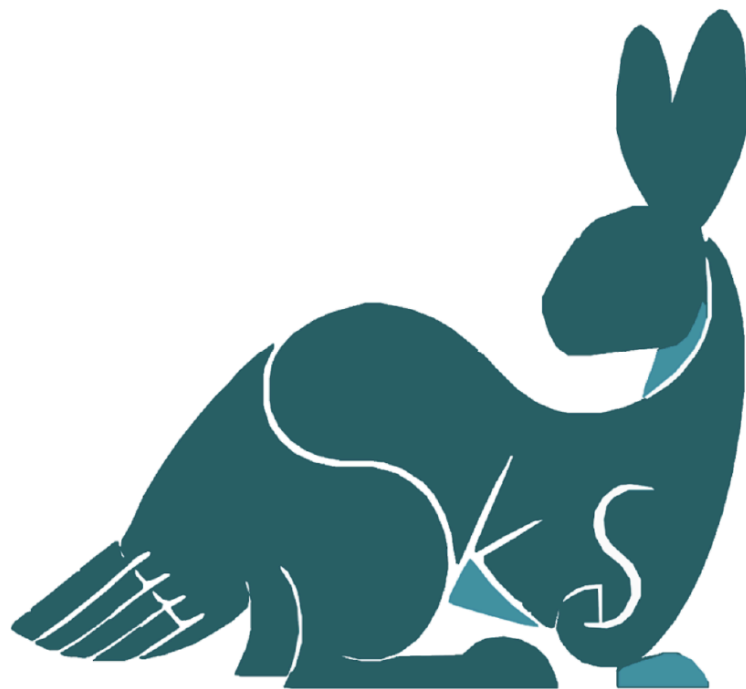


# KICK-OFF GUIDE 2025

MID SWEDEN UNIVERSITY IN SUNDSVALL



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## Welcome to the Kick-off of HT 2025!

Hello dear newcomers student!

Let us be the first to wish you a warm welcome of the Kick-off period festivities!

This document will act as your guide during the Kick-off! Read this carefully to prepare for the activities and get to know all the glorious generals who are in charge of it.

But what exactly is a Kick-off? Games, plays, party, song and dance. There are no exact rules for how a Kick-off should go, but each city and university has its own variation on Kick-off and within the 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 to learn how studies work at Mittuniversitetet and the city of Sundsvall.

Often a kick-off is associated with embarrassing oneself or doing things against one's will.

We want to underline that **NOT** is a description that fits our kick-off. What is important to us is that everyone should have fun and meet new friends. At the activities and events, you can of course choose to completely abstain from alcohol. Unfortunately, it is not really possible to get away from a certain alcohol and party culture when it comes to Kick-off and university life, but there will be totally alcohol-free activities and options on offer alongside all the main events.

Many people wonder what to wear during a Kick-off – there is no special dress code for new students (except for special evening events). Buddies and generals always wear åvvar (overalls) for you to recognize them.

Some activities require casual clothing and some events have a finer dress code. There are also activities where you have the chance to dress up for different theme nights.

If you still have questions regarding the Kick-off, just ask someone with åvve. They are there to take care of you!

We hope you will have as much fun at all the activities of the Kick-off as we in the committee had planning them!

See you at Kick-off!

*Sincerely,*

*The committee and SKS*

# Regulations

For a more detailed description of the rules, we refer to the welcome letter. But it is of the utmost importance that you follow the rules - first year student as a general. During the Kick-off, there is absolutely zero tolerance for discrimination, sexism, racism, harassment, abuse or other forms of bullying behavior. Consequences will include suspension. Always report such behavior to your generals!

In addition, there is zero tolerance for drugs. Should this occur, the use of drugs will always be reported to the police as this is devastating to the Kick-off as a whole. Always report such behavior to your generals! In addition to this, the alcohol law must be followed to the letter under all circumstances. This means that you must not incite or encourage the consumption of alcohol. You are also not allowed to share alcohol with students under 20. Please note that it is always the person who gave alcohol away who is punished. We therefore recommend refraining from sharing your alcohol.

