARDING THE KICK-OFF AND STUDENT-LIFE IN SUNDSVALL:

Instagram: @miun_insparksundsvall @sks_miun Facebook: Studentkåren i Sundsvall

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Welcome to Mid Sweden University!

The kick-off committee and the Student Union warmly welcome you to your life as a student at Mid Sweden University in Sundsvall! By reading this letter, you are taking your first step into student life and all the fun that comes with it. You can expect fantastic events, friendly people and a truly enjoyable time! Additionally, there is the opportunity to get involved in shaping student life. Everyone who participates in a section or association contributes to an exciting and secure study experience at Mid Sweden University.

First, we want to inform you about the kick-off! During the kick-off, you will have the opportunity to get to know your fellow students and the city of Sundsvall. The kick-off is, above all, a very exciting and fun period filled with activities, information and events. These are organized by us in the kick-off committee together with the student union in Sundsvall. The kick-off takes place between August 30th and September 14th. An exciting and rewarding time you definitely don't want to miss! For more detailed information about the kick-off, you can read *the kick-off guide*.

The kick-off committee consists of generals and major generals. Our mission is to fill the kick-off with fun activities during both day and night. Our primary goal is to ensure that you and your fellow students enjoy yourselves regardless of the activity. We are very much looking forward to meeting you all during the kick-off!

We understand that there are many questions that arise before the kick-off. Therefore, we recommend that you follow our Instagram @miun_insparksundsvall where all information is easily accessible. It is also the channel used to reach out with all information, both regarding different events and activities, and general information. In our Instagram bio, you will also find a linktree where you can easily find this welcome letter and the kick-off guide.

Hopefully, this welcome letter answers many questions and provides an overall introduction to your student life. We wish you a fantastic time of study with many good memories and friends for life. If you have any questions, you are always welcome to contact one of the generals. We hope you are as excited as we are!

See you in the fall!
Best regards,
The Committee and SKS

The Student Union

Welcome to the student union in Sundsvall - *SKS*. Your best friend during the study period. The student union can help you in the following ways:

- Ensures that your rights are upheld by the university
- Supports you by handling any potential conflicts between you and the university
- Answers questions regarding your education and helps resolve any potential issues that arise
- We represent, highlight, and bring areas for improvement to the university's attention and ensure they are taken as seriously as possible
- Education, recruitment, and industry contact
- Oversees special study-related events and "happenings" on campus

Still not convinced? Here are some more reasons why you should become a member:

- Most important to us at SKS is to ensure you have a study period of the highest quality. You are our priority. This means we make sure that the programs maintain their promise quality and that you and your fellow students have the best possible study environment. Through our influence, we have a real impact on decision-making at the university. We attend program councils, subject boards and various management groups. Here, as a union member, you have influence by becoming a student representative.
- Through active contact with the business community, we organize opportunities to meet industry professionals through CV meetings, fairs and exciting lectures. From your participation, you can gain a wealth of knowledge, experiences, contacts, and important lessons for your future career.

How do you become a part of SKS?

Web: Visit: https://medlem.studentkarenisundsvall.se/

Here, you can easily register through a smooth purchasing process. The membership fee is per semester.

Visit us: The SKS office is located on the second floor of the Grönborg building (see map under "<u>Find Everywhere</u>") You can also visit the service center in the N building for questions and inquiries.

Contact SKS

Email: studentkaren@sks.miun.se

President:

Anitra Gudmarsdotter ordf@sks.miun.se

Vice President of Student Social Issues:

Felicia Hörnfeldt

andrevice@sks.miun.se

Vice President for Student Politics:

Position is vacant

Glossary

Wristband - Wristbands are handed out on the first day of the kick-off. As a new student, you have to wear the wristband during the whole kick-off period to show that you are a student and allowed to participate in the kick-off.

Headband - A personal strip of fabric that every first-year student wears around their head to identify which association/section they are a part of.

Overall/åvve - The best garment a student can own! The overall is a colorful boiler suit that students in Sweden wear to show what subject they study. It is your most important garment during your study period. Wear it with pride! The overall contributes to community and joy whilst showing which association/section you belong to, since the overall has a different color depending on what you study.

