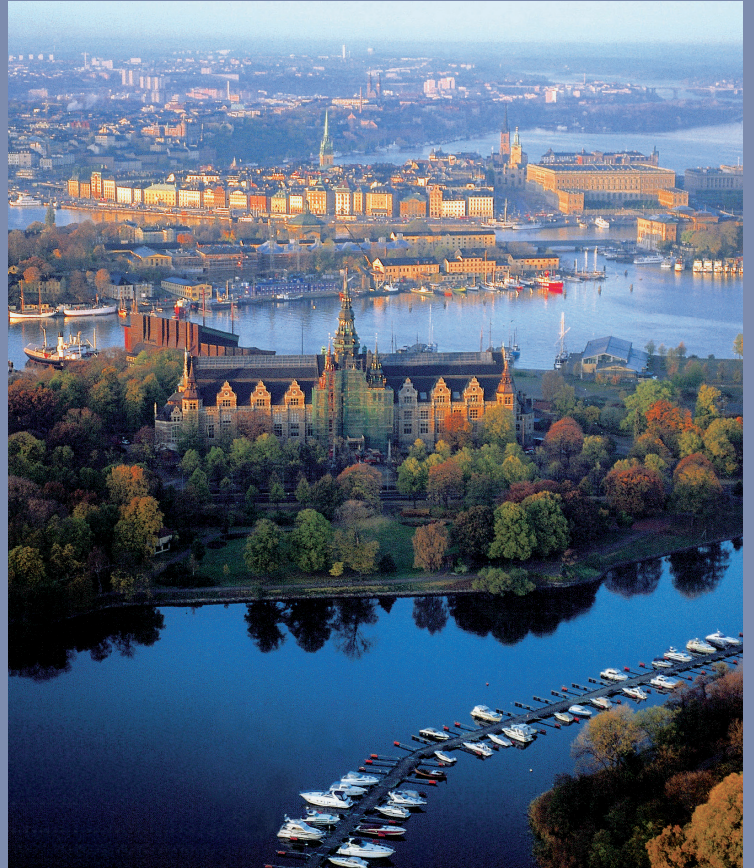


Second announcement

20th International Symposium on Shiftwork and Working Time

– Biological mechanisms, recovery and risk management in the 24h society

**June 28 – July 1 • 2011
Stockholm • Sweden**



Satellite

The Sleepy Brain

**June 27 • 2011
Stockholm • Sweden**

The International Symposium on Shiftwork and Working Times is a biannual event. This symposium has a tradition of more than 40 years in providing up-to-date information on night and shiftwork, as well as new trends in working time organization.

The Symposium is organized by members of the Working Time Society, and of the Scientific Committee on Shiftwork and Working Time of the International Commission on Occupational Health (ICOH). The 20th International Symposium on Shiftwork and Working Time is organized by the Stress Research Institute, Stockholm University, Stockholm, Sweden.

All necessary information about the symposium and the satellite can be found at

www.shiftwork2011.se

www.sleepybrain.se

Stress Research Institute
www.stressresearch.se



**Stockholm
University**

About the symposium

SCOPE AND MAIN TOPICS

We are delighted to invite you to participate in the 20th International Symposium of the Working Time Society, which will be held in Stockholm, Sweden from 28 June to 1 July 2011, at the Radisson Blu Royal Park Hotel.

The Working Time Society (WTS) is a committee of the International Commission on Occupational Health (ICOH) which promotes research on shift work and other working time arrangements and aspects on health, safety and well-being. Working time research is an active field that covers basic science, epidemiology and intervention studies. The number of published papers per year is rapidly growing and the main intention with the symposium is to offer you an up-date on the most recent research on working hours. The scientific program consists of keynote lectures, special sessions, oral presentations and poster sessions (and, separately, but still, the satellite symposium “The sleepy brain”).

The theme of the symposium is “**biological mechanisms, recovery and risk management in the 24h society**” and includes state of the art topics such as “shift work and health risks”, “biological mechanisms related to work-related sleep and sleepiness problems”, “fatigue risk management”, “flexible working hours” and many other research questions related to working times. The symposium will also keep in line with the tradition of previous WTS meetings offering rich possibilities for social interactions and informal research discussions.

