Love each other!

Go Abisko!
Wednesday 8 April, 12:15
Short Film Screening

The Spark Concept & Student Awards

Starting from this week the Short Break lunch screenings will start touring on the campus. On Wednesday (9th of April), the screening will take place in the Seminar Room at the Art School (1st floor).

We’ll have a glimpse in the life of the elderly, in two fun feel-good shorts: Alice et moi by Micha Wald (Belgium, 2004, 19’) & Fredagstvålen by Lars Johannson (Sweden, 2013, 9’). The screening will start at 12:15 as always. Feel free to bring your lunchbox!

More information: www.sparkawards.com

Visit the UID Facebook page! www.facebook.com/uid
Tweet with UID with: #lifeatuid
Or follow us: @wozzop
Check out the UID vimeo pages: vimeo.com/uid & vimeo.com/ixdumea

The Spark 8th Annual International Awards

The Spark Concept & Student Awards are for work that is in the idea stage, and are the primary home for student entries. It is not for spec work, nor work intended for production or commercial realization. The emphasis is on ideas. The Spring Semester Early deadline is April 15.

More information: www.sparkawards.com
more sense, she adds.

3. Prioritize like it’s the day before vacation.

Think about your day as if you leave tomorrow on a long cruise with no Internet connection. What do you do? What do you delegate? What do you ditch? Suddenly, you’re hyper-aware and more efficient because the stakes are higher, Chandler says. You’re not spending time on things that don’t need to get done.

4. Honor the habits that work.

If your morning ritual is to grab a cup of coffee, sit down, and answer email and check in on Facebook, that may be what you need to do to “warm up” and ease into each day, Chandler says. Social media and other online activities are only problems if they’re getting in the way of getting things done, he says. Be honest with yourself about how much time you’re spending there and whether it’s a tool or a time-suck.

5. Stop people-pleasing.

Chandler says the biggest time waster of all is trying to please people at the expense of your own productivity. Attending meetings you don’t need to attend, taking phone calls you don’t need to take, and fielding tasks that don’t need to be done all in an effort to get people to like you can eat hours out of every day, he says. Learn how to say “no” graciously without worrying that someone won’t like you, and you’ll reclaim large blocks of time.

“Most of our time-wasters result from a courage problem, not a time problem,” he says.

http://www.fastcompany.com/3026484/work-smart/5-ways-to-finally-stop-wasting-your-time by Gwen Moran

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**Work in HUMlab this summer 2014!**

HUMlab gives students the opportunity to propose summer projects connected to our fields of interest: Digital culture, critical exploration of technology, innovation, arts and the humanities.

We welcome you to apply for a project based on your own idea within any of our fields of interest and with relevance to HUMlab. Projects may be individual or collaborative, and we encourage mixed-team (disciplines, perspectives) group applications.

We also encourage project proposals that make use of HUMlab’s infrastructure, such as the floor screen in HUMlab-X and the screenscape in HUMlab at the main campus. The project must be relevant in relation to HUMlab (i.e. we will not support project that have no connection with our other activities, our fields of interest or the future development of HUMlab). See the HUMlab website for more information about the lab.

**Application:**

The project should be possible to follow through in 5 weeks of full-time work during the summer of 2014. You can apply individually or as a group, and your application should be no longer then 3-4 pages (A4). In your application, please describe:

- yourself
- your project idea
- how does the project align with HUMlab?
- the time frame of your project
- plan for the implementation (how will the project be carried out?)
- the participants
- what material and resources will be needed (if any)
- a detailed budget

Your proposal can be in either English or Swedish. We aim towards a gender balance in HUMlab, and therefore we are hoping to get both male and female applicants.

**Presentations:**

You will present the results of your project in Umeå on September 10 2014. Please note that being in Umeå and participating on September 10 is obligatory.

**Who can apply?**

Current or graduating students on the Arts Campus as well as other students already involved in HUMlab projects. The main applicant must be a student at Umeå Arts Campus.

**Criteria:**

The following criteria will be used for the evaluation:

- Innovative and conceptual distinction/quality of the proposed project
- Relevance to HUMlab and the area specified above
- Feasibility: Can the project feasibly be carried out within the time frame
- The cost in relation to the scope and potential of the project
- Competence: The matching of the individual’s or group’s competence and the proposed project

**Project ideas:**

Two types of projects can be proposed:

1) You can apply for a project based on your own idea within any of our fields of interest and with relevance to HUMlab.

2) You can also indicate your interest in participating within a specific existing initiative: “Cultures of Display”. (See the description at the bottom of this page)

**APPLICATION DEADLINE: APRIL 23, 2014!**

Notifications will be given by May 16.

Send your application to: elin.andersson@humlab.umu.se (she will verify that the application is received and that all attachments are readable and so on. If you have not received a confirmation within 24 hours, please send your application one more time!)

More information: http://humlab.umu.se/summer2014/

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**Searching for a collaboration partner - HUMlab summer project**

An email from the girl Ruxandra Nedelcu, who organizes Short Break Film Screenings at the Arts Campus. If interested in collaboration, contact her directly at nedelcu.ruxandra@yahoo.com.

“I would like to apply for a summer project at Humlab and I am looking for a student from the Design School who would be interested in working together with me in creating a different film viewing experience, where the viewer takes an active stance in shaping his/her viewing experience. You would have creative control when it comes to the user experience. My part would be more in making the film, acquiring the rights – or commissioning a special short film for the installation, applying for more funding, handling the administrative part and of course helping you with whatever is needed. Just as a reference, an example of two existing projects that I like are the bicycle generated projector and the tippexperience.”

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5 ways to finally stop wasting your time

No, you don’t have to give up facebook forever. Here’s how to find out what’s eating your time and put a stop to it.

We’ve all had days like this: After running late to work, we get caught by that chatty co-worker for a half-hour only to return to our desks to do some online research and end up down the YouTube rabbit hole. The morning’s shot. It’s going to be another late night to make up for the lost time.

It doesn’t have to be that way, says Gilbert, Arizona, time management expert and life coach Steve Chandler, author of Time Warrior—and you don’t even have to swear off social media to gain back control. Mastering the hours in your day comes from a deeper level of understanding and confidence.

Here are five ways to take back your time:

1. Get some data.

Track your time for a few days, noting how you’re spending your hours and on what tasks, Chandler says. And don’t fudge the numbers. The only person to whom you’re accountable is you. As you begin to see how your days typically shape up, observe what really has to be done during the course of your day and what you’re doing because it’s a habit or because someone asked you to take on a task, but it wasn’t really necessary. Then, you have the insight to break patterns, he says.

2. Get the information you need.

Contrary to popular belief, Candy Crush isn’t the biggest time-waster out there. The biggest issue is not being clear about what you have to do, says Maura Thomas, creator of RegainYourTime.com and author of Personal Productivity Secrets. When we don’t have clear direction or information, we waste hours trying to figure out what we’re supposed to be doing during our day.

“Most of our time-wasters result from a courage problem, not a time problem,” says. When you find yourself pausing, you’re more likely to procrastinate or avoid the task, while finding ways to distract yourself. Instead, when you find yourself stuck, get information from your managers, colleagues or other essential resources for greater clarity. If a task is so large it’s hard to see where to begin, break it down into smaller steps that make...
"I have a lot of futures."
"Actually I am not sure when birds come out for hunting during the midnight sun."
"Next life I will be IKSU."
"I don't care if it's daytime, I just wanna flash." #photography
"There's no interruption, there's no conversation."
"Hugs are a fair trade."
"Is there something about unicorns?" #ixdcuriosity
"I have feta cheese everywhere, you probably too Idil?"