Patches - To decorate your "åvve" (overall), you will of course need patches. You can get patches by participating in various events or buying your own. For example, there are special Facebook groups or websites where you can find different patches!

Fadder/Buddy - During the orientation week, there are students available to help you. Mentors (faddrar) are assigned a group of new students for whom they are responsible. Don't hesitate to seek help from your mentors during the kick-off!

Phösare - Usually, students in their third year or later. They serve the same function as mentors (faddrar), but typically do not have their own group of new students to look after. Phösare are also there to help you!

General - Each student association/section has at least three generals who have been elected to be responsible for planning the kick-off and ensuring everything is as good as possible for you new students. The easiest way to identify the generals is to look for those wearing some type of special headgear.

Generalmajor - General majors have the primary responsibility for ensuring that the kick-off goes as planned, that rules are followed, and that the new students, along with generals, mentors, and phösare, have a truly enjoyable time!

SKS - SKS stands for the Student Union in Sundsvall. More detailed information can be found in the previous section. We recommend that you become a member!

The Committee - The committee consists of generals, major generals, and SKS, who together plan the entire kick-off to ensure that new students have as memorable a start to their student life as possible!

Student Association - A student association represents one or several programs at the school. These associations (linjeföreningar and sektioner) work to enhance student life by organizing fun events and other activities. The boards of these associations are run by students - for students. Each association has its own color for their overalls ("åvve") and a mascot.

Section - Sections are mostly similar to the student associations. They also have their own color for their overalls and their own mascots. However, sections are part of SKS and are therefore not a separate entity. They delegate parts of their finances and specific administrative tasks to SKS.

Culture associations - Cross-program associations. Currently, Mid Sweden University in Sundsvall has two cultural associations: Borstmästeriet (BM) and Sundsvalls Åverallsällskap (SÅS).

The Commission/Kommissionen - The commission sees all, hears all, and knows all... This mythical entity is characterized by rumors and local legends. No one knows who they are or where they came from. All we know is that they usually visit the kick-off...

Rules during the kick-off

To ensure that the kick-off is a fun and safe introduction to the student-life in Sundsvall, some important rules have been enforced that everyone involved <u>has</u> to follow! Take contact with a fadder, phösare, general, generalmajor or SKS if someone violates a rule.

ZERO TOLERANCE FOR DRUGS - Drug use during the kick-off will be reported to the police without exception.

FORBIDDEN TO PRESSURE ANYONE TO DRINK ALCOHOL - Alcohol consumption is voluntary. No one should be forced to drink alcohol. Therefore, it is forbidden to encourage or pressure another student to drink alcohol. During our events, alcohol is always optional.

THE ALCOHOL LAW MUST BE FOLLOWED - It is considered providing alcohol to someone under 20 years old if you share alcohol with them. The person giving away the alcohol is always responsible for this and can be punished if not followed. Therefore, make sure to verify age or completely refrain from sharing alcohol.

ABSOLUTE ZERO TOLERANCE FOR DISCRIMINATION, BULLYING, OR SEXUAL HARASSMENT - All types of offenses that violate this will be reported immediately and may result in suspension from the kick-off. Be respectful and inclusive towards other students.

"NOLLEFRIDEN" MUST BE FOLLOWED - To prevent new students from feeling exploited or vulnerable due to power dynamics, sexual relationships between new students and mentors/generals/major generals are prohibited. It is not allowed to engage in any physical relationship with any of these individuals during the orientation week. This includes games and activities involving physical or sexual content.

If someone violates these rules, you should immediately contact:

President in SKS: Anitra Gudmarsdotter 070-685 44 33

Vice President: Felicia Hörnfeldt 070-353 90 92

Generalmajors:

Maria Veitia: 079-336 75 79 Rebecca Larsen: 072-394 02 22 Christopher Nilsson: 076-026 00 48

Olivia Miller: 073-074 59 01

Schedule for the kick-off

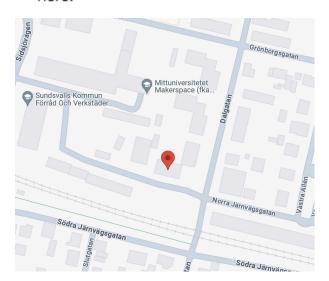


Find everywhere!

