

SCAN

M A G A Z I N E

THURE LINDHARDT: A CHAMELEON FROM THE DANISH STAGE
BIG NORWEGIAN CULTURE SPECIAL
JONAS GARDELL – THE ECCENTRIC WHO LOVES ‘LAGOM’
AN AUTUMN IN SWEDEN

PROMOTING BRAND SCANDINAVIA ISSUE 91 AUGUST 2016

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 An endorsement of the essence of 'lagom' may be surprising coming from a gay comedian who once called God a fat, black, lesbian woman, but that is exactly what Jonas Gardell offered when we spoke to him. Across the water from his native Sweden, some of Denmark's most cherished cultural institutions are far more than lagom.

Dear Reader,



There is a lovely richness to autumn: the deep, earthy colours, the thick woollen garments, the spicy herbal teas. You may be holding onto those very last days of summer still, but we have taken a leap into all the glorious vibrancy the coming season has to offer.

The August issue of *Scan Magazine* is practically sparkling with cultural experiences, bold designs, hearty food and adventurous outdoor destinations. If it was not completely obvious already, this issue will make it plain to see that Scandinavia, while known for being humble, boasts rich experiences, flavours and weather conditions to make up for any social introversion.

In Norway, we went to explore the best cultural experiences on offer in the coming months and spoke to some of the craftswomen and designers behind the 'Made in Norway' epithet. In Sweden, we set out to list the best destinations and events not to miss this autumn, from the brand new IKEA Museum to the Affordable Art Fair and a handful of outdoor adventures. We also went to find out what New Nordic Cuisine is all about once you get beyond Noma, and spoke to the brightest brains and social entrepreneurs Denmark and Norway have produced of late.

Our cover star, Thure Lindhardt, embodies this set of exciting extremes quite well. Having acted on stage and on the screen, playing leads in Nordic Noir as well as Hollywood sci-fi productions, he has been dubbed a chameleon on more than one occasion. But he insists that it is merely a result of using provocation as a career guide. "I want my roles to move something," he told our writer.

If moving something is what it is all about, Lindhardt has a lot in common with Swedish writer and comedian Jonas Gardell, who can indeed be said to flirt with both provocation and extremes yet is a strong believer in 'lagom' as Sweden's most important and most undersold sentiment. "Truth doesn't have to be black or white," he told me. "A lot fits within the parameters for 'lagom'."

As I make another cup of herbal tea and settle in for some 'hygge', I wonder if this is what Scandinavia does best: richness, understated. Some people will take issue with that. Read on to see where you stand.

Linnea Dunne

Linnea Dunne,
Editor

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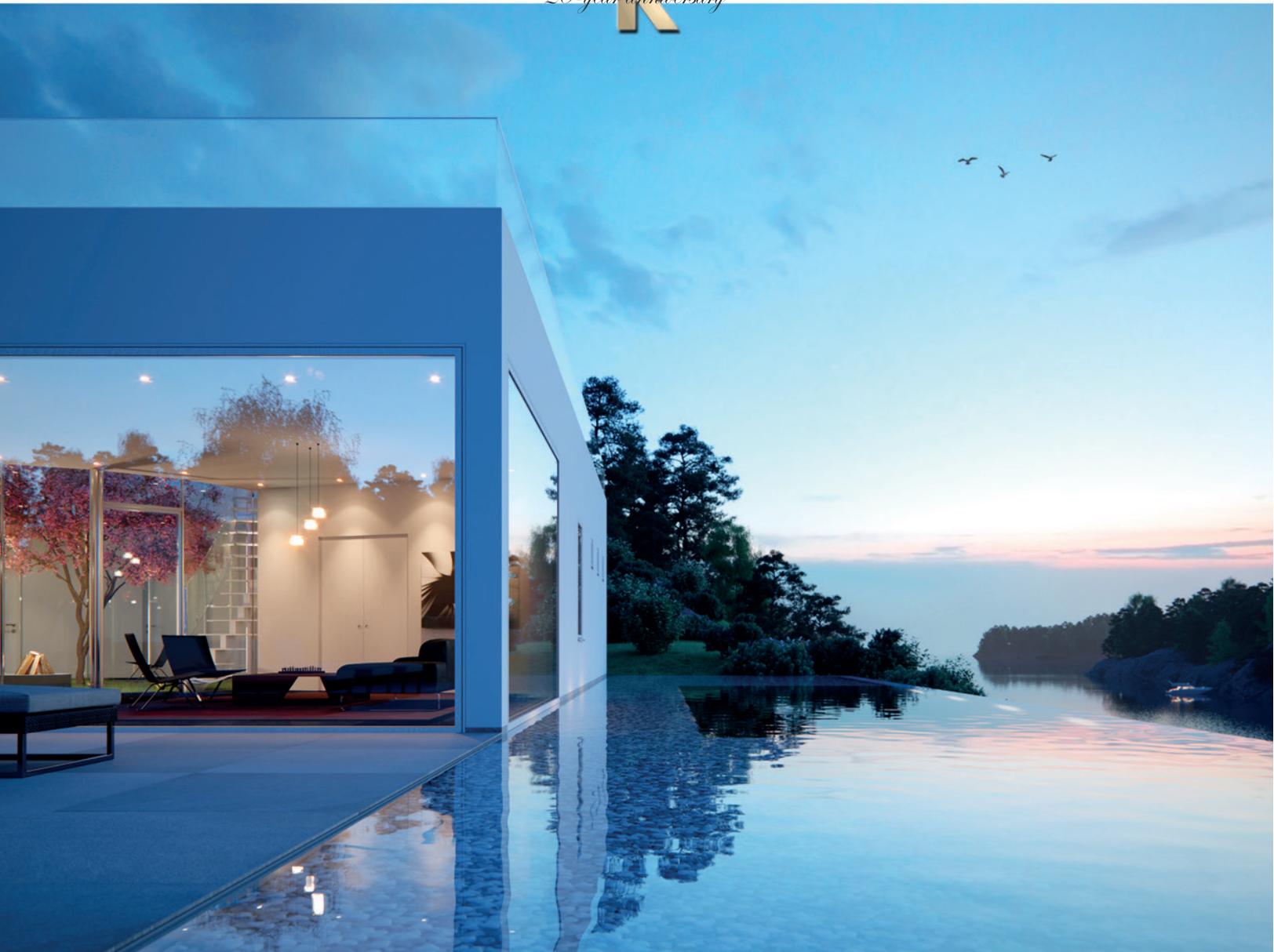
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20-year anniversary

R



Limited edition, Villa Kuben



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Fashion Diary...

Some of the lucky ones out there have yet to daze the summer away on holidays, but for most of us holiday time is up and work hours resume. This marks perhaps the best time to return to your desk with a fresh look that can stomach the grey zone between summer fading and autumn lurking around the corner.

By Mette Hindkjær Madsen | Press photos



Let the colours and patchwork on this purse showcase your daring and fun-loving side. Hopefully it will take you straight to the creative depths of your mind as you pull out your laptop and get to work.
&Other Stories purse, approx. £150
www.stories.com



A classic grey in a flattering cut makes this top a serious contender for your wardrobe favourite. You can choose any colour and cut for your cardigan or blazer and skirt or trousers to match this timeless piece.
House of Dagmar top, approx. £80
www.houseofdagmar.se



With your eyes beginning at the waist and working their way down, this long skirt is classic but, as you make it all the way down, offers some popping colours that give the look an interesting edge.
Norse Projects skirt, £200
www.norseprojects.com



When not wearing sneakers to and from work during rush hour, city slickers need a good pair of pumps that are easy on the feet through a long day at work. Grab some in a dreamy pastel with solid heels to keep you on your toes.
H&M pumps, £49.99
www.hm.com



If the small cross body bag does not cover your needs, this is probably closer to the size you are looking for. The importance of a solid computer bag is not to be underestimated. It is a statement bag that will hopefully serve you for a good number of years, which means a timeless, luxurious style and high quality are key. This is an item to splurge on.

Tiger of Sweden bag, £399
www.tigerofsweden.com



For some reason a denim shirt is the epitome of an ageless piece. It always seems hip and bang on trend; yet it is a real timeless classic. Your styling touch is paramount: go double denim for a grand old classic or mix and match with other fabrics and layers for a modern look.

Wood Wood shirt, approx. £140
www.woodwood.com



If you are up for taking your shoe game to the next level, this pair is a fusion between a classic men's shoe and a sneaker. It will give your look a bit of freshness, but in a calm colour that goes with everything.
 H&M shoes, £49.99
www.hm.com

Bomber jackets are all the rage and this piece from COS combines a stunning and classic autumn colour with a V-neck cut not often seen on bomber jackets, giving it more of a blazer touch. Combine the dark top with softer trousers in a light colour to avoid going all in with those autumn vibes too soon. The edgy cross body bag is handy if you only need to carry a few items with you to work.

COS bomber jacket, £135; COS trousers, £89; COS cross body bag, £55
www.cosstores.com



We love this...

Summer holidays are a special time. For an extended period, things seem to be on the move constantly. It could be you biking around in Amsterdam, perhaps catching up with an old friend – or making new ones; or friends from all over the world may be stopping by your town. What better place for them to crash than at yours so you can top up on quality time together? Get that guest room ready so that you can invite those old friends over to stay the night.

By Mette Hindkjær Madsen | Press photos

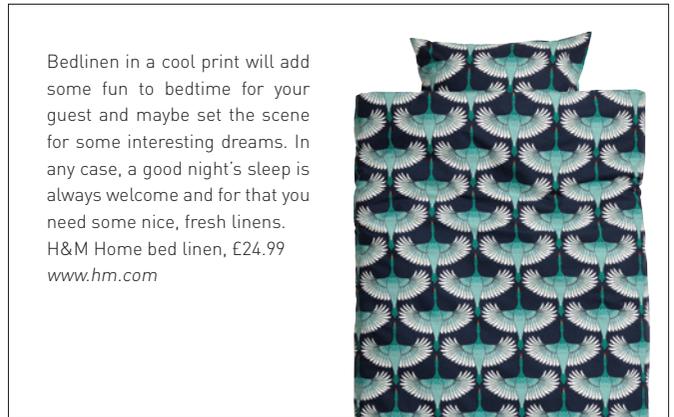


Decorating a room in an interesting and personal way is all about the details. Broste Copenhagen houses plenty of beautiful and quirky accessories for your home, such as the fun golden bugs and pear bowl and some gorgeous vases. They will certainly provide the icing on top and elevate whichever room you choose to put them in.

Broste Copenhagen gold top Emily vase, pack of two, £20; gold London container, £43; golden bugs, pack of three, £78; pear bowl, £26; flower candlestick, £26; tall Lines vase, £20; green Curves box, £7
www.royaldesign.co.uk



In case your guest is staying longer than a weekend, or just does not want to live out of a suitcase, a cabinet is a necessary item in your guest room. When the room is vacant, use the cabinet to store linens or towels and whatnot. A2 Designers Collect cabinet, £1,104
www.skandium.com



Bedlinen in a cool print will add some fun to bedtime for your guest and maybe set the scene for some interesting dreams. In any case, a good night's sleep is always welcome and for that you need some nice, fresh linens. H&M Home bed linen, £24.99
www.hm.com



Escaping work tasks can sometimes prove difficult, even on vacation, so a little desk set-up will help a friend in need of a quiet place to catch up on a few emails or finish up a bit of work while out of town. This half desk does not take up a great deal of space and is easy to squeeze in.

Skagerak Georg stool, £169; Georg mirror, £106; Georg table, £382
www.nest.co.uk



We all have different habits for when we like to jump under the covers, which means that your guest may have a little extra time to kill at night to read a book or just chill a bit while you crash out for the night. This cute lamp is a coffee or bedside table must-have. Bloomingville lamp, £175
www.bloomingville.com



Mads Hartvig Jensen (right), a dedicated grill enthusiast, founded JensenGrill in 2010, launching a highly functional combined charcoal and gas grill. The grills are flexible, functional and easy to use, making them ideal for cooking everything from gourmet dinners to big roasts.

Gourmet grilling

Designed and produced in Denmark, a JensenGrill grill is stylish, functional and highly versatile. Making it possible to shift between, or combine, charcoal and gas, the grill takes barbecuing to another level, opening up new possibilities for everyone from gourmet chefs to grill novices.

By Signe Hansen | Photos: JensenGrill

A keen huntsman and long-term foodie, Mads Hartvig Jensen, the founder of JensenGrill, became a dedicated grill enthusiast after a stay in Australia. "In Australia they barbeque all the time so, when I got back, I went and got both a charcoal grill and a gas grill. But eventually, as I had kids and my everyday life got busier, I was using the gas grill more and more but it always irritated me because it just wasn't the same as with the charcoal," explains Jensen. Not one to sit around and sulk about the problem, Jensen hoisted the gas grill into his car, brought it to his parents' farm, took it apart and rebuilt it as a combination grill. Thus, the first JensenGrill was created. In 2010, he officially founded JensenGrill, producing the first combined gas and charcoal grill on the market.

All JensenGrill barbecues are still developed and designed by Jensen and are produced and manually assembled in Denmark, which has resulted in a sleek Scandinavian design as well as exceptional functionality and flexibility. "The first thing people say when they see one of our grills is 'wow, this is really thought through!' The next thing they mention is the design; to be honest I don't think there are a lot of nice grills on the market and that is probably why people always compliment us. They just love the Scandinavian design, because why get a big, clunky grill for a Scandinavian house and garden?"

The many qualities of JensenGrill's products appeal to a wide range of customers: those who always want the

best, the design enthusiasts and, of course, the barbecue fanatics. Lately, the newest versions of the grill have also gathered a following among a number of high-end chefs and kitchens – including Meyers Køkken – who enjoy the fact that, as the charcoal is lit with the gas, the grill can be prepared and ready significantly quicker than other grills.

JensenGrill is currently sold in Scandinavia and Germany but, next year, the Scandinavian super grill will be making its way further into Europe, the UK and eventually also the US and Australia.



For more information please visit:
www.jensengrill.com



For 60 years, SCANPAN has been producing timeless and functional cookware.

From scrap metal to world-class cookware

Celebrating its 60th anniversary this year, the Danish family-owned cookware manufacturer SCANPAN has become a world leader within environmentally friendly non-stick products. Ever since its foundation, the company's success has been based on craftsmanship, Danish production and the use of recycled materials.

By Signe Hansen | Photos: SCANPAN

Combining tradition with innovation, SCANPAN has, despite international trends, kept all its production in Ryomgaard, Denmark, where traditional craftsmanship has been strengthened with innovation and modern technology. This combination has enabled the company to be the first to bring numerous new innovations to the cookware market. "When you look at our production site and our products, it is clear that SCANPAN has always been ahead of the game when it comes to non-stick products. And, thanks to our combination of skill and innovation, we will always be ahead," stresses

director of marketing Henrik Bødker. SCANPAN was the first manufacturer of non-stick cookware to introduce the PFOA-free non-stick coating.

Thinking of the environment

When the first SCANPAN was cast in 1956, it happened more or less by coincidence. The pan was in fact the by-product, or more specifically the lid, of one of the first Danish attempts to create a pressure cooker. However, the pan and its patterned surface, which created the first kind of non-stick effect, quickly became a hit with the quality-conscious housewives

of the '60s. Soon, SCANPAN was growing and producing a wide range of cookware, using new techniques and materials. In the '80s, for instance, the first products coated with ceramic titanium non-stick were introduced into the market.

But despite new developments and additions, some things have remained the same: all products are still produced in Jutland, Denmark, and made from recycled materials. "At SCANPAN, we strive to make a difference in the kitchen and in how we impact on our environment. By using recycled metals such as aluminium and stainless steel in the production of our cookware at the factory in Denmark, we are doing our best to minimise the impact of our manufacturing on the planet. All our products are made of 100 per cent recycled materials; the aluminium and

steel that come through our production site all come from recycled cans, scrap metal and so on, and the same goes for the packaging material," says Bødker. "It's always been like that, ever since the first SCANPAN was produced by the inventor and businessman G. A. L. Thorsen, who made the first pan from recycled aluminium from old war planes."

Made in Denmark

Having stuck to its traditional production values, combining the craft with modern technology and an environmentally sound policy has resulted in a strong global brand for SCANPAN. Today, the cookware is exported to more than 50 countries worldwide and the brand has

become a trademark for Danish quality and design. "Research and development are an integral part of SCANPAN's business, which is why we are proud to say that we lead the way in innovation and technology, enabling us to produce the best cookware products possible for our global customers," says Bødker.

The brand's timelessness and functionality have made it popular not just in households all over the world, but also with professional and semi-professional chefs. Among them are the gourmet chef Jesper Koch, one of the judges in the Danish *Masterchef*, who works with SCANPAN to ensure that the brand remains at the top of its game.

SCANPAN at a glance
SCANPAN was founded by the Danish businessman and inventor G. A. L. Thorsen in 1956.
With products made from 100 per cent recycled aluminium, SCANPAN was the first manufacturer to produce PFOA-free cookware.
SCANPAN's non-stick surface is dishwasher safe and makes cleaning easy.
All SCANPAN products are handcrafted in Denmark.
SCANPAN is exported to more than 50 countries worldwide.

For more information please visit:
www.scanpan.eu



All of SCANPAN's production takes place in Ryomgaard, Denmark, where traditional craftsmanship is combined with modern technology and innovation.



Give your home the perfect oriental touch

The vision? Aesthetically pleasing tableware ceramics to complement all the dinner parties the tableware would accompany. The result? The perfect bohemian party accessory: Sthål ceramics.

By Nina Lindqvist | Photos: Tine Guth-Linse

"We just wanted to create something beautiful without thinking about what the current trends were. Thankfully, many people seem to agree with our taste," Susanna Theander, one of Sthål's founders, reminisces.

The Swedish ceramics company was founded in 2011 by Theander and her business partner Helena Åkesson-Liedberg. Both have a background in design as well as a shared passion for food enjoyed in great company. Having both worked with ceramics as a hobby, the duo realised a career change was due and decided to take the leap and create their own collection of tableware.

"It's all about creating the right atmosphere with the right tableware.

Our design aesthetic is also very much inspired by the notion of social dining: eating and enjoying the moment together," Theander says.

The Sthål signature is clear: bohemian with an oriental, colourful twist. The oriental infusion inspired the name of the collection, Arabesque, which is a French expression for 'something Arabic'. The ceramics are crafted from durable, high-quality stoneware and come in several different glazes.

"The main idea behind our ceramics is that they are intended for everyday use and are very multifunctional and practical. The pieces form a full set of tableware, but may just as well be used on their own for a variety of dishes.

They're also oven, dishwasher and microwave safe," Theander explains.

In addition to the Nordic countries, Sthål's ceramics are also sold in the UK and, if the design duo gets their wish, more retailers and a possible expansion into other design areas might soon follow. "We believe our aesthetic speaks to a global market and we hope that we will continue to grow and learn new things along the way," Theander concludes.



Helena Åkesson-Liedberg (left) and Susanna Theander (right). Photo: Martin Bogren

For more information please visit:
www.sthal.se

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Photo: Robin Skjoldborg

Thure Lindhardt: A chameleon – from the Danish stage to Hollywood

Sought after worldwide, Danish actor Thure Lindhardt never has a dull moment. Known for his remarkably multifaceted talent, he has been seen on screens and stages both across Europe and in Hollywood, and projects keep lining up. *Scan Magazine* spoke to him about the beginnings of his journey as a chameleon, the boyhood dream of entering Hollywood, and how his career is led by provocation.

By Mette Hindkjær Madsen

“Do you mind if we push the interview back 30 minutes? I was filming until five o’clock this morning and am in dire need of a shower and a cup of coffee,” Lindhardt apologises after spending the previous night filming in a village outside Budapest, where his face and hair were plastered in mud and dust. “They put these products from a can in your hair to make it look dirty. I was home at 5.30am and went straight to bed, so my pillowcase looks like something you wouldn’t believe. Night shoots are a killer – you get a hangover without drinking!”

But he is not complaining. He knows that he is fortunate to be able to work as much as he does – and on great projects. Currently, Lindhardt is on set in Hungary filming season two of the BBC hit series *The Last Kingdom*, where he plays the role of King Guthred.

As his résumé suggests, he is a busy man. His list of roles continues to multiply and this year alone we have already seen him in *Kill Command*, *Despite the Falling Snow* and the Danish television series *Badehotellet*, with two more movies coming out later in the year.

Trusting the eternal doubt

“I have never had the realisation that I was good at acting. It’s the plague of

the artist: the eternal doubt,” Lindhardt ponders with a laugh. “Acting revolves around people and vulnerable human minds. There will always be a million questions and constant doubts, which is a good thing. I use doubt actively in my work.”

One thing he never doubted, however, was that he wanted to be an actor. Getting his first film role in *Pelle the Conqueror* by Bille August at the mere age of 12, Lindhardt had an early start in the field of acting. His blossoming attraction to the stage began with some adolescent fun. “It all began for me with playing in a school comedy. I got people to laugh and I thought ‘wow, they laugh when I say something funny’, and I thoroughly enjoyed that,” he recalls. As a child, the urge to entertain and his fascination with good stories were the driving forces. “I remember when I heard a story or read a book or watched a film, I could live in those worlds for months pretending to be a part of them,” he describes with great enthusiasm.

1980s children’s books such as *Ronia the Robber’s Daughter*, *Mio, My Son* and *The Neverending Story* created some of the young Lindhardt’s favourite universes. “When I was ten or 11 years old, I saw a story that had been read to

me as a book on the big screen for the first time. *The Neverending Story* made a huge impression on me. A story pictured in my head suddenly unfolded; I thought it was incredible, it was almost as if the fantasy became reality,” he says with almost childlike excitement. “Afterwards, I actually set up that story as a theatre production, where I of course played the lead.”

Provocation as a career guide

To this day, Lindhardt’s childhood excitement and piercing engagement serve him in his work, in both good and challenging ways. “If I read a good manuscript I can become so absorbed in the story that I can see it played out and imagine my role. This can be a great gift but also a struggle; I use it to get a feel for my character or the mood of the story.” When he is offered a part, his gut feeling gets the last say – and that gut has taken him in a wide range of different directions. “It has to provoke something in me, sometimes in a way where I initially don’t want to do the part. Like when I was offered to be a part of the Danish version of *The Curious Incident of the Dog in the Night-Time* and I was almost mad, because I thought it was embarrassing to play a 15-year-old boy. But it kept stirring in me, so I accepted the role and it became one of my best experiences on the theatre stage,” he explains with unmistakable certainty.

Lindhardt has kept returning to the stage in addition to signing up for big screen productions. “If something keeps poking at me and provokes me, usually that is the project I should do. And what that is

varies a lot. I think it has something to do with where I am in my life, so there's a sort of connection between myself and the roles I play," he says.

A boyhood dream

After a psychologically challenging project, Lindhardt points out, he often feels like doing something lighter, which perhaps explains the wide range of roles he has done. Late last year, we saw him as the brilliant but troubled detective in the third season of the Nordic Noir hit series *The Bridge*, and earlier this year he featured in the action-packed man-against-machine film *Kill Command* as Captain Bukes. "It's incredibly cool to be a part of a Hollywood film. It's a boyhood dream that I've always wanted to do. These days I'm riding around with a big

sword on a horse, that's not something you get to do often in Denmark," Lindhardt smiles.