To prevent new students from feeling exploited or victimized by individuals in positions of power such as buddies and generals, sexual relations between these groups are prohibited. Therefore, it is not allowed for buddies and generals to have any kind of sexual or physical relationship with a new student during the Kick-off period. This also includes games and activities of a sexual/physical nature, as well as flirting and suggestive conversation.

***If someone violates these, you should immediately contact:***

President of SKS: Anitra Gudmarsdotter 070-685 44 33

Vice president of SKS: Fanny Sellbom 072-226 13 54

Vice president of SKS: Felicia Hörnfeldt 070-353 90 92

General majors:

Amanda Haglund: 079-341 53 34

Lukas Haglund: 070-333 92 93

Agnes Nordlund: 070-385 03 61



# What does a Kick-off consist of?

## Day event

The day's event which is held during the day during Kick-off, is organized by the various line associations/sections at school. On day events you can join and participate in the various competitions, but you are of course welcome even if you choose not to participate. For you there will be other activities. The day's event is a perfect introduction to your new student life here on campus! On these you get to know new fellow students, enjoy the last weeks of summer, and above all; have fun! These events are also a golden opportunity to ask questions about studies, the university and the like to the former students. On day events there is always food and drink for sale, which you can pay by bank card. Insparken's day events are specially adapted for everyone to have as much fun as possible - on their own terms. Therefore, the events are planned in such a way that everyone feels safe and wants to join in and participate. At these events, sober sponsors and generals are always present. Information about the day's events is posted on @miun\_insparksundsvall on Instagram. They are also included here further down the event descriptions.

## Evening event

At the evening event organized by the Student Union in Sundsvall (SKS). The evenings differ from daytime events in their focus, as they are less about competitions and more about getting to know other students and having fun after the day's activities. Likewise, relevant information about the evening events to be conveyed through the Committee's instagram @miun\_insparksundsvall and on of the line associations/sections social media and SKS social media. There will be sober sponsors and generals present during the evening as well.

## To collect points during the Kick-off

During all Kick-off events, you as a first-year student will have the opportunity to collect points. This can be done in a few different ways, but mainly by coming up with "spex" and performing them. The more exciting and creative, the better. But if you are so inclined, you can try to steal things from the others, the line associations/sections. Of course, this is not only a bit more difficult, but there are also rules and guidelines regarding this. Valuable items are flags, mascots and general hats. However, it is important to remember that these can only be re-stolen if unattended, that is, left alone. If such an opportunity presents itself, go for it - but remember to steal it *unnoticed*. If you are caught, then it is free for the association to request its possessions back. It is thus high-risk, high-reward, where the bolder you are, the more points you can collect. But remember, you're not the only ones who want points...

**NOTE!** Stealing things from other student sections/associations is only allowed once you've been given instructions that it's okay to do so. As a first-year student, you must wait for a clear go-ahead.

## Wristband

When you arrive on Friday for the BBQ night you will receive a wristband on presentation of your admission certificate. As a first-year student, you must always wear this (visible) during Kick-off. This becomes a form of identification as it helps us in the Committee to ensure that only authorized people take part in the Kick-off. It is both for your sake, and ours.

Should you lose your wristband, you must contact your generals or buddies *immediately* to fix a new one. This must not be delayed! If you can, always bring the broken or cut wristband to get a new one.

## Headband

Something that is also important to show off is your headband. When you arrive you will receive a headband of your respective association with associative color. The headband works as a form of additional identification where you show your name so that others will have an easier time knowing who you are. No more embarrassing and stiff conversations when someone tries to remember if your name was Kalle, Karl etc etc...

## Orbi

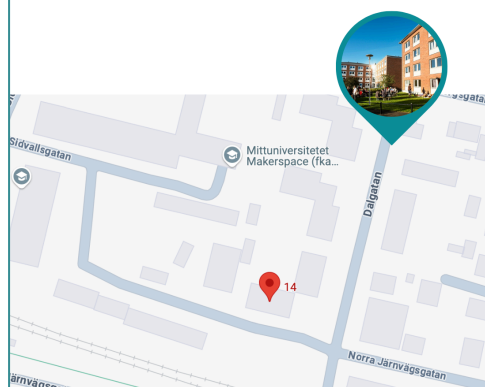
All events published during your study period will be published on Orbi. Downloading the Orbi app is a must for all students who want to maximize their presence during kickoff and upcoming events. Orbi gives you access to all information about the location and time of all activities and events. Furthermore, Orbi is used as the primary means of purchasing tickets for seating and other similar events such as the highly anticipated fine seating that takes place at the end of Kick-off.