Moving to a new city can be challenging, especially when it comes to finding your way around. The kick-off has been planned so that all activities are within walking distance for the majority of students. Below are maps of important locations during the kick-off. If you are unsure of where anything is located, you can always contact a mentor or general. They are always available to coordinate your walk with you!

Förrådet Dalgatan 14

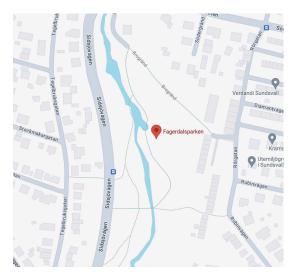
Here are some of the student accommodations closest to the university. This area serves as a hub for many students, and a significant part of student life unfolds here!





Fagerdalsparken

On the way up towards Sidsjön, you'll find this beautiful park where several events will be held. It features waterfalls, expansive open grassy areas, and plenty of seating.





SKS Office

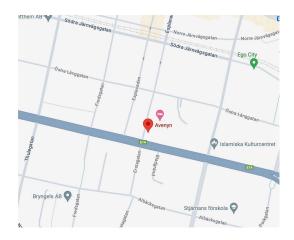
On the second floor of the Grönborg building, you'll find SKS and their office.





Avenyn Esplanaden 29

When the orientation week is over, it's time for a fantastic banquet! This year, the banquet will be held at Avenyn.





Ménageriet Storgatan 33

Here are where our union nights will be held!





What student association do you belong to?

As a student at Mid Sweden University, you can join a student association/section that exclusively works for each subject area. In this directory, you can find out which association/section you can join. Once you have identified your program association/section, you can click on the link to access their individual welcome letter.

COMMITT

Program: Communication and PR Program, Graphic Design

Overall Color: Black
Mascot: Barbaskön
- Click here!

EMBOLI

Program: All Health Sciences

Overall Color: White

Mascot: Berra
- Click here!

JFS

Program: Journalism Program

Overall Color: Yellow

Mascot: Majsan
- Click here!

SUNDEKON

Program: Business Program

Overall Color: Blue Mascot: Sverker - Click here!

SUS

Program: Criminology Program, Social Science Program and All Teacher Education

Programs

Overall Color: Pink
Mascot: Bäckman
- Click here!

MYTEC

Program: All Natural Sciences and Engineering Programs

Overall Color: Purple
Mascot: Darkwing
- Click here!

INTERNATIONALS

Program: Exchange Year Students

Overall Color: Orange

Mascot: Nemo
- Click here!

P3S

Program: All Doctoral Students

Overall Color: Green

Mascot: Baby Yoda (Grogu)

- Click here!

COMMITT

Instagram: @Committsundsvall

Facebook: Committ Studentförening

Committ is the program association for students enrolled in Communication and PR Program (KomPR) or Graphic



Design (GD). We are here to ensure you have the most enjoyable study period possible, both in terms of academic and social aspects. We collaborate closely with other associations and sections at Mid Sweden University, as well as with SKS, the student union here in Sundsvall. Together, we actively work to enhance student life by organizing dinners, union nights, lectures, and other events to make your time at Mid Sweden University as fulfilling as possible.

To distinguish us committers from other associations and sections, we wear black overalls (the student's best garment!), adorned with our names. Always by our side is our beloved mascot, Barbaskön, the committer's best friend and pillar of support.

Want to learn more about our Committ board? Visit our Instagram where we introduce the board members and showcase our ongoing projects. You can also explore what's coming up next. Our Instagram bio includes a link to our linktree, where you can find all important and relevant information about orientation week and Committ.

To stay updated, as a student in KomPR or GD, you can become a member of Committ program association, completely free!

Join Committ here:

Become a member in Committ

Take this opportunity to also become a member of the student union, which you can do here:

Become a member in SKS

Ahead of the kick-off Fall 2024:

As a new student, you'll be placed in a mentor group with students from either KomPR or GD. Your mentors, phösare, and generals during orientation week are also students in the KomPR or GD programs in their 2nd or 3rd year. There will be three generals overseeing the mentors/phösare during orientation, distinguishable by their distinctive headgear. Whether you're with a mentor, phösare, or general, we're all here for you if you have any questions or concerns, big or small. Don't hesitate to reach out!