That said, he does not necessarily hold Hollywood up as the highlight of his career. Starring in numerous Danish films, playing alongside Hollywood's A-listers on the silver screen and teaching what he does best to students at a small school in Denmark are all part of the chameleon's passion.

Taking it a step further

"Filming *Angels & Demons* in Rome with eight Alfa Romeos next to Tom Hanks and people watching is great fun and something I will brag about to my friends," he says with a boyish charm that makes it easy to imagine some good old

locker room banter amongst pals. "But the most rewarding thing for me is when I truly develop. I want my roles to move something; my favourite roles have made me overcome things I didn't think I could do, taking myself a few steps further."

Starring in the American film *Keep the Lights On* a few years back was an example of this, marking Lindhardt's first lead in English. "Getting the feeling of 'I can actually do this' is amazing, I love those experiences," he says.

His career gallops on but when Lindhardt will jump down off the horse – or be thrown off – remains to be seen; the next project already awaits. "I know what I'm doing for the next long while. But I'm not telling you what it is," he ends with a smile.



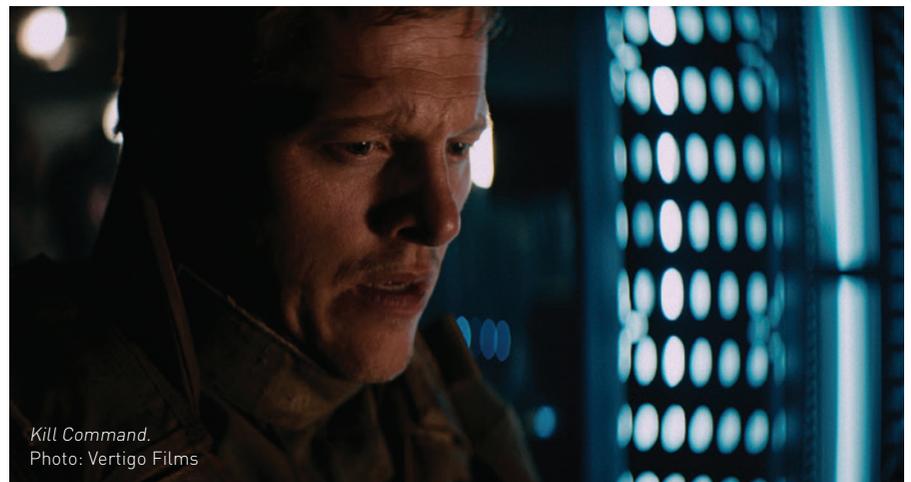
Keep the Lights On.
Photo: Jean-Christophe Husson,
musicboxfilms.com



The Bridge.
Photo: DR presse

Danish actor Thure Lindhardt is 41 years old, born in Copenhagen and grew up in Roskilde. He got his first part in the Bille August film *Pelle the Conqueror* at the age of 12. In 1998 he graduated from Drama School at Odense Theatre.

Since then, he has gone on to play a range of different roles in Denmark and beyond, with films such as *Angels in Fast Motion*, *Brotherhood*, *Flame & Citron*, *Angels & Demons*, *Into the Wild* and *Keep the Lights On*.



Kill Command.
Photo: Vertigo Films



Photo: Robin Skjoldborg



Annette Nathan, founder and owner of TotallySwedish.
Photo: Helene Söderström



Photo: Cecilia Larsson, Imagebank



Photo: Helene Söderström

A flavour of Sweden

TotallySwedish offers typical Swedish food and handicrafts in its two London shops as well as its online shop. But the brand is about much more than great shopping opportunities; if they so wish, customers can also get heaps of inside information about food culture and traditions in Sweden.

By Malin Norman

Since the TotallySwedish shop opened its doors on 32 Crawford Street in London, located between the Swedish Embassy and the Swedish Church, it has become an increasingly popular place to come for homesick Scandinavians and curious Londoners.

Founder and owner Annette Nathan speaks of the big hype in Swedish films and literature, music, fashion and design, and the positive effects this has had on her business. "We never expected this level of fascination in all things Swedish here in London," she laughs. "But we are of course incredibly happy about it and take the opportunity to explain our culture, traditions and food. We even have recipe cards in English, showing how to make some classic dishes, and we provide the ingredients needed in-store."

Swedish favourites

A couple of years ago, TotallySwedish opened a second shop at 66 Barnes High

Street in London. Bestsellers in both shops are pickled herring, crispbread and salt liquorice – and of course Kalles kaviar, the caviar Swedish ex-pats miss the most. But TotallySwedish offers plenty more, including dairy and deli products, meat and fish, frozen food, sweets and snacks. "We listen to our customers – the assortment is based on what they want," explains Nathan. New in the shops is for example Lily & Hanna's vegan raw food ice cream, which is free from gluten, sugar, dairy and additives.

"Our 'free from' products are an important part in the range, especially the gluten and lactose-free foods. People are also more aware of organic products and we work a lot with small-scale manufacturers in Sweden," says Nathan and mentions for instance Washologi's range of environmentally friendly laundry detergents, fabric softeners and linen water. The shops also stock several home décor brands such as stylish textiles from Nyblom & Kollén, and handmade

traditional cleaning and bathing brushes and soaps from Iris Hantverk.

Busy times in the shops are in particular Christmas, Easter and Midsummer, and next up is the popular crayfish party, traditionally taking place during the month of August. It is celebrated with plenty of food and drink, and must-have colourful party accessories such as hats, bibs, tablecloths and lanterns. "We even have napkins with the traditional drinking songs in Swedish!"



Photo: Helene Söderström

For more information please visit:
www.totallyswedish.com

ENTERTWINE

A contemporary textile exhibition

Karina Nøkleby Presttun
Kristina Daukintytė Aas

A collaborative effort that explores absence and presence through woven tapestries, sculptures, video and more.

entertwine.no

September 3 - October 23
KUNSTBANKEN Hedmark Kunstsenter
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Opening hours: Monday closed; Tuesday - Friday 11 - 16; Saturday - Sunday 12 - 17;

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KULTURRÅDET
Arts Council
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Paving the way to success

Viborg Katedralskole (Viborg Cathedral School) is a top-ten upper secondary school in Denmark. Its strong history, outward-looking ideology and outstanding teaching have made it a place where students from Denmark and the rest of the world come together to pave their way to success.

By Josefine Older Steffensen | Photos: Viborg Katedralskole

Viborg Katedralskole is based in the centre of Jutland in the city of Viborg. It is one of Denmark's oldest education institutions and has been active for over 900 years. Since 1926 it has been based in a beautiful neo-classical building, which has been continuously modernised to now house a modern school, 1,000 students and 100 teachers in traditional, grand architecture.

Despite its classic setting, the school has done everything in its power to create an outward-looking, international and

modern atmosphere. The school offers the Danish 'gymnasium' education as well as an International Baccalaureate (IB), both of which provide students with a broad education that they will continue to benefit from for the rest of their lives.

The education

"The important thing is that the students leave Viborg Katedralskole feeling prepared for higher education and the future," says education manager Carsten Søndergaard. "That's why we do our utmost to give them the best

possible education by providing them with different study methods in a variety of subjects and cross-curricular work." The high standard of education at the school has been recognised by Cambridge University, which added them to *Cambridge: A Guide to Excellence*, as one of only 100 institutions worldwide.

The students at Viborg Katedralskole choose from numerous study areas including science, linguistics and the arts. The school also offers education partly taught in English. The abundance of subjects means that each student is sure to find something they are interested in. "We're constantly adapting to ensure that the education we're providing isn't only of the highest standard, but that it's also relevant to today's society," says Søndergaard.

The International Baccalaureate Diploma Programme (IB-DP) offered at the school is a two-year programme for the internationally minded. The IB is recognised across the world and offers an education based on opening up the world and providing students with a multicultural and international mindset. It does this by being academically challenging in a broad range of subjects. "The IB focuses on the development of the whole person: intellectually, ethically, physically and emotionally," explains Søndergaard.

Putting theory into practice

It can sometimes seem hard to understand why remembering a certain mathematical formula would have an impact on your life, which is why Viborg Katedralskole has decided that each student should get to put theory into practice.

During trips throughout the school years, students get the opportunity to see how the academic world merges with real life. The school also has partnerships with institutions, companies and organisations, so that each first-year student gets to go to a relevant workplace. "Meeting with these institutions means

that the students are given a clear link between their education and their future job prospects," says Søndergaard.

Fun, games and the extra-curricular

Although formal education is high on the agenda at Viborg Katedralskole, there are also plenty of opportunities to further a skill, play sports and party. "If you're a big fan of science and maths, there are opportunities to enjoy camps, science events, competitions and lectures both nationally and internationally," says Søndergaard.

For artistic students there are choirs and music groups to join and plays to get involved with. The school is also renowned for being an excellent place to combine academics with high levels of sports practice. Football, running and handball are a few of the sports offered at the school, in addition to fantastic gym facilities.

Five times a year the student body puts on parties, including a Christmas ball and prom. There is also an abundance of events throughout the year, such as a 'café' on certain Fridays, providing an informal atmosphere for socialising. Concerts and special visits from

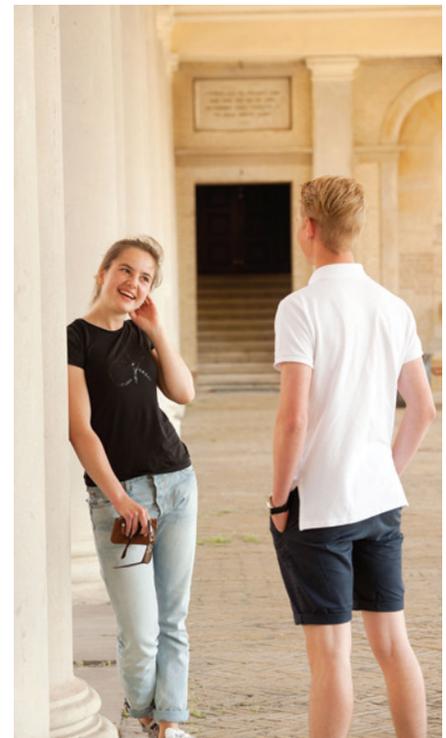
comedians and artists also regularly appear on the calendar.

A place to call home

Viborg Katedralskole is not just a school, but also a home to 137 students. The boarding school, which is situated on the school grounds, is the perfect setting for the students to make the most of the school experience. "The boarding school is a home that provides a safe, strong and tolerant community where you're free to be yourself," Søndergaard explains. "The live-in staff try to prepare the boarders for the future by teaching them some of the basics, but it is also a place where you learn to take responsibility for yourself and your surroundings."

Viborg Katedralskole is so much more than just a school. It is a place where the students are at the forefront of everything that happens and their future is always in focus. The education is eye-opening from both an academic and a geographical perspective, while also being a place where you can make friends for life and start paving your way to success.

For more information please visit:
www.viborgkatedralskole.dk





The Stockholm Junior Water Prize finalists 2015.



Last year's SJWP-winner Perry Alagappan and H.R.H. Crown Princess Victoria of Sweden.



The SJWP prize sculpture 2015.

Bright water ideas from young innovators around the world

The prestigious Stockholm Junior Water Prize celebrates 20 years of international innovation and ideas by young talents. In August, finalists from 29 different countries arrive at World Water Week in Sweden.

By Ellinor Thunberg | Photos: Jonas Borg

Water-related challenges and issues are in focus at the annual World Water Week, this year taking place on 28 August until 2 September. Experts, decision makers, innovators, practitioners and others meet to discuss and exchange ideas around the 2016 theme Water for Sustainable Growth.

20th Jubilee of Stockholm Junior Water Prize

An increasingly popular part of the week is the Stockholm Junior Water Prize (SJWP), an international competition

hosted by the Stockholm International Water Institute (SIWI) that gathers imaginative young people from all over the world. The first edition took place in 1997 and was an instant success.

"Many of the delegates at World Water Week wanted to have something similar in their home countries and that is how it started. We now celebrate 20 years as an international competition," says Ania Andersch, manager of the Stockholm Junior Water Prize at SIWI.

Last year's winner, Perry Alagappan from America, invented a novel renewable filter for heavy metal removal. He came up with the idea after visiting his grandparents in India a few years back, noticing how electronic waste contaminated the environment there.

Local schools play an important role

Thousands of students from around the world compete each year on a local and national level. This year sees finalists from 29 different countries on all continents. The students are all aged between 15 and 20 and have not yet commenced university studies. Andersch wants to highlight the important work of local schools and teachers. "It can be hard for an

individual to make progress without the support from their school," she says.

Students arrive in Stockholm for World Water Week to meet decision makers and scientists and present their projects to the international jury. The winners are presented at the awards ceremony in the evening of 30 August and this year the beautiful blue crystal sculpture is handed over by H.R.H. Prince Carl Philip of Sweden followed by dinner and celebrations.

"It is an intense week in Stockholm, from Saturday to Thursday, with everything from royal ceremonies to bowling and city walks," she says, adding that many of the students find new friends for life. She explains that they assign everyone with new roommates for the week, even if they come as a project group. "It can be awkward in the beginning, but usually goes very well. The last day is filled with tears, hugs and promises to stay in touch and making new friends is an important aspect," she says.

The jubilee includes a welcome event featuring speakers and previous success stories from around the world. One of the speakers is South-African Claire Reed. She was awarded the SJWP in 2003 for her innovative watering project and today

she runs a successful business based on the idea.

New mentor programme underway

Part of the mission is to encourage a continued interest in water and sustainable development. A brand new mentor programme and network will launch as part of the 20th Jubilee on 30 August.

"It has a social aspect, but more than that we want to give young people the opportunity to really try their projects," she says.

Many students go on to study medicine, but Andersch hopes the network can help encourage them to consider a career in a number of other areas, such as engineering, to continue to work with the issues of water and sustainability.

"People come from all over the world and various backgrounds and this can really make a difference," she says, encouraging anyone interested in mentorship to get in touch.

For more information, please visit:

www.siwi.org/prizes/stockholmjuniorwaterprize
www.worldwaterweek.org

WINNERS FROM THE PAST FIVE YEARS:

2015: Perry Alagappan, USA

Novel renewable filter for heavy metal removal.

2014: Hayley Todesco, Canada

Waste to water: Biodegrading naphthenic acids using novel sand filters.

2013: Naomi Estay & Omayra Toro, Chile

Psychiobacter: Antarctic co-operation on bioremediation of oil-contaminated waters.

2012: Luigi Marshall Cham, Jun Yong Nicholas Lim and Tian Ting Carrie-Anne Ng, Singapore

Investigation of the use of sodium-activated bentonite clay in the removal and recovery of non-ionic surfactants from waste water.

2011: Alison Bick, USA

Development and evaluation of a microfluidic co-flow device to determine water quality.

2010: Alexandre Allard and Danny Luong, Canada

Research on biodegradation of the plastic polystyrene.



Students present their SJWP projects in Stockholm.



The ceremony last year at Grand Hotel in Stockholm.



The ceremony last year at Grand Hotel in Stockholm.



Photo: Vastavalo/Soili Jussila

Healthy, well cooked and rich in heritage – experience Nordic cuisine the way the locals do

Whether you are up for trying fermented herring or just wondering what the fuss is all about when it comes to New Nordic Cuisine, join *Scan Magazine* on an exploration of some of the most charming and impressive food haunts throughout Scandinavia.

By Linnea Dunne

While 'local' might seem like the buzzword of our time, it is one we might have to get used to. Not only do we need to prioritise local produce in order to protect planet Earth, but pioneering food enthusiasts everywhere, from the kitchens in our homes to world-renowned restaurants, are inspired by the gifts served up by the nature surrounding them. This contributes significantly to the shaping of local and national food traditions.

In Finland, berries and other forest fruits, including mushrooms, are regular staples in most kitchens. The food is often full of antioxidants and important minerals, and the colours on your plate are likely to be rich and earthy. Across all of northern Scandinavia, meat such as reindeer and a wide variety of fish play an important role. Sweden is also known for harvesting some of the best oats in the world, while being home to everything from world-renowned microbreweries



Torvehaller.
Photo: Mikkel Heriba



Photo: Kim Wyon



Smørrebrød.
Photo: Maria Nielsen



Villa Dining.
Photo: Kähler Design

to food brands such as Västerbottensost. In Denmark, the Nordic health buzz with all its rye bread and smoked fish meets continental influences with a range of pastries and rich cheeses.

To most people, fine Nordic cuisine is more or less synonymous with Noma, the restaurant in Copenhagen named Best Restaurant in the World a whopping four times. Yet in the towns and cities across the Nordic countries, and along the roads and hidden in picturesque villages, there are food enthusiasts serving up fusion cuisine as well as first-class traditional Scandinavian dishes, many of them enthusiastically humming to the local produce tune. You do not need to get a table at Noma to experience the best Scandinavia's kitchens have to offer. Explore our guide and you will find out why.



Photo: Niclas Jessen



Thomas Gaarde (right) founded Maven Restaurant and Wine Bar five years ago. With two charming and versatile private function rooms, Maven can provide the setting for private celebrations, meetings and other events.

The belly of Copenhagen

Maven Restaurant and Wine Bar offers guests a winning combination of history, warmth and delicious food. The restaurant, which is uniquely located inside the atmospheric Nikolaj Church, serves a Nordic brasserie menu with a focus on quality, fair prices and friendly service.

By Signe Hansen | Photos: Maven Restaurant

Founded by restaurateur and actor Thomas Gaarde five years ago, Maven has, thanks to its unique atmosphere and delicious menu, become one of Copenhagen's most-loved restaurants. "What's unique here is the charm of dining inside a church with soft lights, plank tables and leaded windows, but most important is what's on the plate and in the glass," says Gaarde.

Maven in Danish means 'the belly' and refers to the restaurant's location in what used to be Copenhagen's meat market; known among locals as 'the belly of Copenhagen'. Gaarde chose the name because of the informal and straightforward approach to food it implies and the focus on local produce. But having lived in Italy, Gaarde is also inspired by other traditions. "I am obviously inspired by both the French and

the Italian kitchens, which are fantastic in each their specific way, but I think it would be wrong to solely use French ingredients when we have so much fantastic produce in Denmark," he stresses.

Originally built in 1200, Nikolaj Church is one of Copenhagen's oldest churches. But in 1795, a fire destroyed most of the building apart from its bell tower. After its reconstruction in 1912, the church has served several functions but none ecclesiastic. With classic furniture, candlelight and informal table settings, Gaarde has strived to preserve and subtly enhance the unique ambiance of the church room. This goes for the charming ground floor restaurant and wine bar, as well as Maven's two private function rooms. The upstairs space, which seats up to 50 people in one room and is equipped with audio visual equipment, is also popular

for conventions, business meetings and presentations.

Maven is not the only culinary venture of Gaarde. He recently reopened the iconic Krogs Fiskerestaurant (see next page), which is also based on creating special food experiences but with a more classic setting and atmosphere.



Located in the atmospheric Nikolaj Church in the heart of Copenhagen, Maven offers guests a distinctive food experience.

For more information, please visit:
www.restaurantmaven.dk



The original high-end classic seafood menu and elegant interior of Krogs Fiskerestaurant have brought the iconic restaurant back to its best.

Back at its best

More than a century after it first opened, Krogs Fiskerestaurant is once again ready to take its place at the top of Copenhagen's food ladder. With a new team and new ambitions behind the scenes, the restaurant has been brought back to its classic roots presenting a traditional, high-end seafood cuisine that has swept food critics off their feet.

By Signe Hansen | Photos: HEIN-Photography

Established in 1910 at Copenhagen's old fish market on Gammel Strand, Krogs Fiskerestaurant is the capital's oldest and most famous seafood restaurant. Through the years, the restaurant has served everyone from the workers of the early 20th century to royals and loyal regulars. At the end of last year, the iconic restaurant was injected with what many would say was much needed new blood as Thomas Gaarde, the restaurateur behind the successful Copenhagen brasserie Maven, took over.

Krogs Fiskerestaurant is, however, not destined to become a seafood version of the popular Maven but will keep its original traditional approach to food, service and dining, says Gaarde. "We've had the dream of opening up a second restaurant for some time but wanted something with a different character

to Maven. While Maven is a laidback Nordic brasserie, Krogs Fiskerestaurant is more of a classic, high-end seafood restaurant, and that was something that was missing in Copenhagen. Most other seafood places are either brasserie style or new Nordic cuisine; there wasn't a classic French seafood restaurant, like what Krogs used to be, and it was the traditional virtues of that we wanted to bring back," says Gaarde.

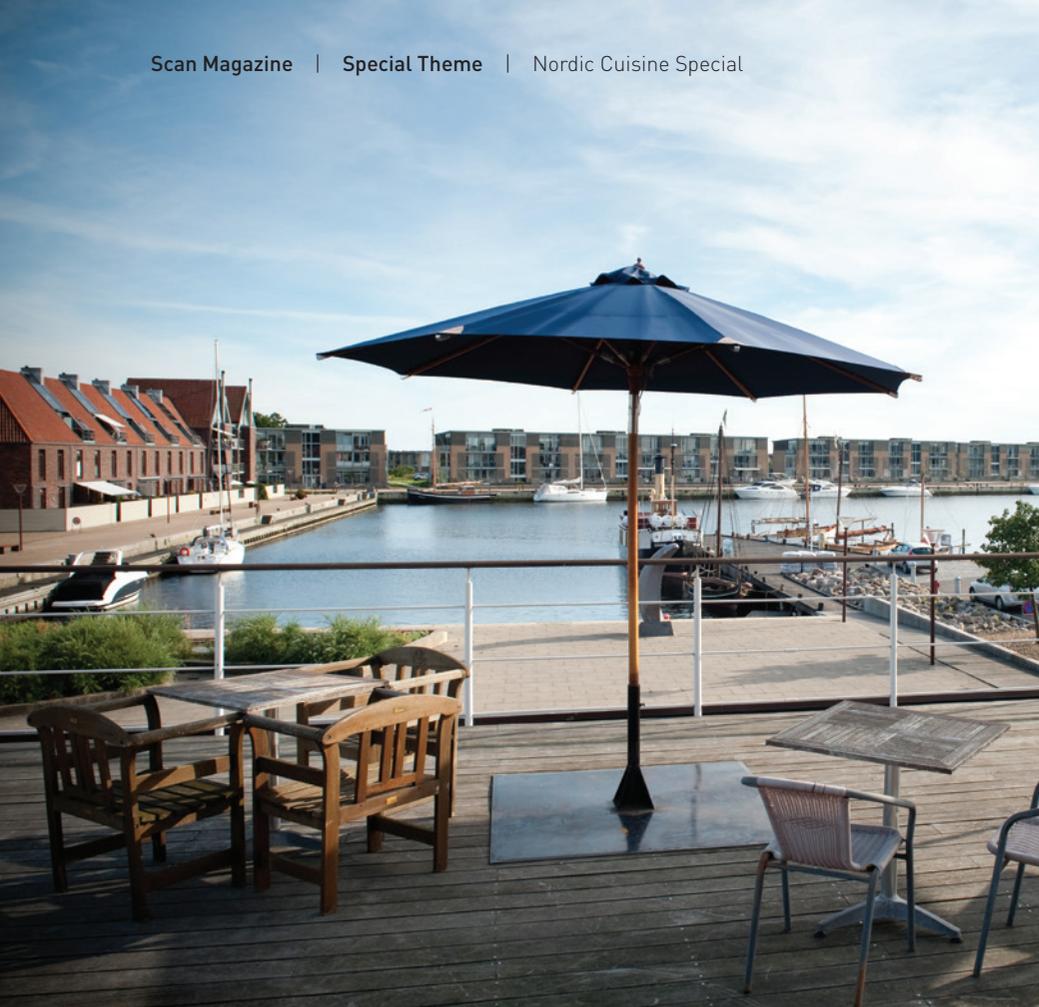
Originally decorated by some of the early 20th century's best classic Copenhagen artists, Krogs Fiskerestaurant has today been brought back to its traditional classic maritime style and the revival of its original lustre has been well received by both old regulars and newcomers. "A lot of our guests have been very happy to see the return of the old maritime paintings, gold frames and antique

bracket lamps. Some regulars have told us about their first visit before the Second World War, but at the same time we've also managed to attract a broader, younger audience. People appreciate the classic concept. They enjoy that it's not just following new trends, and that they are met by polite and knowledgeable staff who know what they are doing."



