



Monday, 15 June 2026

The Boat Trip to Styrösö



After a long morning of experimental exams, the contestants were more than ready for lunch wraps before setting off toward the harbor. Rain poured down in true Swedish-summer fashion as we stepped aboard the boat S:t Erik. The lovely (not cold at all) weather added a crisp edge to the trip, but spirits stayed high, the team guides displayed their dancing skills with perfection as we crossed the grey waters toward Styrösö.

Once on the island, everyone had the chance to try the 14°C sea. Not all contestants had planned for swimming, yet a few fearless team members from countries such as Brazil, Georgia, and Switzerland headed straight into the cold Kattegat. The rest explored the island's forests, rocks, and views before we all gathered again for the ferry ride back, where dinner tasted especially good after the long day.



The general feeling among the students was that the experimental exam had been difficult but fun. Anna Ineichen of team Switzerland said that the experiment was interesting but difficult as well. She didn't manage to solve all the questions, but it was fun trying. It did take about 45 minutes to get the levitation working, but once she got the bead levitating, it was a really cool feeling.

During dinner, team Vietnam's Van Thai Son Hoang shared their impressions of EuPhO so far: "The experiment exam was very hard. But for me it's okay, I am just happy to be here and it's my first time leaving Vietnam. I enjoy Sweden very much, the food is so different but very good. The nature is also so nice here; it's very green everywhere."



As the boat slid through calm water and Gothenburg's harbor came into view again, a bright rainbow stretched across the sky. It felt like nature's own physics magic, a quiet finale to a day filled with experiments, sea air, and new friendships. Time to head back to the hotel and rest up for tomorrow.



The Leaders at Marstrand

The leaders went from Stenpiren to Marstrand by steamboat; there, they took an entertaining guided tour of Carlsten's Fortress, followed by a hearty lunch. After that, they had some free time at Marstrand before they took the steamboat home. On their way home, they had dinner on the boat.



Moderation time!

What is the moderation?

Moderation is part of the EuPhO exam grading process. It helps you understand why you received your score and gives you a chance to clarify your reasoning or argue for points you believe were missed. It is also an opportunity to improve your grade if something was assessed incorrectly.

All booking of moderation slots is done online. You log in with the username and password sent to you via email when the grading was completed or before the moderation starts at the latest.

How to prepare?

- Review your corrected exams and note any specific parts you want to discuss.
- Go to modpho.eupho26.se and log in with the username and password from the email.
- After logging in, you will see your Student Dashboard with your grades and the option to request moderation.
- You can also view your booked time slots, including time, location, and status.

When you have booked a time slot

- Go to the moderation room as soon as your status changes to "In progress", or at the start of your booked time slot. Stay nearby beforehand so you can enter quickly if the grader becomes available early.
- After the session, your updated grades will appear on the dashboard, showing both the original and the updated scores.

Remember!

- Be on time. Sessions are short, so arrive early and make sure you know where to go.
- Prepare your arguments. Be ready to explain why you believe your score should be higher. Keep in mind that your grade may or may not change.
- If you have trouble logging in or booking a slot, visit room 313 for help.

Sven Says...

Use moderation as a chance to understand your mistakes, strengthen your reasoning, and grow as a problem solver.





Midsummer in Sweden

EuPhO 2026 takes place just before the longest day of the year. Here is your quick guide to the traditions out of which some you will experience during the Midsummer-themed farewell party!

Written & Illustrated by Moa Kristiansson

Why the celebration?

Midsummer is one of Sweden's strongest cultural symbols, celebrated on the Friday closest to the solstice when daylight lasts late into the night. The holiday has agrarian roots and originally marked the beginning of summer and the height of nature's growth. Over time it absorbed Christian calendar influences, but the celebration kept its focus on nature, flowers and communal gathering. The maypole, introduced to Sweden in the early modern period, became the centre of the festivities, and the holiday now reflects the country's deep connection to seasonal light and the landscape.



Midsummer in Sweden is often celebrated as a countryside weekend, with many people travelling to summer cottages or friends and relatives outside the cities. The day usually begins with preparing the traditional food and gathering flowers and birch branches for decorations and flower crowns.

Depending on local custom, the communal celebration takes place either before or after lunch. People walk or drive to a nearby gathering place such as a park, a village green, or a bygdegård, where the locals have decorated the maypole with birch and flowers. The pole is raised using long wooden supports and coordinated pulling, and once it stands, musicians lead a programme of children's dances, simple ring dances and small activities organised by local associations. When the event finishes, families and friends return to their cottages to continue the day with the Midsummer meal, lawn games and a long evening outdoors in the bright June light that never becomes fully dark.

The food

A typical Swedish Midsummer table is built around fresh, simple summer food, and the dishes highlight ingredients that appear only briefly every year. Pickled herring comes in several flavours such as onion, mustard or dill, and it is paired with boiled potatoes. Sour cream and chives are added at the table, and many families include salmon in the form of gravad lax with mustard sauce or lightly grilled fillets. When the weather is good, people often prepare grilled dishes or set up a buffet outdoors.



