NEW YEAR LOADING...
And so the next semester at UID begins. Welcome back, everyone - those of you coming back to UID only after a short Christmas break, as well as those of you who took a year of epic internships. Warmest welcome in this freezing cold weather! The weather also seems happy to have you back, as we finally have snow! (Although, maybe not everyone is so happy about it?)

Time to do snow sculptures and get some warmth in the UID sauna :D

I would also like to take the chance, as the editor of this issue, to wish good luck to all of you who begin working on your thesis projects now. I'm sure they're all gonna turn out epic!

Let's make 2017 awesome together!

And remember, be careful out there :) - Justyna (IxD1)
It’s Sunday noon, I see a beautiful sunny day outside and I’m grateful! That darkness messes up with me so much. As I tried my way to the kitchen to make breakfast I see a “Svensk Direktreklam” cart outside of my window, and then I hear something falling through my mail-hole-in-the-door. I matter to myself “doesn’t this idiot see the “no advertisements or free papers please” sticker on my door?”. But I pick up the student magazine and put it on the table, “let’s try this breakfast newspaper reading thing”. And here it goes - and article on how to survive until spring? Then I know what to run in Wozzop!

HOW TO SURVIVE YOUR WINTER DEPRESSION

To know if you are having a little winter depression creeping in on you, try to answer these simple questions: Do you feel like the sun has abandoned you? Because it’s always dark when you go to work or to school, and still dark when you go home. Are you sleeping more than usual, feeling like you could stay in bed until Spring comes? Do you feel more comfortable with your waterbottle, your tea and your new best friend: your TV, instead of with real human beings that you have to talk to and be nice to? Do you want to have a girl/boyfriend, anyone, just to keep you warm until the sunshine is back?

All of us living in the Northern Hemisphere of this planet, and especially closer to the Arctic circle, like in Norway, Sweden, Denmark, Finland, Russia, but also Alaska and Iceland, have a good chance of experiencing a winter depression. What is winter depression? A local mix lack of sunlight leading to Vitamin D deficiency, no energy, sleeping too much and feeling down and a little depressed (medically it’s called Seasonal Affective Disorder, you can check it out). The first good news is that it goes away eventually when your body gets the sun it needs. The second good news is that there are ways to deal with it. The first one, cod liver oil, is pretty obvious. You could get insanely drunk every Friday and Saturday oh and also Thursday evening also called “little Friday” and enjoy the beers and the positive temperature in Oslo, Copenhagen or St Petersburg. Why do you think Christmas parties were invented in December? Comfort through booze.

Third, “Syden” (“the South” in Norwegian), i.e. traveling South for a few weeks, once or twice or the whole winter. To somewhere warm and sunny where you can get a nice tan and brag about it. South of Spain, Thailand, Croatia or some Carribbean island. Some also chose to go to some fancy skiing resort in the Alps, or to their “summer house” on the Côte d’Azur where all Scandinavians who can afford it spend their winter months. There you go, more Vitamin D and self esteem already! I learned that on my own example when after 2 years in Umeå my blood’s content of vit. D was third of the norm. You can indulge in outdoors activities that give you a little sunlight you need, like skiing, sledging, ice-skating, bikini-skiing, bear-hunting or igloo-building. Then get cozy when you are inside. Inviting people in your house can be an idea, making parties, inviting good friends or making new friends. Don’t forget the alcohol and the candles and the good food (aka making things koselig).

Last but not least, you can do a full Nordic integration and become like them: in Scandinavia, many people just close themselves like oysters from October to March, and open up again (socially, emotionally etc.) when the sun is back. So you could decide, like them, that this seasonal depression is part of your personality and that you’ll stop being cranky and sad and mute when the sun and the warmth are back. If you live in Scandinavia that kind of attitude can be considered completely normal. Finally, you can sit tight for a few months and survive on hope. The hope that, eventually, spring, sun, and everyone’s smiles will come again (and one day it will, I promise).

