

Introduction Week schedule - Fall 2025

Week 36	Activity	Location and time
<i>Monday</i> 1/9	Introduction to the welcoming week activities! Meet your mentors (faddrar), learn about the student union, and explore the campus.	Sverigesalen 16:00 - Bachelor's students 17:30 - Master's and international/exchange students
<i>Tuesday</i> 2/9	Hangout in Humlegården! Bring a picnic blanket, something nice to drink (BYOB), and hang out with your mentor group in the park.	Humlegården 18:00 Bring a marker BYOB
<i>Wednesday</i> 3/9	First Mäss-night! You're introduced to our legendary student bar (Mässen) – a cornerstone of FHS traditions! Songbooks will also be sold for 150 SEK – an essential for future "sittnings"!	Mässen 16:00-23:00
<i>Thursday</i> 4/9	Hangout in Vanadislunden with kubb, a traditional Swedish game, and other activities/games!	Vanadislunden 18:00 BYOB
<i>Friday</i> 5/9	Picknicksittning in Lill-Jansskogen! A casual outdoor version of a Swedish sittning. We'll sing from the songbook and go over basic sittnings-etiquette. We will provide some light snacks so please do not come too hungry.	Lill-Jansskogen 18:00 BYOB Bring your Songbooks
<i>(Saturday)</i> 6/9	Hangout at the student house (optional) Not an official event - but if you're free, drop by the student house! Chill music, card games, or a fun pre-party if you're going out later.	New student house 18:00 BYOB

Week 37	Activity	Location and time
<i>Monday</i> 8/9	Study session (Pluggstuga) A calm event to prepare for studies and ask your mentors any burning questions. Study snacks provided!	Assigned group room 16:00-18:00
<i>Tuesday</i> 9/9	Operation XXX Explore Stockholm in your teams! Complete the tasks as fast as possible. The best group wins a prize!	Starting point: by your mentors orders 17:00-00:00 (or until you have finished the task)
<i>Wednesday</i> 10/9	Mässnight vol. 2 with person bingo! Another classic night at Mässen - this time with a fun bingo challenge.	Mässen 16:00-23:00
<i>Thursday</i> 11/9	Free evening Take a break – or reach out to your mentor group if you're up for something to do outside of the planned activities! Someone's always down to hang out. Psst! Mässen is open!	Free evening
<i>Friday</i> 12/9	Formal Sittning with pre-party at Mässen! The grand finale: our traditional welcoming banquet (sittning) includes songs, food, awards and unforgettable company.	Mässen 17:00 (voluntarily) Taste 18:30-01:00 Bring your Songbooks OBS: A separate ticket is required.

Wordlist

BYOB - Bring your own beverage.

Sittning - A traditional dinner party where the dress code can be everything from formal to masquerade.

Sångbok - A book with traditional songs that we sing on specific events (typically on sittningar).

Mässen - The school's student pub run by students of the higher joint command and staff program.

Sverigesalen - SEDU's aula, located on the second floor in the main building.

Faddergrupp - A group of new students that you will hang out with during the inspark.

Faddrar - The mentors that will take care and be responsible for the fadder groups.