Student Health Service, Uppsala University

Student Activities in Uppsala

Student-Led Activities at Nations and Student Associations

Compiled by
Student Health Service, Uppsala University
Last Updated
11 November 2026
Version
1.0

Contents

Introduction 2
About the Information 2
Membership Guide 2
Film & Media 3
Sports & Fitness 4
Arts & Creativity 12
Culture & Performing Arts 14
Literature & Language 18
Food & Drink 20
Music 21
Choirs 21
Orchestras, Bands & Instrumental Ensembles 27
Music Appreciation & Listening 33
Writing & Media 34
Social & Discussion 36
Games 37
Language & Culture 39
Notes 39

Introduction

This catalogue provides an overview of student-led activities and associations in Uppsala, highlighting opportunities for community, leisure activities, physical activity, culture, and engagement beyond academic studies.

The catalogue is intended as a resource for students, study advisors, Student Health Services, and other staff members who support students through guidance, advising, and student-facing conversations.

About the Information

The information in this catalogue is based on details published by student nations, student associations, and their public websites and social media channels.

Activities, schedules, membership requirements, and contact information may change over time. For the most up-to-date information, please refer to the relevant organisation's website or social media channels.

Membership Guide

Symbol	Meaning
Yes	Membership is required to participate.
No	The activity is open to everyone. No membership is required.
Yes*	Membership is recommended or provides benefits, but the requirements are not completely clear.
No*	Participation is possible without membership, but membership may later be required or provide priority or other benefits.

Film & Media

Film clubs, screenings and media-related activities for students in Uppsala.

Kalmar Film Club

When: Second Friday of each month
Time: Not specified
Location: Kalmar nation
Membership: Yes*

Description
Film screenings and discussions featuring everything from horror and comedy to cult classics.

Contact
Facebook

Link
https://www.facebook.com/groups/2865133393862153

Sports & Fitness

Sports clubs, fitness groups, outdoor activities and recreational sports offered through student nations and student organisations in Uppsala.

GHIF löpning

When: Tuesday
Time: 19:00
Location: Gästrike-Hälsinge nation
Membership: Yes*

Description
Group running sessions starting from Folkes Livs.

Contact
Facebook

Link
https://www.facebook.com/profile.php?id=100063572587148

GHIF löpning

When: Thursday
Time: 18:00
Location: Gästrike-Hälsinge nation
Membership: Yes*

Description
Group running sessions starting from Sommaro Pizzeria.

Contact
Facebook

Link
https://www.facebook.com/profile.php?id=100063572587148

GHIF fotboll

When: Irregular
Time: Not specified
Location: Gästrike-Hälsinge nation
Membership: Yes

Description
Football training sessions and matches are organized regularly.

Contact
Instagram

Link
https://www.instagram.com/ghif_fotboll/

Ridning (Gotlands Equites)

When: Varies
Time: Varies
Location: Gotlands nation / Agersta Islandshästcenter
Membership: Yes*

Description
Student riding association offering riding lessons and horse-related activities. Activities are adapted to participants' experience levels and no prior experience is required.

Contact
Facebook / Föreningens styrelse

Link
https://sites.google.com/view/gotlands-equites/startsida?authuser=0&pli=1

GNIF (Gotlands nations idrottsförening)

When: Varies
Time: Varies
Location: Gotlands nation
Membership: No*

Description
Sports association organizing activities such as varpa, badminton, and hiking. Current activities are announced regularly.

Contact
Facebook

Link
https://www.gotlandsnation.se/idrottsforeningar/

Kalmar Nation IF

When: Tuesday
Time: 20:00
Location: Vaksalaskolan
Membership: Yes*

Description
Basketball and other sports activities with fellow members.

Contact
Facebook

Link
https://www.facebook.com/groups/303167353031221/

Kalmar Nation IF (innebandy)

When: Thursday
Time: 22:00–23:00
Location: Tiundaskolan
Membership: Yes*

Description
Floorball for nation members.

Contact
Facebook

Link
https://www.facebook.com/groups/303167353031221/

Yoga på Kalmar nation

When: Not specified
Time: Not specified
Location: Kalmar nation
Membership: No*

Description
Yoga for all levels. Bring your own mat or borrow a blanket on site. Kalmar members are prioritized when capacity is limited.