This is the first time the meeting will be held in Sweden and the congress venue is beautifully located in the Royal Haga Park at Brunnsvikens Bay, approximately 15 minutes from central Stockholm, but situated in the neighboring city of Solna. The park offers fantastic scenery and a plethora of walking, jogging and cycling paths.

The symposium takes place during the week after the midsummer festivities. Midsummer celebrates the summer solstice and old heathen traditions and is probably the most important Swedish holiday together with Christmas. During the symposium week the sun will be up for almost the whole 24-h day and the nights will be short, white and beautiful. It remains to be seen whether the (almost) midnight sun also has a positive effect on the scientific spirit of the symposium (although you might sleep less than normal)!

The symposium will include several activities supporting young scientists, for example a special trainee session. There will also be grants for doctoral students and participants from developing countries. On Monday June 27 there will be a satellite meeting entitled the “Sleepy brain”, which summarize the state of the art of sleepiness research, emphasizing the relevance for working time research. This satellite recognizes the growing awareness that sleep and fatigue are important outcomes of shiftwork exposure, but also are important determinants of the ability to sustain non-day work schedules. The satellite is open for all participants of the symposium for a minor fee. NB, you would need to book an extra day at the hotel.

Yours sincerely

The Organizing committee

Deadlines

1 May 2010	First announcement.
15 November 2010	Second announcement and call for papers.
31 January 2011	Deadline for abstract submission. (The submission will open at December 15, 2010).
15 March 2011	Notification of acceptance of abstracts.
31 March 2011	Last date for early registration.
30 May 2011	Final registration.
30 July 2011	Deadline for paper submission.

General Information

VENUE

Radisson Blu Royal Park Hotel, Stockholm, Sweden
Address: Frösundaviks allé 15, Box 3005, SE-169 03 Solna
Phone: +46 (0)8 - 624 55 00

DATE

June 28- July 1, 2011

LANGUAGE

The language of the Symposium is English. No simultaneous translation will be provided.

REGISTRATION

Participants are given the opportunity to register for the symposium via the Internet. Registration will be open from January 10. In accordance with our tradition the registration fee will include the full conference package:

- Accommodation in single room from Monday 27 to Friday 1 (four nights)
- All meals from Tuesday to Friday lunch
- Monday evening welcome reception
- Book of abstracts
- Social dinners and social events
- 2-year membership of WTS and subscription to the Shiftwork International Newsletter (SIN)

For accompanying persons the symposium package includes:

- Accommodation in twin bed room from Monday 27 to Friday 1 (four nights)
- All meals from Tuesday to Friday lunch
- Monday evening welcome reception
- Social dinners and social events

Fees for Symposium package

Early bird registration will close on March 31, 2011. After this date a higher rate will be applied. Fees are per person, VAT included for participants from countries within the EU, and excluded for participants from outside of the EU. The registration fee will be reduced by approximately 1000 SEK for those who book a twin bed room.

Symposium package 4 nights	
ICOH or WTS member in good standing Early registration before March 30, 2011	10 625 SEK (VAT included) 8 500 SEK (VAT excluded)
ICOH or WTS member in good standing Late registration after March 30, 2011	12 500 SEK (VAT included) 10 000 SEK (VAT excluded)
Non member of WTS or ICOH	14 375 SEK (VAT included) 11 500 SEK (VAT excluded)
Accompanying person	8 750 SEK (VAT included) 7 000 SEK (VAT excluded)
Satellite meeting "Sleepy brain": attending WTS symposium	500 SEK (VAT included) 400 SEK (VAT excluded)
Satellite meeting "Sleepy brain": not attending WTS symposium	1 875 SEK (VAT included) 1 500 SEK (VAT excluded)

100 SEK equals approximately 11 Euros or 15 USD.

How to register

Fill in the Registration Form at www.shiftwork2011.se
Please note that the registration will be valid only once both the copy of payment (if the fee is paid by banktransfer) and registration form have been received (a copy of the payment is not necessary if you pay the fee by credit card).