HOW TO SURVIVE THE WINTER DARKNESS

You have a nice girl/man in your bed waiting for you these dark, cold months. So unless you already physical contact with another human being in Syden (and that is SAS: Sex, Alcohol and Syden. Usually one gets really sad and needing physical contact with another human being in these dark, cold months. So unless you already have a nice girl/man in your bed waiting for you with chocolate cookies and a cheeky smile, one tries to find all possible ways to get laid. You could therefore go to bars and hook up with strangers to get temporary comfort through sex, as most Scandinavians who aren’t in a relationship do during the winter to fight their seasonal depression. Or try out with someone you know, like for example with an ex. It gets more complicated than a one-night love but you know, you do what you gotta do to get healthy.

The second one, alcohol, is also pretty obvious. You could get insanely drunk every Friday and Saturday oh and also Thursday evening also called “little Friday” and enjoy the beers and the negative temperature in Oslo, Copenhagen or St Petersburg. Why do you think Christmas parties were invented in December? Comfort through booze.

Remember that anyone can experience a winter depression, even locals. We all need the sun. It is proven that those who eat a lot of fish, especially cod-liver, are less prone to get winter depression. So start yourself on high dosis of codliver oil as soon as October, and eat a lot of fish. The fishoil will give you the vitamin D and Omega 3 you need to feel better (capsules are also available, it does taste a bit gross). Physical exercise will also give you the kick you need to have more energy.

The European winter is already hard to get through, with its negative temperatures, grey sky and 5 hours of daily daylight. Winter depression doesn’t usually occur at once, it comes slowly and take you over like a sneaky octopus. First the rain, then the change of time in October, and then before you know it winter is there and it’s going anywhere for a long long time. Remember that anyone can experience a winter depression, even locals. We all need the sun. It is proven that those who eat a lot of fish, especially fishliver, are less prone to get winter depression. So start yourself on high dosis of codliver oil as soon as October, and eat a lot of fish. The fishoil will give you the vitamin D and Omega 3 you need to feel better (capsules are also available, it does taste a bit gross). Physical exercise will also give you the kick you need to have more energy.
KICKASS 2016 SONGS TO motivate YOU IN 2017

SIA

“i’m free to be the greatest, i’m alive”

SKILLET

“i feel, i feel it invincible”

MOANA

“how far i’ll go”

You have the power to change your world

SABATON

“sparta”

Learn from history to never give up

Vicki Jacobson is a singer-songwriter in the style of Ed Sheeran, Shawn Mendes, etc. She will play both their own material and some covers.

https://www.facebook.com/events/234514830329429/

Jan 19
10:00 - 15:00
Welcome fair at the main campus

Jan 20
13:00-14:00 | KULTURVÄVEN
An exhibition about sketch books art of Anneli Furmark, Frida Hammar, Nina Hemmingson, Anna-Clara Tidholm and Ville Ranta.
To work in a sketchbook is a job, and an art form in itself, which often run in parallel with the artist’s other work.
https://www.facebook.com/events/17104584169267639/

Jan 21
14:00-16:00 | FOLKETS BIO
UID Wednesday workshop

Jan 21
19:00 | PIPES OF SCOTLAND
Vicki Jacobson is a singer-songwriter in the style of Ed Sheeran, Shawn Mendes, etc. She will play both their own material and some covers.

Jan 22
14:00-16:00 | FOLKETS BIO
The film depicts how people around the world made the choice that changed their lives. We meet a busy businessman, ballet dancer, a woman with cancer, orphans and inmates for life. Witness how, against all odds has found inner peace and happiness through meditation and increased awareness. If change and a sense of peace is possible for the individual, it may also be possible for the communities and the whole of humanity?

https://www.facebook.com/events/388645818137623/

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OR WANNA SHOW OFF HOW PRO YOU already ARE?

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Thanks for your contributions.
Future articles & photos can be sent to wozzop@gmail.com by Friday evenings.

We love hearing from you!