Contact
Facebook

Link
https://www.facebook.com/groups/218091378256022/

ÖG IF (Östgöta nations idrottsförening)

When: Varies
Time: Varies

Location: Östgöta nation
Membership: Yes*

Description
Organizes activities 1–2 times per week, including running, ball sports, circuit training, games, and walks. A great way to stay active and meet other students.

Contact
Facebook

Link
https://ostgotanation.se/ogif/

Dekadansen

When: Varies
Time: Varies
Location: Östgöta nation
Membership: Yes*

Description
Dance group for people interested in dance. Organizes practices and performances.

Contact
dekadansen@ostgotanation.se

Link
https://ostgotanation.se/dekadansen/

IF Trikadien

When: Varies
Time: Varies
Location: Södermanland-Nerikes nation
Membership: Yes

Description
Sports association coordinating activities including football, floorball, basketball, running, yoga, and tournaments. All levels are welcome.

Contact
sports@snerikes.se

Link
https://link.orbiapp.io/TeoL

Springa med Snerikes

When: Thursday
Time: Not specified
Location: Södermanland-Nerikes nation
Membership: No*

Description
Group running sessions at varying paces and distances. Followed by fika and socializing.

Contact
trikadienlopning@gmail.com

Link
https://www.instagram.com/tisdags.lubben

Yoga

When: Monday
Time: 18:00
Location: Södermanland-Nerikes nation
Membership: No*

Description
Yoga for all levels. Bring your own yoga mat.

Contact
yoga@snerikes.se

Link
https://www.instagram.com/yogasnerikes

Yoga

When: Sunday
Time: 10:00
Location: Södermanland-Nerikes nation
Membership: No*

Description
Yoga for all levels. The session ends just in time for brunch.

Contact
yoga@snerikes.se

Link
https://www.instagram.com/yogasnerikes

Yoga

When: Sunday
Time: 17:00
Location: Södermanland-Nerikes nation
Membership: No*

Description
Yoga for all levels. Bring your own yoga mat.

Contact
yoga@snerikes.se

Link
https://www.instagram.com/yogasnerikes

Herrfotboll

When: Varies
Time: Varies
Location: Södermanland-Nerikes nation
Membership: No*

Description
Training sessions and league play in Division 7. Everyone is welcome to try, but membership is required for continued participation.

Contact
trikadienherrfotboll@gmail.com

Link
https://www.instagram.com/trikadienherrfotboll

Damfotboll

When: Varies
Time: Varies
Location: Södermanland-Nerikes nation
Membership: Yes

Description
Training sessions and league play for the women's team. Membership in Trikadien is required.

Contact
damfotboll@snerikes.se

Link
https://www.instagram.com/trikadiendamfotboll

Innebandy

When: Varies
Time: Varies
Location: Södermanland-Nerikes nation
Membership: Yes

Description
Floorball for all skill levels. Equipment can be borrowed. Membership in Trikadien is required.

Contact
trikadieninnebandy@gmail.com

Link
https://www.instagram.com/snerikesinnebandy

Basket

When: Varies
Time: Varies
Location: Södermanland-Nerikes nation
Membership: Yes

Description
Mixed basketball team that trains regularly and participates in tournaments. Membership in Trikadien is required.

Contact
trikadienbasket@gmail.com

Link
https://link.orbiapp.io/TeoL

Uplands nations idrottsförening

When: Varies
Time: Varies
Location: Uplands nation
Membership: Yes*

Description
Organizes a variety of sports activities and training opportunities for nation members.

Contact
sport@uplandsnation.se

Link
https://uplandsnation.se/en/associations/

V-Dala IF

When: Varies
Time: Varies
Location: Västmanlands-Dala nation
Membership: Yes*

Description
Sports association offering badminton, basketball, table tennis, dance, football, handball, floorball, running, dodgeball, yoga, and more. No prior experience required.

Contact
if@v-dala.se

Link
https://www.v-dala.se/association/idrottsutskottet/

Arts & Creativity

Creative groups and activities for students interested in photography, arts, crafts, design, and making things together.