How to pay the fee in two ways

1) Pay the fee online by using a credit card. A link to the site for payment will be found at www.shiftwork2011.se at the page for registration.

2) Pay the fee by banktransfer and send a copy of the payment by fax (+46855378900) or email (shiftwork2011@stress.su.se)
Payment details:

Payment of registration fee has to be made in SEK by bank transfer, made payable to: Stockholms universitet

Bank: SE-banken

Address of bank: SEB, Kungsträdgårdsgatan 8, SE-106 40 Stockholm, Sweden

Bank Account Number: 5439-10-013-06

IBAN: SE195000000054391001306

Swift Code: ESSESESS

or, for Scandinavian residents, to PlusGiro: 15657-0

Reference: 5933101 - name of participant.

Please note that banking expenses are at the participant's cost.

Confirmation of approved registration will be sent to participant via e-mail when both valid payment and registration form has been received.

CANCELLATION POLICY

Cancellations must be sent to the symposium secretariat.

The following amounts will be refunded:

- Up to March 31, 2011, 80% of the paid fee
- Up to May 30, 2011, 50% of the paid fee
- After May 30, 2011, no refund will be possible

TRAVEL GRANTS

Financial support regarding accommodation will be given to a limited number of participants from developing countries and to doctoral students. Academics and doctoral students should make a request when they submit their abstract. Requests will be competitive and considered on a case-by-case basis following the notification of acceptance. Doctoral students should submit (by e-mail to the secretariat) a certificate (from their supervisor) that verifies that they attend a PhD program (or a similar post-graduate training program). Participants from developing countries should submit a current CV listing all publications and a statement concerning the relevance/importance of the research to be presented at the symposium. Recipients are expected to attend the symposium each day. The decision will be sent out by e-mail on March 15 2011. **The symposium package fee for those receiving a travel grant will be 5 625 for participants from within the EU and 4 500 for participants from outside the EU.** Please note that travel grant recipients are expected to share a twin bed room.

ACCOMMODATION

According to the first “Rutenfranz’ rule” of our Society (“Entice active researchers to a remote spot, where they cannot slip away on shopping trips and other diversions”), participants will stay in the Radisson Blu Royal Park Hotel, which has 193 rooms (single, twin bed and family rooms) with private bathrooms and a total sleeping capacity of 310 persons.

PRACTICAL INFORMATION

Internet and computer service

Conference participants can fax, print documents and get limited access to computers by using the hotel’s conference services and its reception. Wireless internet is free and available throughout the facility.

Power Supply

220 volts. Adapters may be borrowed at the hotel.

Letters of invitation

Participants requiring a letter of invitation to attend the Symposium should write to the Symposium Secretariat. Please note that a letter of invitation will be provided to assist delegates in obtaining a visa or permission to attend the Congress and should not be considered as an official invitation covering fees and other expenses.

Certificate of attendance

An official Certificate of Attendance will be provided to all registered participants.

Insurance

The registration fees do not include insurance of participants against personal accidents, thefts, loss or damage to personal possessions. Participants are advised to take out adequate personal insurance to cover travel and personal effects. Safety boxes are available at the hotel reception.

Climate

The weather in Stockholm at this time of year is usually nice, with temperatures around 15-20 degrees Celsius, but showers may occur and nights can be rather cool.

Travel information

Arlanda Airport is situated 40 kilometres north of the city centre. There is a regular coach service between Arlanda Airport and Stockholm Central Station. The Airport Coaches (Flygbussarna) stop at “Haga Norra” which is 500 meters from the hotel (a 25-minute journey costing about 125 SEK one-way). There is also a fast train service called Arlanda Express, which runs between Arlanda and the central station in Stockholm. The journey takes about 20 minutes. This service costs SEK 240 one-way. www.arlandaexpress.com. The journey by taxi from Arlanda to Stockholm usually costs about SEK 500. We recommend the companies “Taxi Stockholm”, “Taxikurir” or “Taxi-020”.