Located on the bank of Gammel Strand in the heart of Copenhagen, Krogs Fiskerestaurant has been serving seafood for more than a century.

For more information, please visit:
www.krogs.dk



Left: Located in the harbour of Frederikssund, Restaurant Toldboden offers stunning views from both the large outdoor terrace and the inside dining space. **Top right:** Chef Steffen Jørgensen has previously worked in a *Michelin*-starred kitchen; at Restaurant Toldboden he has created his own style, a grounded, filling menu with a 'touch of *Michelin*'. **Right:** The young restaurateurs, Steffen Jørgensen, 26, and Cecilie Jacobsen, 23, have infused Restaurant Toldboden with heaps of youthful energy and creativity.

A taste of young energy

Thanks to a young local couple, Restaurant Toldboden in Frederikssund has been invigorated with energy, a delicious, high-quality menu and a can-do attitude. In the hands of its new owners, the restaurant, which is beautifully located in the harbour of Frederikssund, has become a favourite location for everyday lunches, romantic dinners, and big celebrations, as well as corporate events.

By Signe Hansen | Photos: Restaurant Toldboden

Having spent his trainee years at Toldboden in Frederikssund, 26-year-old Steffen Jørgensen always dreamt of taking over the exclusively located restaurant. After his training, the young chef continued to gather experience in a number of high-end restaurants including the *Michelin*-starred restaurant Kokkeriet in central Copenhagen. During these years, he also met his girlfriend and business partner, the 23-year-old Cecilie Jacobsen, who today takes care of the

management of Restaurant Toldboden. The young couple, who both grew up in the area around Frederikssund, took over Toldboden last summer and, in the year that has gone, they have managed to turn the establishment into a match for its stunning location.

"Steffen always said that if he was to have his own place one day, it had to be Toldboden. But when they called him and offered him the chance to take

over, he said he would only say yes if he could convince me. He wouldn't do it if we didn't do it together," explains Jacobsen, who had previously worked as a waitress and a store manager. She adds: "I actually hadn't seen that coming, but it really made sense as I had the experience with management, service and book keeping and he was just first-class in the kitchen." Since taking over the restaurant, the couple has gathered a team of young and energetic staff who, like the owners, welcome everyone with smiles and positive energy.

A touch of *Michelin*

When the young couple took over Toldboden, they knew that they had to create a menu and experience that matched the restaurant's privileged

location. But most importantly, they had to show the locals, who had known the restaurant from earlier times, what they could do. "We knew that to match the location, we had to create a menu that had a touch of exclusiveness but at the same time we wanted it to be grounded and offer good-size portions because, after all, we're not in the city," laughs Jacobsen. "We've created our own style: it's brasserie style with inspiration from the Danish, Nordic and French kitchens. We make as much as we can ourselves and always try to give everything a little twist so it's not like what you see everywhere else."

Furthermore, the owners are committed to using and presenting as much of the local produce from their homestead as possible. Their connection to the area and its people also means that they have been extra keen to prove themselves. "We always knew that if we could just get people to come in for their first visit, we

would be able to make them come back and we've managed to do so. It has a lot to do with the attitude and service our guests are met with – we want them to feel special even before they've sat down – but also the extra effort we put into the food; everything we make is homemade. We want to create a special atmosphere to give the place a bit of ourselves," explains Jacobsen.

Special events and meetings

With a large terrace facing the harbour and stunning views from both the ground floor à la carte restaurant and the upstairs function room, Restaurant Toldboden offers a spectacular setting for celebrating life's big events. The restaurant, which is a popular location for business lunches, also offers meeting facilities. "Whether it's a small business meeting or a conference, we can tailor a solution that fits. We can use our first floor for all-day meetings with catering and equipment or we can host

a short meeting followed by a lunch in the downstairs restaurant," stresses Jacobsen.

With room for 80 guests downstairs, 45 upstairs and 80 outside – and a string of positive reviews – the young owners are facing a busy time. But running their own business does not intimidate any of them. "As long as it's something that you're passionate about, it's ok. We like what we do, we like our guests and our staff team. When you do what we do, it's important to not just think of it as a job – you have to give a little bit of yourself," says Jacobsen and rounds off: "That's what we want people to feel, and I think that we've achieved that. Besides, we're young, we have plenty of energy, and sleeping is something we can do when we grow old."

For more information, please visit:
www.toldboden.nu





An exclusive and authentic experience

Do you want to drink quality wines from small, foreign wineries while enjoying local tapas specialties at affordable prices? Lundgren V.I.P. makes the impossible possible with a unique concept where you only pay for what you drink.

By Nicolai Lisberg | Photos: Lundgren V.I.P.

With around 250 different bottles of quality wines, there is literally something for everyone. Since the opening of the first store in Vesterbro, Copenhagen, in 1999, Lundgren V.I.P. has made it their ambition to offer their guests an extraordinary experience where they can taste several different quality wines without having to worry about the price, because all wines are sold at retail prices.

“The idea is that you only pay for what you drink. Often, if you are a group of four people, there might be one who only likes

to drink white wine. Usually, you’ll then have to pay for an entire bottle, but our concept is that you can try all the wines you want, which means you can have a Chardonnay, Riesling, Sauvignon and a Moscato and still only pay for what you have been drinking. So if you drink a fifth of a bottle that costs 250 Danish kroner, you only pay 50 Danish kroner,” explains Kenneth Lundgren, who is the manager at the Lundgren V.I.P. store on Bagerstræde in Vesterbro, Copenhagen. There is also a branch in Gothersgade in central Copenhagen, which is run

by Jacob Christensen. Together with Kenneth Lundgren, they also import and sell all the wines you can taste in the restaurants online.

The taste of authenticity

Lundgren and Christensen carefully select all the wines and they find most of them through travelling and visiting wineries themselves. “We started travelling to Tuscany and Verona, where we found small wineries the size of a handball court. Some of them only produce 3,000 to 6,000 wines a year and we only buy their best-quality wines. You won’t be able to find the wines we serve cheaper online, so this way we can assure our guests that they get an exclusive experience that they otherwise would only be able to get by visiting the wineries themselves,” says

Lundgren, while Christensen adds: "It's not only the wines we import. We also get all the ham, cheese and chorizo delivered from Spain and Sicily. Even though wine is our speciality we want to guarantee a complete, authentic experience for our guests."

The two Copenhagen branches can cater for a total of 170 guests and are often completely full, especially during the weekends. All kinds of people from those in their late twenties to pensioners pay the restaurant a visit and many of them are regulars. "In the Gothersgade branch, I've talked to a couple who have been there 26 times within the last two years," smiles Christensen.

Wine festival

Amongst the guests at Lundgren V.I.P. are also restaurateurs from all over the world looking for inspiration to do something similar in their respective countries. "We are actually the only ones in the world to do something like this. You need a wine store and variety like ours to be able to offer a Bourgogne for 1,000 Danish kroner, or a Chardonnay bottle for 249 Danish kroner. There is no other place where you can sit four friends and taste six different quality wines each and only pay 1,200 Danish kroner," explains Lundgren.

Not all guests are wine connoisseurs when they first come to Lundgren V.I.P., but since the entire staff have been educated in the art of wine you will be sure to learn something new every time. "We want to give our guests an experience they remember and a genuine authenticity and exclusivity when they come here. We also arrange a wine festival once a year, where 30 of our wine suppliers come to Copenhagen to serve wine and tapas for three days. The festival has 1,100 guests and next year in June will be our ten-year anniversary," says Christensen. "At Lundgren V.I.P., we live for good wine and Charcuterie."



For more information, please visit:
www.lundgren-vip.dk



Spreading Indian cuisine and culture

Indian cuisine is well known for the wide variety of dishes, depending on region and religion, and use of herbs and spices. Kaavya Cuisine is not only promoting the delicious Indian flavours in Vaasa, but also a taste of the vibrant culture.

By Malin Norman | Photos: Kaavya Cuisine

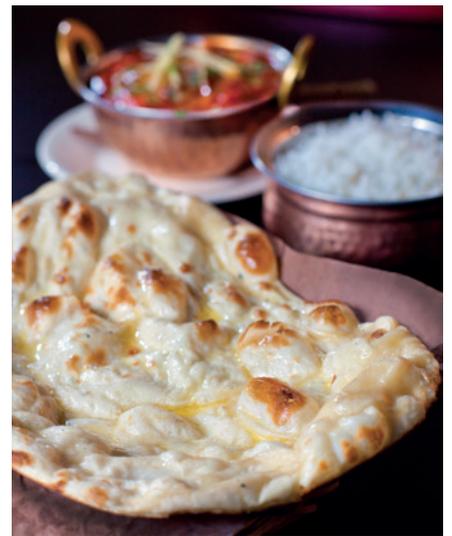
Kaavya Cuisine opened its doors at the beginning of 2012 as the only Indian restaurant in the city centre of Vaasa on Finland's west coast. The food of India is widely appreciated for its tasty curries and spices, and is also a great option for vegetarians. Keeping true to this rich culinary tradition, the menu at Kaavya Cuisine is authentically Indian and carefully prepared, with a variety of the most popular dishes from the country's five regions, made according to typical cooking styles and with different degrees of spiciness. "We serve hot and spicy food as well as some milder dishes," says owner Sabin Rana. "There is something for every palate."

Most popular with Kaavya Cuisine's customers are the aromatic mixed rice dish, Biryani; the Tandoori chicken, marinated in yogurt and spices; and the fritter snack, Pakora, made with for example onion, eggplant, potato, cauliflower and chili peppers. Other big favourites on the menu include the

classic butter chicken, the traditional yogurt-based drink, Lassi, and the oven-baked soft flatbread called Naan, which is often served with curries and soups.

According to reviews in local newspapers and on TripAdvisor, the restaurant offers a peaceful and harmonious atmosphere, which is also ideal for family dinners with a dedicated kids' corner. The friendly English-speaking staff serve a menu of delicious and filling authentic Indian dishes and exciting combinations of spices such as garlic, ginger and curries. Comments from customers include everything from "food over here awakens your taste buds" to "as close as you can get to Indian food in Finland" and the short but descriptive "yum yum!"

In addition to its tasty lunch and dinner options, Kaavya Cuisine also hosts private parties and cultural events such as traditional dance performances from India and Nepal.



Opening hours:

Monday-Thursday: 11am to 10pm
Friday-Saturday: 11am to 11pm
Sunday: 12pm to 8pm

Address:

Vaasanpuistikko 17, 65100 Vaasa, Finland

For more information, please visit:

www.kaavyacuisine.com
facebook.com/Kaavyacuisinevaasa



Photo: Susanne Remahl



A complete dining experience

Gustav Wasa, located in the centre of Vaasa in Finland, is an atmospheric brick-walled restaurant that serves fresh, locally sourced food. From craft beers to cooking classes, gastropub food to a seven-course fine-dining meal and even a sauna, this restaurant has everything covered.

By Ndéla Faye | Photos: Mikko Lehtimäki

The newly launched 'Gustav Wasa experience' consists of a gastropub, a fine-dining restaurant, a Kitchen Studio and a sauna. The gastropub offers a wide selection of Finnish craft beers and ciders from local microbreweries in a casual, relaxed atmosphere, alongside a selection of food from light bites to hearty meals. The restaurant side provides an intimate setting, complete with candle-lit tables and a fine-dining menu. The GW7 menu serves seven-course tasting menus, carefully crafted by Gustav Wasa's chefs to tantalise diners' taste buds with interesting taste combinations. "We're passionate about what we do, and it shines through in the great service and food we provide," says Kim Hellman, owner of Gustav Wasa Restaurant.

The meals are all made from fresh, locally sourced, seasonal ingredients and elk and reindeer meat are always available on the menu. "Our tasting menu changes weekly and sometimes even daily, according to the ingredients available," says Hellman. "We have our own local mushroom and berry pickers, who supply us with our ingredients, so our chefs will create dishes depending on what's available. The local community is very tight-knit here, and the local hunters and fishermen often bring in their catches," he adds.

The building adjacent to the restaurant is where the Kitchen Studio is located. Here, groups can book a private cooking class led by one of Gustav Wasa's chefs.

"The Kitchen Studio provides an exciting and unusual meal experience to diners, and it's a great way to not only learn about cooking, but get to enjoy our meals from a different perspective," says Hellman. The Kitchen Studio is an ideal space for businesses, team-building events and birthday parties. The building also has a sauna, where groups of up to 12 people can rent a space, complete with food and drinks if they wish. "What better way to enjoy a Finnish dining experience?" Hellman concludes.



Photo: Susanne Remahl

For more information, please visit:
www.gustavwasa.com



Photo: Esa Siltaloppi

Dining with a view

Located in one of Finland's oldest summer pavilions, Strampen stands for excellent customer service and serves high-quality Scandinavian cuisine with plenty of local produce. The historical restaurant and terrace have one of the best views along the coast of Vaasa.

By Malin Norman | Photos: Oliver Back

The summer pavilion Strampen was drawn by Swedish architect Carl Axel Setterberg and dates back to 1868. The octagonal building took its current shape in the 1930s and has a long tradition of serving excellent food with a spectacular view. These days, the restaurant can seat up to 300 guests inside and an additional 400 people on the terrace.

Over the years the pavilion has had a few facelifts and, as of 2007, it is owned and managed by Robert and Caroline Ekman. The couple has renovated the building but has been careful to stay true to the cultural heritage. "We have tried to recreate the historical feeling of the pavilion," says Robert Ekman. "Our

customers appreciate the atmosphere and the beautiful view of the sea. It brings them back here again and again to experience our cuisine."

Ekman talks of the importance of maintaining a high-quality menu of delicious courses for the restaurant's new and returning guest. "We use local produce as much as possible and develop menus depending on what is currently available on the market and according to present trends. Every year, we make sure to bring something new to the table."

Strampen is indeed a versatile venue, also hosting events such as live music and theme nights, company and private

parties. At the end of July this year, for the first time the restaurant hosted a one-off 'Dinner in the Sky' weekend in partnership with Vaasa Festival. The three-day special was situated outside the terrace with guests enjoying either breakfast, lunch, cocktails or a three-course dinner served 40 metres up in the air. Not for the faint hearted, but most likely never to be forgotten.

The pavilion is open daily from end of April to the middle of December. The restaurant serves lunch Monday to Friday from 11am to 3pm, and à la carte during evenings Monday to Saturday. In December, guests can savour the traditional Christmas dinner, but due to high demand early bookings are recommended.

For more information, see: www.strampen.com and facebook.com/Strampen. Also follow [@strampenvasa](https://instagram.com/strampenvasa) on Instagram.



Top left: *Battle*, self-documentation by Agnes Nedregård. From the artist's book *Performance Works. The big toe*, which received project funding from Arts Council Norway. Photo courtesy of the artist. **Left:** Vinjerock. Photo: Joakim Mangen. **Top right:** The Real Ones performing at Vinjerock 2015, one of the music festivals supported by Arts Council Norway. Photo: Joakim Mangen.

Cultural fun and artistic diversity for the future

From literary festivals up north to music festivals in the south, Norway boasts a thriving arts and culture scene. For much of it, you can thank Arts Council Norway.

EU's Creative Europe and the EEA and Norway Grants programme for culture.

By Arts Council Norway

Arts Council Norway still works to conserve Norwegian culture, but funding is continuously being adapted as Norwegian arts and culture changes and develops.

Arts Council Norway was established in 1965 in order to administer the Norwegian Cultural Fund. Its mission was to conserve Norwegian culture, which was perceived to be threatened by cheap foreign paperbacks and the advent of television. Today, the world of art is characterised by diversity, innovative projects and internationalisation, and Arts Council Norway is in charge of a broad spectrum of functions within the cultural field. In 2016, the total allocation from Arts Council Norway to the Norwegian cultural sector will amount to 132 million euros.

Long-term investment in independent performing arts groups has given audiences throughout Norway – and elsewhere in the world – access to outstanding live performances. Events in every art form can be experienced in a broad variety of venues because of funding from the Cultural Fund. Arts Council Norway provides financial support for projects ranging from music festivals and artist-run spaces for visual arts, to theatre for children and documentary films about cultural history.

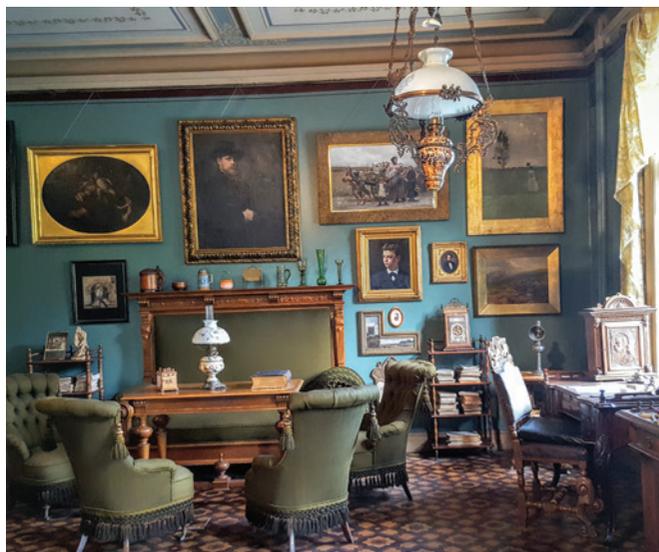


LOUD! is a summer rock camp for girls in Østfold, supported by Arts Council Norway. Photo: Sofie Søndervik Sæther.

Over the years, the Norwegian Cultural Fund has financially supported thousands of high-quality art projects. The purchasing programme for literature was one of the first major initiatives in 1965. Every year since, more than a thousand book titles on virtually every subject have been purchased for public libraries across the country.

Arts Council Norway contributes funding for developmental projects in Norwegian museums aimed at increasing the quality of and access to collections. The Government Grants for Artists programme allows artists to develop and help to secure artistic diversity for the future. Arts Council Norway also helps to stimulate international activities and cross-border cooperation through the

For more information, please visit:
www.kulturradet.no



Left: Ibsen's study. Top right: Henrik Ibsen in the study. The flat was very modern for its time. Above: The blue lounge.

Step behind the scenes of Henrik Ibsen's life

Henrik Ibsen's name is renowned to a degree not far off Shakespeare's. While his plays, including classics such as *A Doll's House* and *Peer Gynt*, have been around for generations, they are still as relevant today as in the 1800s, albeit perhaps less controversial now. Step into the life of Henrik Ibsen at the Ibsen Museum in Oslo, the place he lived for 11 years and where he wrote his last few masterpieces.

By Helene Toftner | Photos: Ibsenmuseet

Ibsen was one of the most controversial figures of his time and his plays are still touring the world with great anticipation. In Oslo, you can explore his own real world at the Ibsen Museum. Beautifully located by the Royal Palace, it has been fully restored to its original state, including the study where he wrote his last two pieces. "The guided tours give visitors behind-the-scenes insight into his life, to use a theatrical term, and you can recognise many of the themes

in the plays throughout his home," says consultant Bergljot Øyrehagen Geist, adding with somberness: "His wife, however, didn't go back to his study after he passed away as she was certain she could hear him writing."

While the flat is the jewel of the crown, you are advised not to miss the three exhibitions. The permanent *Henrik Ibsen - On the contrary* exhibition is a testament to his last words before

passing away, which were indeed 'on the contrary'. Those in the know have described this as a very accurate depiction of his personality, as he would often engage with and encourage discussions and scepticism in regards to so-called accepted truths, something that is apparent in his books. The second exhibition is *Beatles in a Doll's House*, a humorous approach, while the third showcases the special relationship between Ibsen and famous artist Edvard Munch.

For more information and opening times, please visit: www.norskfolkemuseum.no/ibsenmuseet



Be an astronomer at a real space centre

As the only operating space centre in Europe, Andøya Space Center in Arctic Norway sends rockets to space several times a year. While NASA and the European Space Agency (ESA) alike await their research in anticipation, it is the Spaceship Aurora that excites most visitors. The visitor centre allows guests to enter a virtual spaceship where they have to solve tasks as researchers, engineers, or pilots.

By Helene Toftner | Photos: NAROM Andøya Space Center

Above the Arctic Circle on an idyllic island group called Vesterålen, you will find Andøya Space Center. The place is widely known for its whale safaris and midnight sun, but it is because of the dancing northern lights that the space centre was built here. Originally a research centre for the mystic lights, they continue this task while also exploring undiscovered parts of space. "Researchers from all over the world collect their data from here, whether at NASA, ESA or world-leading universities," says Robert Svendsen, manager at Spaceship Aurora.

This may be your one and only chance to explore a real space centre, as the visitor centre Spaceship Aurora is open to all space enthusiasts. While it is a playful activity centre where visitors can

pretend to be the next Neil Armstrong on a virtual journey half way to the Moon, it is also a learning ground for the future generations. "We show films of the northern lights, not just to show them how magnificent it can be but to teach them why we have such natural wonders," Svendsen says. In fact, the space centre is the NAROM Norwegian Centre for Space-related Education, taking in 3,500 students every year. "It is currently the only operating space centre in Europe, and it is indeed very active with new research coming in all the time, and a natural draw for students from all over Europe," Svendsen notes.

Andøya Space Center is located in Andøya, Vesterålen. It is easily reached by plane, with international flights going via Oslo to Andøya.



For more inspiration and to book a visit, please visit:
www.spaceshipaurora.no



From the opera *Il turco in Italia*.
Photo: Bergen Nasjonale Opera.



From the opera festival *Mimi Goes Glamping*.



From the opera *I Capuleti e i Montecchi*.
Photo: Bergen Nasjonale Opera.

Celebrating ten years of state-of-the-art opera experiences

Not just any opera company can open in the second-largest city in Norway, a country where the interest in opera is relatively new. Yet ten years on, Bergen National Opera can be assessed as nothing less than a huge success, which has spread its excitement and curious performances within Norway and also abroad. To celebrate their anniversary, they have put on an impressive programme ranging from Rossini's dark comedy to Hollywood glamour, from Bellini's romanticism to the boutique opera festival *Mimi Goes Glamping* in the fjords.