The meal almost always ends with strawberries, which are considered essential for the day and are eaten in large quantities, either on their own with cream or arranged in a classic strawberry cake. During the farewell party, you will get to experience some of these characteristic Midsummer flavours.



A **midsommarkrans** is a simple flower crown woven from birch leaves and whatever summer flowers are in bloom, and it's worn by both women and men throughout the Midsummer celebration. While picking flowers for the crown, many people follow an old tradition of gathering seven different kinds of flowers and placing them under their pillow at night. According to folklore, this is supposed to make you dream of your future partner. The classic version says the charm works best if you also climb over seven fences while collecting the flowers and do the whole thing in complete silence.

The Maypole (Majstång or Midsommarstång)

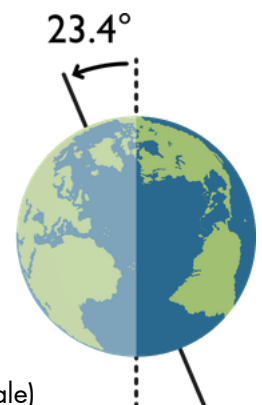
The maypole is the centrepiece of the Midsummer gathering, and its place in Swedish tradition grew after similar customs spread from German-speaking regions during the early modern period. The pole is covered with birch leaves and summer flowers, a practice linked to older customs of decorating buildings with greenery for luck. Families and friends gather around it for traditional ring dances, and the repertoire includes well-known songs such as "Små grodorna", "Vi äro musikanter", and "Prästens lilla kråka". Små grodorna is especially associated with Midsummer and is performed with simple movements that mimic frogs. Its melody can be traced to a French military march from the late eighteenth century. The name majstång is often explained as coming from the verb *maja*, which means to decorate with greens, although another idea is that *maja* refers to the month of May, and the term maypole reached Sweden through German merchants even though the pole is raised in June. The combination of the decorated pole, the classic songs, and the live folk music creates the characteristic atmosphere of the Midsummer celebration.

Why the light never ends

Midsummer takes place during the summer solstice. This is the moment in June when the Northern Hemisphere leans most toward the Sun, giving Sweden its longest, brightest day of the year.



(Not to scale)



Because of Earth's 23.4° tilt, the Sun climbs higher and stays above the horizon much longer than usual, which is why places like Gothenburg get 17 hours of daylight and northern Sweden barely sees darkness at all. The sunlight also hits Sweden more directly, so the air warms quickly and the landscape shifts into full summer almost overnight. This extreme stretch of daylight is what makes Midsummer feel so intense here: the sky never fully darkens, the air stays light and warm, and it feels like the whole country is tilted toward the Sun. We hope to feel some of that warmth!

Sven Says...

Don't miss the Midsummer-themed farewell dinner tonight where you will get to experience many of the fun traditions and of course try the frog dance!



Lab Visits at Chalmers & GU

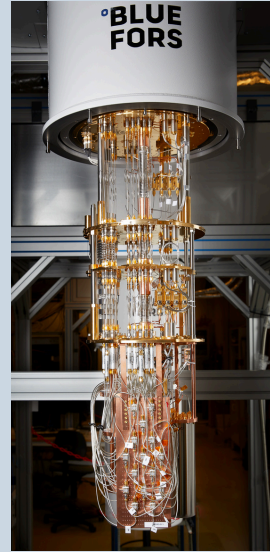
Micro fabrication for major technological impact: Welcome to the Chalmers cleanroom!



The Nanofabrication Laboratory is a cutting-edge cleanroom facility spanning 1240m², purpose-built for precision work at the micro and nanoscale. It is the largest infrastructure of its kind in the Nordics, providing a controlled environment free from dust and contaminants. Equipped with advanced process and measurement tools, it provides an open platform for researchers and industry partners to develop and test semiconductors, sensors and components for next gen quantum technology and wireless systems.

2:00, 2:15, 2:30, 2:45, 3:00 & 3:15 PM
Max 10 people per visit.
Meeting point: MC2

A Tour of the Quantum Labs



Quantum technology has the potential to revolutionize technologies in logistics, medicine, AI, encryption, and communications. Sweden's most extensive research program in the field, the Wallenberg Centre for Quantum Technology, WACQT, is coordinated by Chalmers. It involves building Sweden's largest superconducting quantum

computer which currently has around 50 qubits and will soon reach 100. During the tour, you will be able to take a look at some of the quantum computers at Chalmers and talk to our quantum researchers.

2.00 and 3.00 PM. Max 10 people per visit.
6 groups for each time
Meeting point: MC2

Fysiklek

Fysiklek means playful physics and that is just what this lab visit will give you. You will be shown how learning physics and doing experiments can be fun in an inspiring and creative environment.