# Where should I be?

Well, during the Kick-off we will be staying at a few different places around Sundsvall, so it's good if you can already know where everything will be. Maps will also be published on our instagram.

## Förrådet

Dalgatan 14, 852 33 Sundsvall



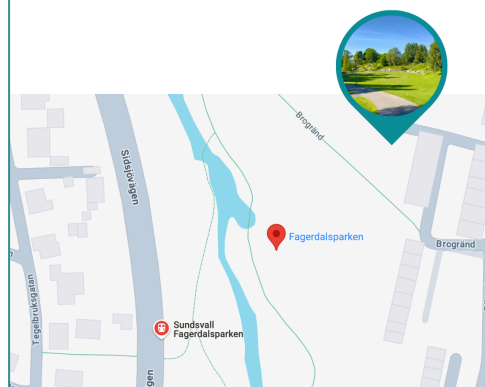
## C-gården

Sidsjövögen 5B, 852 33 Sundsvall  
(Grönborgsgatans volleybollplan)



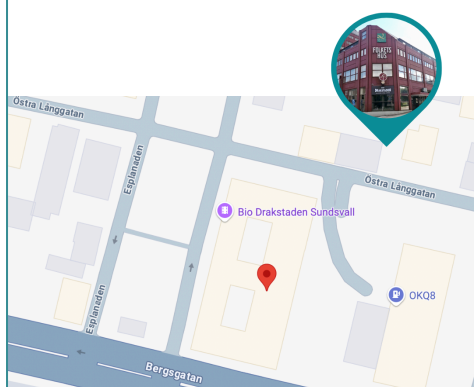
## Fagerdalsparken

Sundsvall fagerdalsparken, 853 56 Sundsvall



## Avenyn

Esplanaden 29, 852 36 Sundsvall



# How do I find my buddies?

You, like the student, may have already found out which association you belong to and who will receive you during induction. But how do I find my buddies?

## Description "Åvve"

During the Kick-off, you will certainly notice the different overalls that the buddies and generals wear. This is Åvve, and is by far the finest garment during the study period. We could even go so far as to say that it is the finest thing you will ever own.

An Åvve is not just a stylish garment, but a tribute to your period of study. A mosaic of memories that is uniquely tied to you. Like a souvenir, every mark and stain will be tied to a fun and amazing memory. The only thing you don't get to choose is the color, as it is tied to your line association/section.

Your Åvve is an extension of you. A manifestation of your personality. Wear it with the utmost pride! However, there are some basic rules that we recommend you follow. Namely that:

- Your Åvve should never be washed! Stains and dirt are included! If it is to be cleaned, it must be worn on you.
- Your name should adorn the right leg!
- Earned patches receive the greatest respect!

# Kick-off package

During the Kick-off, you as a first-year student have the opportunity to buy a Kick-off package.

There are three different packages: Skvader Bronze, Silver och Gold.

You buy SKS membership separately

You will have the opportunity to buy a kick-off package at the start of the kickoff! More information about the packages and where you can buy them will be available soon.

# The Student Union in Sundsvall (SKS)

The student body in Sundsvall is a non-profit association for all students studying at Mittuniversitetet in Sundsvall. SKS is responsible for the students' safety and security during commencement in 2025. But also during your, and all other students', study time. SKS are paid full-time or part-time. If you have questions or concerns, you can contact the president and Vice presidents by e-mail or phone.

Anitra Gudmarsdotter  
President

Felicia Hörnfeldt  
Vice President  
Student Social Coordinator

Fanny Sellbom  
Vice President  
Study policy



You can find more information about the student union at their website as well as in this year's welcome letter.

Be sure to follow SKS on their social media for updates on their business.

Instagram: @sks\_miun

Facebook: @studentkåren in Sundsvall

# The generals

## What is a general, and what is their mission?

From each line association/section, some students are appointed to become generals. They thus get the prestigious and important job of organizing and carrying out the Kick-off. Together with SKS, they make up the "Committee". The generals bear overall responsibility for the activities, and will attend all of them. Therefore, there will always be at least one general who is sober, where they make sure the situation is under control and can assist students who would need help.