By Helene Toftner | Photos: Magnus Skrede

For ten years, Bergen National Opera has been building a unique identity, bringing a wide range of opera to the Norwegian people. A people of the outdoors, skiing and hiking, many Norwegians may have thought that opera meant entertainment of a somewhat high-brow character. However, over the years Bergen National Opera has captured the hearts of the locals by storm. "Opera is still a very young art form in Norway, and traditionally only the big and famous performances were being played. Thus, when we started we

wanted to bring new things to the country and explore the entire sphere of opera together with the people of Bergen," says opera director Mary Miller.

The Scottish director started her career as a concert violinist playing across the world, followed by roles as a music critic and director of various festivals before taking on the role as opera director in Bergen. Her international background and approach has indeed done wonders for the city's opera scene, as she has

intentionally approached conventional operas with fresh eyes. "While we bring new things to Norway, we also focus on the traditional operas but with a twist. For example, we presented a Damiano Michieletto production of *Madame Butterfly* for the first time in Norway, but rather than being a sweetly told story, it brought the audience face to face with how older western men can still exploit young Asian girls," she says.

'Opera is about storytelling'

Many mistakenly think that opera is all about impressive dresses and overwhelming stage sets, rather than the depth of the story behind it. But Miller is adamant to share each story in the best possible way. "Opera is all about storytelling where everything – the costumes, the theatre, the set and the music – comes together to send powerful messages," she says enthusiastically.

"So because of its emotional impact, opera grabs you in a way no other art form can."

The Italians are coming

This season the audience can look forward to two shining stars from Italy, namely Rossini and Bellini. "While both are classics, the performances could not be further apart," Miller says about Bellini's *I Capuleti e i Montecchi*, the opera version of Shakespeare's *Romeo and Juliet*, and Rossini's *Il turco in Italia*. Bellini's masterpiece creates its own version of the *Romeo and Juliet* tragedy and leads us straight into a dramatic story of young love and bitter politics. This is in stark contrast to Rossini's dark comedy, which takes on faithless women and flirtatious men, alongside flying cupcakes and scenes of

Hollywood spectacles. "Rossini's piece is very grand in colours and visuals, while Bellini's is characterised by purity and love," Miller notes.

Join a boutique opera experience in the fjords

Miller dismisses the somewhat traditional view that opera is for an elite audience. Such festivals indeed exist, often characterised by bow ties and Pimms, some of which present excellent work but in a rarified country house setting not accessible for everyone. "We missed a Wilderness or Latitude festival for opera lovers, a music festival with great food and comfort, a beautiful setting in nature, but without the stiffness," Miller says. The result is Mimi Goes Glamping, a boutique festival set in the midst of the fjords.

Now running in its second year, the festival has music at its heart but festival goers can join in on photography safaris, intimate concerts on small boats in the fjord, fantastic food experiences and masterclasses in opera. "It is a wacky little festival, and this year we are so lucky to have Sir Thomas Allen coming," Miller says. Allen is Britain's most distinguished baritone, knighted by H.M. the Queen and with a long career spanning the most glamorous events in the world. This summer, however, he makes a very different debut – as an aria-singing troll up to mischief in a fairy tale Norwegian fjord.

For the full programme and to buy tickets, please visit: www.bno.no





Shining a light on the past and informing for the future

Fancy a peek into the private life of Adolf Hitler where he nourished his artistic side? Or perhaps a glimpse at Eva Braun's purse? This and many more curiosities from World War II can be found at the Lofoten World War Memorial Museum. The museum holds one of the world's largest collections of unique artefacts that tell a story from the war far from the battlefield.

By Helen Toftner & Astrid Eriksson | Photos: Lofoten Krigsmuseum

The Lofoten World War Museum is a museum that is out of the ordinary, where the focus has drifted from the military to the personal side of the war. Thus, the museum takes pride in reflecting the time span between 1940 and 1945 with all its drama and brutality alongside examples of personal sacrifices, altruism and courage. "It is a historical museum with curiosities that attract people from all over the world. It intends to encourage people to think for themselves," William Hakvaag says. He is the enthusiast behind the muse-

um, and it has become his mission in life to locate and exhibit artefacts that tell stories about people and the war. "A museum ought to shed light on the past, namely through photo material, pictures and text. Together, this constitutes a story, but the best thing it will do is to encourage visitors to think and make up their own conclusions," Hakvaag says.

Josef Terboven's porcelain

Being Norway's largest exhibition of uniforms, artefacts and small objects

from World War II, there are many curiosities displayed within the museum walls. Hakvaag himself has travelled near and far to get his hands on the unique pieces, and the current collection consists of porcelain of Reichskommissar for Norway, Josef Terboven; Christmas trees called Frontbaums, sent up north to cheer up Waffen-SS; Christmas tree decorations with Hitler's head painted on them; as well as a large collection of uniforms.

One of the most notable artefacts includes the main flag taken from the German ship *Blücher* after it was sunk in the Oslofjord. On that note, the museum also holds the cap of Birger Eriksen, the officer who ordered firing on the ship and was thus instrumental in stopping the first wave of Germans invading Norway. "Eriksen was from



The museum exhibits five watercolour paintings painted by Adolf Hitler. The main image of the farm house had a double back, a hidden compartment, where four other images painted by Hitler were hidden.

Lofoten, and it is therefore particularly special to have his cap," Hakvaag says.

The Lofoten raid – the first victory against Germany

It is no coincidence that the museum is located in Lofoten in northern Norway. The place played an important role during the war at the centre of Operation Claymore, often referred to as the Lofoten raid. On 4 March 1941, the allied forces, with the United Kingdom in the lead, carried out the raid on the Lofoten islands. It was soon considered the first total victory against Germany during the war, and it was a massive morale boost for British and Norwegian troops. It did, however, lead to the enormous fortification of Svolvær in Lofoten, and not least it opened German eyes to the north. As a direct consequence of the raid, the Gestapo

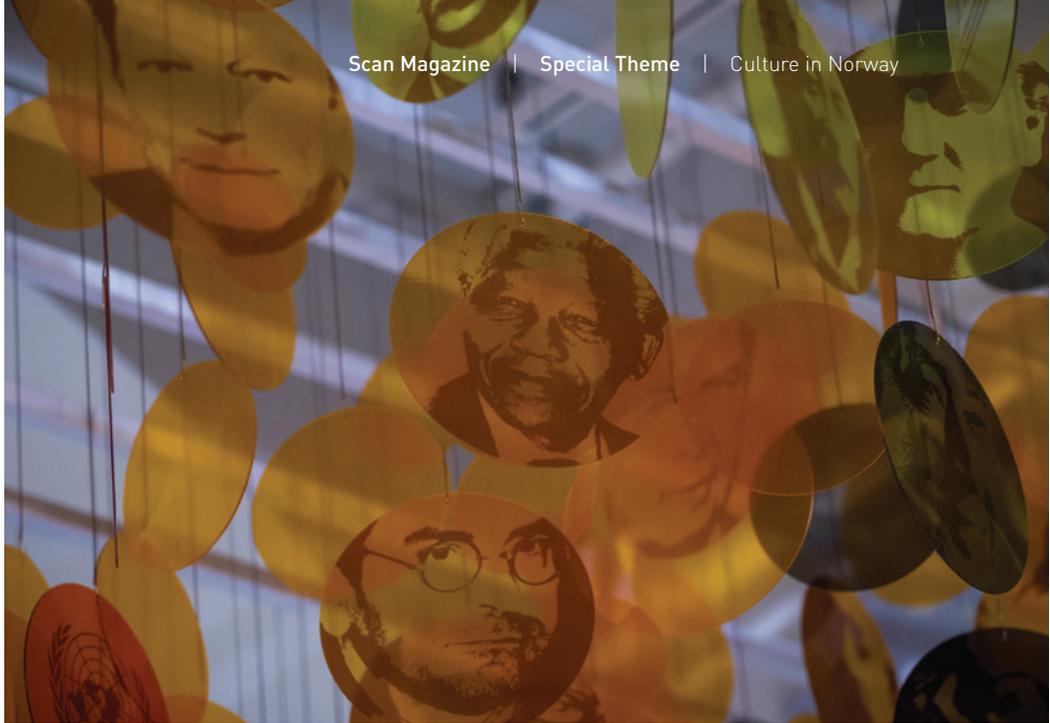
established their regional headquarters in Svolvær, alongside a considerable increase in German soldiers in the area.

Hitler behind the scenes – an artist and vegetarian

Adolf Hitler is probably one of history's most talked about men, and there is no lack of biographies. Most people are struck by his brutality, while others are also fascinated by the man behind the public appearance. It is a well-known fact that he was an eager artist, and it has been argued that the whole war might have been avoided if he had been admitted into the Vienna Academy of Art. With this in mind, Hakvaag bought a painting by Hitler for €200. What neither he nor the vendor knew was that behind the paintings there were five drawings of dwarfs from *Snow White*, all signed by Hitler. "He was an artist by nature, which

one could also see in his behaviour as a leader. He did not follow the rules of the game and did things that no rational leader would do: for example, sending his troops to Russia without winter clothes," Hakvaag says. While obviously portraying Hitler as the leader of the war, the museum is also trying to show the person behind the scenes, who was a vegetarian and a non-smoker. "He was a hard-line psychopath, who may not have struck people as the dangerous person he really was at first. This is all part of our desire to make people think for themselves and gain a new insight into history."

For more information, please visit:
www.lofotenkrigmus.no



Left: The Nobel Field is the heart of the Nobel Peace Center. Here, all the Nobel Peace Prize Laureates are portrayed on individual screens – and they even speak to each other. **Right:** The installation *The Peace Cloud* in the entrance hall has portraits of all the Peace Prize Laureates in different colours. Each colour represents a category of winners.

Inspiring peace in the heart of Oslo

Desmond Tutu, Barack Obama, the EU, Mother Teresa and Nelson Mandela have something in common – they have all demonstrated extraordinary leadership, and they have all won the prestigious Nobel Peace Prize. The award ceremony, taking place every 10 December, has the attention of the whole world. The Nobel Peace Center is an impressively interactive and engaging museum, making topics of war, peace, conflict and human rights approachable for the regular visitor.

By Helene Toftner | Photos: Johannes Granseth / Nobel Peace Center.

As former US president and Nobel Peace Prize laureate Jimmy Carter said after visiting the museum, “it was a pleasure to visit a museum of peace in a nation dedicated to peace and human rights”. The museum opened in 2005 in honour of the prestigious prize, its founder Alfred Nobel and, not least, the worthy laureates. “Our goal is to inspire and contribute to peace. And we try to do it in a way that makes our visitors reflect on what they can do to make the world a more peaceful place,” says executive director Liv Tørres.

Many a hero has walked through these doors, as the Peace Prize laureates themselves open the annual Nobel Peace Prize exhibition every year. This year’s Peace Prize exhibition is about the 2015 laureates, the Tunisian National Dialogue

Quartet, while one of the most memorable exhibits to date is undoubtedly that of Malala Yousafzai who won the prize together with Kailash Satyarthi in 2014. The young Pakistani girl was shot by the Taliban for fighting for girls’ right to schooling and the museum was the first to ever exhibit the iconic school uniform she was wearing on the day. The main exhibition showing now is about Carl von Ossietzky, a whistleblower in pre-war Germany and the Peace Prize Laureate of 1935.

The jewel at the museum is the Nobel Field, the stunning room that presents all the winners of the prize. “These people have contributed to peace in some of the most difficult conflicts of our times, leaving a legacy of courage and hope and, by example, showing that it

is indeed possible to achieve peace and a better world. We hope that this can inspire and set the example for others,” Tørres says.



The school uniform worn by Malala Yousafzai when she was shot by the Taliban.

For more information, please visit:
www.nobelpeacecenter.org



An idyllic water park with panoramic views

Imagine natural scenery so close you can almost feel it within reach of your fingers. An outdoor and indoor water park located on an idyllic beachfront at the long and beautiful Rosfjorden has made this possible. Its floor-to-ceiling glass facade assures that the guests can enjoy the view of the entire bay directly from the swimming and fitness facilities.

By Marte Eide | Photos: Sørlandsbadet

Sørlandsbadet literally means 'the bath of the south' and is Norway's most southernly water park. It is located in Lyngdal, a one-hour drive away from Kristiansand and two hours from Stavanger, making it easily accessible for both locals and tourists. A long tradition of tourism in the area is evidenced by the amount of cabins and camping areas close by. "Because of the quality of our facilities and services, the locals

as well as tourists enjoy swinging by," says general manager Atle Homme. "We have a strong relationship with the local community and the locals consider us to be an attraction to be proud of."

Facilities

The outdoor facilities called 'Badeøya' are open during the weekends in the low seasons as well as during the entire summer holidays. One of the most popular

activities is the 60-metre-long waterslide, giving incredible views over the water as you slide downwards. "A lot of adults love it too," says Homme. "We have even had participants in the yearly championships in Norway, and the current record is 6.42 seconds." In the years 2011 and 2012, the café was extended to accommodate more people and assure that the guests can rehydrate during their stay, have some light snacks and even a full meal such as hamburgers and pizzas.

"A lot of families come and spend an entire day here while on holiday," says Homme. "They appreciate that the facilities are so clear and organised, which makes it easier to keep an eye on the kids." The younger children especially enjoy the swimming

facilities and Sørlandsbadet can organise birthday parties for those interested. "We offer a range of activities, but the most popular one is actually just to come and have fun in the water," says Homme.

Gym, spa and recreational centre

From the beginning, the focus areas have been set around a combination of physical activity, health and wellness. Besides the swimming pools, they also have a recreational spa centre, spinning and gym classes. "Part of the philosophy behind Sørlandsbadet was to give our clients a variation of activities to choose from," explains Homme. These types of activities offer a break in the everyday routine, especially for the adult clientele. "The recreational spa area is especially designed to give the adults some time off - half an hour to spend by yourself in relaxing surroundings to nourish both the body and soul."

The surrounding natural park with outdoor fitness facilities also boasts a children's trail, making it easier to get clients of all ages involved. "We have

always wanted the families to have fun together, and for the adults to spend quality time with the kids," says Homme. There is also a fitness centre onsite offering different kinds of activity classes as well as physiotherapy, which makes it an attractive place for the locals. "But also for those of our clients who like to stay physically active on a regular basis; they want to keep fit also during the holiday season and we give them this opportunity," says Homme.

Additional activities

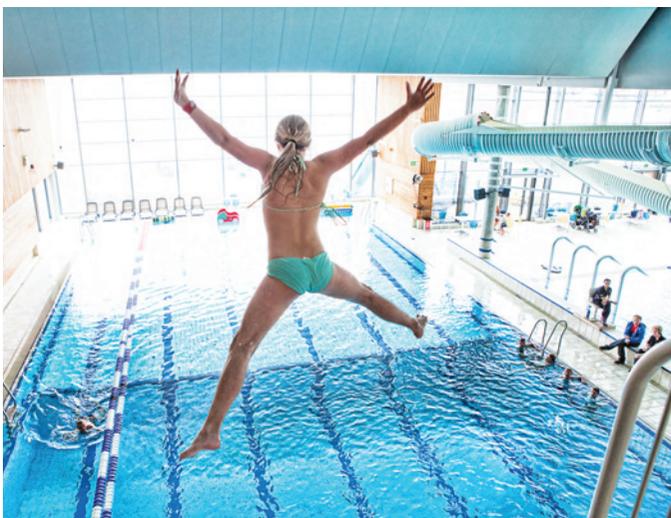
"Sørlandsbadet offers a combined experience for the whole family," says Homme. "Because of our close relationship with a lot of local partner businesses, we can offer our clients a range of activities and not just swimming." Amongst others, these additional activities include go-carting and golfing, and their close proximity to Lindesnes lighthouse and a variety of nature experiences and highly developed outdoor and indoor activities ensures a complete travel and holiday experience for the whole family. "We manage to offer

a lot of activity during the whole year," says Homme. "By collaborating well with our partners we can offer our clients the best experience." Amongst the offers are collaborations with three hotels offering their guests admission to Sørlandsbadet as part of their stay. "We feel that this also makes us more visible in more places," explains Homme.

Future ambitions

With guests returning on a regular basis, Sørlandsbadet is an established water park and will celebrate its ten-year anniversary next year, marking an important milestone. "We want to continue developing and expanding, making Sørlandsbadet an even stronger attraction than we already are," says Homme. "Our ambition is to have the finest swimming facilities in Norway, and we will be the best place to visit for families with small children - both locals and tourists."

For more information, please visit:
www.sorlandsbadet.no





Left: Since 2002, the Foundation Prestegårdslåna has managed the protected vicarage in Melhus by encouraging people to volunteer doing the work they like the most. **Top right:** This room, located above the kitchen, is called Pigeværelset (the Maid's Room). **Right:** The Foundation Prestegårdslåna has received many gifts and donations, including this book from 1739. All the rooms in the vicarage have their own names.

Sticking up for the past

In the Norwegian village of Melhus, hard-working volunteers have turned an old vicarage into a museum to protect endangered heritage, provide a local cultural platform and keep the good conversation going.

By Eirik Elvevold | Photos: Kristine Kaasa Moe

When times change, most people keep going without looking back. In Melhus, however, a small group of people refused to look the other way when their local vicarage was threatened in the 1980s. The vicarage, called Prestegårdslåna, had housed priests from its construction in the early 18th century up until 1961. Nevertheless, local government and church officials, pressed by a growing cemetery, concluded that the old building had to go.

Today, the yellow wooden building still stands as a museum, largely owing its existence to the interest group The Friends of Prestegårdslåna, whose members finally won a long-lasting debate to save their heritage. The vicarage and its surrounding garden are now protected by the Norwegian Directorate for Cultural Heritage and managed by The Foundation Prestegårdslåna – a non-profit foundation based on voluntarism.

"Visitors can experience four centuries of history for free through our exhibitions, documents and the building itself. We also organise free events with literature, classical music, lectures and good conversation over a cup of coffee," says chair of the foundation Kristine Kaasa Moe.

Heritage, hospitality and humanity

Prestegårdslåna has regained its character with a rebuilt 'stabbur', originally from 1780, as well as a reconstructed gazebo and picket fence; but not only the physical things are being preserved. Since cultural heritage can also be immaterial, Kaasa Moe consciously tries to pass on the knowledge, ideas and values that have shaped the vicarage and help people discover what is right in front of them. "When a child comes to me with an old household object, treating it like a valuable treasure – that almost makes me cry," says Kaasa Moe.

Material and immaterial heritage often merge together at Prestegårdslåna. Once, Kaasa Moe found a speech from the 19th century about a deceased priest named Peder Schjelderup Nissen. The author of the speech wrote that Nissen's home had been characterised by "strict order, hospitality and humanity". These values have since become a guiding star for the foundation. "A good priest would not charge for a cup of coffee and neither will we. The point here is not to die rich, but to do something good, share stories and give meaning to life," Kaasa Moe concludes.

Open every Saturday from 11.30am to 1.30pm.
Free admission, coffee and guided tour.
Contact: +47 976 22 708
Guided tour outside opening hours: 100 NOK per person.

For more information, please visit:
www.prestegardslana.no

A holiday with maritime luxury

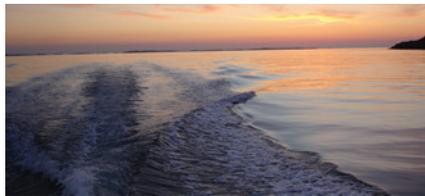
If you are looking for a more luxurious fishing holiday by the sea containing boat trips and great recreational areas, Kvalheim Fritid can offer all that within an hour's drive from Bergen.

By Marte Eide | Photos: Kvalheim Fritid

"We are easily accessible from both Hordaland and Sogn & Fjordane, and people can even arrive with their own boat at our dock," says general manager Ann-Sophie Lindahl. Kvalheim Fritid overlooks Hjeltefjorden, which is recognised in Norway for being one of the fjords containing the largest variety of fish, including catfish, cod, monkfish, haddock and mackerel. Large quantities of shellfish and molluscs on the seabed make it a paradise both for those who love to fish and for those interested in diving. There are guided tours and the staff are more than willing to help guests in tracing down the best fishing spots. "A lot of our guests come back year after year," says Lindahl.

Kvalheim Fritid offers high-standard cabins for rent, all with a Jacuzzi on the

terrace and opportunities to smoke the fish freshly caught from the fjord. "Most of our guests during the summer come from abroad for one to three weeks to rent boats



and go fishing," explains Lindahl, "whereas during the other seasons we have mostly locals from Bergen visiting for a weekend." On site there is also a restaurant, Kapteinen, serving breakfast, lunch and dinner. "The shellfish buffet is very popular," says Lindahl. "In nice weather, the food can be enjoyed on the big outdoor terrace with views over the fjord." Most definitely a relaxing way to spend the long Norwegian summer nights.



For more information, please visit:
www.kvalheimfritid.no

Bringing new life to old power plants

The Norwegian fjords are a mecca for clean energy with their numerous waterfalls. It is no wonder that Norway's hydro energy adventure started here, or more precisely in Tyssedal. Today most of the plants are neatly built into the mountains, meaning that the old plants are used for something completely new, ranging from classic museums to hiking routes.

By Helene Toftner | Photos: Norsk Vasskraft og Industrimuseum (NVIM)

The Norwegian Museum of Hydro Power and Industry in Tyssedal, Odda, runs the old power plants in the area, including the iconic Tyssedal Power Plant. The building is an architectural gem with a mix of influences. "It is like a cathedral or a palace to us," says information manager Anne Gravdal.

While visiting the building is a must, Gravdal notes that more and more people are using the old tunnels as hiking paths. "Tyssedal and Odda more broadly are known for two things, namely the power plants and the Trolltunga hike. Many hikers are now walking 'Lillettepp', translating as the 'Little Peak', in preparation for the big Trolltunga

hike or as a smoother alternative," she says about the hike that once used to be for the navies accessing the water works. The visitors are indeed excited, with one writing in the guestbook that 'The view is better than on Trolltunga – magic! Much easier and, most importantly, this place is much less touristy'. The trip can be booked via the museum and is mainly for groups or families.

For more information and to book guided tours and excursions, please visit: www.nvim.no





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Top left: Yarn is responsibly sourced from around the globe. **Above:** Made By You is a 100 per cent family affair consisting of two sisters and their mum. **Right:** The physical store is neat and clean with a focus on avoiding unnecessary extras.



Special Theme:
**MADE IN
NORWAY**

A portable stress reducer

Activities using your hands have long been praised for relieving emotional distress; when engaging in general needle work your heart rate decreases and you relax. Made By You has made it their mission to help people feel present, have a well-deserved break and just knit.

By Pernille Johnsen | Photos: Made By You

Inger Lise Neeraas, founder and manager at Made By You, worked as a lawyer in the healthcare sector and decided she had enough of the rat race lifestyle affecting so many people today. Along with her mother and sister, she wanted to create a community devoted to knitting and thus spread the message of the transcendence that arises when blocking out the noise. Made By You has three projects: an online store, a physical store and a festival devoted to encouraging knitting and bringing people together.