Fotogruppen

When: Thursday
Time: 19:00
Location: Kalmar nation
Membership: Yes*

Description
Photography excursions, exhibitions, and other photography-related activities. The nation also has its own darkroom.

Contact
Facebook

Link
https://www.facebook.com/groups/149611435073202/

Måla @ Kalmar

When: Sunday
Time: 14:00–17:00
Location: Kalmar nation
Membership: Yes*

Description
Draw, design, paint, create collages, or work on your own creative projects. Materials are provided by the nation.

Contact
Facebook

Link
https://www.facebook.com/groups/KalmarPaintingUppsala/

Syjuntan

When: Tuesday
Time: 18:00–21:00
Location: Västmanlands-Dala nation (Röda rummet)
Membership: No

Description
Handicrafts and creative activities in a relaxed social environment. No prior experience is required and beginners are welcome.

Contact
Facebook group

Link
https://www.v-dala.se/association/syjuntan/

Norrlands Nålar

When: Varies
Time: Varies
Location: Norrlands nation
Membership: No

Description
Creative group for knitting, crafts, painting, and other forms of making and creating. Everyone is welcome regardless of experience. Materials and fika are often provided.

Contact
Norrlands nation

Link
https://www.norrlandsnation.se/föreningar

Culture & Performing Arts

Theatre, spex, performance, stage production, improvisation, and cultural activities for students interested in performing arts and creative collaboration.

Scenghångarna

When: Not specified
Time: Not specified
Location: Gästrike-Hälsinge nation
Membership: Yes*

Description
Spex association producing theatre and entertainment for dinners, events, and nation activities.

Contact
scenghangarna@gmail.com

Link
https://ghnation.se/underforeningar/

Kalmarsh Shpeks

When: Weekly
Time: Not specified
Location: Kalmar nation
Membership: Yes*

Description
Spex group that writes, rehearses, and performs comedy theatre at gasques and other events. English is widely used.

Contact
Facebook

Link
https://www.facebook.com/groups/431548080607351/

Södermanlands-Nerikes Nationsteater

When: Thursday
Time: 18:00–20:00
Location: Södermanland-Nerikes nation
Membership: No*

Description
Uppsala's largest theatre association. Activities include theatre productions, improvisation, drama exercises, set design, sound, lighting, and directing. No prior experience is required.

Contact
teater@snerikes.se

Link
https://snerikes.se/foreningar/teater/

Spexgruppen

When: Varies
Time: Varies
Location: Uplands nation
Membership: Yes*

Description
Spex group for students interested in acting, stage design, production, and theatre.

Contact
spex@uplandsnation.se

Link
https://uplandsnation.se/en/associations/

Kulturutskottet

When: Varies
Time: Varies
Location: Uplands nation
Membership: Yes*

Description
Organizes cultural activities such as theatre visits, museum trips, and other cultural events.

Contact
kultur@uplandsnation.se

Link
https://uplandsnation.se/en/associations/

Spexföreningen Ridårarna

When: Monday
Time: 18:00

Location: Västmanlands-Dala nation
Membership: No

Description
Spex association offering acting, improvisation, games, and social gatherings. Members can participate both on stage and behind the scenes. No prior experience is required.

Contact
spexet@v-dala.se

Link
https://www.v-dala.se/association/spexforeningenridararna/

NoNSEns

When: Wednesday
Time: 18:30
Location: Norrlands nation
Membership: No

Description
Spex ensemble featuring theatre, improvisation, singing, and comedy. No registration or previous experience is required.

Contact
Norrlands nation

Link
https://www.norrlandsnation.se/föreningar

Värmländska Akademien

When: Varies
Time: Varies
Location: Värmlands nation
Membership: Yes*

Description
Spex association focused on theatre, comedy, and traditional student performances.

Contact
Värmländska Akademien

Link
https://www.varmlandsnation.se/varmlandska-akademien

Stockholms nations spexarcorps

When: Varies
Time: Varies
Location: Stockholms nation
Membership: Yes

Description
For students who enjoy theatre, singing, dance, and comedy. Participates in nation spex productions and the annual March Spex. Auditions are held for larger productions.

Contact
marsspexet@stockholmsnation.se

Link
https://stockholmsnation.se/engagera-dig/foreningar/

Literature & Language

Book clubs and literature-focused activities for students who enjoy reading, discussing ideas, and exploring books together in a social setting.

