

Welcome letter VT 2026

Mid Sweden university in Sundsvall



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INFORMATION ABOUT STUDENT LIFE IN SUNDSVALL.

Instagram: [sks_miun](#)

Facebook: [Studentkåren i Sundsvall](#)

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Welcome to Mittuniversitetet!

The Student Union warmly welcomes 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 an incredibly fun time! In addition, there is the opportunity to get involved in shaping student life. Everyone who participates in a section or association contributes to an eventful and safe 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, consisting of activities, information, and events. These are organized by the Student Union in Sundsvall. The kick-off takes place from January 28 to January 30—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.

We understand that many questions arise before the kick-off. We therefore recommend that you follow our Instagram. In our Instagram bio, you will also find a Linktree link where you can easily return to this welcome letter.

We hope this welcome letter answers many of your questions while giving you an overall introduction to your student life. With this, we wish you a fantastic study period filled with great memories and lifelong friends. If any questions arise, you are always welcome to contact anyone in the Student Union.

See you at the kick-off!

Kind regards,

The Student Union in Sundsvall

Student union

Welcome to the Student Union in Sundsvall – SKS. Your best friend during your study period. The Student Union can help you in several ways, including:

- Ensuring that your rights are upheld by the university
- Supporting you, for example by handling any conflicts between you and the university
- Answering questions about your education and helping you resolve potential problems that may arise
- Representing, highlighting, and addressing areas for improvement to the university and ensuring they are taken seriously
- Education, recruitment, and industry contacts
- Overseeing special student social events and “happenings” on campus

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

- Most importantly, at SKS our goal is to ensure you have a study period of the highest quality. You are our priority. This means we ensure that programs maintain their promised 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 participate in program councils, departmental boards, and various leadership groups. As a union member, you also have influence by becoming a student representative.
- Through active contact with the business community, we organize opportunities to meet industry representatives through CV workshops, fairs, and exciting lectures. By participating, you gain a wealth of knowledge, experience, contacts, and valuable lessons for your future career.
- As a member, you also get access to **Brandkåren**, our very own student pub.

How do you become a part of SKS?

Online: Visit: <https://medlem.studentkarenisundsvall.se/> Here you can register directly through a simple purchase process. The membership fee is charged per semester.

Visit us: The SKS office is located on the second floor of Grönborgshuset (see map under “Find Everywhere”). You can also visit the service center in N-huset for questions and inquiries.

Contact SKS

Email: studentkaren@sk.s.miu.n.se



Anitra Gudmarsdotter
President
ordf@sk.s.miu.n.se



Felicia Larsson
Vice President
Student Social Coordinator
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Fanny Sellbom
Vice President of
Academic Affairs
forstevic@sk.s.miu.n.se

Rules during the kick-off

To ensure that the kick-off is a fun and safe introduction to student life in Sundsvall, there are important rules that everyone involved must follow! If someone breaks a rule, contact someone in SKS.

ABSOLUTE ZERO TOLERANCE FOR DRUGS – The use of drugs during the kick-off will, without exception, be reported to the police.

ALCOHOL PRESSURE IS FORBIDDEN – Alcohol consumption is voluntary. No one should be forced to drink alcohol. Therefore, it is forbidden to encourage or pressure another student to drink. At our events, alcohol is always optional.

ALCOHOL LAWS MUST BE FOLLOWED – It is considered supplying alcohol to give alcohol to anyone under 20 years old. The person who provides the alcohol is always responsible and may face consequences if the law is broken. Always check the age or refrain from giving alcohol entirely.

ABSOLUTE ZERO TOLERANCE FOR DISCRIMINATION, BULLYING, OR SEXUAL HARASSMENT – Any violations of this rule will be reported immediately and may lead to suspension from the kick-off. Be respectful and inclusive toward other students.