SECRETARIAT

Do not hesitate to contact us if you have any further questions about the symposium:

Secretariat, Ms. Anette Hedberg

Phone: +46 8 5537 8906

E-mail: shiftwork2011@stress.su.se

SYMPOSIUM LOCATION

Radisson Blu Royal Park Hotel

Nestled near the charming 18th century Haga Royal Park and overlooking the western shores of Brunnsviken Inlet, the Radisson Blu Royal Park Hotel is located in a green area of Stockholm, just five kilometres from the city centre.

The Haga Royal Park was originally laid out in the 18th century by King Gustav III and serves as the focal point of inspiration for the entire Brunnsviken Inlet. The park, with its fantastic scenery, offers a plethora of walking, jogging and cycling paths. The location is also compatible with visits to the main tourist attractions in Stockholm and major shopping areas. Free high-speed and wireless Internet is available throughout the hotel. At the Radisson SAS Royal Park Hotel is Sturebadet Haga located, offering both exercise and relaxation in the spa. Conference Guests have access to the fitness and spa on Sturebadet Haga.

How to get there and back

By air: The Airport Coaches from Arlanda Airport (a 25-minute journey) stop within 500 meters walking distance of the hotel.

By car: Exit 168, E4 Frösunda/Frösundavik.

By bus: Buss 70 leaves directly from the hotel and passes by Odenplan and St. Eriksplan.

By taxi: Taxis are available outside the hotel entrance.

Read more about Radisson Blu Royal Park Hotel at www.royalparkhotel.se/english



Abstract submission

You are kindly invited to submit abstracts of original contributions to the 20th WTS symposium. The submission of abstracts will open at December 15. Deadline is 31 January 2011. Abstracts may only be submitted via www.shiftwork2011.se/abstract by downloading a form that is submitted via e-mail. The Symposium Scientific committee will review abstracts and the corresponding author will be notified of acceptance in March 2011 by e-mail. The abstracts will be published in a special issue of the Shiftwork International Newsletter ("book of abstracts").

In order to standardize the abstract layout we ask you to read the guidelines for preparation carefully.

GUIDELINES FOR PREPARATION AND SUBMISSION OF ABSTRACTS

1. Abstracts may only be submitted by downloading a form that is submitted via e-mail. Abstracts submitted by fax or in plain text via e-mail will not be accepted.
2. Abstracts must be submitted and presented in English. Please use British English spelling and have your abstracts proofread for grammar and understanding.
3. A person may be first author on a maximum of two abstracts.
4. The structure of the abstract should use the following headings:
- Objective - Method - Results - Conclusion
5. Abstracts may not be longer than 400 words, excluding title and authors.
6. Use plain text only. Figures and tables are not allowed. All abbreviations must be defined the first time they appear in your text. Example: you must write Karolinska Sleepiness Scale (KSS), before it is used as an abbreviation only. Do not use abbreviations in the title.
7. Listing of authors and affiliations: The surname (last-name) must appear first, followed by the given name(s). Use a comma to separate the list of authors. The affiliation(s) should include only Department (institution), city and country. If there is more than one department please add a progressive number between brackets before the name of the department to link the authors to their affiliation.

Example:

Authors: Chomsky Avram Noam (1), Russel Bertrand (2), Levi Lennart (3)

Affiliation: (1) Massachusetts Institute of Technology, Cambridge, USA: (2) University of Cambridge, Cambridge, UK: (3) Stress Research Institute, Stockholm, Sweden

8. Authors should indicate their presentation preference:
- Poster presentation only
- Oral or poster presentation
The Symposium Scientific committee and the organizing committee reserve the right to decide on the final allocation and presentation method.
9. In the abstract form, authors should indicate whether they wish to be considered for a travel grant (see heading "Travel grants"). Only doctoral students and participants from developing countries can apply for a travel grant.
10. After having submitted your abstracts, you will receive a confirmation by e-mail with your abstract reference number. If you do not receive a confirmation by e-mail please contact the secretariat.
11. If an abstract is accepted, one author must attend the symposium and present it in person. Abstract authors must register for the symposium.