Bokcirkel

When: Once a month (Wednesday)
Time: 18:00–20:00
Location: Göteborgs nation
Membership: No

Description
Reads and discusses books together in a social setting. The group meets approximately once per month.

Contact
joellee.bakri@gmail.com

Link
https://www.nationsguiden.se/events/event/bokcirkel-pa-goteborgs-nation/

Bokcirkeln med Garn

When: Monday
Time: 19:00–21:00
Location: Kalmar nation
Membership: No

Description
Book discussions based on an assigned reading. Knitting, crocheting, and sewing are welcome but not required.

Contact
Facebook

Link
https://www.facebook.com/groups/152324581450394/

Bokcirkeln

When: Varies
Time: Varies
Location: Uplands nation
Membership: No

Description
Social book club where participants read and discuss literature together.

Contact
biblo@uplandsnation.se

Link
https://uplandsnation.se/en/associations/

Food & Drink

Food, beverage, and tasting activities for students interested in exploring food culture and meeting others through shared culinary experiences.

Oenologiska föreningen

When: Not specified
Time: Not specified
Location: Gästrike-Hälsinge nation
Membership: Yes*

Description
Food and beverage society organizing tastings and related activities.

Contact
oenologiska@ghnation.se

Link
https://ghnation.se/underforeningar/

Music

Choirs, orchestras, bands, ensembles, and music-related communities for students interested in performing, learning, and sharing music with others.

Choirs

Nationskören

When: Weekly
Time: Not specified
Location: Gästrike-Hälsinge nation
Membership: Yes*

Description
Choir that rehearses once per week. Performs at gasques and other events. No previous experience required.

Contact
chef@gh-koren.se

Link
https://gh-koren.se/

Gotlands nations kör

When: Monday
Time: 18:30–21:00
Location: Gotlands nation
Membership: Yes

Description
Mixed choir with around 35 members. Performs at gasques, concerts, and other events. New members are admitted once per semester through a simple audition.

Contact
ordf@gotlandsnationskor.se

Link
https://www.gotlandsnation.se/koren/

Kör vid Kalmar nation

When: Wednesday
Time: 19:00
Location: Kalmar nation
Membership: Yes*

Description
Choir performing at events and gasques. Everyone is welcome and no prior experience is required.

Contact
Facebook

Link
https://www.facebook.com/groups/173427796364399

Sånggripen

When: Tuesday
Time: Not specified
Location: Östgöta nation
Membership: Yes

Description
Mixed choir with around 40 members. Admits new singers every semester and performs at gasques and events. Also organizes choir retreats.

Contact
insjungning@ostgotanation.se

Link
https://ostgotanation.se/sanggripen/

Södermanlands-Nerikes nationskör (SNerikekören)

When: Monday
Time: 18:30–21:00
Location: Södermanland-Nerikes nation
Membership: Yes*

Description
Mixed choir with approximately 70 members. Performs traditional choral works, student songs, and modern music. Performs at dinners, concerts, and festivals. No prior experience required.

Contact
stamfiskal@snerikes.se

Link
https://snerikes.se/foreningar/koren/

Sönerna

When: Thursday
Time: 18:30–21:30

Location: Södermanland-Nerikes nation
Membership: Yes

Description
Men's choir with around 35 members. Performs at concerts, events, and tours. Combines ambitious singing with an active social community.

Contact
antagning@sonerna.se

Link
http://www.sonerna.se/

Damkören Meja

When: Thursday
Time: Evening
Location: Södermanland-Nerikes nation
Membership: Yes

Description
Treble choir for altos and sopranos. Focuses on classical and folk music. Active social environment and regular performances.

Contact
meja@snerikes.se

Link
https://snerikes.se/foreningar/meja/

Discordia

When: Varies
Time: Varies
Location: Uplands nation
Membership: Yes

Description
The nation's women's choir. Performs at various events and recruits new members through auditions.

Contact
info@udkdiscordia.se

Link
https://udkdiscordia.se/

V-Dalakören

When: Tuesday
Time: Not specified
Location: Västmanlands-Dala nation
Membership: Yes*

Description
Mixed choir with around 60 members. Performs music ranging from classical choral works to jazz. Organizes concerts and social activities.