## Generals of the year

Below we will present this year's generals and from which line association they belong. The Generals are, according to their line associations, the best of the best, and will do their utmost to ensure that the Kick-off becomes legendary. They plan, lead and save the Kick-off. Around the clock, all year round, the generals are ready! We will present them according to the hierarchy of generals and by association/section.



# General majors

The generals do not act entirely on their own, but answer to the general majors.

These individuals ensure that the generals do their jobs in the best possible way. Before each Kick-off, general majors are selected independently of association/section. You can contact them with questions, concerns and opinions about your generals.

**From the left:**

Agnes Nordlund, Lukas Haglund, Amanda Haglund



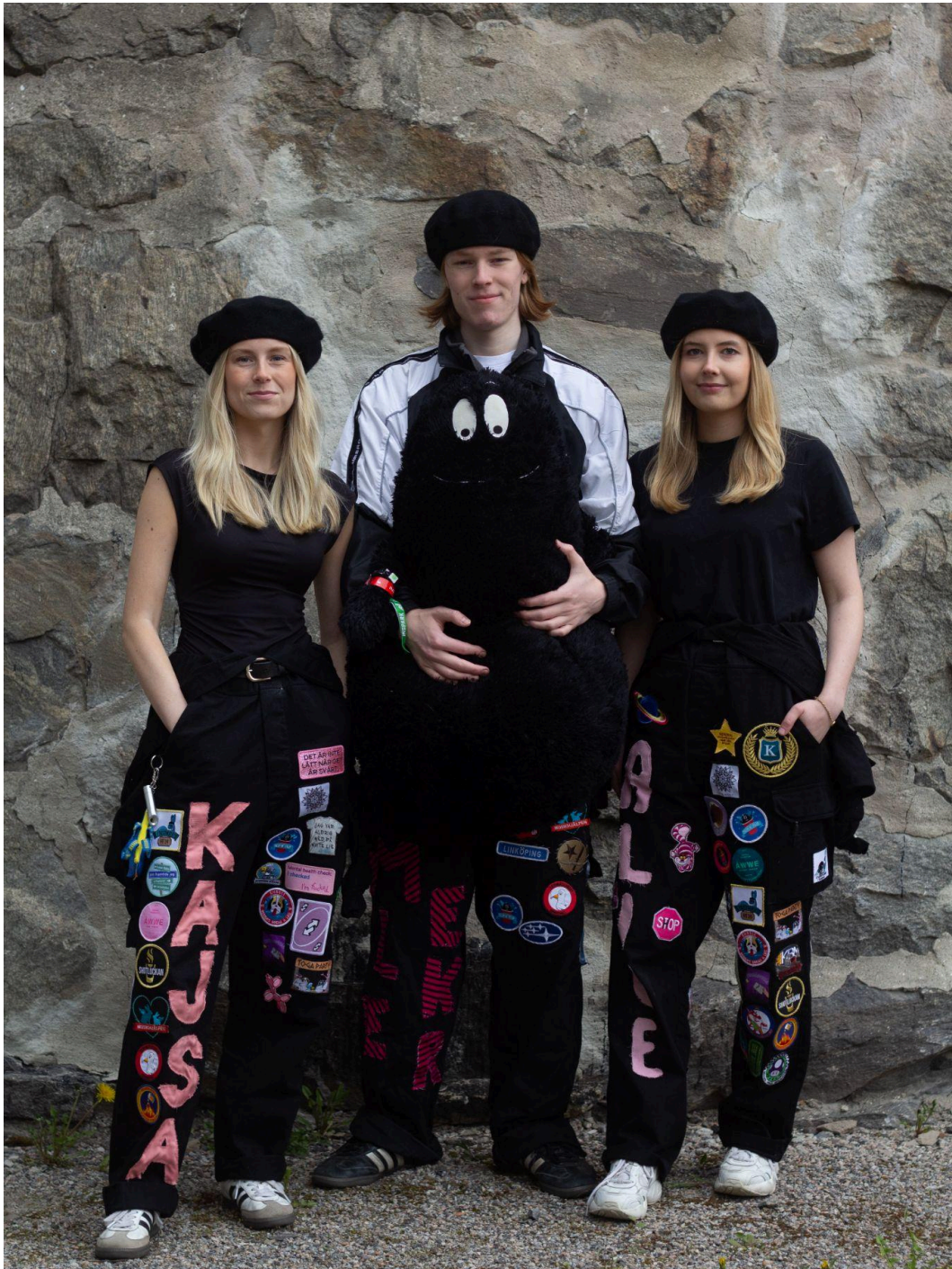


# COMMITT

Committ is a student association with students from the programs Communication and PR and Graphic Design. Committ wear black Ävvar. Committ have appointed and wish to present the following generals:

**From the left:**

Kajsa Holmberg, Melker Svartz, Alice Eriksson





# Emboli

Emboli is the section with students studying Nursing, Health and rehabilitation in working life. They therefore include everything in health science. Emboli wear white Åvvar. Emboli has appointed and wishes to present the following generals:

**From the left:**

Lilly Hörnfeldt, Albin Eriksson, Smilla Westlund, Frida Poromaa





# JFS

JFS is a student association with students studying Journalism. JFS wears yellow Åvvar. JFS has appointed and would like to present the following generals:

**From the left:**

Emmy Högberg, Oscar Åhström, Elin Myrgren,  
Tilde Mathiasson





# Mytec

Mytec is a student association with students from everything within natural science and technical subjects as well as industrial design. Students from Mytec wear purple Åvvar.

Mytec has appointed, and would like to present, the following generals:

**From the left:**

David Nilsson, Johan Jönsson, Beata Von Horn, Casper Velén,  
Marcus Adrian





# Sundekon

Sundekon is an association with students studying economics and to graduate economics. Sundekon wearing turquoise Ávvar. Sundekon has appointed, and would like to present, the following generals:

**From the left:**

Elin Israelsson, Ida Gromell





# SUS

SUS is the section with students studying to become teachers, social scientists or criminologists. SUS wears pink watch out. SUS has appointed, and would like to present the following generals:

**From the left:**

Stina Andersson, Clara Åkerlöf, Felicia Larsson