If you have difficulties in submitting your abstract or if you need any further information, please contact the secretariat.

POSTERS

Each poster will be allocated to one of two poster sessions. During the one-hour session, the presence of the authors will be required at the poster. Full instructions concerning the preparation and presentation will be given in the acceptance e-mail sent in March 2011.

INFORMATION ABOUT PAPER SUBMISSION

Chronobiology International (CI) and Scandinavian Journal of Work, Environment & Health (SJWEH) is willing to publish some selected papers presented in the Symposium. The editors of the Journals agreed upon publishing the accepted papers during the first half of 2012.

We also recommend the participants to submit manuscripts to the journals Applied Ergonomics, Industrial Health, Ergonomia and Revista de Saude Publica who may accept papers through their usual peer review process.

The deadline for submission to CI and SJWEH will be July 30 2011. Only original contributions or invited reviews will be considered. It is very important that the submissions are prepared according to "instruction for authors" guidelines. Papers that are not prepared according to the guidelines will be rejected. The submitted manuscripts will be subjected to peer-review and the Editor of each Journal will make the final decision.

Please check the web regularly since we expect to up-date this section with more detailed information about the procedures for paper submission.

Scientific program

Preliminary

	Monday	Tuesday	Wednesday	Thursday	Friday
8.30-10.30	Satellite, session I	<p>Opening ceremony <i>Dr. Kecklund, WTS president</i></p> <p>Keynote Practical ways to improve working time arrangements in occupational health practice. <i>Dr. Kogi</i></p> <p>Keynote What do we know about recovery from schedules that involve sleep restriction. <i>Prof. Dinges</i></p>	<p>Keynote Work and recovery: implications for working time arrangements. <i>Prof. Sonnentag</i></p> <p>SS 3 Influence on working hours and work-life conflict</p>	<p>Keynote Night work and cancer: an update of recent research. <i>Prof. Schernhammer</i></p> <p>SS 5 Night work and cancer</p>	SS 7 Shift work, metabolic and gastrointestinal diseases
10.30-11.00	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break
11.00-12.30	Satellite, session II	SS 1 Fatigue risk management in transport	<p>SS 3 Cont'd "Influence on working hours"</p> <p>OS 2</p>	<p>OS 5</p> <p>OS 6</p>	<p>OS 7</p> <p>OS 8</p>
12.30-13.30	Lunch	Lunch	Lunch	Lunch	Business meeting
13.30-15.30	Satellite, session III	SS 2 Reducing fatigue-related risk in health care	<p>SS 4 Time conflict and interventions amongst students</p> <p>2) Trainee session</p>	SS 6 Light and individual differences in shift workers	Farewell lunch
15.30-16.00	Coffee break	Coffee break	Coffee break	Break	
16.00-18.00	Satellite, session IV	<p>OS 1</p> <p>1) Workshop: Gärtner & DiMilia</p>	<p>OS 3</p> <p>OS 4</p>	<p>17.00 – 23.00 Gala dinner at the Vasa Museum 23.00 Disco</p>	
Evening Activities	19.30 Welcome reception	18.30-19.30 Poster with drinks	19.00-20.00 Poster with drinks		
		20.00 Dinner	20.00 Dinner		
		21.00 Boardmeeting			

SS = Special Sessions OS = Oral Sessions

LIST OF SPECIAL SESSIONS

- 1) Fatigue risk management in transport
(chairs: Steve Popkin & Hans van Dongen)
- 2) Reducing fatigue-related risk in healthcare
(chairs: Steve Lockley & Drew Dawson)
- 3) Influence on working hours and work-life conflict
(chairs: Anne-Helene Garde & Phil Bohle)
- 4) Time conflict and interventions amongst students
(chair: Frida Marina Fisher & Biserka Radosevic-Vidacek)
- 5) Night work and cancer
(chair: Anders Knutsson)
- 6) Light and individual differences in shift workers
(chair: Claudia Moreno & Diane Boivin)
- 7) Shift work, metabolic and gastrointestinal disorders
(chair: Giovanni Costa)

WORKSHOP, ORAL AND POSTER SESSIONS

- 1) Work hour implementations
(chairs: Johannes Gärtner & Lee DiMilia)
- 2) Trainee session
(chair: John Axelsson)

The scientific programme includes eight oral sessions and two poster sessions.