Photo credit: Malin Arensson

2:00 & 3:00 PM
Max 20 people per group.
Meeting point: The Apple

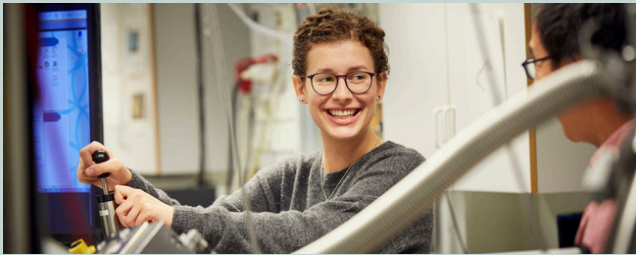
Battery Laboratory at the Department of Materials Physics



2:00 & 3:00 PM
Max 8 people per visit.
Meeting Point: The Apple

Chalmers Materials Analysis Laboratory is a research laboratory where scientists explore materials from the microscopic to the atomic scale. Using advanced techniques such as electron microscopy, X-ray analysis, spectroscopy, and surface analysis, researchers investigate material structure, composition, and properties. These insights help explain how atomic structure and chemistry influence material performance and support the development of technologies in areas such as energy storage, electronics, biomaterials, and sustainability.

Levitation Lab, Femtosecond Infrared Laser Pulses Lab, and Fundamental Properties of Negative Ions Lab



The levitation lab uses lasers to levitate water droplets (optical levitation) that when the light scatters, produces a rich Mie spectrum full of overlapping resonances. The lab is also developing a novel method for magnetic trapping. The second lab explores the use of femtosecond infrared laser pulses for biomedical applications. The third lab is the GUNILLA laboratory where fundamental properties of negative ions are investigated. This includes electron affinity and other atomic properties relevant to their structure and behavior. In this experiment electrons are photodetached from ions in an ion beam using a system of two counterpropagating lasers.

2:00 & 3:00 PM
Max 15 people per visit.
Meeting point: The Apple



Sign up using
 the QR code.
 There are
 limited spots!

Let's Fika!

Fika is a central part of Swedish culture that goes far beyond simply drinking coffee. It is a daily social ritual where people take a break to slow down and spend time with others. Fika can happen at home, at work, in cafés, or even outdoors. Traditionally, fika includes coffee and something sweet like cinnamon buns, chocolate balls (chokladbollar), jam drops (hallongrotta), and princess cake (prinsesstårta). Fika is seen as an important way to reduce stress and build social connections.

Materials Analysis Laboratory



Welcome to the Materials Physics Lab at Chalmers! Here, we explore materials that enable next-generation batteries. During your visit, you will see how insights from physics connect microscopic processes to macroscopic energy storage solutions for a sustainable future.

2:00 & 3:00 PM
Max 10 people per visit.
Meeting point: The Apple

Attohallen



Gothenburg's first Attosecond Science Facility focuses on the investigation of real-time-resolved electron emission processes of low-density matter.

2:00 & 3:00 PM
Max 5 people per visit.
Meeting point: The Apple

Seafood Culture

Gothenburg, on Sweden's west coast, is famous for its strong seafood tradition. The city's location by the North Sea means fresh fish, shrimp, oysters, and mussels are central to local food culture. At the iconic fish market Feskekörka, pictured below, people buy freshly caught seafood in a church-like building dedicated entirely to fish trading.

A well-known local specialty is "räkmacka," a shrimp sandwich piled high with fresh prawns, mayo, egg, and dill. Have you tried it yet?



Photo credit: Peter Kvarnström/Göteborg & Co

Glimpses of the Theory Exam



Only question one was easy
Team Sweden



We encountered stuff that we had never seen before in our lives.
Team Greece

The exam was fun, but challenging. There were a lot of new concepts.
Team Norway



These appear to be well constructed but quite difficult problems. I would hardly dare to try solving the third one myself without preparation, but I'm much looking forward to studying and learning from the proposed solution.
Måns Henningson
Professor in Theoretical Physics and Grader

Monday June 15		
Time	Students & Leaders	Venue
6:30 - 8:30	Breakfast	LGC Hotel
9:00 - 13:00	Moderation	SB Building, Chalmers
13:00 - 14:00	Lunch	Chalmers Student Union Restaurant
14:00 - 16:00	Moderation & Lab Visits	Chalmers
16:00 - 18:00	Free time	
Leaders		
17:00 - 18:00	International Board Meeting	Sidensalen, LGC Hotel
18:15	Transport to Kajskjul 8	Bus/Tram
18:45	Group Photo	Kajskjul 8
19:00 - 24:00	Midsummer themed Farewell Dinner	Kajskjul 8



Layout & Editing: Maitreyi Muralidhar
Sven Design & Social Media: Miriam Pristera
Photographer: Marin Gečaj
Journalist: Moa Kristiansson
www.eupho26.se @eupho2026