ALPINE ADVENTURES
The Umeå region has a large variety of ski facilities featuring novice to expert slopes. Ideal for snowboarders, downhill and cross-country skiers. Learn more at umu.se
EXPERIENCE THE NORTHERN LIGHTS

When there is high solar activity and clear skies, there is a good chance you’ll get to witness the dancing green lights of Aurora Borealis in the heart of Umeå. Learn more at umu.se
MOVE YOUR BODY AND MIND

Around Lake Nydala there’s a 9 km loop in varied terrain, perfect for running and mountain biking. Learn more at umu.se
BREATHTAKING NATURE

With its strategic location between forest and sea, Umeå is a great base for heart-pounding experiences in the wilderness. The closeness to nature is also ideal when you want to take a micro-break from your studies. Learn more at umu.se
EARLY AUTUMN MORNING ON CAMPUS
Umeå University’s main campus is situated around a beautiful park nearby the city centre with short distances between studies, housing, fitness and culture. Learn more at umu.se
CULTURE ON CAMPUS
Is more or less just what it sounds like: concerts, theater performances, author visits and much more - on campus, during the study period, and free of charge. Learn more at umu.se