TRAINEE SESSION

There will be a 2-hour trainee session and a special trainee dinner for doctoral students. The trainee dinner will provide an opportunity for students to meet and talk in a relaxed en-

vironment. The trainee session will give the students the possibility to interact with prominent researchers, a statistician and an editor of a top journal within our field. The purposes are to give valuable insights into the “Hot topics of shift-work research”, “What designs and variables will help you answer your research questions?”, and “How to get published”. It is also possible to request further topics by mailing john.axelsson@ki.se. Please indicate when you register for the symposium whether you want to participate in the trainee session.

SOCIAL PROGRAM

There will be a welcome reception on Monday evening (June 27) and a “gala dinner” on Thursday evening (June 30). During the gala dinner we will visit one of the most popular museums’ in Stockholm – the Wasa museum. Wasa is an old warship that keeled over and sank in the middle of Stockholm harbour during her maiden voyage in 1628. In the beginning of the 1960s Wasa was lifted and after many years of conservation a museum was opened. The museum is quite unique and has many nice exhibitions.
www.vasamuseet.se/en/visit

We plan to start the gala dinner with a drink and a guided tour of the museum. After the tour the dinner starts. The evening ends with a disco at the symposium hotel for the participants that want to dance and continue the party instead of sleeping.

Satellite meeting

On Monday 27 June 2011, a satellite meeting will be held between 8.30 and 18.00h. The title of the satellite is “The sleepy brain” and it is organized by the Stress Research Institute and the Stockholm Stress Center, Stockholm University (chair: Prof. Torbjörn Åkerstedt). The satellite is open for all participants of the symposium for a minor fee.

Please see the webpage www.sleepybrain.se for more information.

Keynote speakers

Four keynote speakers are invited to symposium.



Prof. David F. Dinges, *University of Pennsylvania School of Medicine.*

Professor Dinges' research focuses on biological, behavioral, cognitive and psychological effects of fatigue and stress from life style, work demands, sleep loss, and disturbances of circadian biology. He has conducted extensive scientific work on development and validation of behavioral, technological, and biological interventions for these effects to promote human health and safety. A particularly important focus has been long-term laboratory studies under environmental isolation, focusing on cumulative effects of sleep loss and recovery as well as individual differences.



Dr. Kazutaka Kogi, *Institute for Science of Labour, Japan.*

Dr. Kazutaka Kogi is a Research Advisor to the Institute for Science of Labour in Kawasaki (Japan) and is currently the President of the International Commission on Occupational Health (ICOH). His major areas of research are workload, fatigue assessment and practical improvement of workplace conditions including participatory ergonomics. He has also been working with technical cooperation projects for developing countries and developed training packages for work improvements in small enterprises and in agriculture.



Prof. Eva Schernhammer, *Harvard School of Public Health.*

Prof. Schernhammer's primary research interest is in exploring the exposures that influence the circadian system in humans and health consequences. She has done work on the effects of light at night on cancer risk through the melatonin pathway and demonstrated that the effects of light at night may affect not only breast cancer, but also other cancers such as colorectal cancer, generating evidence that supports a new hypothesis on the development of cancer. Her group is currently studying the the role of clock genes in these associations and melatonin's cancer preventive potential.



Prof. Sabine Sonnetag, *University of Mannheim, Germany.*

Prof. Sonnetag has done extensive research in work and organizational psychology and paid substantial attention to the causes and consequences of job stress, and in particular employees recovery from stressful on-the-job experiences. Her research addresses the question of how recovery activities and recovery experiences are related to employee well-being and performance. For example, work by Prof. Sonnetag show that specific activities (e.g., sports and exercise) and specific experiences (e.g., psychological detachment from work during non-work time) are crucial for recovery to occur – and that recovery in turn is related to subsequent on-the-job behaviour. The majority of her studies adopt a within-person perspective, but she also examines between-person differences.