Responsibly sourced yarn

Creating awareness of where the yarn is produced (Made By You sells yarn from all over the world and makes sure it is responsibly sourced and produced) is at the heart of the layout of the bricks-and-mortar shop. Customers are informed of the entire process, from the type of

sheep that is selected to how the yarn ends up on the self. The layout of the store is clean and organised, with no unnecessary features, and the aim is to create a calm and peaceful experience.

Knit yourself happy

Neeraas explains that the World Health Organisation (WHO) believes depression and mental illness will be the second largest health issue worldwide by 2020. Made By You wishes to alleviate this sinister statistic by encouraging the art of taking a break. Neeraas recommends taking up knitting, as it is a proven method of de-stressing and giving our brains a break – you achieve a humming noise in your mind, figuratively speaking, which forces you to focus on one thing at a time. Knitting is especially beneficial as there are certain nerve impulses in our fingers and hands that go straight to our brain, relieving anxiety.

The festival, which takes place 20-21 August in Orkanger, 40 minutes outside of Trondheim, collaborates with the Fanø International Knit Festival, which hosts 12,000 festival goers each year – an achievable goal for Made By You's quest to bring serene peace to the people.



For more information, please visit:
www.madebyyou.no



Hair clips fit for the best of times

You will find colourful hair clips in most young girls' jewellery boxes, so you may wonder what makes NOMA Norge's so special. While pictures usually say more than a thousand words, there is plenty to be said about these beautifully carved clips. Specifically designed for the Norwegian folk costume, the bunad, these hair clips have taken young girls and women alike by storm.

By Helene Toftner | Photos: NOMA Norge

The hair accessory adventure started when Trine Nilsen first entered a hair salon with a pair of scissors in hand. For the next 30 years she worked as a hair dresser and stylist, before taking the plunge and starting her own company: NOMA Norge. The adventure has since

brought her great success in designing hair clips, hair accessories and, most recently, scarves with Edvard Munch prints. "Having worked with people's hair for three decades, I knew what worked and what didn't. So when starting NOMA Norge, I brought this expertise with me

in designing hair accessories that both looked great and stayed in the hair until the very end of day," says founder and designer Trine Nilsen.

While her collections include a variety of products, from hair bands to scarves, the items she is the proudest of and that have proven the most sought after are the hair clips for the bunad, the traditional costumes in Norway.

No more 17 May in scrunchies

Just the mention of 17 May to any Norwegian brings to mind traditional



costumes, ice cream and Champagne breakfasts. For those not in the know, this is Norway's National Day, or Constitution Day, and a day full of children's parades and street parties. Most notable for anyone visiting the country on the day are the woollen costumes most women and some men wear. Called bunad, the outfit is owned by around 80 per cent of all Norwegian women and used for special occasions such as Christenings, birthdays and confirmations, in addition to 17 May of course.

Imagine, then, Nilsen's frustration on 17 May three years ago, as she noticed that children in their nicest traditional costumes were wearing scrunchies not even Carrie Bradshaw would be caught wearing. "They all looked so charming and lovely in their dresses, so it was a great shame to ruin the look with ugly hair accessories," Nilsen says. "I was on the phone to my agent the day after and straight away started designing hair clips fit for the costumes."

Safeguarding traditions in a modern way

Like with any good fairy tale, it has been a sunshine story ever since. The hair clips were an instant hit among

jewellery shops and bunad designers who fell for the modern twist on the treasured costume. "They are inspired by Norwegian folklore and traditional brooches used on the costumes, with a touch from antiques shops I like to trawl through," Nilsen says.

The collection now consists of nine different hair clips, two different Alice bands and hair bands, and most will match with one of the 200 different bunad variations. There is, however, one item that is particularly close to Nilsen's heart, namely the Nora clip, especially designed for the Telemark bunad that Nilsen has herself. "I have named every clip, and this one got its name after my daughter Nora," she explains. "In fact, the name NOMA comes from my two children, NO for Nora and MA for Markus."

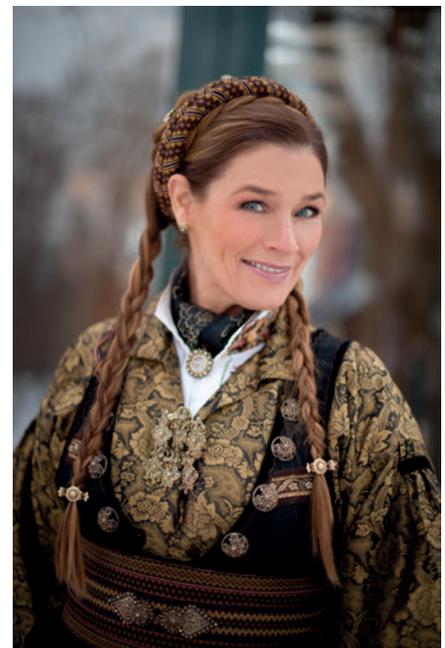
Scarves with artistic motives

A popular addition to NOMA's collection is the Munch scarf, a result of a collaboration between Nilsen and the Munch Museum in Oslo. With an artistic twist, Nilsen has designed beautiful silk scarves with motives from four of Munch's most famous paintings, including *The Scream* and *Madonna*. "The scarves are

flying off the shelves, and we have also added small handkerchiefs for men," Nilsen says, adding with a smile: "It is the perfect present for those who have everything, or a stylish souvenir for those tired of bringing home magnets and trolls."

NOMA Norge's products are currently sold in shops across Norway as well as in the US and Spain, and Nilsen is keen to expand. "We are lucky to be in reputable jewellery shops and working with the likes of Sylvsmidja in Voss, but we are indeed looking to expand outside of Norway's borders. They need good hair clips there too."

For more inspiration and to contact NOMA Norge, please visit: www.nomanorge.no





Scandinavian leather luxury

Børgefjell Skinn has a fairy tale-like beginning, which took place in the countryside of Røyrvik, Nord-Trøndelag. A group of thrifty women wanted to make use of the moose leather left over from the hunting season, and in 1988 the endeavour grew to become a fully-fledged business. Under the patronage of new ownership and direction, the rapidly expanding business shows no signs of stopping.

By Pernille Johnsen | Photos: J. Bernard O'Sullivan

The proprietorship was originally owned by Hellandsjø Skinn. Fast forward to 2015: Børgefjell identified huge potential and an increasing supply and demand evident in the enterprise, bought it and has been expanding it ever since with no signs of slowing down.

The product line consists of mittens for barbecue and winter purposes, aprons, slippers and bags. The design is sharp, clean and exclusive and boasts strong ties to Scandinavian design traditions. Jan Bernard O'Sullivan, general manager and chief designer, places particular

emphasis on durability and high quality in each individual product as well as the overall production process.

Scandinavian through and through

The tannery procedure, taking place in Finland at Europe's largest and most well-established tannery, is copyrighted as one of the pioneering methods of making leather washable and safe for laundry purposes. All products are safe to wash at 30 degrees and all products are hypoallergenic, sensitive to the skin and designed for all ages, even babies. The popular slippers and mittens come in two

types of leather, smooth and suede, and a range of sizes for children aged one and up to adult sizes.

The leather arrives coloured and clean at Børgefjell's headquarters, where O'Sullivan brings his design ideas to the drawing board and, along with the production employees, decides on which designs to implement and subsequently produce.

The Scandinavian features run through the entire production process as the leather comes from the Nordic countries while the sheep's wool is 100 per cent Norwegian. Børgefjell sponsored Team Kvilaas at Finnmarksløpet, Europe's toughest dog-sledding race, with new mittens from the product line 'Performance', which is designed for extreme outdoor conditions. The feedback was unanimously positive. The mitten

Team Kvilaas used is designed with a few modern alterations for user-friendliness, after drawings of the illustrious Nansen Mitten, named after Norwegian pole explorer, scholar, diplomat and Nobel Peace Prize winner Fridtjof Nansen.

A joint endeavour

"We devote a lot of passion and time to creating the best possible products for our customers. Our aim is that you will wish to spend a little extra money on a timeless piece that will outlive fashion seasons and survive overall use," O'Sullivan explains. He is part-Irish and part-Norwegian and moved to Røyrvik to fulfil the potential of Børgefjell and develop the brand. Lynn Anderson, his fiancé, has played an instrumental role in supporting the business, getting it up and running as well as making it the success it is today.

The little town of Røyrvik in Nord-Trøndelag, originally a Sami county, is primarily known as a former mining town. The village itself has a population of less than 250, and Børgefjell employs several of its inhabitants. Røyrvik has maintained a long tradition of innovative use of leather and Børgefjell is preserving this practice while updating it to suit modern needs.

The last adventure

O'Sullivan and his fiancé planned to live in Norway for just a year or two. They moved back to Ireland to get married, but things did not go according to plan. Fortunately, two years later, this turn of events enabled O'Sullivan to combine being a photographer, as was his profession in Dublin, with producing designs for a moose skin production line in Røyrvik.

He is proud and excited to see where Børgefjell Skinn will take him and his family, and the company is certainly one to watch – locals and tourists alike are taking an interest in the designs that perfectly embody the brand's mission of 'made in Norway', yet appealing to an international clientele.

For more information and to buy online, please visit:
www.borgefjell.no



The modern version of a Nansen mitten designed by Jan-Bernard O'Sullivan.





Keeping traditions alive against all odds

Against all odds and trends, Ledaal Teppeveveri is the last carpet weaving company standing. Still designing and producing its characteristic carpets in Norway, it attracts customers on the lookout for a unique rug that will stand the test of time.

By Helene Toftner | Photos: Ledaal Teppeveveri

As the only remaining carpet weaving company in Norway, Ledaal Teppeveveri thrives on a reputation of high quality and flexibility. Owner and manager Cathrine Hærem is a third-generation weaver and, together with her husband Steffen Wesnes, she produces carpets of all sizes and colours for buyers all over the country. "Our carpets are renowned for their sturdiness and attractive patterns, and those in the know will recognise our works by just looking at them," Hærem says.

Like most goods these days, carpets are largely produced far outside Europe. While the quality may still be good, the long distance and order time halter flexibility. This alone is what has made Ledaal Teppeveveri survive despite its competitors moving abroad, according to Hærem. "We have a small company

of six people, which means we can easily adapt and change according to trends and orders," she says. "While we have some carpets in stock, many come here to custom-make carpets. One lady in her nineties recently put in an order on a carpet identical to one she had bought from us in 1954."

The fourth generation is already involved in the company, with all children taking

an interest in the family business. "It was my grandmother who started it all, and ironically the machines she started out with were regarded as 'expired' by the English owners. So they had clearly moved on over there, but with brilliant threads, colours and not least her own skills she kicked it all off," Hærem says.

Ledaal Teppeveveri is located in Stavanger, in south-west Norway, and is easily reached from international hubs like London, Copenhagen and Amsterdam.

For more information, please visit:
www.veveri.no





Silverware in a glass.
Photo: Øystein Klakegg



Monstera cutlery.
Photo: Sjur Pollen

Carrying on the legacy

Norway's oldest silverware manufacturer, Arven 1868, showcases some of Bergen's best gold and silversmiths' talent and craftsmanship. All products are handmade at the factory, which recently opened up to the public. Here, visitors can watch the creative process that develops metal into a work of art first hand.

By Ndéla Faye

Arven, formerly known as Theodor Olsen Sølvareverksted, was established in 1868. The company showcases Norway's rich culture and quality craftsmanship – something that is entrenched in Bergen's history. "Theodor Olsen was a pioneer of silversmithing in Bergen. The word 'arven' means legacy or heritage, and we changed the name to reflect the company's deep-seated history. There's a long tradition of gold and silversmithing in Bergen, and it has been a focal point of this city for generations. It's important for us to keep hold of the old traditions and craftsmanship but, at the same time, we're also creating tomorrow's heritage," says Torill Hesjedal Hartwig, sales and marketing manager at Arven 1868.

Recently, the company moved to a new location and the factory has opened its doors to the public for the first time ever, offering guided tours and the opportunity for visitors to see the silversmiths in action. Arven 1868 has been granted status as an Économusée, an international network of artisans, whose purpose it is

to preserve traditional crafts. The économusée concept gives the visitors the opportunity to experience the artisans at work, as well as purchasing the silverware and jewellery made on site.

The company's collaboration with designer Lars Beller Fjetland has gained international interest and acclaim. Monstera, a cutlery set that resembles the lobed heart-shaped leaves of the monstera plant, is based on unfinished designs from the 1950s and was discovered in Arven's collections. Fjetland utilised 3D print technology to create the timeless, unique designs. The cutlery set has been shown at design exhibitions in Milan and New York and will be on show at the Oslo Design Fair and a few other venues later on this year.

"Despite silverware going through somewhat of a decline in the past few decades, it seems that people nowadays are longing for sustainable, handmade products that have value beyond themselves and can be passed down

through generations. We're now injecting a bit of new into an old trade and, with the knowledge and talent of our skilled artisans, the legacy of their centuries-old traditions will be preserved and developed into the future," Hartwig concludes.



Silversmith at work.
Photo: Magne Sandnes



Inside the factory.
Photo: Øystein Klakegg



Monstera cutlery.
Photo: Sjur Pollen

For more information, please visit:
www.arven.no



Left: Bernhard Hansen's small jewellery store in Stavanger sells Astrid Hansen's collection of one-of-a-kind jewellery. **Above:** As the fourth generation of her family, Astrid Hansen makes all her jewellery by hand.



One-of-a-kind jewellery

Astrid Hansen is the fourth generation of her family to handcraft and sell her jewellery in the Bernhard Hansen Gullsmed (goldsmith) in Stavanger. The small shop and workshop, which is celebrating its 110th anniversary this year, specialises in individually designed and handmade jewellery.

By Signe Hansen | Photos: Bernhard Hansen Gullsmed

Founded by Astrid Hansen's great grandfather Bernhard Hansen in 1906, Bernhard Hansen Gullsmed has preserved the original art of jewellery making. Known for its small intimate boutique and individually designed jewellery, the goldsmith is today owned and run by Astrid Hansen. The 44-year-old took over the shop and workshop in 1999, but even though she is part of a long tradition of jewellery making, her designs are her own. "My designs are not at all like those of my ancestors. I would say that the style is classic with a twist of something new. Normally, it starts with stone and then I design from what that stone inspires. Often I use diamonds but in different colours," says Hansen, who is

a certified diamond specialist from Idar-Oberstein.

Having trained in Copenhagen, Hansen today makes all her jewellery in the same small workshop that her dad, grandad and great-grandad worked in. "All of my designs that we sell here are designed and made in the workshop. It's a small shop and everything is handmade so we don't have an enormous collection. Every item is a unique piece that goes directly from the sketch to the customer," stresses Hansen. She creates much of her jewellery for individual customers and enjoys the creative variety and freedom in this type of work. "If I'm making something for a certain

customer that I've met, this will influence how the jewellery will look in the end. My main goal is to create something that I would have liked to wear myself and which enhances the personality of the person who is going to wear it – it has to be something that tells a story about them. The great thing about making one-to-one jewellery, is that it doesn't have to be mainstream. When you create jewellery for one person it is possible to make one-of-a-kind pieces."



For more information, please visit:
www.bernhard-hansen.no



Mushroom picking.
Photo: Jonas Overödden



Fruit and vegetable farm.
Photo: Miriam Preis



Abisko National Park.
Photo: Katja Kristoferson

Enjoy an exciting, cosy autumn in Sweden

Clear blue skies, leaves that turn red, orange and yellow, and the start of the foraging season for mushrooms, fruits and berries – autumn is about to start in Sweden.

By Anna Hjerdin, communications manager at Visit Sweden | Photos: Visit Sweden

In Swedish Lapland, September and October are the real autumn months, or 'tjaktja' as the season is called in Lule Sami. The days can be warm and pleasant, but you might also experience beautifully frosty nights. In this region, autumn sees the start of the moose hunting season.

In west Sweden, autumn marks the start of the lobster catching season. The beginning of the lobster fishing period is just as important as the annual moose hunt in the north, and at 7am on Monday 26 September both professional fishermen and local residents put their lobster pots in the water. If you want to take part, you can book a lobster safari and see all the action up close.

In southern Sweden, the great apple festival takes place in Kivik on 24-25 September, where all things related to apples are celebrated. Later in the autumn, it is time for another foodie celebration in Skåne: the traditional dinner of roast goose on St. Martin's Eve on 10 November.

If you are in Sweden during a cold, dark, wet autumn day, the best thing to do is to head to a café for a typical Swedish 'fika'. In Sweden, taking a break to have a coffee and cake is a very, if not the most, important part of the day. We even claim that the 'fika' capital of the world is in Sweden: the small town of Alingsås in west Sweden has around 30 cafés you can visit on a local 'fika' tour. Sweden's

best café can be found in Sörmland, where Annas Hembageri in Mariefred won the prestigious accolade in the 2016 *White Guide* café guide.

If the weather is unstable, there are plenty of indoor activities to keep you busy. Stockholm hosts the annual Stockholm International Film Festival in November. This year's Stockholm Lifetime Achievement Award has been awarded to Francis Ford Coppola, the legendary filmmaker who will visit the festival to meet the Swedish audience for the first time.

Get that woolly jumper out and put your autumn boots on. Welcome to an exciting, cosy autumn in Sweden!

For more information, please visit:
www.visitsweden.com



Overview IKEA Museum.



IKEA Catalogue covers through the ages.



First IKEA store in Älmhult, Sweden.

Telling the story of IKEA

The newly opened IKEA Museum tells the story of IKEA in the very spot where it all began. Curious visitors get first-hand insights into the origins, values and corporate culture of the world's favourite furniture brand.

By Malin Norman | Photos: Inter IKEA Systems B.V. 2016

On 30 June this year, IKEA Museum opened its doors in what was the first IKEA store from 1958 located in Älmhult, Sweden. The building has been restored to its original form according to drawings by architect Claes Knutson. The museum is a must-see for anyone curious about the world-famous company and showcases design and product development including ideas and driving forces, mistakes and lessons learned, and of course its people and furniture.

"Ingvar Kamprad founded IKEA 70 years ago and we have many stories to share. Events, situations and people who have made IKEA what it is today," says IKEA Museum's manager Carina Kloek-Malmsten. "The museum is a great format for different perspectives and dialogue, and gives us the opportunity to let everyone experience and get close to the story about IKEA."

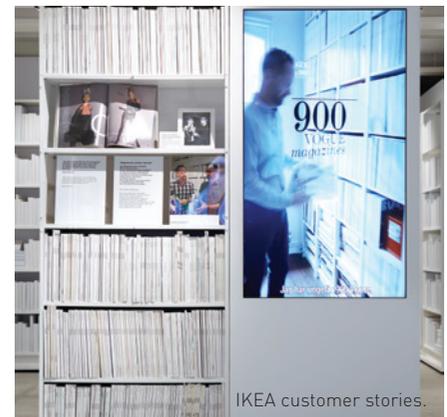
The story

The main exhibition is divided into three parts - *Our Roots*, *Our Story* and

Your Story. In *Our Roots*, visitors can learn about the background of the IKEA founder Ingvar Kamprad and his entrepreneurial beginnings in Småland, as well as the everyday life and spirit of that time. In the second part, *Our Story*, the focus is on what has shaped IKEA and drives the company forward, highlighting important events from the start. In *Your Stories*, a number of customers remember their moments with IKEA focusing on the BILLY bookcase and the KLIPPAN sofa.

"The museum also includes a temporary exhibition about life at home in the future. Right now we showcase the exhibition #IKEAtemporary brought directly to Älmhult from the 2015 Milan Furniture Fair," says Kloek-Malmsten. Another important part of the museum is the educational programme for schools with a series of workshops about entrepreneurship, technology and design, as well as history and society. The dedicated classroom sits on the first floor and can be booked in advance.

Visitors can enjoy a meal in the restaurant Köket (The Kitchen), with a menu based on the famous meatballs but in a new and modern take. In the IKEA Museum shop visitors can buy products to remind them of their visit. Some are recognisable from the IKEA stores but come in a different colour or size, and others are newly produced or miniature versions of classic pieces.



IKEA customer stories.

The IKEA Museum, restaurant and museum shop are open daily from 10am to 7pm.

For more information, please visit: www.ikeamuseum.com



Improv meets opera.



The saxophone quartet Rollin' Phones. Photo: Pélle Piano.

World-class culture in beautiful Småland

The culture festival Smålands Kulturfestival celebrates its fifth anniversary in November, adding one extra day to the programme of music, arts and literature. Experience world-class culture in a stunning setting.

By Ellinor Thunberg | Photos: Smålands Kulturfestival

“Småland offers a sweet combination of nature and culture, and that is why the festival is located here. We capture fascinating local history and add another dimension – and at the time of year when we need it the most,” says Susanne Rydén, founder and creative director at Smålands Kulturfestival.

The festival takes place on 2–6 November in the southern Swedish region of Småland, around two and a half hours from Malmö – an area with fantastic design, beautiful nature and unique buildings.

Movement in focus

Movement – the theme for 2016 – is interpreted in several ways and is in fact the essence of the celebration taking place in and around Vetlanda, Eksjö, Sävsjö, Vaggeryd, Växjö, Alvesta and Älmhult in collaboration with local creatives, companies and other partners. “We want people to move across the municipal boundaries from one village to another,” says Rydén. “The whole idea is

to set us in motion – both physically and when it comes to our thoughts.”

Dance is of course included, such as the African dance and drum procession, along a road lined by lights, to the Skuruhatt hilltop near Eksjö. Anyone can learn the moves at a workshop earlier in the day and join the dance. “Last year was a success and we couldn’t help but do it again. Musicians and dancers from Senegal will lead the way to the hill at dusk,” Rydén explains.

The sweet sound of IKEA

Few things are as synonymous with Småland and Sweden as IKEA, and a museum about the brand opened in Älmhult earlier this year (see previous page). Now the festival brings music, design and furniture together. “A good friend of mine got the opportunity to write music for IKEA furniture as part of an exhibition at Liljevalchs in Stockholm a few years ago,” says Rydén. “Since then it has been my dream to bring it back to its origin.”

At the museum, people will be able to join in and play on actual pieces of IKEA furniture under the guidance of professional musicians. “I hope our audience will want to try something new. We want to arouse people’s curiosity.”

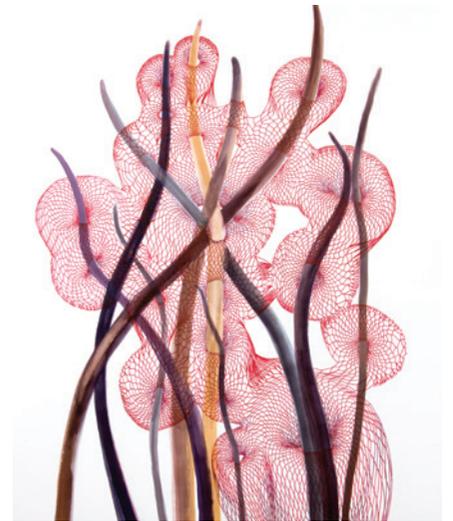


Friiskvartetten.