We understand that there's a lot of information to take in at the start of orientation, and it's natural to have many questions. Therefore, please feel free to contact us with any queries. Together, we aim to create the most enjoyable and fun orientation week possible for you new students! It's important to note that all events during orientation week are optional, and alcohol consumption is voluntary. Pressuring others to consume alcohol is <u>not</u> allowed. All events can be enjoyed without alcohol, but if you choose to drink, you may do so.

We are incredibly excited to meet all of you!

For questions, you can contact us via our Instagram (Committ instagram) or reach out to any of the generals. Their contact details are listed below:

 Jennifer Larsson
 Julia Moberg
 Jennie Berge Jonsson

 070 - 637 06 10
 073 - 768 34 12
 070 - 221 75 23

EMBOLI

Instagram: @embolisundsvall

Facebook: Emboli

Hello all new students!

A warm welcome to Mid Sweden University in Sundsvall. If you're studying Nursing, Mental

Health Program, Public Health Sciences, or Health and Rehabilitation, you're in the right place. We are Emboli.

Emboli is a section within the Student Union in Sundsvall, and we're here to help you make the most out of your student life—whether it's regarding academic matters or fun events.

During the kick-off, we're here to give you the opportunity to get to know both new and existing students from your own section as well as others. We'll experience many fun events and activities together. To stand out, we dress in our white overalls and proudly sport our mascot, Berra.

We understand that there's a lot of new information about orientation and your new life as a student. To stay updated about Emboli and orientation week, follow us on Instagram (@embolisundsvall). Also, join our Facebook group for orientation called EMBOLI INSPARK HT24, where we'll post information about orientation and upcoming events.

The day before orientation starts (29/8), we'll have a tour of the school where we'll show you around. We'll visit places like the library, cafeteria, and where your first class will be held. Afterwards, we'll head to Fagerdalsparken (for those interested) to play games and get to know each other. More information will be shared on Facebook and Instagram.

To become a member of Emboli and enjoy the benefits of student life, you need to join the Student Union in Sundsvall. You can do this easily by following the link below: https://medlem.studentkarenisundsvall.com/sv/

If you have any questions, feel free to contact us at: emboli@sks.miun.se or on Instagram @embolisundsvall.

General: Louise Berglund tel: 076-171 57 61, General: Olivia Björkqvist tel: 070-300 78 65

JFS

Instagram: @JFSmiun

Facebook: JFS-Journalistförbundet Sundsvall

Facebookgrupp: JFS:are

Hello there first-year students! We are the student association JFS, Journalistförbundet Sundsvall. If you're studying to become a journalist, this is the association for you! At JFS, we're here to help you have the best possible study experience. You can always come to us with your questions and thoughts.

How and why should you become a member of JFS? As a member of JFS, you can influence your education to make it as good as possible. Additionally, you get access to all the events and activities organized by JFS. We arrange sports events, tournaments, grill nights, game nights, and much more!

The membership fee is 100 SEK for the first year. After that, it costs 5 SEK for each calendar year. You can become a member through this link: (https://forms.gle/RE9s2xZv8f4UmLoNA). Are you already a member? Join our Facebook group to meet other second- and third-year students.

To stay updated on the activities and fun events during the introduction period, follow us on our social media channels. If you have any questions or concerns, you can reach out to our generals through JFS's social media or privately. We're here to answer all your questions and concerns. During the introduction period, you'll find both mentors and generals, so keep an eye out for the yellow ribbons! You can reach JFS on Facebook: JFS-Journalistförbundet Sundsvall, Instagram: @JFSmiun, and via email: jfs@sks.miun.se.

PS! Did you know that our mascot is a duck named Majsan?!

Vilma Rasi Widén: 070 - 622 98 64 David Eriksson: 070 - 611 68 11 Lovisa Warg: 073 - 698 63 13

SUNDEKON

Instagram: @sundekon Facebook: Sundekon

Congratulations on your acceptance to the Business Administration program or Science in Business and Economics at Mid Sweden University!