Organization

The International Symposium on Shiftwork and Working Times is a biannual event. This symposium has a tradition of more than 40 years in providing up-to-date information on night and shiftwork, as well as new trends in working time organization.

The Symposia are organized by members of the Working Time Society, and of the Scientific Committee on Shiftwork and Working Time of the International Commission on Occupational Health (ICOH). The 20th International Symposium on Shiftwork and Working Time is organized by the Stress Research Institute, Stockholm University, Stockholm, Sweden.

SYMPOSIUM SCIENTIFIC COMMITTEE

John Axelsson (chair), Björn Bjorvatn (Norway), Phil Bohle (Australia), Giovanni Costa (Italy), Anna Dahlgren (Sweden), Sally Fergusson (Australia), Frida Marina Fischer (Brazil), Adam Fletcher (Australia), Simon Folkard (UK), Anne-Helene Garde (Denmark), Mikko Härmä (Finland), Berndt Karlsson (Sweden), Göran Kecklund (Sweden), Anders Knutsson (Sweden), Steven Lockley (USA), Arne Lowden (Sweden), Claudia Moreno (Brazil), Mikael Sallinen (Finland), Masaya Takahashi (Japan), Phil Tucker (UK), Torbjörn Åkerstedt (Sweden).

NATIONAL ORGANIZING COMMITTEE

Göran Kecklund (chair), Torbjörn Åkerstedt (co-chair), John Axelsson, Anette Hedberg (Secretary), Veronica Klevegren (Financial Officer), Anders Knutsson, Sofia Lagergren (Information Officer), Arne Lowden, Louise Nordenskiöld (Head of Administration).

BOARD OF THE WORKING TIME SOCIETY

President: Giovanni Costa (I)

Secretary: Sonia Hornberger (G)

Treasurer: Johannes Gaertner (A)

Elected Members:

Phil Bohle (AUS)

Frida Marina Fischer (BR)

Mikko Härmä (FIN)

Claudia Moreno (BR)

Anne Pisarski (AUS)

Stephen Popkin (USA)

Coopted Members:

Natalia Bobko (UA)

Adam Fletcher (AUS)

Lee Di Milia (AUS)

Simon Folkard (UK)

Irena Iskra-Golec (P)

Ben Jansen (NL)

Peter Knauth (G)

Kazutaka Kogi (J)

Friedhelm Nachreiner (G)

Masaya Takahashi (J)

Don Tepas (USA)

Alexander Wedderburn (UK)

Torbjörn Åkerstedt (S)

**WORKING
TIME SOCIETY**

Scientific Committee on Shiftwork and Working Time
of the International Commission on Occupational Health



STOCKHOLM – THE CAPITAL OF SCANDINAVIA

Welcome to one of the most beautiful cities in the world where well-preserved medieval buildings stand along side modern architecture. If you ask someone who has visited Stockholm the first word they would probably use to describe it is “beautiful” and that it is.

Stockholm, as a city, is over 700 years old and spreads across 14 islands as it faces proudly out to the Baltic Sea. You can get to just about all of Stockholm’s many wondrous sites on foot, which is the perfect way to see the city. You can also take a boat trip that will give you a different facet of Scandinavia’s largest city. The beautiful buildings, the greenery, the fresh air and the proximity to the water are distinctive traits of this city. Stockholm offers a wide selection of world-class museums and attractions. Don’t miss Gamla Stan, Stockholm’s oldest attraction and one of the best preserved medieval city centers in the world. Walk through small winding streets lined with stores full of handicrafts, antiques, art galleries and cafés. The Royal Palace and Stockholm Cathedral are also located in Gamla Stan.