Contact
ordforande@v-dalakoren.se

Link
http://v-dalakoren.se/

Cantus Feminis

When: Varies
Time: Varies
Location: Norrlands nation
Membership: No*

Description
Women's choir performing at gasques and events. No previous experience required. Open rehearsals are held for prospective singers.

Contact
Norrlands nation

Link
https://www.norrlandsnation.se/föreningar

Chorus Virorum

When: Varies
Time: Varies
Location: Norrlands nation
Membership: Yes*

Description
Men's choir performing at balls, gasques, festivals, and the traditional serenade before the spring ball.

Contact
Norrlands nation

Link
https://www.norrlandsnation.se/föreningar

Norrlandskören

When: Varies
Time: Varies
Location: Norrlands nation
Membership: Yes*

Description
Mixed student choir with around 45 singers. Performs at gasques, concerts, festivals, and private events.

Contact
Norrlands nation

Link
https://www.norrlandsnation.se/föreningar

Värmlands Nations Kör (VNK)

When: Wednesday
Time: Not specified
Location: Värmlands nation
Membership: Yes*

Description
Ambitious mixed choir with an active social life. Performs at balls, gasques, concerts, and tours. Organizes choir parties and retreats.

Contact
Värmlands Nations Kör

Link
https://www.varmlandsnation.se/vrmlands-nations-kr-1

Västgöta Nationskör (VGNK)

When: Tuesday
Time: 18:20–21:00
Location: Västgöta nation
Membership: Yes

Description
Social student choir with a varied repertoire ranging from traditional songs to pop and musical theatre.

Contact
ordforande@vgkoren.se

Link
https://vgkoren.se/

Västgöta nations damkör (VGDK)

When: Thursday
Time: 18:15–21:15
Location: Västgöta nation
Membership: Yes

Description
Highly ambitious choir with a strong sense of community. Welcomes anyone interested in singing alto or soprano parts.

Contact
vgdk@vgdk.se

Link
https://www.vgdk.se/vastgotanationsdamkor/

Korgossarna (Västgöta nations manskör, VGMK)

When: Sunday
Time: 17:00–20:00
Location: Västgöta nation
Membership: Yes

Description
Men's choir with strong musical ambitions and a vibrant social culture. Performs at concerts, gasques, graduation celebrations, and nation events.

Contact
ordf@vgmk.se

Link
https://www.vgmk.se/

Erato SNDK

When: Varies
Time: Varies
Location: Stockholms nation
Membership: Yes

Description
Women's choir of 10–15 singers performing everything from rock and schlager to pop music. Auditions are held every semester.

Contact
eratosndk@gmail.com

Link
https://stockholmsnation.se/engagera-dig/foreningar/

SNVE (Smålands Nation Vocal Ensemble)

When: Varies
Time: Varies
Location: Smålands nation
Membership: Yes*

Description
Small choir focused on community, personal development, and singing. Performs classical, modern, and folk music. Social activities are an important part of the group.

Contact
Facebook: SNVokalensemble

Link
https://smalands.nu/en/associations/snve/

Orchestras, Bands & Instrumental Ensembles

Sighstinska kapellet

When: Weekly
Time: Not specified
Location: Gästrike-Hälsinge nation
Membership: Yes

Description
The nation's orchestra. Performs at dinners, releases, and other events.

Contact
sighstinska@gmail.com

Link
https://ghnation.se/underforeningar/

Bocktaktarna

When: Thursday
Time: Not specified

Location: Gotlands nation
Membership: Yes*

Description
Student orchestra focused on reggae music. Performs reggae classics and original arrangements. New members are welcome regardless of instrument or experience.

Contact
bocktaktarna@gotlandsnation.se

Link
https://www.gotlandsnation.se/orkester/

Folkölet

When: Tuesday
Time: 18:00–20:00
Location: Gotlands nation
Membership: Yes*

Description
Folk music orchestra performing Swedish and international folk music. Members learn from each other without sheet music and welcome both beginners and experienced musicians.

