

Kick-off guide VT 2026

Mid Sweden university in Sundsvall



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Welcome to the kick-off of VT 2026!

Hello dear new student!

Let us be the first to warmly welcome you to the festivities of the kick-off period!

This document will serve as your guide during the kick-off! Read it carefully to prepare for the activities.

But what exactly is a kick-off? Games, plays, parties, singing and dancing. There are no exact rules for how a kick-off should be run, each city and university has its own version, and within different programs there are different traditions.

In Sundsvall, we focus on fun activities to get to know other students, both new and old, as well as learning how studies work at Mid Sweden University and getting to know the city of Sundsvall.

A kick-off is often associated with embarrassing yourself or being made to do things against your will. We want to emphasize that this does **NOT** describe our kick-off. What matters most to us is that everyone has fun and gets to know new friends. At the activities and events, you can of course choose to completely abstain from alcohol. Unfortunately, it's hard to avoid a certain alcohol and party culture when it comes to kick-offs and university life, but it's important to know that drinking is always voluntary and that there is never any pressure to drink alcohol.

Many people wonder what to wear during a kick-off—there is no special dress code for new students (except for specific evening events). Older students usually wear åvvar (student overalls) so that you can recognize them.

There will be a student union night where you'll have the chance to dress up. On Friday's student union night, the theme will be **afterski**.

If you still have questions about the kick-off, just ask someone wearing an åvve—they're there to take care of you!

We hope you'll have fun at all the kick-off activities!

See you at the kick-off!

Kind regards,

The Student Union in Sundsvall

Regulations

For a more detailed description of the rules, we refer you to the welcome letter. However, it is of the utmost importance that the rules are followed. During the kick-off, there is absolute zero tolerance for discrimination, sexism, racism, harassment, abuse, or any other form of bullying behavior. The consequences will include, among other things, suspension. Always report such behavior to SKS!

In addition, there is zero tolerance for drugs. This may seem obvious, but if such incidents occur, the use of narcotics will always be reported to the police, as this is detrimental to the kick-off as a whole. Always report such behavior to SKS! Furthermore, the alcohol laws must be followed under all circumstances, without exception. This means that you must not pressure or encourage others to consume alcohol. You must also not share alcohol with students under the age of 20. Please note that it is always the person who provides the alcohol who will be punished. We therefore recommend refraining from sharing alcohol.

If anyone violates these rules, you should immediately contact:

President of SKS: Anitra Gudmarsdotter

Mail: ordf@sk.s.miu.n.se

Vice President: Fanny Sellbom

Mail: forstevice@sk.s.miu.n.se

Vice President: Felicia Larsson

Mail: andrevice@sk.s.miu.n.se

Word list

Overalls / Åvve – The student's best garment! The åvve is your most important piece of clothing during your student years. Wear it with pride! It contributes to a sense of community and joy while also showing which student association/section you belong to, as the overalls come in different colors depending on the program you study.

Patches – To decorate your åvve, patches are of course essential. You can obtain patches by participating in various events or by purchasing your own from different websites. For example, there are special Facebook groups and websites where you can find a wide variety of patches.

SKS – SKS stands for the Student Union in Sundsvall. More in-depth information can be found in the welcome letter. We recommend that you become a member!

Student Association (Linjeförening) – A student organization that represents one or more academic programs at the university. Student associations and sections work to promote student life and organize fun events and other activities. The boards of these associations are run by students—for students. Each association has its own overall color and a mascot.

Section (Sektion) – Sections are mostly similar to student associations. They also have their own overall color and mascots. However, sections are part of SKS and are therefore not separate entities. They delegate parts of their finances and certain administrative tasks to SKS.

Cultural Associations – Associations that are cross-program. Mid Sweden University in Sundsvall currently has three cultural associations: Borstrmästeriet (BM), Sundsvalls Åverallsällskap (SÅS), and Bimboli Sexmästeri (BBS). More information about these can be found in the welcome letter.

What does a kick-off consist of?

Daytime events

Daytime events, held during the kick-off, are organized by SKS in collaboration with the different student associations/sections at the university. At the daytime events, you can participate in the various activities, but of course, you are welcome even if you choose not to take part.