## Buddys, “Phösare” and

The Kick-off is not conducted solely by the generals and the student body, but also relies on volunteers from all line associations/sections. They act as the extended arm of the generals. You, as a new student, bring the most probability of sharing into buddies groups which are mostly based on which line you go, and thus will come into contact with your assigned buddies first. These fall into different categories.

### Buddies

A buddy is a student who has already studied for at least one year. These volunteers at the Kick-off to help where needed. They are also assigned to a group of new students, and therefore become the first contact the new students have with their new student life. The buddy, dressed with watch out will be assigned "work shifts" during the Kick-off, and will therefore attend and work at slightly different events. Among these comes the sober buddy that you can turn to.

### “Phösare” and Line leaders

A phösare is similar to a buddy and will attend all events, but they bear less responsibility. They usually staff the dance floors, the bar and the activities. The Phösare, with their experience, are thus "the life of the party" and enliven all celebrations, big and small.

A line leader is a communicative role and occurs only in certain line associations. But this does not mean that they are less important. On the contrary, they assume the role of a link between the phösare, buddies and the generals. A watchful eye that helps the generals get an overview, but also acts as a source of important information for the generals to take note of.



All these people will do their utmost to make you feel warmly welcome to student life. Trained professionals in having fun, and extremely important sources of knowledge for you as a future student. Don't hesitate to ask them if you have any questions or want advice.

# Event Schedule

All events will be posted in the app [Orbi](#). It is in the app that registrations are made and also where tickets will be sold at the evening events.

Veckodag	Datum	Aktivitet	Plats	Starttid	Ta med	Klädsel	Kommentar
Fredag	29/8	BBQ	Förrådet	17:00			Kickoff Opening Ceremony 🔥
Lördag	30/8	Vinbränbollen	Fagerdal	13:00		Durable clothes	Physical event where you might get wet and dirty
Lördag	30/8	Did I end up in the wrong place?	Avenyn	22:00			End up in the wrong place at the wrong time – or maybe the right place at the wrong time? Dress however you like.
Söndag	31/8	Rest	-	-	-	-	-
Måndag	1/9	Berras Break a Leg	Fagerdal	16:00	Towel 4 st 33cl unopened Carbonated beverage	Durable clothes and a change of clothes.	You will be SOAKED!
Tisdag	2/9	Dare night	Förrådet	16:30			Scavengerhu nt!!