Contact
Kontakt via Gotlands nation

Link
https://www.gotlandsnation.se/orkester/

Kapellet

When: Varies
Time: Varies
Location: Östgöta nation
Membership: Yes*

Description
Big band playing funk, soul, disco, and pop. Performs at gasques, balls, festivals, and other events. New musicians are welcome.

Contact
kapellet@ostgotanation.se

Link
https://ostgotanation.se/kapellet/

Hornboskapen

When: Tuesday
Time: 19:00–22:00
Location: Södermanland-Nerikes nation
Membership: No

Description
Student orchestra performing everything from jazz and marches to schlager and traditional student music. No auditions required and new members are welcome. Some instruments can be borrowed.

Contact
hornboskapen@gmail.com

Link
http://www.hornboskapen.com

Wijkmanska Blecket

When: Wednesday
Time: 19:00–22:00
Location: Uplands nation
Membership: No

Description
Student orchestra open to all regardless of previous musical experience. Additional rehearsals are available for those who want extra practice.

Contact
kk@blecket.org

Link
https://www.blecket.org/

V-Dala Spelmanslag

When: Thursday
Time: 19:00
Location: Västmanlands-Dala nation
Membership: Yes*

Description
The world's oldest student folk music group, founded in 1961. Performs folk and traditional music using a wide range of instruments.

Contact
ordf@v-dalaspelmanslag.se

Link
http://www.v-dalaspelmanslag.se/

Samba São Miguel

When: Weekly
Time: Not specified
Location: Västmanlands-Dala nation
Membership: Yes*

Description
Samba percussion group performing at gasques, dissertation dinners, weddings, and carnivals. Constantly seeking new members.

Contact
bateria@sambasaomiguel.se

Link
https://www.v-dala.se/association/samba-sao-miguel/

---

ab Kruthornen & Letta Gardet

When: Wednesday
Time: 18:00–21:00
Location: Västmanlands-Dala nation
Membership: No

Description
Student orchestra and dance group consisting of musicians, singers, and dancers. Performs at festivals, shows, and nation events.

Contact
khlg@v-dala.se

Link
http://khlg.se/

Attraktionsorkestern & Attrapperna

When: Varies
Time: Varies
Location: Norrlands nation
Membership: Yes*

Description
Big band and dance group performing at nation events, festivals, weddings, and conferences.

Contact
Norrlands nation

Link
https://www.norrlandsnation.se/föreningar

Salongsorkestern

When: Varies
Time: Varies
Location: Norrlands nation
Membership: Yes*

Description
Symphony orchestra performing classical, chamber, and orchestral music.

Contact
Norrlands nation

Link
https://www.norrlandsnation.se/föreningar

Phontrattarne

When: Varies
Time: Varies
Location: Norrlands nation
Membership: Yes*

Description
Show orchestra featuring jazz, schlager, dance, and stage entertainment. Produces the annual Grand Show.

Contact
Norrlands nation

Link
https://www.norrlandsnation.se/föreningar

Värmlands Nationsband

When: Varies
Time: Varies
Location: Värmlands nation
Membership: Yes*

Description
The nation's own band. Music activities for students who want to perform together and contribute to nation events.

Contact
Facebook

Link
https://www.varmlandsnation.se/varrmlands-nationsband

Vibrato SNHB

When: Varies
Time: Varies
Location: Stockholms nation
Membership: No

Description
Nation band performing at balls, gasques, Valborg celebrations, and other events. Everyone is welcome and participation is free. Auditions are held for new members.

Contact
Marcus Setterwall / Instagram (@vibratosnhb)

Link
https://stockholmsnation.se/engagera-dig/foreningar/

Glasblåsarna

When: Monday
Time: 18:00–21:00
Location: Smålands nation
Membership: No

Description
Brass and woodwind orchestra performing original arrangements of popular music at nation events, Valborg, and orchestra festivals. New members are welcome to stop by and try it out.

Contact
Facebook / Instagram / glasblasarna@smalands.nu

Link
https://smalands.nu/en/associations/glasblaserna/

Music Appreciation & Listening

Mixtape-cirkeln

When: Thursday
Time: 19:00
Location: Kalmar nation
Membership: Yes*

Description
Discover new music and share favourite songs and artists with other music enthusiasts.

Contact
Facebook

Link
https://www.facebook.com/groups/305952412231/

Writing & Media

Student newspapers, magazines, writing opportunities, journalism, editing, photography, and media production for students interested in creating and publishing content.