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

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

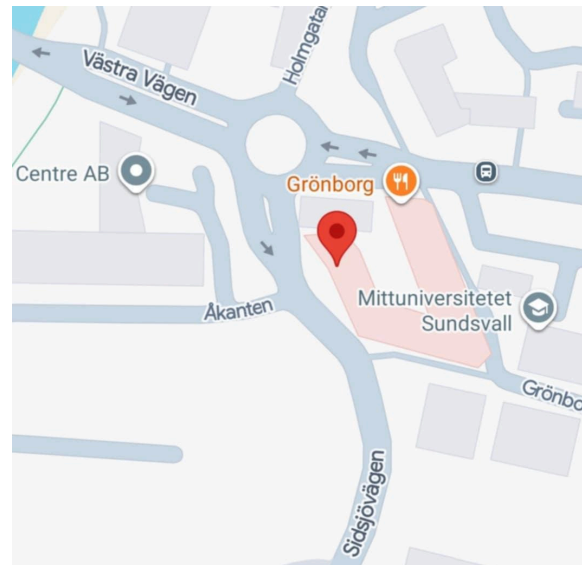
Saturday – Sunday: 11:00 – 18:00

Opening hours – Student pub

Wednesday: 18:00 – 00:00

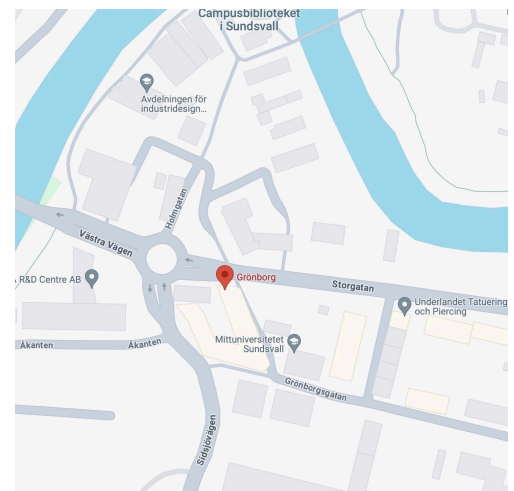
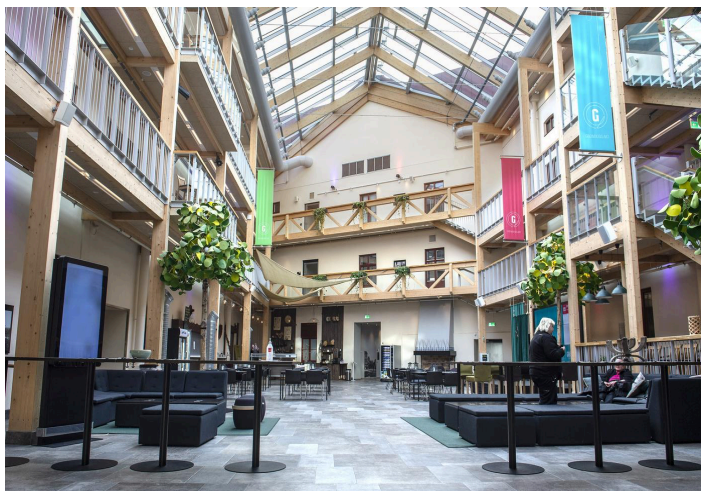
Friday: 20:00 – 02:00

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.



SKS office

On the second floor of Grönborgshuset, you will find SKS and their office.



Which student association/section do you belong to?

As a student at Mid Sweden University, you can join a student association/section that works exclusively for your specific field of study. By joining a student association/section, you get the opportunity to be involved both in academic affairs and social student life. The different associations work with everything from issues related to your education to planning various events. In this directory, you can find out which student association/section you can join.

COMMITT

Student Association

Program: Communications and PR program (KomPR) or Graphic Design (GD)

Overall color: Black

Mascot: Barbaskön

Instagram: @Committsundsvall

Facebook: Committ Studentförening

Mail: committforening@gmail.com

We are here for you as a student to ensure you have the most enjoyable study period possible, both academically and socially. We have a good collaboration with the other associations and sections at Mid Sweden University, as well as with SKS, the student union at Mid Sweden University in Sundsvall. Together, we actively work to promote student life. We organize everything from formal dinners (*sittningar*), student union nights, lectures, and other events so that you, as a student, can make the most of your time at Mid Sweden University.

Want to know more about the Committ board? Check out our Instagram, where you'll find introductions to the board and updates on upcoming events. On Instagram, there is also a link to our Linktree, where you can find all important and relevant information.

JFS

Student Association

Program: Journalism Program

Overall color: Yellow

Mascot: Majsan

Instagram: @JFSmiun

Facebook: JFS-Journalistförbundet Sundsvall

Mail: jfs@sk.s.miu.se



We at JFS are here to help students have the best possible study experience. You can

always turn to us with your questions and concerns.

Why and how should I become a member of JFS?

As a member of JFS, you can help influence your education to make it as good as possible. In addition, as a member, you can take part in all the events and activities organized by JFS. We have sports events, tournaments, barbecue evenings, game events, and much, much more! Furthermore, JFS runs the student radio here in Sundsvall, called **Radiosvallet**. Radiosvallet hosts events and also gives all students at Mid Sweden University the opportunity to broadcast on the radio every Sunday.

If you become a member for the first time, the fee is 100 SEK. For each new calendar year thereafter, the fee is 5 SEK.

EMBOLI

Section

Program: The Nursing Program, the Public Health Science Program, or the Health and Rehabilitation in Working Life Program.

Overall color: White

Mascot: Berra

Instagram: @embolisundsvall

Facebook: Emboli

Mail: emboli@sks.miun.se



Emboli stands for: **Empathy, Compassion, Care, Nursing, Quality of Life, Integrity**

Emboli is a section within the Student Union in Sundsvall, and we are here to help you as a student have the best possible student life, both when it comes to academic matters and fun events.

Emboli is a section at Mid Sweden University in Sundsvall and is independent of religion and political affiliation.

SUNDEKON

Student Association

Program: The Economics Program and the Master of Business and Economics Program.