The daytime events are a perfect introduction to your new student life here on campus! At these events, you get to meet new classmates and, most importantly, have fun! These events are also a golden opportunity to ask questions about your studies, the university, and similar topics to the more experienced students.

The daytime events will take place at C-gården (a map can be found further down).

Evening events

All evening events are organized by the Student Union in Sundsvall (SKS). These evenings differ from the daytime events in their focus, as they are less about activities and more about giving you the opportunity to get to know other students and have fun after the day's activities.

The evening events will take place at our very own student union house, called **Brandkåren** (a map can be found further down).

ORBI

All events published during your study period will be available on **Orbi**.

Downloading the Orbi app is a must for all students who want to be part of student life and attend upcoming events. Orbi gives you access to all information about the time and location of events. Furthermore, Orbi is used as the primary way to purchase tickets for formal dinners (*sittningar*) and other similar events.

Kick-off Schedule

VÅRINSPARK

28-30 JANUARI



28

17:00-00:00

GAMES AND MUSIC QUIZ

We start at C-gården will have some activities and games for all the students, then later at Brandkåren we will have a music quiz and pub night.

29

16:30-19:30

BINGO AND BOARD GAMES

On wednesday we will be at Brandkåren and start the night with a get to know you bingo, later on we will play board games!

30

17:00-02:00

GAMES AND PUB NIGHT

We start at C-gården will have some activities and games for all the students, then later at Brandkåren we will have a pub night with the theme afterski!

Where should I be?

During the kick-off, we will be based at two different locations around the campus, so it's a good idea to already know where everything will take place.

C-gården

Sidsjövägen 5B (the volleyball court on Grönborgsgatan)

The courtyard by the C/D/E/F buildings. Here you will find, among other things, a volleyball court and a large grandstand. This is where the daytime events on Wednesday and Friday will take place.



Brandkåren

Sidsjövägen 1A

Brandkåren is a student union house (student pub) that students at Mid Sweden University in Sundsvall can visit. The union house is open both as a study space and as a student pub.

Opening hours – Study area

Monday – Friday: 08:00 – 18:00

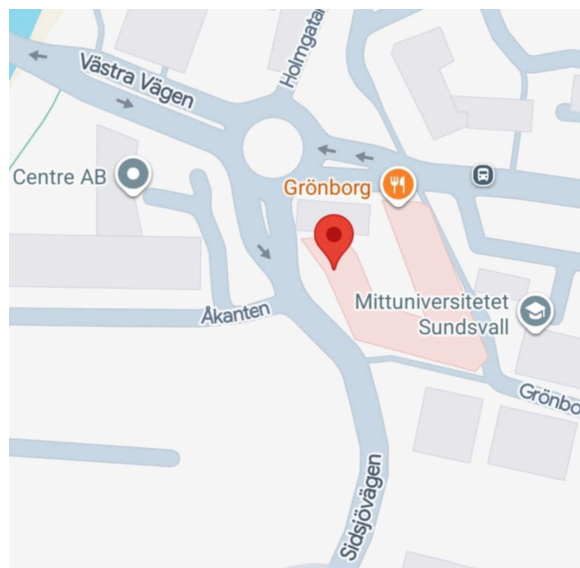
Saturday – Sunday: 11:00 – 18:00

Opening hours – Student pub

Wednesday: 18:00 – 00:00

Friday: 20:00 – 02:00

When the student pub is open, you must be a member of SKS and bring a physical ID to enter the union house. This is also where the evening events will take place, which run all three days during the kick-off.



The Student Union in Sundsvall (SKS)

The Student Union in Sundsvall is a non-profit organization for all students studying at Mid Sweden University in Sundsvall. SKS is responsible for students' safety and security during the kick-off of spring term 2026, and also throughout your and all other students' time at the university. SKS has staff working full-time and part-time. If you have any questions or concerns, you can contact the **President** or **Vice Presidents** via email.

Anitra Gudmarsdotter
President



ordf@sks.miun.se

Felicia Larsson
Vice President
Student Social Coordinator



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Fanny Sellbom
Vice President
of Academic Affairs



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More information about the Student Union can be found on their website as well as in the welcome letter.

Take the opportunity to follow SKS on social media for updates about their activities.

Instagram: @sks_miun

Facebook: @studentkåren i Sundsvall