Onsdag	3/9	Sverkers bollar	Fagerdal	16:30		Durable clothes and good shoes!	physical event with bumperball!!
Onsdag	3/9	Sportar du ens	Location will be announced soon	22:00		Sporttema	Suit up in your sportswear and get ready to meet sporty spirits from every corner!
Torsdag	4/9	Rest + Welcomeday	På campus	11:00 - 13:00	-	-	Miun has a welcomeday + rest 
Fredag	5/9	Slip n flip	Fagerdal	16:30	Towel 4 st unopened 33cl carbonated drink	Durable clothes and a change of clothes.	Physical event, you will get wet and soapy.
Fredag	5/9	White lie	Avenyn	22:00			
Lördag	6/9	Ölympiska	Fagerdal	13:00	Towel, 6st unopened 33cl carbonated drink	Durable clothes and a change of clothes.	Like a sort of pentathlon-ii sh event.
		Kärkväll - Toga	Avenyn	22:00			We celebrate like the ancient Greeks. Be a god or goddess for one night.
Söndag	7/9	Rest					
Måndag	8/9	Bäckmans BIT	Förrådet & C-gården	16:30	Towel if you feel like it?		Like the program :bäst i test. (taskmaster)
Tisdag	9/9	Bobby cart	Förrådet	16:30	Towel	Durable clothes	Physical event, once again there will be water!
Onsdag	10/9	Nollecaps	Förrådet	15:30	4 to 10 unopened		The world's greatest

					carbonated drinks!		student game! Caps!
Onsdag	10/9	Filmtemakväll	Location will be announced soon	22:00		Movienight	Step into your favorite movie or TV show and become a true star 🌟
Torsdag	11/9	Rest					
—		Gasque (HUV) SUS, Sundekon, Emboli, InSectS	More information coming soon			More is more	WIHOO
—		Gasque (NMT) Mytec, JFS, Committ, InSectS	More information coming soon			More is more	WIHOO

# Where can I find the different line associations?

All line associations have both Facebook and Instagram accounts. If you want to get in touch, you can contact them via these, or via email. Besides, you will also be invited to induction groups, which contain important information for you as a new student.

## The committee

Instagram: @miun\_insparksundsvall

## COMMITT

Instagram: @committsundsvall

Facebook: @studentforeningenCommitt

Email: [committforening@gmail.com](mailto:committforening@gmail.com)

## Emboli

Instagram: @embolisundsvall

Facebook: @emboliinfo

Email: [emboli@sk.s.miu.se](mailto:emboli@sk.s.miu.se)

## JFS

Instagram: @jfsmiun

Facebook: @journalistforbundetsundsvall

Email: [jfs@sk.s.miu.se](mailto:jfs@sk.s.miu.se)

## Mytec

Instagram: @mytec\_sundsvall

Facebook: @mytecsundsvall

Email: [mytec.styrelse@gmail.com](mailto:mytec.styrelse@gmail.com)

## Sundekon

Instagram: @sundekon

Facebook: @sundekon

Email: [sundekon@gmail.com](mailto:sundekon@gmail.com)

## SUS

Instagram: @suslinjeforening

Facebook: SUS - Samhälle Utbildning Sundsvall

Email: [sus.linjeforening@gmail.com](mailto:sus.linjeforening@gmail.com)

## More associations in Sundsvall

Beyond the line associations/sections there are also other associations that carry out various activities on campus. These are:

### Sundsvalls Åverålssällskap/SÅS

Sundsvalls Åverålssällskap, Also known as Såsmästeriet, is a non-profit cultural association that is politically and religiously independent. Såsmästeriet has the task of working with student social issues, i.e. enriching student life in various ways and the study culture at Mittuniversitetet. SÅS is also tasked with preserving and managing the culture of Åvve in Sundsvall and at Mittuniversitetet

**Instagram:** <https://www.instagram.com/sasmasteriet/>

### Borstmästeriet/BM

Borstmästeriet is a closed association whose goal is to arrange fun and activities for students at Mittuniversitetet in Sundsvall, but also for other students.

