

hittaut

UU:S Wellness challenge - A part of uppsala's largest wellness project

Hittaut is Uppsala's largest wellness project where you and your colleagues get exercise as you find new places around Uppsala and strengthening the team spirit at your workplace. Each year a number of checkpoints are placed at beautiful and interesting sites around Uppsala and in May the map is delivered by mail, but can also be found in map racks at different locations around Uppsala. Your task is to use the map or your GPS device to find these checkpoints. The map is also available as a mobile app. You register the checkpoints by entering a letter code at the website or in the app.

The more checkpoints you'll find, the more exercise you'll get and the bigger the chance to win prizes (each registration count as an entry to the monthly lottery of prizes).

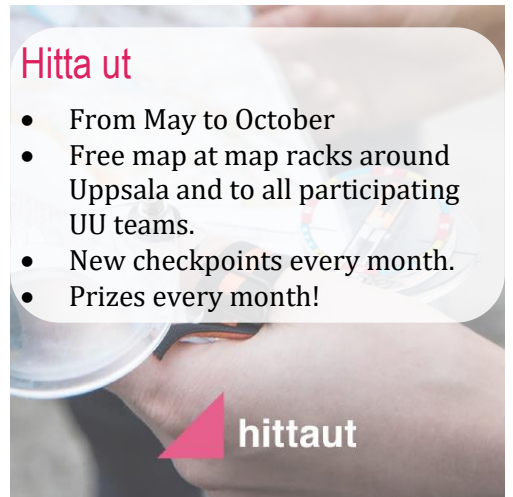
Register your department/division to UU:s Wellness challenge

Since 2019, UU has been participating in hittaut, where all departments/divisions are invited to participate as teams. Your team will be compared to other teams within UU and from other companies/organisations when it comes to;

1. The total number of registered checkpoints in the team
2. The mean number of registrations for the top five of the team

No matter ambition level, all registered checkpoints counts, and you will contribute to the total number of registered checkpoints in the team. The top five of the team will increase the mean of the team. If two teams have the same mean, the sixth best is accounted for, than the seventh etc.

Everyone that registers checkpoints will also participate in the monthly lottery. Register your team today to enable easy and fun exercise for everyone and improve the team spirit at your workplace!



Are you using GIS in your research? Or are you curious on how spatial analysis could be used in your research or teaching? Then you are most welcome to the **GIS day** in November to learn how colleagues at UU work with GIS! Spatial analysis of hittaut will also be presented. For more info, visit MP and browse to **Research – Geodata and GIS**.



UU:s Wellness challenge – how it works

1. Go to <https://koncept.orientering.se/provapaaktiviteter/hittaut/> to create an account. Under “Mina uppgifter” you can connect your account to the organisation “Uppsala universitet – anställda”. There is also a team for students, “Uppsala universitet – studenter”.
2. After you have connected to the organisation “Uppsala universitet – anställda”, you can also join a team for the department. Information about department teams can be found on the staff portal: <https://mp.uu.se/sv/web/hittaut> Join this group if you want information about teams, team leaders and contact information. Write to the team leader of the team you want to join.
3. If you want to create a new department team, write to uppsala@hittaut.nu
4. When the participants have registered an account, they are ready to go explore Uppsala and to register checkpoints! Checkpoint collected previously will also count.
5. All registered participants get immediate access to statistics of their own and the team’s progress and can compare the results with other teams and organisations in Uppsala.

Maps will be distributed to the different campuses. Let us know if you need more maps!

Prizes in the monthly lottery


No matter if you participate in UU:s wellness challenge or not, you always have the chance to win prizes in the monthly lottery. Since every registration count as an entry to the lottery you increase your chances of winning the more you participate!

This is what you get

- Maps delivered to your campus
- Introduktion of Hitta Ut at your workplace by OK Linné (requires at least 10 team members)
- Statistics on the website.
- Top lists, both individually and for the team.
- New checkpoints every month.

The fee is already paid by UpGIS.

Good luck!



More information: www.orientering.se/hittaut/uppsala