STAY THE NIGHT

Attractive packages with accommodation, fine dining and cultural events are available at the beautifully located country hotels Asa Herrgård (Lammhult), Möckelsnäs Herrgård (close to Älmhult) and Wallby Säteri (Skirö) – as well as the boutique hotel PM&Vänner in Växjö and Eksjö Stadshotell.

For more information, please visit: www.smalandskulturfestival.se/en



Left: No question is a stupid question at Affordable Art Fair. Photo: Yulia Lindberg. **Top right:** *The tingle of the tangle*, by Natalie Ryde. Photo: GAS Gallery, courtesy of the artist. **Right:** Alexei Svetlovij. Photo: Galleri Jäger och Jansson, courtesy of the artist.

Art for all

Forget what you know about art. Or rather, forget what you think that you do not know about art. Affordable Art Fair Stockholm is here to make art accessible for everyone and create an enjoyable atmosphere where questions are welcome and art appreciation is a free-for-all.

By Linnea Dunne

"It takes a lot of time to discover what you really like within the traditional art scene, where each exhibition of the work of one artist is up for six to eight weeks. You have to go to a lot of different exhibitions then," says Emma Weinerhall, fair director at the Affordable Art Fair Stockholm. "One of the most common things I hear is people saying 'I don't know anything about art'. No one would ever say that about music. What is

it that makes people feel like you have to have a bachelor's degree in art history to even dare to express an opinion? This is one of the fundamental ideas behind the Affordable Art Fair: we want to remove this notion and make everyone feel welcome and have fun."

From Battersea to the world

Affordable Art Fair was founded by Will Ramsay in Battersea in 1999 with the aim

of making contemporary art accessible for all. He wanted to expel the myth that one has to be an art academic or millionaire in order to enjoy and buy art. The fair quickly became a success and has grown to include 17 cities across the globe, including Singapore, New York, Milan and Hong Kong. Close to two million people have since visited the fairs, buying art for more than 365 million euros.

The Stockholm leg of the fair started out in 2012 and, with its 11,000 visitors, immediately became the biggest art fair in the Nordic countries. The event has grown year on year and last year attracted around 15,000 visitors. It has undoubtedly been a success, but one that Weinerhall was not



Top left: *Apple Temptation*, 2015, by Hans Withoos. Photo: Ronen Art Gallery, courtesy of the artist. **Left:** *Missade samtal* by Julius Nord. Photo: Galleri Final, courtesy of the artist. **Right:** The goal of the fair is for every visitor to leave taking something with them – be it a piece of art or a new insight. Photo: Yulia Lindberg.

perfectly convinced about originally. “The fair’s motto is to always have fun. That underpins everything we do and every decision we make,” she says when talking about the fact that Affordable Art Fair has, for three years in a row, been voted one of the coolest brands in the UK. “I remember when I first came on board and went to my first fair in Bristol and experienced that nice, friendly vibe. I was almost concerned, thinking ‘how is this going to work in Stockholm where people are known for being uptight?’,” she laughs. “But it’s really worked; there’s definitely a demand for places where people can explore art in a relaxed environment.”

Alongside the motto of having fun, there are a few rules. For example, each gallery exhibiting at the art fair has to bring at least three artists, and they all have to be alive. “Because, as Will would say, dead artists don’t need money,” says Weinerhall. “We want to support artists to make a living from their art.” Moreover, there is a price cap at 50,000 SEK and everything is clearly labelled to remove the need for awkward questions. “You should be able to tell the minute you look

at something whether or not it’s in your budget,” Weinerhall explains. “Saying that, we do try to encourage people to ask questions. If you’re shocked to see that a frame alone is priced at 2,500 SEK, ask why! This is an environment where you’re allowed to ask those questions and hopefully you can work out where you stand in terms of what you want to spend your money on.”

Bigger space, greater offering

While all 17 fairs work with the same concept, the Stockholm version is characterised by a more contemporary touch than its predecessors. Around half of the exhibited galleries are Swedish, and this year’s fair will for the first time exhibit the work of a gallery from Japan and one from Hong Kong.

In addition, the 2016 fair will expand on the collaboration with Nationalmuseum that kicked off last year. The museum will present two big lectures each day of the fair, including one on the subject of art scandals throughout history, covering everything from Michelangelo to Anna Odell, the Swede who recently caused

controversy with a reconstruction of a psychological breakdown to highlight the power structures within the healthcare system. “It’s going to be really fascinating,” says Weinerhall. “Our goal is for everyone who visits the fair to feel that they leave with something, be it a piece of art or a new insight.”

The fair will also host workshops for children as well as a space to let the creative interior design juices flow, all of which is enabled by the move to new and bigger premises at Nacka Strand. “People generally feel like hanging a piece of art is such a big, permanent decision, but it shouldn’t have to be like that,” Weinerhall continues. “So there’ll be white walls and screws and things – a place for people to go wild!”

Affordable Art Fair Stockholm takes place
13-16 October at Nacka Strandsmässan.

For more information, please visit:
www.affordableartfair.com/stockholm



Top left: Stay overnight in one of the cottages. Photo: Kyrkevarn. **Top right:** Explore the nearby waters by canoe or kayak. Photo: G Assner. **Right:** Horseback riding is a fun activity with friends, family or co-workers. No previous experience is required to join a tour. Photo: G Assner.

Outdoor adventures come rain or shine

Kyrkevarn, near Jönköping in Sweden, is the perfect destination for an active holiday, conference or get-together this autumn. Choose between horseback riding, canoeing or other customised group activities.

By Ellinor Thunberg

The family-run company offers outdoor activities and accommodation by a lake and river – Stråken and Tidan in Mullsjö, Sweden. The close proximity to water provides the perfect conditions for paddling. “We have classic Canadian canoes, kayaks and larger canoes for 13 people. The latter is perfect for schools, companies, hen or stag parties where everyone can paddle together,” says Henrik Eneskjöld, co-owner at Kyrkevarn.

Eneskjöld’s father and grandfather founded the company in the late ‘70s and the business has grown larger over the years. Today, they welcome upwards of 15,000 visitors per year to the countryside 30 kilometres west of Jönköping in southern Sweden.

Horseback riding – a popular autumn activity

Guided rides are arranged all year round, with tours lasting one and a half

to six hours. Kyrkevarn has around 50 Icelandic horses, including a few ponies for younger visitors. You do not need any prior experience and the late autumn excursion is a popular choice. “After a few hours in the forest, the tour stops at a simple cottage where we serve a hearty casserole and a glass of wine,” says Eneskjöld. “It can be anything from ten degrees below zero and snow to five degrees and rain outside, and you arrive at this warm and cosy dining room where we have lit candles and the fire is crackling.”

There is also another quite special set-up for experienced riders, called ‘horse and cottage’, offering accommodation and independent riding combined. “You ride out on your own and the horse is like your own during the stay, which can be anything from two to 14 days,” Eneskjöld explains.

About 20 houses and cottages in various sizes are dotted around the

grounds within a radius of 1,000 metres. The largest building, Sörgården, can accommodate 52 guests, and another smaller house is newly renovated and boasts a swimming pool in the summer, a Jacuzzi and a sauna.

Eneskjöld says that visitors are full of praise for the varied, beautiful nature and tranquil setting, but there is no shortage of activities for every season and large groups can always be catered for. “We are an outdoor facility with plenty to do, come rain or shine.”



Photo: Kyrkevarn.

For more information, please visit: www.kyrkevarn.com



The magical world of science

Tom Tits Experiment is a great destination for young and old alike to try their hands at cool science and technology experiments. This fantastic science centre has four fun-filled floors and a giant park with adventures for the whole family to explore.

By Malin Norman | Photos: Tom Tits Experiment

With around 185,000 visitors per year, Tom Tits Experiment is a place loved by many children, teenagers and adults. Through experiments with everyday objects and materials, they get the chance to investigate and learn more about technology, physics, mathematics, geography, biology, the human body, illusions and much more.

Most of the experiments have no signs or explanations; instead visitors need to figure it out for themselves. "Our vision is to make science and technology accessible to everyone," says marketing director Marie Karlsen. "Through our hands-on experiments, visitors can discover how much fun you can have with science. There's something here for everyone, which makes it perfect for a family day out."

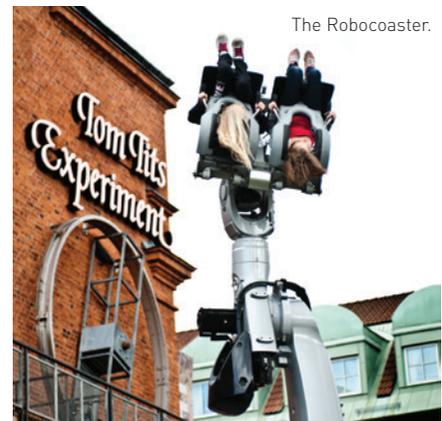
Dare to try the Robocoaster?

This is certainly not a dull museum. Tom Tits Experiment has 8,000 square metres

distributed over four floors with features such as a soap bubble show for small children, plenty of tricky experiments to try, and an entire floor dedicated to the human body and senses. The new exhibition *Drivkraft (Driving Force)*, in partnership with Scania, is intended to bring out a child's inner engineer with loads of technical challenges. Experimenta, a game with the chance to win points at each stage and finally bring a machine to life, is also popular.

From May to September, the science centre has another 8,000 square metres to explore in the fabulous park. It features exciting attractions such as the bicycle ride on a line ten metres up in the air. The Robocoaster, the world's third largest industrial robot, takes the brave on a whirlwind ride with its robot arm. From May next year, the park will also include a section focused on sustainability with new attractions and even an insect hotel.

The team of designers is constantly working on new ideas and improving existing experiments. Whilst they look at other centres around the world, with its 30 years of experience in building creative and fun displays, Tom Tits Experiment is often the role model for other countries. Karlsen talks about the pleasure of seeing how sceptical visitors in particular are impressed with the centre. "Someone even said that it's like a magical world, which is proof that science doesn't have to be boring!"



For more information, please visit:
www.tomtits.se



Wild camping in the Saint Anna archipelago

Imagine a stunning coastal landscape with thousands of small islands and an abundance of wildlife, with a kayak full of food and camping gear and the opportunity to choose a different island to set up camp each night. Sound like a fantasy? The dream of freedom to roam but without the hassle can come true in the Saint Anna archipelago.

By Malin Norman | Photos: Kat Hill

Swedish company Do the North supplies everything needed for a great kayaking experience, but leaves customers with the freedom to enjoy the adventure at their own pace. It provides the equipment, knowledge and logistics for the trip including everything from kayaks and tents to gas cookers and cutlery. Customers only need to buy the flights and bring their hand luggage; everything else is taken care of.

"Our goal is to offer the greatest experience in the most beautiful of

archipelagos and with the very best equipment," says founder and owner Thomas Ohlander. The self-guided packages offered cater for those who want an adventure in the wilderness and at the same time assures a comfortable and charming experience.

Pre-organised freedom

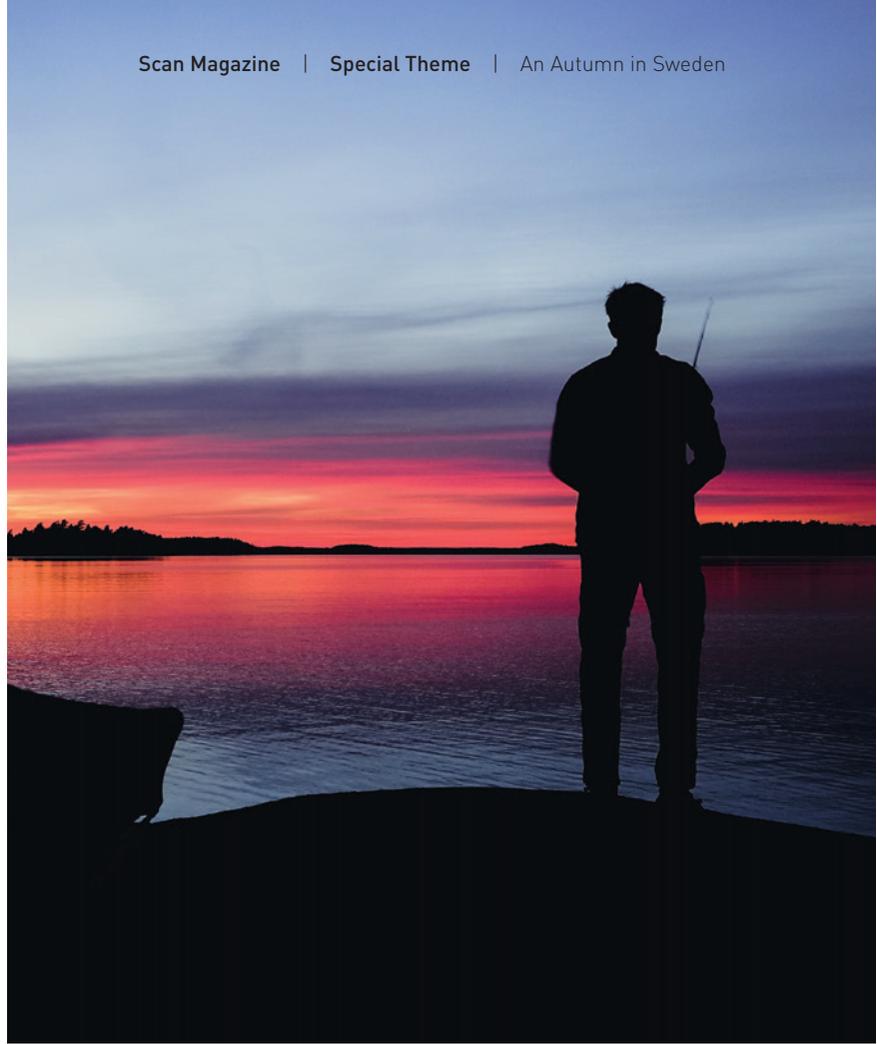
Some 16 years ago, Ohlander had a group of friends visiting from London and wanted to show them the beauty of his homeland. Thanks to the Right to Public Access law in Sweden, nature is

accessible to everyone and wild camping is an important part of Swedish culture. Ohlander organised the trip, borrowed camping and fishing gear, rented kayaks and found the best spots for the group. He recounts how much everyone loved the experience, and how that later inspired him to create Do the North. "It was the perfect trip!"

Over the years, the company has further improved the gear and streamlined the logistics, and now offers a high-end experience with world-class equipment, even down to the smallest details such as clothes pegs and a mini cheese grater. No prior experience is needed as all guests are taught about navigation, paddling and safety before they set out on their adventure. "We want them to come to Sweden and have an unforgettable adventure in the outdoors. As one of



Photo: Natalie Aref



our customers recently said, this is pre-organised freedom.”

Do the North has collated invaluable local knowledge in a guidebook that highlights what people can see and do during the trip, and it includes information on wildlife, geology and foraging for mushrooms and berries. “With our help, they are well prepared with essential information about the area and how to go about kayaking and camping to get the best experience possible.”

Camping in comfort

Ohlander’s vision is to give people the means to be fully self-sufficient and feel at ease in the wilderness. “The tent is your bedroom, the gas cooker is your kitchen, and the water’s edge is your lounge as you relax by the campfire and enjoy the sunset and solitude.”

Touring with kayaks is ideal for island hopping in the archipelago as they have a surprising amount of storage space.

Optional upgrade packages include pillows, chairs and a comfy inflatable mattress, and the more luxurious package for couples comes with an inflatable double bed, duvet, proper linen, and a double hammock.

Cooking outdoors is also a memorable part of the wild camping experience. Foodies need not fear as the kayaks have plenty of space for fresh ingredients and a comprehensive kitchen kit. All the food is ordered in advance from a local supermarket, where customers can choose what they prefer to eat during the trip, and Do the North will have it packed and ready for their arrival.

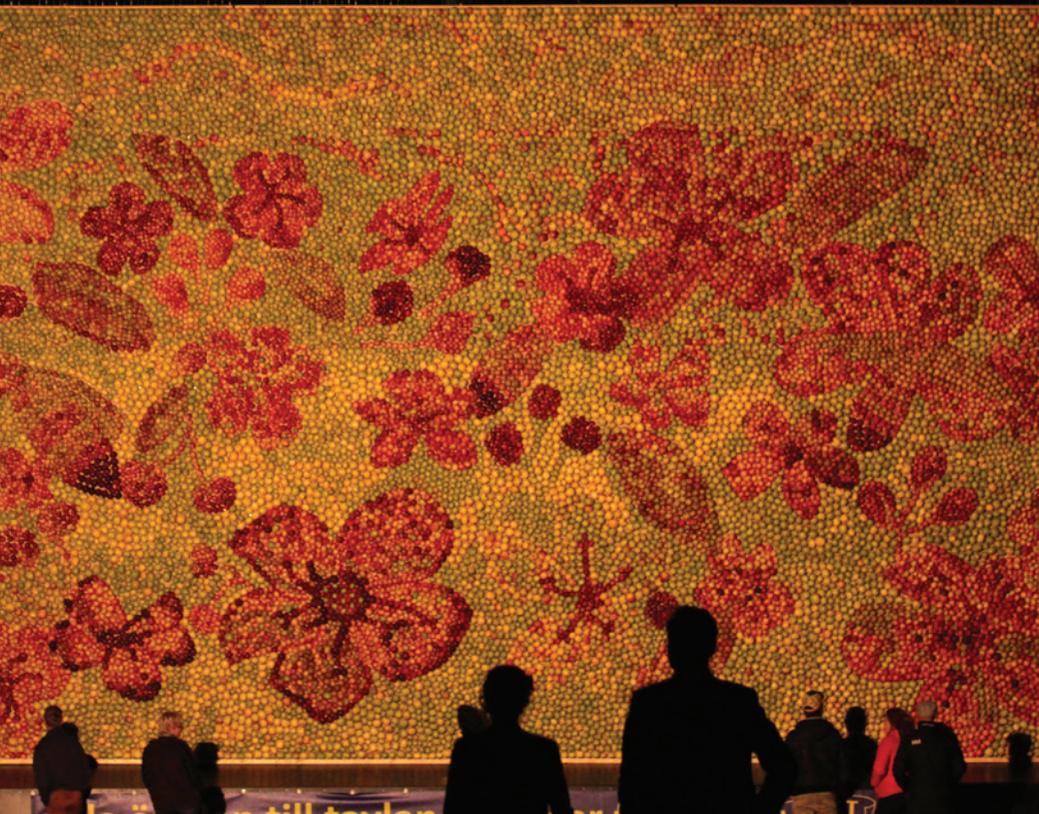
Archipelago heritage

The Saint Anna archipelago is a paradise for kayaking, with more than 6,000 islands clustered along the 70-kilometre stretch of the Baltic coast. Paddling conditions are considered easy with shallow water and virtually no tides or currents, and the density of islands makes it relatively sheltered.

In addition to beautiful nature, Saint Anna has a rich history and heritage in fishing and farming, with plenty to see along the routes. Some highlights are the picturesque island village Harstena with its old school and historic seal processing factory, which is now a museum, the Kupa Klint lookout with a view over hundreds of islands, and the Hårdsskär iron lighthouse built in 1863 in the outer archipelago. A popular stop is the wood-fired sauna on the island of Haskö, traditionally followed by a refreshing dip in the sea to cool off.

The season runs from May to September and, according to Ohlander, the autumn months are ideal for sea kayaking. “The mornings are clear and crisp, the days have a lovely golden light, and the sunsets are beautifully pink and purple.”

For more information, please visit: www.dothenorth.com



Emma Karp Lundström's annually anticipated apple painting.



Take a bite of the apple

During the last weekend in September, Kivik hosts a buzzing harvest festival with all things related to apples. It is a great opportunity to learn about growing apples, taste the delicious fruit and juices, and even see the world's biggest apple painting.

By Malin Norman | Photos: Lars-Olof Börjesson

The annual Apple Market takes place on 24-25 September in Kivik's harbour. The popular harvest festival in southern Sweden has apples at its heart, as arranged by non-profit organisation Äppelmarknaden i Kivik together with local farmers and companies involved in the fruit industry, such as Äppelriket and Kiviks Musteri. "We want to showcase the uniqueness of Swedish fruit and increase the knowledge of fruit growing," explains festival chairman Lars-Olof Börjesson.

It all started back in 1988 with the first festival aiming to promote Swedish fruit. Almost 30 years later, the event attracts around 20,000 visitors every year during the weekend and an additional 30,000 in the following two weeks, when part of the exhibition is still on display in the harbour.

This is doubtlessly an important event in the calendar for the tourism industry in the region.

Fruity highlights

Over the years, the festival has expanded its exhibition area and now includes a 300-square-metre tent showcasing around 200 types of apples. There is also a special knowledge section explaining fruit farming as well as experts at hand for visitors to get advice on their own homegrown apples. People can of course buy a wide assortment of Swedish fruits and also handicrafts such as ceramics at the street market, with most of the many stands in some way related to apples.

The main attraction is the stunning apple painting. Every year, talented

artist Emma Karp Lundström creates a new design with around 35,000 apples arranged on 70,000 nails. It is kept secret until the big revelation at the festival. "Some years we've had sculptures made, but a painting is definitely more visible and makes a greater impression," says Börjesson. "But it can be a bit tricky, for example in finding exactly the right colours of the apples."

In addition to savouring the delicious fruit, visitors can enjoy a jam-packed festival schedule with entertainment by famous Swedish musicians, such as this year's headline acts Kikki Danielsson and Danne Stråhed; restaurants serving Swedish specialties; and lots of fun activities for children. "This is a great party for the whole family!"

For more information, please visit: www.appelmarknaden.se



The park has something for the whole family, from elks and bears to cuddly lambs – and plenty of activities for young and old.

Explore the Nordic wilderness

Skånes Djurpark is the world's largest zoological park for Nordic animals. Encounter and learn more about elks, bears, wolves and lynx – or search for lost sheep on an adventurous tractor ride in the world's first Shaun the Sheep Land.

By Ellinor Thunberg | Photos: Skånes Djurpark

There are no elephants or monkeys at Skånes Djurpark. Instead, the zoological park in Höör, southern Sweden, has been dedicated to Nordic animals since its opening in 1952. "Most people are curious to see large predatory animals like bears and wolves. Lynx and wolverine are also popular – and of course the elks! Small children love the farm where they can cuddle a lamb or meet the ponies," says Anna Blinkowski, head of zoology at Skånes Djurpark.

Binoculars and an explorer's pass, featuring assignments and tips for animal watching, are handed out at the entrance. The wild animals have plenty of space to roam and the best way to make sure you spot them is to check the

daily programme for activities. "We have created feeding expeditions where you can follow a zoo-keeper all day while they feed and interact with the animals," she says and adds that they want everyone, especially kids, to leave the park with a warm heart, new knowledge and care for animals and nature.

The world's first Shaun the Sheep Land

Since June, visitors can also enjoy the first – and so far only – attraction dedicated to the beloved TV character Shaun the Sheep. It is built around a story where the farmer travels to a market in Sweden to show his sheep, but the herd is on the loose. Kids are challenged to search for lost sheep along a tractor track and you might see both real and fictional farm

animals along the way – including Shaun himself.

