



Co-funded by the
Erasmus+ Programme
of the European Union



Preliminary program for the Swedish exchange

When: 2022-02-14 - 2022-02-18

Where: Linköping, Sweden

Host: Leader Folkungaland

Monday, 14th of February*

Location: Vreta Kloster Golf Club

Facilitator: Jörgen Lööv

kl. 1400	A tour in Vreta Kloster Golf Club Imagine a golf facility that transforms itself into a cross country skiing paradise in the winter months. The skicenter offers a trail of about 3,5 km. and the only official Vasalopp Center in the region of Östergötland. The skicenter is a Leader project and during the tour, you will get information on: <ul style="list-style-type: none">- Its history and Leader projects to date- Things to do in the facility- Where to get/ store ski equipment and other practical stuff- Ski lessons/ training- An introduction to Swedish fika
kl. 1800	After ski get together
kl. 2000	Kick off dinner at Vreta Kloster Golf Club

* Partners of the SEE project will hold a steering committee meeting. If you are not a partner, the Swedish team has prepared a special program for you. Put on your winter get up and lets head out to the ski tracks.



Tuesday, 15th of February

Location: Vreta Kluster

Facilitator: Jean Esselström

kl. 0700	Breakfast
kl. 0800	Journey to Vreta Kloster
kl. 0820	<p>Words of greeting from the host by Jan Owe-Larsson, Leader Folkungaland</p> <p>Leader Folkungaland is part of a family of 48 Leader areas in Sweden and about 2 500 similar groups within the EU. In Sweden, the Leader program is financed by four different European funds.</p>
kl. 0835	<p>Where are we? by Maria Källming, Vreta Kluster</p> <p>Vreta Kluster is a business park, a meeting place and an arena of development for the green industry in the region of Östergötland. Specifically, it houses organisations working in agriculture, forestry, animal husbandry, food, renewable energy, aquaculture and gardening.</p>
kl. 0850	<p>What is the SEE and why is it important? by Noel Doyle, Leave No Trace Ireland</p> <p>The SEE Project – Sustainability and Environmental Education in outdoor sports – aims to promote education in and through sport with special focus on skills development for outdoor sports professionals such as outdoor sports trainers, guides, or instructors. Ten stakeholders from France, Germany, Ireland, the Netherlands, Portugal, Serbia, Spain and Sweden work together to make the SEE possible. During this session, we will demonstrate one of the pedagogical methods we have found out so far.</p>
kl. 0920	<p>An introduction to Swedish fika By Jeanette Uner, Leader Folkungaland Fika is often translated as "coffee break", which is kind of correct, but it is really more than that.</p>
kl. 1000	<p>Outdoor recreation in the Swedish context by Peter Fredman, Mid-Sweden University</p> <p>Recreation in the outdoors, known as "friluftsliv", has long traditions in Sweden. This presentation provides an overview of outdoor recreation participation in Sweden, current policies and members of the Swedish Association for Outdoor Organizations.</p>
kl. 1045	<p>Mistra Sport & Outdoors by Peter Fredman, Mid-Sweden University</p> <p>Mistra Sport & Outdoors is a research and co-creation program that aims to generate knowledge and solutions for increased environmental sustainability within sport and outdoor recreation in Sweden. The program involves 35 researchers at seven universities collaborating with 40 organizations focusing on transports, impact on land and water, materials and events.</p>
kl. 1130	<p>xXx, the Swedish Centre for Nature Interpretation</p>
kl. 1200	<p>Lunchbreak We recommend to change into an outdoor get up during the lunch break as we will be spending much of the time outside in the afternoon.</p>
kl. 1300	<p>Panel discussions</p>
kl. 1345	<p>Journey to Olstorp Nature Reserve</p>
kl. 1400	<p>Practical session with the Swedish Centre for Nature Interpretation at Olstorp Nature Reserve</p>