As a business student at MIUN Sundsvall, you have the opportunity to join our student association Sundekon. Sundekon is a student organization with free membership that works to make student life more enjoyable and rewarding for all of us. We organize gatherings and events where students can build community with each other, while also providing opportunities for you as a future economist to meet potential employers.

With strong ties to the local business community thanks to our close collaboration with the CER network (Center for Research on Economic Relationships), there are many opportunities in the job market, which provides excellent prospects for meeting your future employer.

Welcome Day and Kick-off

Sundekon wants to welcome you to a special Welcome Day exclusively for business and economics students. This is an opportunity to get to know other students from your class before the official Introduction Week with other student associations.

Feel free to join the "Sundekon Inspark 2024" group on Facebook for more information and updates on time and location. We will publish the schedule for the Introduction Week, where we will be, and more, so don't miss out on joining. You can follow the link:

https://www.facebook.com/share/WJtAeBkaYJKVqsMe/?mibextid=K35XfP You'll recognize us, the generals and faddrar (mentors), by our blue åvvar (overalls) along with Sverker, our mascot who is a smurf.

Contact

If you want to get in touch with us generals, don't hesitate to reach out via our social media or directly by phone. No question is too small!

Elin Byström: 070-256 82 39 Maia Ahlgren: 076-146 99 78

Sebastian Berglund: 072-723 93 42

SUS

Instagram: @suslinjeforening

Facebook: SUS - Samhälle Utbildning Sundsvall

Dear first-year student!

SUS, Samhälle Utbildning Sundsvall, is a nonprofit section for those studying Social Science Programs, Criminology Programs, or any of Mittuniversitetet's many Teacher Education Programs. We're here for



you regarding both social and educational policy matters. We work to ensure that you, as a student, have the most enjoyable study experience possible! We organize everything from music quizzes to social science/teacher evenings where you can ask questions about your studies, essays, or practical work.

These events are a great way to get to know your class and SUS members! You'll find us during the introduction period by looking for our pink overalls and our lovely mascot Bäckman. All further information about the introduction period will come through the Facebook group linked below, which we encourage you to join! If you have any questions whatsoever, you can contact any of our generals - their contact information is at the bottom of the page.

How do I become a member in SUS?

To become a member of SUS, you first need to join the student union (SKS). Then, you can apply for membership here. For continuous updates before and during the introduction period, join our Facebook group: "SUS insparksgrupp HT2024".

Questions?

It's natural to have many questions when starting at a new university and in most cases, moving to a completely new city. Therefore, don't hesitate to reach out if you have any questions! You can contact us via the SUS Facebook page, in the Facebook group, Instagram, or by contacting the generals. Their contact information is listed below:

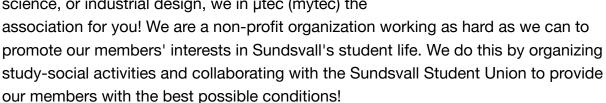
Fanny Sellbom: 070-960 04 19 Amanda Edgren: 076-101 82 22 Tilda Lennartsson: 073-644 44 02

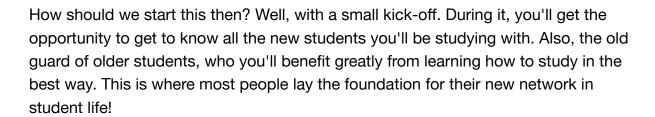
MYTEC

Instagram: @mytec_sundsvall

Hello and warm welcome to Mid Sweden University in Sundsvall!

If you are going to study engineering, biomedical analytics, technical foundation year, computer science, or industrial design, we in µtec (mytec) the





To access all necessary information ahead of the kick-off event, we suggest following the proposed order below:

- Use the link here
 (https://docs.google.com/document/d/19ozrLRJ4dwl --D76qJ37qk0Uilyxx GNLE0xxtQlrc/edit?usp=sharing) and read the document for rules and fun information regarding the kick-off!
- 2. Join the kick-off group on Facebook that you belong to. There you will find all the necessary information about what is to come. The group is called:

Inspark Mytec HT24

The chats for the different specializations are listed below to help you keep better track of what's happening in your class during the kick-off:

- Industrial Economics
- Computer Engineering
- Technical Design and Industrial Design

- Cross-Class (for those studying a different specialization than those above)
- 3. Follow Mytec on Instagram for event information and our kickoff events.