A fun-filled autumn in the park

In autumn you can hear the red deer bellow – one of the most powerful sounds in Swedish nature, sometimes compared to a lion's roar. The whole month of October is also filled with activities for kids, including Halloween celebrations. "During this time we bring out all the mystic tales and stories about the animals in the forest," says Blinkowski and mentions that you can meet owls up close, for example. Do not miss the chance to enjoy the family-friendly activities: the park stays open daily all through October and re-opens for a few bookable evenings in December featuring Christmas workshops, DIY and food.

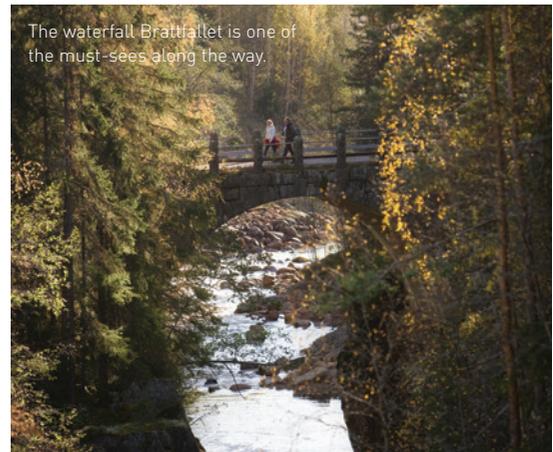
For more information, please visit:
www.skanesdjurpark.se/english



Klarälsbanan, the stretch from Karlstad to Uddeholm, goes along an old car-free railway bank.



Laxholmen, Munkfors, is another must for anyone interested in arts and culture.



The waterfall Brattfallet is one of the must-sees along the way.

Explore Sweden in miniature

One of the best ways to explore the shifting scenery of the Swedish region Värmland is to follow the biking and hiking trails Klarälsbanan and Klarälsleden, stretching 220 kilometres from Karlstad to Sysseleback.

By Ellinor Thunberg | Photos: Per Eriksson

"I usually describe Värmland as a Sweden in miniature. We have coast along Sweden's largest lake Vänern, forests towards Norway, mountains in the north and a flatter landscape in the east. We also have our big city, Karlstad, so we have a little bit of everything," says Madelene Andersson, head of tourism at Hagfors Municipality.

Klarälsbanan and Klarälsleden stretch a total of 220 kilometres along the river Klarälven from south to north. It is slightly uphill going north, but otherwise quite flat and suitable for anyone from professional cyclists to families with children.

Start the first ten kilometres of your journey at Hammarö by lake Vänern and connect to Klarälsbanan at Kroppkärnsjön in Karlstad. The following 90 kilometres to Uddeholm go along an

old railway bank and are car-free. The second part, Klarälsleden, going to Sysseleback in the north, is not completely free of cars but runs along small roads suitable for biking and hiking.

Life by the river

Deep forests, waterfalls and the river Klarälven – running through the entire region from the mountains to lake Vänern – are all part of the experience. Go kayaking, paddling or fishing – or simply soak up the beautiful sights from your bike. If you are more interested in arts and culture, make sure to visit places such as Deje Kraftstation or Laxholmen in Munkfors.

Tour operators are at hand to help with luggage transportation, bike rental or transport if you want to go just one way or part of the stretch. Accommodation of all kinds is available along the way and

the trail can be used in spring, summer and autumn. Exploring the area in early autumn has great benefits.

"It is easier to find accommodation and the weather has been really nice in September over the past few years. You can also pick mushrooms and berries then too," says Andersson.

TOP PICKS

1. Salmon fishing in Forshaga and Sysseleback.
2. The railway museum in Hagfors with trolley rides.
3. Sandgrund Lars Lerin and Värmlands Museum, Karlstad.
4. Arts and culture at the old power station Deje Kraftstation.
5. Local and/or organic food in Höje and Torfolk Gård.
6. The canyon and waterfall Brattfallet.

For more information, please visit: www.klaralvsbanan.se/en

Walk in, dance out!

Always dreamt of being a pop star? Now you have the chance to become the fifth member of legendary Swedish pop band ABBA. Visit ABBA The Museum and be a part of the story.

By Ellinor Thunberg

"It is a museum where you can participate and not only be a spectator," says Ingmarie Halling, museum director at ABBA The Museum. Popular features include the hologram illusion, where you go on stage as the fifth member of ABBA, and the Gold Room filled with the pop icons' original clothes.

Just over one million people have visited the museum in Djurgården in Stockholm since it opened in 2013. Around 70 per cent of them are from abroad, which is no surprise to Halling. "I used to work with ABBA in the '70s, doing make-up and clothes on tour. So I already sensed that they were even more popular abroad than in Sweden," she says.

The museum is part of Pop House – complete with a hotel, a restaurant, the Swedish Music Hall of Fame and temporary exhibitions such as the current *Good Evening Europe* about the Eurovision Song Contest. "You can sing old hit songs or do



The temporary exhibition at Pop House – *Good Evening Europe*. Photo: Pop House/Love Strandell 2016.

a quiz battle," says Halling and points out that it is all included in the same ticket as ABBA The Museum.

Music is the focus, but you do not have to sing and dance. The fashion, design and style of the '70s are also explored. "Everyone leaves with something; good feelings, no one leaves here sulking," Halling smiles.

For more information, please visit:
www.abbathemuseum.com



Go on stage as the fifth member of ABBA. Photo: Love Krok Attling/ABBA The Museum.

Live amongst the treetops

Treehotel offers a hotel experience out of the ordinary. The six individual tree rooms were created by some of Scandinavia's leading architects and guests have a fantastic view of the Lule River valley with miles of forest and the mighty river. An unforgettable experience.

By Malin Norman | Photos: Peter Lundström / WDO

The unusual Treehotel is located in Harads, a village of around 600 inhabitants near the Lule River. Its founders Kent and Britta Lindvall managed Britta's Hostel for 12 years before they decided to build the tree rooms. The idea came from the film *The Tree Lover* by Jonas Selberg Augustsén, about three city men who built a treehouse together. In 2010, the couple opened Treehotel with four rooms and since then two more have been added.

The most popular is The Cabin, a capsule with a double bed, bathroom and terrace by architects Cyrén & Cyrén. The other five tree rooms include Mirrorcube by Tham & Videgård, UFO by Inredningsgruppen, Blue Cone by SandellSandberg, Bird's Nest by Inredningsgruppen, and Dragonfly by

Rintala Eggertsson Architects. Treehotel is currently building its seventh tree room, an exclusive suite designed by Norwegian architects Snøhetta due to open at the end of the year.

Unsurprisingly, Treehotel gets plenty of coverage in architecture and interior magazines, while attracting many guests throughout the year. "They tend to tell us it looks 'amazing' and that they want to come



back again," says Kent Lindvall. Amongst visitors are couples on honeymoons, magazines doing fashion shoots, foreign ambassadors located in Sweden, sports personalities and celebrities and even royals.

Check-in takes place at Britta's Hostel, which also features a restaurant, bar, sauna and shop, and there are many things to do in the area such as hiking, white water paddling and sea kayaking. For a more relaxed stay, guests can of course just enjoy the serenity of the trees and the view.

For more information, please visit:
www.treehotel.se



Inredningsgruppen's UFO tree room.

Scan Business

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It takes two

By Steve Flinders

Alongside iGaming and the sale of passports to rich foreigners, Malta – where I live – counts English language teaching as a thriving business sector.

Recently, I met an Eastern European woman who is general manager of a subsidiary of an international company. She had come here for three precious weeks to improve her English. Why, I wondered? Her English is not too bad: she usually manages to get her message across and understands others. She told me that she could indeed communicate with all of her international colleagues, native and non-native speakers of English, except one: the American executive in the holding company who happens to be the man she reports to. He talks quickly and only slows down momentarily when asked. He does not articulate clearly, which makes it difficult for her to catch half of his words. Whether because of his position, his gender, his communication style or a mix of all three, she feels intimidated, disadvantaged and lacking in confidence when speaking English to him, hence her enormous investment in time and money to improve her language competence.

I've encountered this scenario so often that I almost despair at how non-native



speakers assume the whole responsibility for successful communication when in fact it takes two to communicate. The responsibility must be shared, regardless of hierarchy, gender or anything else. A bit of honest feedback to the American would help him see his failures. A couple of hours' training would develop his awareness of his communication style and how to flex it in an international context. 'English for English speakers in international business' might not be very marketable, but there is a huge need for training of this kind. Improving Brits'

and Americans' International English would be a lot faster, cheaper and more effective than what competent non-native speakers are often trying to achieve on their own.

Steve Flinders is a freelance trainer, writer and coach, based in Malta, who helps people develop their communication and leadership skills for working internationally: steveflind@aol.com.



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Left: Founder and director Loveleen Rihel Brenna. Photo: Anders Bergersen. **Top right:** Rihel Brenna with Johan H. Andresen from Ferd AS and chairman Anders H. Lier from Enoro AS. Photo: Raj Fyllingen. **Right:** 'Jens Nørve has provided advice for my career development, as well as my personal development. He has encouraged me to develop specific skills, like digitalisation, a competence becoming increasingly important in the banking industry where I work,' says Arooj Dar, who has taken part in Seema's talent and mentoring programme, VS-Humentor. Photo: Joe Ekker.

Making diversity good for business

A 2015 report from the renowned consultancy firm McKinsey says that gender diversity increases the likelihood of profitability by 15 per cent. Ticking the ethical diversity box, the number increases to 35 per cent. In other words, diversity is good for business, and companies across the globe are opening their eyes – and doors – to social groups that were traditionally kept on the doorstep.

By Helene Toftner

However, the road ahead is still long and companies such as Seema have proven invaluable in the development. A consultancy firm specialised in company diversity, Seema teaches and consults companies in how to encourage and take advantage of diversity amongst their employees.

Seema was established in 2012 by founder and director Loveleen Rihel

Brenna. Originally from India, she experienced firsthand how difficult it can be coming from a background other than Norwegian or western, in addition to being a woman. While some would take the easy way out, Loveleen shouldered the challenge and has over the years chaired the National Parent Committee for primary and secondary schools set up by the government. She has also led a women's panel and worked with gender

issues, as well as working for social services. "I have seen that many people, and particularly women, have incredible skills and qualifications but often don't get the chance to use them. Everyone is losing out – the people, the companies and the country – by not giving these people access to appropriate jobs," Rihel Brenna says.

Understanding diversity

As a consultancy firm, Seema works with numerous Norwegian companies as well as collaborating with the government on how best to encourage diversity in the work place. "We work according to three perspectives: why diversity is important, how to manage diversity, and how to meet a diverse

audience. It is all about recruiting the best people, which gives access to new markets and increases profitability alongside improving a company's brand reputation," Rihel Brenna explains. "We do this through talent development schemes of employees, management training within the companies, and mentoring."

Good for business

The move towards diversity in the workplace has largely been driven by social goals set by the Corporate Social Responsibility (CSR) team, somewhat unrelated to economic goals. However, it has long been argued that voices of different backgrounds, be it gender, age or ethnicity, would increase innovation and, with the previously mentioned McKinsey report, economic gains have now been directly linked to diversity in the workplace. "By only employing people from the same schools and backgrounds, you never challenge set ways and encourage different thinking," says Rihel Brenna.

Creating female role models

Norway is one of the top countries in Europe in terms of diversity. However,

Rihel Brenna notes that while this is indeed the case, there is a culture of counting, meaning that Norwegians count the numbers of women and foreign nationalities rather than looking at what they are actually doing within the companies. Thus the majority of their female cleaners are from the Philippines, while the middle-aged white men still control the boardrooms.

"In that case, we have to question the quality of diversity," Rihel Brenna insists. One of her main aims is to create strong female role models, whom women of all cultures and ages can aspire to. "We need more women at the top," she says, pointing to a report by Accenture, commissioned by Seema, which clearly states that diversity led to competitive advantages, despite Norwegian companies still failing to make the connection between diversity and profit.

Bringing the teachings to India

It does not seem like a coincidence that Rihel Brenna, originally from India, has brought the company to her home country where Seema will host two courses in diversity management in the autumn of 2016. However, it appears

that the company is learning from Indian traditions and not just the other way around, as it largely bases its approach on that of Mahatma Gandhi.

"Gandhi had a very clear philosophy, and an approach to relationship building and communication that has inspired great leaders such as Steve Jobs, Nelson Mandela and Barack Obama to mention some," Rihel Brenna says. "Westerners largely know him as a man of peace, but he was in fact a pioneer in diversity management. He had an amazing ability to engage and connect people and, equally importantly, to make every individual feel worthy." The very core of diversity management is to identify and use the different knowledge and competence people inhabit, and a good leader needs to see the minority as well as the majority. "Only now are we on the path of Gandhi's teachings," Rihel Brenna says.

For more information, please visit:
www.seema.no



Left: Loveleen Rihel Brenna came to Norway from India when she was five years old, and has helped transform the way Norwegian companies approach diversity since 2012. Photo: Anders Bergersen. **Right:** 'We are creating visible female role models for the future of Norwegian businesses. We need to understand the value of diversity in order to bring about change.' From left: Seyran Khalili, Izabela Chlewicka, Johan H. Andresen (Ferd AS), Christa Nimbona, Nabeela Qureshi and Arooj Dar. Photo: Raj Fyllingen.



Even though Hanne Finstad is busy managing a growing company, she still teaches on one of Forskerfabrikken's courses.

How to make your kid love science

When humanity is faced with great challenges, we often look to science for groundbreaking solutions. So why are we making it so boring in school? In Norway, a social entrepreneur has given science a full makeover and made it just as fun as football.

By Eirik Elvevold | Photos: Frank Holm

For many kids, natural science is synonymous with boredom and bad grades. They are told time and time again that science is useful and important, but rarely experience it as something exciting. This bad reputation made Norwegian biochemist Hanne Finstad dedicate herself to social entrepreneurship and create Forskerfabrikken (the Scientist Factory). The company offers children practical science courses after school and during holidays all across Norway with the goal of making science a normal hobby just like sports, music or dance.

"Kids love exploring the world when there are bubbles, smells, slime and things buzzing around them. We teach maths, physics, chemistry and biology by stimulating all their senses. They are truly starving for more practice," says Finstad, now holding the title of Factory Boss, as well as Dr. Philos.

Being a scientist herself, Finstad considers natural science to be a crucial tool in solving the challenges of the future, like dealing with climate change, curing diseases and safe-guarding clean food.

But for humanity to solve those problems, more children have to choose a career in science. That is why Finstad is using every trick in the book to motivate them.

"We often use stories and dramaturgy. One good example is a criminal case where the kids are left with clues like blood, hair, fingerprints and broken glass. Then we leave them to figure out who is guilty using science," Finstad explains. Another unique approach is found in the birthday kit available in Forskerfabrikken's online store. "Making your own ice cream and mini-tornado while learning sure makes for a great birthday party," she says.

Business-powered idealism

When Finstad started Forskerfabrikken in 2002, she was storing her science

equipment in the garage and knew little to nothing about social entrepreneurship. She knew she wanted to help kids develop a love for science, the same love she had felt while doing research in the lab. Driven by a strong idealism, Finstad ventured into uncharted territory. Since then, Forskerfabrikken has kept on growing while gaining recognition for its positive social impact. In 2009, the Norwegian investment company Ferd decided to support the company by including it in its portfolio of social entrepreneurs.

"Ferd's competencies in business, brand building and accounting was crucial for us moving forward. Suddenly we could help 20,000 kids instead of 1,000. By learning to stand firmly on our own feet economically, we could widen the scope of our social goals and reach them more effectively," says Finstad.

Forskerfabrikken now works with local partners to help sick children, orphans and asylum seekers participate in courses. Furthermore, it offers re-training for educators in schools and kindergardens, so that they can make concrete contributions to their own workplace. On top of that, Finstad has

published a book named *Ditt Smarte Barn (Your Smart Kid)*, which focuses on how the young brain actually works so that parents can strike the right balance between learning and rest.

Finstad's combined efforts for society caught worldwide attention when she was recognised as a social entrepreneur by the global organisation Ashoka, making her Norway's second Ashoka Fellow. Despite such global recognition, she finds her deepest motivation in teaching Forskerfabrikken's math course. "Nothing is better than seeing kids having a clear breakthrough in their learning. It's really tough to be an entrepreneur, but those moments make it worth the effort," Finstad says.

Partnering with Hydro the heavyweight

Cooperation with bigger actors have been key to Forskerfabrikken's growth. Since 2010, it has cooperated with The Norwegian Society of Graduate Technical and Scientific Professionals (Tekna). The union, being Norway's largest community of academics in the field of science and technology, has helped organise courses in more cities across Norway. This year,

Norwegian aluminium producer Hydro signed a cooperation agreement aspiring to spark an interest for industry and technology in children and youth.

"We have a lot of synergy effects with Hydro, and we're grateful to have such a heavyweight in Norwegian industrial history as our main cooperating partner. I am hoping for a lifelong marriage," Finstad admits.

Regarding the company's next steps, she explains that the staff are now working on a course for teenagers. She is also dreaming about making Forskerfabrikken more international. "I think our concept is unique enough to work in other countries. Another secret dream of mine is that our courses will one day produce a Nobel Prize winner."

You can already sign your child up for this autumn's courses in science, math and critical thinking.

For more information, please visit: www.forskerfabrikken.no



Top left: Forskerfabrikken aims to make science a natural pastime activity choice for kids. **Bottom left:** In 2010, Hanne Finstad was recognised globally for her social entrepreneurship when she became Norway's second Ashoka Fellow after Johann Olav Koss. **Right:** Many children who struggle with science in school enjoy the practical teaching style at Forskerfabrikken.



FuelBox CEO Berta Lende Røed and her business partner Tonje Flack both left steady, well-paid jobs to help people improve their face-to-face communication. Photo: Thomas Lende Røed

Big breakthroughs in a tiny box

Imagine that your boss, colleague or spouse suddenly asks you an unexpected question. You might get suspicious and defensive instead of taking time to open up. With the help of a FuelBox, people can easily ask each other the right questions with no hidden agenda.

By Eirik Elvevold

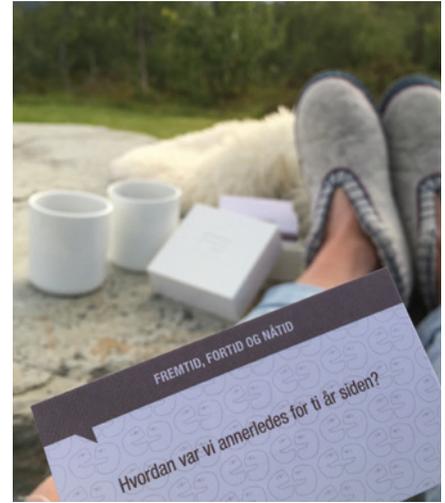
Great products often solve specific problems in everyday life. That is at least true for the Norwegian product FuelBox. The idea was born when Berta Lende Røed started missing the deep conversations that made her fall in love with her husband. She started making cards with open-ended questions that could reawaken their honest talks and saved them in a box. Then, one night, she invited her husband to join her on the couch.

"We ended up sitting on the couch for four hours. The questions made us laugh, cry and open up to each other again. I immediately understood that many people could enjoy and even need a box like that," says Lende Røed, now CEO for Fuel It, the company behind FuelBox.

Starting out with a FuelBox for couples, Lende Røed has developed ten different boxes full of questions in only three years. Together with her business partner

Tonje Flack and relevant experts, she carefully formulates questions that will fuel great conversations in specific social and professional contexts. They are now focusing on helping businesses improve their human relations and performance with FuelBox Team, FuelBox Leadership and FuelBox Innovation. They also offer custom-made FuelBoxes. Companies like Bavaria and Innovation Norway have already tailored boxes for their corporate culture and to meet their own customers' specific needs.

"It's often hard for employees to be honest at work. A FuelBox has no hidden agenda, so people speak up," Lende Røed explains enthusiastically. The corporate boxes are all about engaging leaders and



Left: Even though the first FuelBox was created to help couples, many companies now use FuelBox to develop better leaders, more tight-knit teams and more innovative business solutions. Photo: Joachim Bjerk. **Right:** An older man once told CEO Berta Lende Røed that a FuelBox had given him and his wife the best holiday of their entire 40-year-long marriage. "They hadn't talked about their grandchildren even once," Lende Røed says. Photo: Berta Lende Røed. **Below:** Bavaria is one of the companies that has tailored its very own FuelBox. Photo: Berta Lende Røed.

teams in sharing their stories, thoughts, experience, knowledge and skills with each other to, in the end, enhance performance. 'Imagine kickstarting a meeting by picking the question How do we communicate our values to our clients/customers and the world outside?' Lende Røed points out.

Will effectivity tear us apart?

At a fundamental level, the different FuelBoxes all serve the same purpose. As technology rapidly changes our lives, many things are becoming easier than ever. Communicating face to face, however, is not one of them. Through lectures and workshops, the social entrepreneurs in Fuel It are encouraging people to question whether technology is actually connecting them or not.

"We are getting used to being together without being together. We are looking at screens at breakfast, in meetings and in bed. Perhaps technology has brought us closer to everyone else – except those closest to us?" Lende Røed asks.

Changing expectations are also shaping our habits and identities. Many modern workers are struggling all day to deliver results while simultaneously trying to be better parents, friends and lovers in their free time. With so many roles to fill, no wonder that a well-meaning question can potentially lead to conflict. "Many

couples now divorce because one person is not feeling noticed or heard. If they want to nourish their relationship and learn more about each other, FuelBox can be a really fun and good investment," Lende Røed adds.

Asking for a better world

In spite of being a commercial product, a FuelBox can have a great social impact. Since Lende Røed brought the first box of questions out of her personal life and onto the market, her need for doing something meaningful in life has become even more obvious. She has developed a FuelBox for people with Asperger's and autism for another company and is launching FuelBox New Citizens this fall.

"We have involved refugees in the project, together with experts in the field of integration and Islam to understand which



topics and questions we should include in this box to create great conversations and a tool for learning Norwegian language and culture. I am honoured, humble and proud to be able to work with such issues," says Lende Røed, whose next milestone will be launching FuelBox in Sweden later this year.

However, the Norwegian CEO's ambitions, symbolised by the bold social media hashtag #fueltheworld, are far from limited to the Scandinavia market. FuelBox can already be found in many thousands of homes and offices in Denmark and Germany, and as far away as Australia, Singapore and Dubai. It will likely continue to spread even further. "Most people in the world could use a FuelBox to stimulate great conversations and take life's most important relationships to the next level," Lende Røed concludes.

Please follow @fuelberta on Instagram, and use #fuelbox, Fuelbox and Fuelboxworld on Facebook. FuelBox is coming to Sweden in October 2016. The first FuelBox for couples was launched in 2013.

For more information, please visit: www.fuelbox.no, www.fuelbox.dk or www.fuelboxworld.de



HAPPIER AND HEALTHIER COMMUNICATION!
A NEW GENERATION AAC & VOCABULARY GAME



Left: A family using the app. Top right: Katrine Gulstad Pedersen together with children using the app. Right: The SuperSpeak app.