Overall color: Blue

Mascot: Sverker

Instagram: @sundekon

Facebook: Sundekon



Mail: sundekon@gmail.com

As an economics student at MIUN Sundsvall, you have the opportunity to join our student association, Sundekon. Sundekon is a student association with free membership that works to make student life more fun and rewarding for everyone. We organize formal dinners (*sittningar*) and events where students have the opportunity to build community with other students, while also providing opportunities for you as a future economist to meet potential employers.

Thanks to our strong connections with the local business community through our close collaboration with the CER network (Center for Research on Economic Relations), many opportunities arise in the job market, creating excellent conditions to meet your future employer.

Sundekon also has its own website [here!](#)

SUS

Section

Program: All programs within Humanities, Social Sciences, and Education Sciences.

Overall color: Pink

Mascot: Bäckman

Instagram: @suslinjeforening

Facebook: SUS - Samhälle Utbildning Sundsvall

Mail: sus.linjeforening@gmail.com



SUS – Samhälle Utbildning Sundsvall is a non-profit section for students studying, among others, the Social Science Program, the Criminology Program, or any of MIUN's many teacher education programs. If you study within the Department of Humanities and Social Sciences or Education Sciences, this is where you belong. We are here for you regarding both social and academic matters, and we work to ensure that you, as a student, have the most enjoyable study period possible!

We organize everything from music quizzes, karaoke, and other fun events. These events are a great way for you to get to know your class and other SUS members! You can find all information about these events via the Orbi app, which also includes events organized by other associations/sections at MIUN.

Mytec

Student Association

Program: All programs within Natural Sciences and Engineering

Overall color: Purple

Mascot: Darkwing

Instagram: @mytec_sundsvall

Mail: mytec.styrelse@gmail.com



We are a non-profit organization that works as hard as we can to promote our members' interests in student life in Sundsvall—socially, academically, and in terms of business connections. We do this by organizing various activities and collaborating with local companies and the Student Union in Sundsvall to give our members the best possible opportunities!

Mytec has its own website [here!](#)

INTERNATIONAL SECTION (InSectS)

Section

Program: Students on an exchange semester or year, or in international master's programs

Overall color: Orange

Mascot: Nemo

Instagram: @internationals.sundsvall

Mail: internationals@sk.s.miu.se



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.

P3S

Committee

Program: All doctoral students

Overall color: Green

Mascot: Baby Yoda (Grogu)

Instagram: @p3s_doktorand

Facebook: PhD Student Section of SKS

Mail: doktorand@sks.miun.se



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 safe to express themselves.

More Associations in Sundsvall

In addition to the student associations/sections, there are also other organizations that run various activities on campus. These are:

Sundsvalls Åverålssällskap / SÅS

Sundsvalls Åverålssällskap, also called Såsmästeriet, is a non-profit cultural association that is politically and religiously independent. Såsmästeriet works with social student matters, i.e., enriching student life and the study culture at Mid Sweden University in various ways. SÅS is also responsible for preserving and maintaining the *åveråll* culture in Sundsvall and at Mid Sweden University.

Instagram: @sasmasteriet

Borstmästeriet / BM

Borstmästeriet is a closed party association whose goal is to organize entertainment and activities for students at Mid Sweden University in Sundsvall, but also for other students.

Instagram: @borstmasteriet

Bimboli Sexmästeri / BBS

Bimboli Sexmästeri (BBS) is a cultural committee without ties to any specific program or student association. BBS primarily targets women (feminine-presenting individuals). The cultural committee works to strengthen the social student life at Mid Sweden University, both for its members and other students. By organizing both internal and external events, BBS is an active part of student life, creating community, joy, and memorable experiences during your studies.

Instagram: @bimbolisexmasteri

Radiosvallet – Student Radio

At the beginning of 2020, a radio station was started at Mid Sweden University with the help of the student union. Under the name Radiosvallet, students broadcast radio every Sunday. During the first semester, there were segments about Timrå IK, interviews with screenwriters of major films, and local musicians. And of course, a lot of fun chatter as well!

Radiosvallet was created to give students the opportunity to learn more about radio and how broadcasting works. This not only better prepares us for entering the job market, but also gives us a chance to create something of our own and have fun. Each week, our editorial team finds new topics to talk about, both serious and lighthearted. Here, you get information about the city's nightlife, what's happening at the university, helpful student life tips, and learn how to navigate Sundsvall.

Instagram: @radiosvallet_ig

Mitten – A Student Newspaper by and for Mid Sweden University Students

In the spring semester of 2025, a group of students at the university began work to once again give Sundsvall's campus a student newspaper and provide students with information about their university as well as a forum for opinions.

Even though a dedicated team stands behind the first issue of Mitten, published in autumn 2025, we cannot manage it alone in the long term. We believe that everyone, regardless of program affiliation, has something to contribute. This could be editing, writing opinion pieces, proofreading, photography, or maybe even a poem. You can contribute in any way, big or small. Think "by and for" students if that appeals to you.

So if you have been waiting for a student newspaper to get involved with – reach out, and you can already contribute to the next issue.

Instagram: @tidningenmitten