During the kickoff, you'll find us in our fantastic purple overalls. Purple overalls are plentiful because we're the largest association on campus. It's never a problem to find us. Often, we also have a thirsty mascot with us named Darkwing Duck. Where Darkwing is, Mytec is always there too.

The first time you arrive, feel free to seek out one of the Mytec generals. You'll easily recognize us by our purple helmets, which are pretty hard to miss. Come talk to us, and we'll help you get settled in! Our goal is to make your kickoff as enjoyable as possible.

Don't hesitate for a second to reach out to us on any social media platform or contact us generals directly by phone. Feel free to contact us about anything, big or small.

Best regards, Mytecs generals

Lukas Haglund: 070-333 92 93

Jesper Samuelsson: 070-678 03 21

Alve Truedsson: 070-759 00 42 David Nilsson: 073-092 10 73 Adam Jönsson: 076-639 78 15

(P.S. Are you studying preparatory mathematics? We'll be organizing activities during those weeks so that you have the opportunity to kickstart your study period a little before the official introduction begins!)

International Committee

Instagram: @internationals.sundsvall

Whatsapp: group chat

We are so excited to welcome you to Sweden!

We are a Committee within the student union for all students who come to Sweden to study, both Erasmus students and masters students who are here for a longer period.

We aim to help you make the most out of your time here in Sweden and also guide you through what the student life in Sweden has to offer.

Our color is orange and our mascot is Nemo who travels across the seas, has an amazing adventure and then eventually finds his way home again. So while we encourage you to spend time with your student associations we are always available if you have any questions regarding the Erasmus experience grab a hold of someone wearing orange overalls and they'll gladly answer!

The overalls or the "Åvve" is one of the unique parts of swedish university life and is the most important piece of clothing a student in Sweden can own. We wear them to parties and they let everyone know which student association you belong to.

Pink represents education, sociology. Blue is for business and economy. Purple is for science and engineering.







We also have one swedish student, our swedish ambassador, who is part of the committee to help when the new semester starts. She will be one of the people with pink hats and her contact information is at the bottom of the page.

If you have any questions feel free to ask in the group chat or write or call our swedish ambassador.

Fanny Sellbom: +4670 960 04 19

The PhD-Student Section in Sundsvall (P3S)

Welcome to Mid Sweden University!

Facebook: PhD Student Section of SKS

We are the PhD Student Section (P3S) of the Student Union Sundsvall, and we are excited to introduce ourselves to you

Who We Are

For the new bachelor students - think of us as your older cousins - PhD students from diverse countries and various study programs spanning Social and Natural sciences. We are a friendly and supportive group, here to offer guidance and fellowship throughout the journey of PhD studies here at MIUN. If you plan to study PhD - you are welcome to contact us to ask questions of how it is to be a PhD student!

For New PhD Students

If you're a PhD student, we warmly invite you to join P3S. Our membership is free and comes with a bunch of benefits:

- Social Events: Invitations to activities such as hikes, game nights, and bar evenings.
- Work-Related Information: Events and resources for your academic and professional growth.
- **University Representation**: Advocacy on study-related issues with the university administration.
- **Networking Opportunities**: Connect with fellow students and gain valuable insights for your studies and career.

To become a member, simply fill out this form

We are here to assist you with any challenges related to your studies or employment that you might not feel comfortable discussing with your supervisor. Our goal is to foster a supportive community where knowledge is shared freely, and everyone feels safe to express themselves.

Stay Connected

We'll be at some kick-off events, and we have a unique PhD introduction event planned later in the season. To stay updated on these events, it's beneficial to

become a P3S member. Additionally, our study administrators will announce kick-off events via email to all PhD students.

Contact Us

- General Email: doktorand@sks.miun.se
- President: Anita Atrena, anita.atrena@miun.se
- Vice-President: Nicolas Boulle, nicolas.boulle@miun.se

We look forward to meeting you and helping you make the most of your time at MIUN!

Warm regards,

The PhD Student Section (P3S) Student Union Sundsvall