The green island of Djurgården is home to some of the city’s most popular attractions. Visit the world-famous warship the Wasa, the world’s oldest open-air museum Skansen, or Astrid Lindgren’s Junibacken. And don’t miss the chance to see Stockholm from the water. Naturally a city built on fourteen islands offers marvelous views over the water. And if fourteen islands aren’t enough, Stockholm offers a wonderful archipelago with 30,000 islands, islet rocks and skerries. To qualify the natural “beauty” of Stockholm, try a summer morning stroll in Djurgården, a dip in Lake Mälaren from Normälärstrand, or a quiet moment to yourself in Hagaparken. Read more about Stockholm and Sweden at www.stockholmtown.com

WHAT IS MIDSUMMER?

Midsummer refers to the period of time centered upon the summer solstice. Thus, summer solstice appears on 21 June, which is the longest day of the year, although the midsummer festivities normally take place the subsequent weekend. Thus, nights are bright and short in the shift between June and July and it gives a great contrast to the darkness in wintertime. In Scandinavian countries, midsummer is one of the most important holidays, but it may also be celebrated in other countries in Northern Europe.

In Sweden, midsummer celebration originates from the time before Christianity and represents an old heathen customs. It was thought to be time when folk magic was strongest and it was considered to be a good night to perform rituals to look into the future. For example, young people pick bouquets of seven flowers and put them under the pillow in the hope of dreaming of their future spouse. Midsummer also used to be connected to fertility and many young people became passionate at this holiday. In fact, even today end of March and beginning of April shows a peak in childbirths. Greenery placed over houses and barns were supposed to bring good fortune and health to people and livestock. Today the traditional midsummer events include raising and dancing around a huge maypole, which is covered by greens and flowers. People dancing around the pole listen to traditional folk music and many wear traditional folk costumes. Midsummer should preferably be celebrated in a summer cottage in the countryside, close to a lake. The typical midsummer menu includes this year’s first potatoes, pickled herring, chives, sour cream, and the first strawberries of the season. To sum up, the white and short nights associated with the time around midsummer are a period of great fun, happiness and well-being.



THE STRESS RESEARCH INSTITUTE

The Stress Research Institute is a national research and knowledge center focusing on stress and health. The Institute is part of the Faculty of Social Sciences at Stockholm University.

The research is based on an interdisciplinary approach with a combination of different scientific methods, ranging from epidemiology to basic science. The aim is to study how individuals and groups are affected by their social environment with particular focus on stress reactions and health factors. The long-term objective of our research is to contribute to improve public health.

The Institute represents the cradle of Swedish stress research with the seminal work on psychosocial stress and the catecholamine system (Lennart Levi), participation in the development of the demand/control/support model and its cardiovascular endpoints (Töres Theorell), and the identification of sleep as a mediator in the stress process (Torbjörn Åkerstedt).

The Stress Research Institute has two research divisions with various focus, representing the following themes:

- working life – organization and societal changes, and its impact on health, quality of life and sickness absence with a special focus on coping, leadership and labor market exit,
- work hours, sleep and sleepiness – effects of night and shift work on health and safety,
- longitudinal epidemiology and stress associated with health and illness in different population groups,
- psychosomatic disease-mechanisms that arise in the interaction between the social environment and the individual,
- fatigue and restitution, with special focus on stress and burnout including treatment of stress-related diseases,
- stress/sleep mechanism, effects on immune and endocrine activity, and sickness perception.

CONTACT DETAILS

Postal Address: Stress Research Institute,
Stockholm University, SE-10691 Stockholm, Sweden

Telephone: +468 16 20 00 (exchange)

Fax: +468 55378900

E-mail: info@stressforskning.su.se

Website: www.stressresearch.se



20th International Symposium on Shiftwork and Working Time

organized by

Stress Research Institute

Postal address

Stress Research Institute,
Stockholm University,
SE-106 91 Stockholm, Sweden

Websites

www.shiftwork2011.se

www.stressresearch.se

Telephone and telefax

Secretariat for the Symposium: +468-5537 8906

Switchboard: +468-16 20 00

Fax: +468-5537 8900

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