Ghasetten

When: Not specified
Time: Not specified
Location: Gästrike-Hälsinge nation
Membership: Yes*

Description
The nation's magazine, published four times per year.

Contact
ghasetten@gmail.com

Link
https://ghnation.se/underforeningar/

Halta Lejon

When: Flexible
Time: Flexible
Location: Göteborgs nation
Membership: Yes*

Description
Nation newspaper published twice per semester. Opportunities to write articles, features, take photographs, and contribute to student journalism.

Contact
halta@goteborgsnation.se

Link
https://www.goteborgsnation.se/verksamhet/halta-lejon

Holmiensis

When: Varies
Time: Varies
Location: Stockholms nation
Membership: Yes

Description
The nation's member magazine. Ideal for students interested in writing, editing, publishing, or graphic design. No previous experience is required.

Contact
Redaktören / Förste Kuratorn

Link
https://www.stockholmsnation.se/engagera-dig/foreningar/

Social & Discussion

Discussion groups and social communities for students interested in philosophy, reflection, conversation, and exchanging ideas with others.

Filosofigruppen

When: Tuesday
Time: 19:00–21:00
Location: Kalmar nation
Membership: Yes*

Description
Café philosophy discussions on topics chosen by participants.

Contact
Facebook

Link
https://www.facebook.com/groups/149611435073202

Demiratus

When: Wednesday (every other week)
Time: Not specified
Location: Södermanland-Nerikes nation
Membership: No

Description
Philosophy society hosting open discussions on ethics, religion, society, the future, and human values. The focus is on discussion and reflection rather than debate.

Contact
demiratus@snerikes.se

Link
https://snerikes.se/foreningar/filosofiforeningen-demiratus/

Games

Board games, role-playing games, chess, video games, and gaming communities for students interested in playing, socializing, and meeting others through shared hobbies.

GHame Club

When: Monday (every other week)
Time: 18:00
Location: Gästrike-Hälsinge nation
Membership: Yes

Description
Board games and video games. Meets in the Great Hall on the second floor of the nation.

Contact
Instagram / Facebook

Link
https://www.instagram.com/ghameclub

Brädspelskväll (ÖG:s spelförening)

When: Tuesday
Time: 18:00–22:00
Location: Östgöta nation
Membership: No

Description
Board game evenings for both beginners and experienced players. Come on your own or bring friends.

Contact
Facebook

Link
https://ostgotanation.se/spelforeningen/

SNSF (Spelföreningen)

When: Varies
Time: Varies
Location: Södermanland-Nerikes nation
Membership: Yes*

Description
Gaming association covering board games, computer games, and console games. Organizes board game nights, LAN events, and maintains an active Discord community.

Contact
Facebook / Discord

Link
https://snerikes.se/foreningar/spelforeningen-ludus/

Spelgillet

When: Sunday
Time: 18:00
Location: Västmanlands-Dala nation
Membership: No

Description
Gaming association focused on board games, role-playing games, miniature games, card games, LARP, video games, and films.

Contact
Facebook group

Link
https://www.v-dala.se/association/spelgillet/

V-Dala Schacksällskap

When: Wednesday
Time: 19:00–22:00
Location: Västmanlands-Dala nation (Falurummet)
Membership: No

Description
Chess evening held every Wednesday. Meets in Falurummet for games, practice, and socializing.

Contact
Facebook group

Link
https://www.v-dala.se/association/schack/

Language & Culture

Language exchange, intercultural learning, and opportunities to meet students from different linguistic and cultural backgrounds.

Uppsalingo

When: Monday
Time: 18:00–20:00
Location: Gotlands nation
Membership: No

Description
Language exchange between Swedish and international students. Participants typically spend one hour speaking Swedish and one hour speaking another participant's language. Meets weekly.

Contact
Gotlands nation

Link
https://www.nationsguiden.se/events/event/uppsalingo/

Notes

Information in this catalogue is based on publicly available information from student nations, associations, websites, and social media channels.

Activities, schedules, membership requirements, and contact information may change over time. Students should always consult the organisation's website or social media channels for the most up-to-date information.

Last updated: November 2026