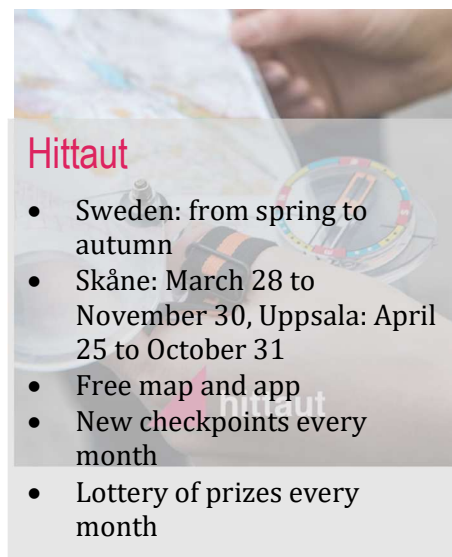


# hittaut 2025

## SLU's fitness challenge - part of the Hittaut fitness project

Hittaut is a largest fitness project where you and your colleagues get exercise, discover new places and at the same time strengthen the team at the workplace. We put out over checkpoints at beautiful and interesting places – around in Skåne and Uppsala, for example. During the spring we will release detailed maps where checkpoints are marked.

Your task is to visit these checkpoints using the map and/or a GPS. At <https://koncept.orientering.se/provapaaktiviteter/hittaut/>, or in the app, register the letter you find at each checkpoint to show that you have been there. The more checkpoints you visit, the better the fitness and the better the chance to win great prizes.



### Hittaut

- Sweden: from spring to autumn
- Skåne: March 28 to November 30, Uppsala: April 25 to October 31
- Free map and app
- New checkpoints every month
- Lottery of prizes every month

## Enter your department or unit to SLU's fitness challenge

SLU is running a fitness challenge in which all departments and units are invited to participate as teams. The competition is based on each team member visiting and then registering as many checkpoints as possible. Both checkpoints in Skåne and Uppsala, and in other cities are counted. The teams compete against each other in two different classes:

1. Total number of checkpoints per team
2. Average of the top five in the team

Regardless of the level of ambition, you contribute to the team's **total number of checkpoints**, even if you only take a few checkpoints. The five team members with most checkpoints determine the **team's average**. Should two teams have the same average, compare the sixth best in the team, then the seventh best and so on.

Report your team and create opportunities to improve exercise habits and strengthen cohesion among colleagues.

Do you want to know more about the map or app? Or what a checkpoint looks like?

Read more at:  
<https://koncept.orientering.se/provapaaktiviteter/hittaut/in-english/>



## SLU's healthcare challenge - this is how it works

1. Register the team with [ida.nordin@slu.se](mailto:ida.nordin@slu.se) for Uppsala, or [lizel.potgieter@slu.se](mailto:lizel.potgieter@slu.se) for Alnarp; include the name of the department or unit, and a team leader. You can enter a team at any time during the season, but the sooner you get started, the better the chance to succeed in the team. Hittaut is paid centrally by SLU.
2. Participants register themselves on [hittaut.nu](http://hittaut.nu), and link up their names with "SLU-anställda", or "SLU-studenter" for students. The team leader link up the participants with the team they represent.
3. When the participant has entered their information, just start taking checkpoints and register them on the website or in the app.
4. Anyone who registers will automatically gain access to both personal statistics and statistics for other participants in the team and can easily compare both internally within SLU and with other companies and organizations.
5. A digital introduction to Hittaut can be arranged on demand. Please send an e-mail to [lizel.potgieter@slu.se](mailto:lizel.potgieter@slu.se) for Alnarp, or [ida.nordin@slu.se](mailto:ida.nordin@slu.se) for Uppsala, if you are interested.

### New checkpoints and prizes every month

Every month new checkpoints are released and placed in nature. These are already indicated in the paper map, indicated with the month.

Whether you participate in SLU's fitness challenge or as an individual, you have the chance to win great prizes. The more checkpoints you take, the higher the chance you win, since each registered checkpoint counts as a ticket in the lottery each month.



More information: <https://koncept.orientering.se/provapaaktiviteter/hittaut/in-english/>