Tuesday, 15th of February

Location: Vreta Kluster

Facilitator: Jean Esselström

kl. 1600	Journey back to Vreta Kloster Golf Club Freetime/ prepare for the dinner ahead/ cross country skiing
kl. 1900	Journey to Open New Doors Bahnhof A Leader project aiming at improving accessibility for people with disabilities, this restaurant specializes in vegetarian dishes using seasonal ingredients.
kl. 1930	Dinner att Open New Doors Bahnhof
Kl. 2200	Journey back to Vreta Kloster Golf Club

Wednesday, 16th of February

Facilitator: xXx

Location: different places in
Östergötland

kl. 0700	Breakfast
kl. 0800	Journey to Vreta Kluster
kl. 0820	Linköping By xXx, the Municipality of Linköping Linköping is the capital county of Östergötland and it is also Sweden's fifth largest city with more than 165 000 inhabitants. xXx is will give us a short introduction of the municipality, a flashback to yesterdays' events and a quick run-through of todays program.
kl. 0840	How do we work with Friluftsliv in Sweden? by Jean Esselström, the County Administrative Board Lisa Diehl, the Swedish Environmental Protection Agency How does Outdoor Sports translate to Friluftsliv? We will give you a good understanding of the political goals to support people's opportunities to experience nature and practice outdoor sports and recreation where the right of public access to nature is a fundament. Sweden manages more than 5200 nature reserves, 30 National parks and free entry to Naturum visitor centers. During recent years there has been a large interest in hiking trails in both mountains and lowland terrain. Municipalities and governmental agencies work together to promote health, nature understanding and nature tourism.
kl. 0930	An introduction to Swedish fika A smorgasbord of Swedish classics awaits you.
kl. 1015	Jean and Lisa continue with their presentation.
kl. 1200	Lunchbreak
kl. 1300	the Swedish Sports Confederation by Charlotte Sundvall Voluntary societies play a major role in Swedish life. In fact, Sweden has the highest ratio of societies and clubs to population in the world. Clubs represent the foundation of the sports movement in Sweden and have been established by people who needed to work together and become organised in order to practice their chosen sport. But where does work on environmental sustainability fit in in this picture? And how does this affect the clubs and special federations? In this session, we will find out about this and more.



Wednesday, 16th of February

Facilitator: xXx

Location: different places in
Östergötland

kl. 1330	<p>Vättern Rundan by Oskar Sundblad</p> <p>Vätternrundnan is the world's largest recreational bike challenge that stretches at 315 km around the Lake Vättern. The event is a symbol of environmental awareness, physical activity and health. But what does this mean in practice? And how does this affect participants in the race, volunteers and sport bikes clubs? In this session, we will give you closer view of our work on these matters.</p>
kl. 1400	<p>Vasaloppet by Eva-Lena Frick</p> <p>Vasaloppet´s sustainability strategy includes the environmental, social and economic perspective. All of which are dependent on one another. A common thread in our work is to preserve our history while at the same time developing along with the outside world. But how does this work in practice? And how does this affect participants in the race, volunteers and sports clubs? In this session, we will give you an up close and personal view of our work on environmental sustainability.</p>
kl. 1430	<p>An introduction to Swedish fika</p> <p>Have you ever wondered who has been baking all these delicious treats? Perhaps you are interested in a recipe or two? No worries! You will soon meet them when we head out to Väderstad Centralkonditori tomorrow.</p>
kl. 1515	<p>Friluftsliv in Sweden from a Leader perspective Jeanette Uner, Leader Folkungaland</p> <p>You have met the Swedish experts and heard their story. So the next question one might ask is- Where does Leader fit in in the bigger picture? How can Leader affect Friluftsliv in Sweden? In this session, we will try to connect the dots and hopefully gain an insight on how Leader contributes in promoting outdoor sports, nature tourism as well as educating people on how their decisions and actions affect the environment using the bottom-up approach.</p>
Kl. 1545	<p>Panel discussion</p>
kl. 1630	<p>Journey to Yxbacken</p> <p>Yxbacken is a popular alpine facility in the region of Östergötland. What makes it unique is that it is owned and run by Norrköpings Ski Club, a non profit organisation that promotes alpine skiing and downhill cyckling. Types of slopes in the facility are beginner slopes (green) , intermediate (blue) and difficult (black). Yxbacken is small compared to the ski facilities in northern Sweden but it has produced talents like Pernilla Wiberg, an olympic and world champion alpine skier from the area.</p>
kl. 1730	<p>A slalom adventure in Yxbacken</p> <p>During this session, we will take alpine lessons, grill outdoors and meet representatives from the ski club. During our visit, we will learn more about their work on Snow and the Environment.</p>
kl. 2030	<p>Journey back to Vreta Kloster Golf Club</p>
kl. 2115	<p>Dinner at Vreta Kloster Golf Club</p>