**Instagram:** <https://www.instagram.com/borstmasteriet/>

### Bimboli Sexmästeri/BBS

Bimboli Sexmästeri (BBS) BBS is a cultural committee without any affiliation to a specific program or student association. It primarily targets women (feminine-presenting individuals). The cultural committee works to strengthen the student social 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 that creates community, joy, and memorable experiences throughout the study period.

**Instagram:** <https://www.instagram.com/bimbolisexmasteri/>

### Radiosvallet - Studentradion

At the beginning of 2020, a radio channel was started at Mittuniversitetet with the help of the student union. Under the name radiosvallet broadcasts student radio every Saturday. During in the first semester, features were made about Timrå IK, interviews with screenwriters for blockbuster films and local musicians. Then, of course, there was a lot of screaming too!

Radiosvallet was started to give students an opportunity to learn even more about radio and how broadcasting works. On the one hand, we are more prepared when we enter the labor market, but we also get a chance to create something of our own and have fun. Our editors find new topics to talk about every week, both high and low. It is with us that you get information about the city's entertainment, what happens at the school, helpful tips about student life and learn to navigate Sundsvall!

During the Kick-off we come on Radiosvallet to broadcast live where it happens and be available if you have questions. Do you want to connect to radiosvallet? Just grab someone with Radiosvallet shirt and ask us whatever you have questions about! Now it's a new semester with new people and new creative ideas, and we would love to have you in the group.

*Greetings*

*Radiosvallet* - Your student radio in Sundsvall

## Mitten - A student magazine by and for the students of Mid Sweden University.

During the spring term of 2025, some students at the university began the work of once again giving Sundsvall's campus a student magazine, as well as providing students with information about their university and offering a forum for opinions.

Although a dedicated group stands behind the first issue of Mitten, which will be published in the fall of 2025, we neither want nor can manage entirely on our own in the long run.

We believe that everyone, regardless of their program affiliation, has something to contribute. This could involve editing, opinion articles, proofreading, photography, or perhaps a poem. You can contribute anything from small to big. Think "by and for" — if that cliché resonates with you.

So, if you who are reading have been waiting for a student magazine to get involved with — get in touch, and you can already contribute to the next issue.

/ The editorial team of Mitten

/ Mittens redaktion

**Instagram:** <https://www.instagram.com/tidningenmitten/?hl=fr>

# CLARITY

Now we hope you have more information regarding the Kick-off and how it will look. The Kick off is a memory for life and an incredibly fun way to start your studies!

If you have any questions or concerns before Kick-off, contact your generals!

SEE YOU ON THE KICK-OFF!

/Inspark Committee





# HEMLIGSTÄMPLAT - "KOMMISSIONEN"

AVSÄNDARE: [REDACTED]

MOTTAGARE: KOMMITTÉN [REDACTED] 2024

" -FJÄRRAN TID, BÄR ETT MYSTISKT NAMN  
SOM GER SJÄLEN FRID. INGEN KÄNNER TILL  
BÄRAREN PÅ NAMNETS TUNGA, TY JORDENS  
ALLA MÄNNISKOR ÄR FÖR UNGA. SKAPAD I  
SAMBAND MED UNIVERSUMS FÖRSTA LJUS,  
GAVS EN MANTEL ATT FLADDRA I VINDENS  
SUS. PÅ INSPARKEN DETTA VÄSEN OMKRING  
SIG STRÖVA, FÖR ATT FÖLJA DINA STEG OCH  
DIN VÄRDIGHET BEPRÖVA. EN ÄROFYLLD  
MUTA FÖR ATT BLIDKA DESS HUMÖR, KRÄVS  
FÖR ATT VÄNDA UPPMÄRKSAMHETEN TILL  
DIN FAVÖR. NÄR GRYNINGEN NALKAS  
VAKNAR DENNA GESTALT, DEN ENVÄLDIGA  
KOMMISSIONEN SOM HÖR, SER OCH VET  
ALLT. "