Thursday, 17th of February

Location: different places in
Östergötland
Facilitator: Jeanette Uner

kl. 0700	Breakfast
kl. 0800	<p>Journey to Naturum Tåkern</p> <p>Naturum Tåkern is located in Vadstena. It is a birds haven owned by the Swedish Environmental Protection Agency and run by the Swedish County Administrative Board in Östergötland. What to expect at Tåkern: a tour of the facility and an introduction to nature pedagogy</p>
kl. 1000	<p>A date with the team leaders of Ny på landet by Jacob "Mohsen" Mosavi, Adeel Haidari and Nebil Adam</p> <p>Why do farmers have a bath in the fields? What are those giant marshmallows outdoors? Why are the best mushroom spots a secret in Sweden? These are a few questions we ask ourselves in our quest to integrate into the Swedish society. During this session, we will show you how we teach the right of public access to young immigrants. Ny på landet is a Leader project focusing on diversity and connecting rural and urban stakeholders.</p>
kl. 1130	<p>Journey to Omberg Eco Park</p> <p>The Omberg Ecopark is located on the eastern shore of Lake Vättern. Visitors can experience nature, exercise or pick berries and mushrooms. An extensive system of hiking trails takes visitors to most of Omberg's sights. For those who wish to find out more about Omberg's natural environments and culture, guided hiking tours are available during the peak season. Caves and bays that are inaccessible from land can be reached by kayak or canoe.</p>
kl. 1200	<p>An outdoor adventure with the Swedish Outdoor Association by Adrian Clarke</p> <p>Adrian Clarke will introduce different outdoor learning methods such "I Ur Och Skur" (rough translation: come rain or shine), Leave No Trace, the right of public access, efficient and allergy-safe fire skills in outdoor life and much more. If we are lucky, we might meet Skogsmulle, a popular character who has taught generations of children about the wonders of nature.</p>
kl. 1600	<p>Journey to Väderstad Centralkonditori</p> <p>A bakery located in the heart of Sweden, right in between the two largest cities Stockholm and Gothenburg. It takes only a 3 minute drive from the big motorway E4. At Väderstad, guests enjoy freshly homebaked bread and classic Swedish pastries made with a twist. The bakery is a Leader project and listed in the White Guide.</p>
kl. 1630	Fika at Väderstad Centralkonditori
kl. 1800	Journey to Vreta Kloster Golf Club
kl. 1845	Back to Vreta Kloster Golf Club
kl. 1930	<p>Dinner and a tour at IFK Wreta Kloster Clubhouse or Linköping Castle? If its dinner at Linköping Castle, we need to change into a (semi) formal attire. If dinner is not held at the castle, then we can go straight to the clubhouse from the bakery. Ice skating will be on the agenda.</p>
kl. 2200	Back to Vreta Kloster Golf Club Freetime



Co-funded by the
Erasmus+ Programme
of the European Union



Friday, 18th of February

Facilitator: Estela Inés Farías Torbidoni

Location: Vreta Kluster

kl. 0700	Breakfast
kl. 0800	Journey to Vreta Kluster
kl. 0820	Reminiscing the week by Estela Inés Farías Torbidoni, National Institute of Physical Education of Catalonia We share memorable moments and highlights and watch a short film of the time we spent together.
kl. 0840	Let's get down to business In this session, we reflect and evaluate the exchange. What was good about it and what could we do better?
kl.0930	The Swedish team talks Our work behind the scenes and words of wisdom from one exchange organiser to another.
kl. 1000	Farewells, distribution of thank you give aways and Swedish fika