A mobile app that actually changes lives

The growth of new mobile apps is so significant that we hardly pay attention to the newcomers anymore. That was until Superplus joined the crowd with their SuperSpeak app, an app specially designed for children with special needs. Just like every child is different, the app allows for individually tailored games that promote communication.

By: Helene Toftner | Photos: Superplus

Imagine not being able to communicate your needs, opinions or simply telling your family you love them. This is the reality for many children who suffer from various disabilities, be it autism or speech problems. Having worked with children with special needs for ten years, Katrine Gulstad Pedersen was troubled by the lack of modern aids. Thus the idea of Superplus was born, a company that uses modern technology to make the children's lives better. "We created SuperSpeak, a mobile application that allows children without verbal language to communicate with the world around them. The parents or teachers can upload photos and sounds from the child's life into the app, meaning that the child can communicate using the device with familiar sounds and pictures," co-

founder and CEO Gulstad Pedersen says. The app is largely inspired by experiences and conversations with parents expressing their needs. The result is a user friendly and easy application that excites the children. "Like every child is different, there is no one-size-fits-all solution. With SuperSpeak, the carers can adapt the games and learning to the specific child," Gulstad Pedersen says. The company's employees are either app developers or come from a background working with children with special needs. "The mix means we know what tools are missing, and how best to change it technologically," she notes.

So far they have experienced rapid growth in the US, and have just launched the app in Norwegian. "Children all over the

world struggle with the same problems and because of the app's individual adaptability it fits most cultures and countries," she says.

Download the SuperSpeak app in Apple Store, with a 14-day free trial. The app is available all over the world in English and Norwegian.



Co-founder and CEO Katrine Gulstad Pedersen.

For more information and to download the app, please visit:
www.superpl.us
www.itunes.apple.com



Some of the Abildsø team.

The time has come to solve one of society's biggest problems

From time to time, newspapers report staggering numbers of school drop-outs. In Norway this means 15,000 to 20,000 young people every single year from the age group where school is no longer compulsory. Research shows that these children are more likely to experience social exclusion and unemployment. Abildsø Gård is a pioneer in the work against school drop-outs, offering children a day away from regular school once a week on a farm. "We want the children to experience a sense of achievement at least one day a week," founder and manager Asgeir Føyen says.

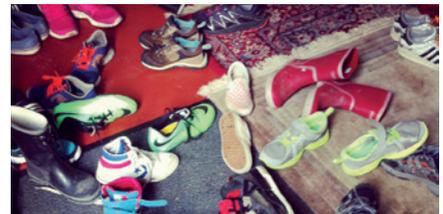
By Helene Toftner | Photos: Abildsø Gård

Abildsø Gård is a stunning old farm in the heart of Oslo, producing honey, vegetables and apple juice to mention some. Together with his wife, children and team, Føyen opened the farm to children who were struggling in school and today they work with 20 schools around the Norwegian capital. "These are children who are bright and eager, but for different reasons don't fit in at school. Frequently referred to as 'problem children', they often drop out of school as soon as they possibly can," Føyen says. "By giving them access to the farm one day a week they can use their energy

differently, and most importantly get a sense of achievement that they usually don't feel during normal classes."

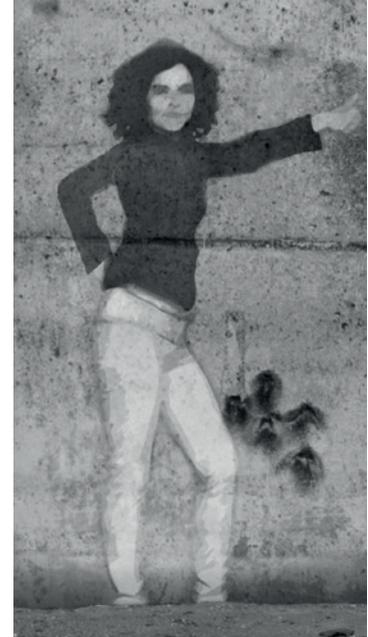
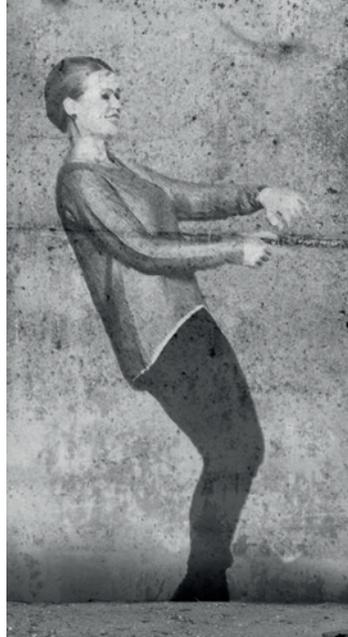
The idea is as simple as it is brilliant. On the farm, the children participate in practical tasks such as carpentry, media or caring for the animals. The practical challenges thus naturally integrate traditional academic subjects such as maths, natural sciences and home economics. "Research sees a spill-over effect from achievement here to achievement during the four days they are back at school," Føyen notes.

Føyen hopes that more people will open their farms and other locations for this purpose. "Recent research has shown that drop-out rates decrease amongst those staying with us, and therefore the government is starting to catch onto the idea," he says. "If you consider starting similar activity in your local community, we may be able to assist during the start-up phase."



While sense of achievement is important, so is the social aspect where the children make friends and create relationships with grown-ups as well as other children.

For more information and to contact Asgeir Føyen, email af@abildso.org or visit www.abildso.org



A social entrepreneur needs the willingness to take risk (picture 1), persistence (picture 2), good results (picture 3) and loyal partners (picture 4).

Bridging the gap between drop-outs and a peaceful future

Each year, the social entrepreneur Ingeborg Omdal Lykseth and her company **lyk-z & daughters** in Norway assists around 300 youths at risk to help them return to school and work, and live with self-confidence and happiness.

By Ellinor Thunberg | Photos: Mediateam

“Social entrepreneurship is very different from aid work or volunteering, since it relies on having a business model and making money,” says Ingeborg Omdal Lykseth, founder of the company **lyk-z & daughters**.

Human emotions such as sadness and loneliness are sometimes diagnosed as anxiety and serious psychological disorders. But Omdal Lykseth believes in a completely different reality: that everyone has what it takes to make the changes they need for a happier future.

Build a bridge to understanding

Lyk-z & daughters has developed a unique leadership programme: **FROG On-line Identity**, a combination of workshop and online training. This training empowers the participants to take active steps to reach the future they want. During the training, they find their inherent qualities and unique abilities and experience a big emotional change as the training builds

the bridge between knowledge and understanding. But they cannot do it alone.

“We need brave commercial companies to support us. The supporting companies will, from the perspective to make a social impact, invest in our company to make it possible for more young people in their region to participate in the programme,” she says. The investment from each company will make big changes for the youth they can support in their region. The sum of investments will in total help several youths and save society big social costs.

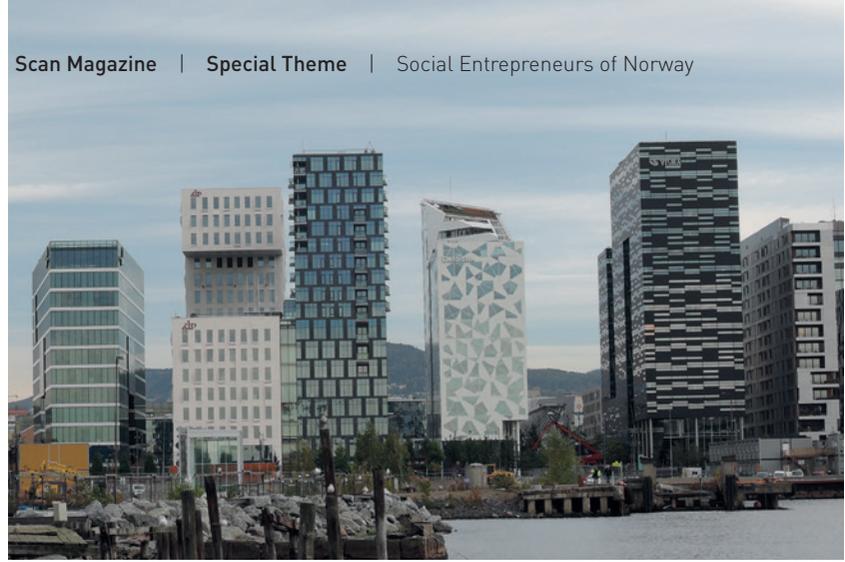
Emil Eriksrød, CEO and partner at R8, one of the local supporters, says: “The dedication **lyk-z** shows to the programme is vital, and R8 wish to take part in the development of the local youth through the programme. Our target is that all of the local youth will find their way back to life and have stable work.”

Omdal Lykseth is a social entrepreneur at heart; she cannot tolerate injustice. So what makes her keep the faith? “The belief that anything is possible – and it is actually in the small magic moments that change occurs,” she says.

If your company wants to support youth in change, please contact: www.lyk-z.no/en



Left: The key to a peaceful future. Right: Emil Eriksrød, at the local supporting company R8. Photo: Max Emanuelson



Building green – build for life!

With increasing understanding of the negative implications of waste and pollution, there is an ever-growing demand for greener living solutions. Ecoteria AS is spreading knowledge to architects and building contractors about optimal interior and building materials in the hope of minimising the footprint we leave on the planet.

By Ndéla Faye | Photos: Vikki Johansen

Vikki Johansen's interest in sustainable building materials began when she volunteered in rainforest conservation as a timber inspector. "Although no product can ever be completely environmentally friendly, I began to look at the lifespan of materials and tried to find those with the least possible amount of impact on the environment. It opened my eyes: we all depend on a healthy planet," Johansen says.

In 2014, she founded Ecoteria.no, a platform that helps architects and property owners find 'green' interior and building materials. The company is a member of the Norwegian Green Building Council, which aims to engage the country's construction sector to improve the quality and environmental

standards. "There's an increasing demand for environmentally friendly materials as many materials can have a detrimental impact on our health, as well as the environment – but they're still hard to come by," Johansen states. "There is a lack of knowledge at all levels in the building sector."

According to Johansen, the construction industry accounts for 40 per cent of energy consumption, CO₂ emissions and waste, in addition to huge amounts of toxic chemicals in the world. "The issue is very complex, as eco-friendliness doesn't stop at choosing the right product. We have to take into consideration the whole life-cycle of materials: from how the material is sourced to whether it's treated with toxic chemicals, energy

consumption and how it's transported, whether it can be recycled and how much waste has been created – everything has to be taken into account," Johansen explains. Ecoteria hosts workshops, events and presentations for architects, interior designers and builders. "Our website has a list of recognised, eco-certified building materials, as well as an extensive portfolio of our work and informative articles," Johansen says.

Ecoteria will be hosting a seminar in English at Oslo Innovation Week on 20 October, as well as a tour of eco-certified buildings on 21 October. "Hopefully, we'll be able to increase knowledge of building materials and construction. Choosing ethical and environmentally friendly products not only benefits our surroundings, but also leads to a healthier life – everyone's a winner," Johansen concludes.

For more information, please visit:
www.ecoteria.no



Pioneers of comfort and innovation

Economic safety, salary on time and trust in financial systems are amongst the fundamental conditions for comfort in modern society. Bluegarden has more than 45 years' experience of handling payroll and strives to develop new solutions for future needs and provide comfort and consistency to their clients in an ever-changing world.

By Nicolai Lisberg | Photos: Frederik Maj

Bluegarden has approximately 65,000 customers and handles more than 20 million payslips per year. This means that nearly 20 per cent of all salaried employees in the Nordic region get their payslips via one of Bluegarden's solutions. Still, the company's success is measured by how invisible they are. "Handling payroll cannot be a topic for the executive board – then we are causing problems. Usually you are succeeding when everyone in the company you work for knows you, but for us it is the other way around. We succeed when we are the engine running smoothly in the background, and that is the guarantee we can offer our customers. We can make handling the payroll invisible for the board, so to speak," explains CEO at Bluegarden, Mogens Elsberg.

With more than 45 years in the business, Bluegarden is a leading provider of payroll

and HR-related software solutions in the Nordic region. "We always have to think about how we can make things easier for our customers. We use new technology so that you can, for instance, register your time on your mobile phone or receive your payslip on your tablet. We are not only pioneers of comfort, but also of innovation," says Elsberg.

Complex systems, simple solutions

Right now many medium-sized and large Scandinavian companies are changing their IT solutions from end-to-end to best-of-breed, which means that instead of having just one solution for all their systems, they choose different solutions for each need they have. "It is a trend in the market and creates a challenge, since a company might have a different system for HR, time registers and staff development. We have been working on this for years and with our standard APIs

(Application Programming Interface) we can make it easy to integrate the different systems the customers have. We always focus on developing simple solutions that will never get too complex for our customers, leaving them free to concentrate on their core business," explains Elsberg.

Bluegarden has offices all over the Nordic region and offers solutions to companies in Denmark, Sweden and Norway.



CEO Mogens Elsberg.

For more information, please visit:
www.bluegarden.com



Let your hair down in the heart of Denmark's capital

Located perfectly in the centre of Copenhagen, right by the famous Tivoli Gardens, Rosie McGee's is a favourite among locals as well as tourists. It is a place to let your hair down and enjoy great food and music.

By Ndéla Faye | Photos: Rosie McGee's

First opening its doors in 1993, Rosie McGee's was the first super pub to open in Copenhagen. "Combining a restaurant, pub and nightclub was a brand new idea from the United States when we first opened the venue," says Robert Speed, director at Rosie McGee's. Open seven days a week, Rosie McGee's offers a relaxed atmosphere on the restaurant and pub side, and caters for livelier parties in the upstairs nightclub. The venue boasts two dancefloors and four bars, as well as a dining area on the restaurant side.

"We're able to cater to many different people as the venue is split across two floors," explains Speed. With a large outside area seating 80 people, Rosie

McGee's central location is perfect for a spot of lunch while customers take a break from the hustle and bustle of sightseeing and shopping. Rosie McGee's restaurant serves Tex-Mex cuisine, which includes fajitas, burgers and steak, and the bar offers a large selection of local and international craft beers, wines, cocktails and Scotch.

The story behind Rosie McGee's originates from Scotland and ends up in the Southern states of America. "The story goes that Rosie McGee was born and bred in the Scottish Highlands, where she became determined to find her long-lost father. Rosie ended up on an adventurous expedition across Mexico and western America. She opened

saloons and became known as the Grand Lady of the Gold Rush Era. Rosie's spirit lives on in our venue today," Speed explains, chuckling. The bar's décor is also a nudge to Rosie with its wooden furniture and intricate mosaic glass windows.

Referring to themselves as 'the home of drinking, dancing and good times', Rosie McGee's laid-back vibe and large venue provide the ideal location for dinners, large birthday parties and business functions, as well as big nights out. "We're a one-stop place: people can come into Rosie McGee's for dinner, then end up at the bar with some of our fantastic craft beers – and end up dancing the night away in the upstairs nightclub," Speed concludes.

For more information, please visit:
www.rosiemcgee.dk



View from flats. ✓



Marina.



Larios Shopping Centre.

Holiday in safe, social and sunny surroundings – no matter your age

It is a sad fact of life that as people become older and health problems emerge, their opportunity to travel and explore disappears. This is an experience that Finn Bejer-Andersen wants to change. In 2012, he set up Nordisk Senior Service (NSS) on the Costa del Sol, Spain, where elderly Scandinavians with possible handicaps can spend a holiday with the level of care they need from professional health personnel. More than 50 per cent return the following year.

By Louise Older Steffensen | Photos: Nordisk Senior Service

“I think everyone knows an elderly relative or friend who doesn’t travel anymore because they’re afraid to do so or don’t think they can,” Bejer-Andersen explains. “At Nordisk Senior Service, we meet our guests at Málaga airport and then we take care of everything right up until they go through security at the airport again. If someone needs assistance with a wheelchair on excursions, we do that; if they’d like help with showering or with bathing in the sea, we’ll be there. And if someone would rather be left alone, that’s fine too.” Guests have their own suites or flats and access to a swimming pool, international television, internet,

and even a nearby Danish church. If unexpected help is suddenly needed, staff are there 24-7, and a local Danish, Swedish and Norwegian doctor can be brought in. Bookings can also be made with a local Danish physiotherapist and refunded in Denmark.

Bejer-Andersen and the staff meet many couples where one partner cares for the other and the other is reliant on their partner for all activities. At an NSS respite care holiday, both partners get the opportunity to recharge their batteries and have fun together without constantly needing to worry about the other.

Whether guests visit alone or together, the setting usually becomes highly social as staff and several guests plan trips together to the thriving local markets in Málaga or towns such as Mijas, Márbella or Fuengirola. Danish Bejer-Andersen enjoys chatting to guests, and he and the Danish (and Norwegian-married) carer Søren provide a safe and comfortable line of communication between guests and locals, while Spanish carer Angela is hugely popular amongst guests.

The NSS carefully plan every stay with the coming guests before booking to ensure they comply with individual requirements. A few severe handicaps can unfortunately not be accommodated, but interested parties are encouraged to get in touch to check possibilities.

For more information, please visit:
www.nordisk-senior-service.dk or
 call +45 3693 4340



Insero has recently created a new I-TWR (Integrated Tower) solution to better provide the full benefits of its solutions to small and mid-size airports.



Insero's solutions make operating and monitoring airport systems not just easier but also safer.

A flying concept

When it comes to monitoring and controlling airport systems, security, reliability and usability are not just important, but vital. CEO of Insero Software, Anders Midtgaard, talks to *Scan Magazine* about the crucial assistance the company's systems provide for airport controllers in small and medium-sized airports.

By Signe Hansen | Photos: Insero

Having worked with airport systems since 1981, Anders Midtgaard and his team have extensive experience solving challenges for the airport sector. Through the years they have developed solutions that make operating and monitoring airport systems not just easier but also safer. "What we offer is basically a system to monitor and control their systems. For instance, if you look at the system that is used to light the runway and to guide pilots, there are usually five or six different elements that can be adjusted individually. Our system helps the operator to choose the right setting and to set it by pushing one button instead of six," says Midtgaard.

Insero has provided systems to control runway lights, metrological systems and air traffic control for virtually all of Denmark's airports. "An essential key to the success is that all systems are based on the same software platform, which creates a flexible and durable setup," says Midtgaard. "This means that our system in Sønderborg is, in reality, just a scaled-down version of the system that is running at Copenhagen airport. That's very significant when it comes to maintaining, supporting and developing the system. It gives our clients a durable platform to run their processes and us a very cost-efficient operation, which

allows us to focus on creating more value for our clients instead of solving problems."

Recently, Insero has employed the essential insights gathered through its clients to create a new I-TWR (Integrated Tower) solution to better provide the full benefit to small and mid-size airports. Being cost efficient and easy to operate, it will especially benefit smaller airports looking to increase their traffic in a cost-efficient and safe way. "We've put all of our experience into an I-TWR solution that is much easier to install, and with that we are opening a new market - it will be advantageous for smaller airports as well as new export markets," stresses Midtgaard.

For more information, please visit:
www.insero.com

Scandinavian Business Calendar

By Mette Hindkjær Madsen

World Water Week

Head to Stockholm to discuss and explore everything to do with the world's water issues. Network with and learn from decision makers, academics, young professionals and business innovators from across the world to find out how you can help contribute to a more prosperous, sustainable future.

Dates: 28 Aug-2 Sep

Venue: Various locations across Stockholm, including the City Conference Centre at Folkets Hus, Barnhusgatan 12-14
www.worldwaterweek.org

A Swedish crayfish party

If you like to socialise, this is the event for you. The Swedish Chamber of Commerce will be kicking off this autumn's events calendar with the annual crayfish party on 2 September. The crayfish season is one of the most popular cultural celebrations in Sweden, featuring comical paper hats, great food and traditional drinking songs more commonly known as 'snapsvisor'. Guests at the Swedish Chamber's crayfish party will enjoy welcome drinks, wine and traditional Swedish snaps and, most importantly, plenty of Swedish crayfish.

Date: 2 September, 6.30pm-11pm

Venue: HQS Wellington, Temple Stairs, Victoria Embankment, London WC2R 2PN
www.scc.org.uk

A Finnish crayfish party

The Finnish-British Chamber of Commerce invites members and friends to join their annual crayfish party. The event will take place at the Hurlingham Club, an exclusive sports and social club bordering the Thames and set in 42 acres of magnificent grounds. Guests can expect some delicious crayfish, a three-course dinner, a welcome drink, wine and of course vodka snaps and the unmissable accompanying songs. Every year there is a charitable auction for the support of FBCC's activities.

Date: 8-9 September, 6pm-1am

Venue: The Hurlingham Club, Ranelagh Gardens, London SW6 3PR
www.fbcc.co.uk

Reputation management

Save the date for this Norwegian-British Chamber event, the programme for which con-

tains presentations including Q&As as well as networking with drinks and canapés.

Date: 13 September, 6pm-9pm

Venue: Burness Paull LLP, Union Plaza, 5th Floor, 1 Union Wynd, AB10 1DQ, Aberdeen, Scotland

www.nbccuk.com

110th jubilee celebrations at Tate Modern

Join the Swedish Chamber of Commerce as it celebrates its ever-growing business network and the strengthening of the Anglo-Swedish business community with an exclusive and glamorous evening reception at the new Switch House at Tate Modern. Investor AB chairman Jacob Wallenberg will speak, and the evening promises first-class entertainment from renowned West End performer Gunilla Backman. Awards will also be presented to Max Martin, Kopparberg and Spotify.

Date: 14 September, 7.30pm-11pm

Venue: The Switch House, Tate Modern, Switch House Level 6, Tate Modern, Bankside, London SE1 9TG

www.scc.org.uk



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Remember, book early to get the best fares.

Everyone deserves a break.



www.stenaline.co.uk


Stena Line



Conference of the Month, Finland

Affordable ferry to a paradise of peace

A place of spiritual peace – a place where you start to breathe from the belly. Visitors range from conference guests keen to gain focus, to holiday makers with nothing but a bathrobe and a few novels in their suitcase. But they all agree, the serene surroundings and lack of distractions are what make HavsVidden stand out.

By Linnea Dunne | Photos: Sebastian Jern

“You’re likely to think you’ve taken a wrong turn the first time you come here,” says Bitte Islander, head of marketing and sales. “The woods grow deeper and the road increasingly narrow – but just as you think you need to turn around you’ll see the sign, and then it all opens up to panoramic sea views. It’s simply awe-inspiring.”

The 58-hectare grounds boast both quality hotel accommodation and 20-plus Scandinavian-style cliff-perched houses with floor-to-ceiling glass presenting uninterrupted sea views. In addition, there is a traditional Finnish smoke sauna and a pool house and outdoor Jacuzzi; for the complete relaxation and rejuvenation experience, warm your body in the sauna and then take a plunge in the fresh sea.

Afterwards, head back to HavsVidden’s restaurant for some gourmet food or a taste of the renowned coffee and cake buffet.

The generous grounds make for a private experience. Islander describes the modern, spacious home environment-style cliff houses as “a crossover of Alvar Aalto and Newport” and insists that it is impossible to stress here. “Our guests usually start with our immensely popular coffee and cake buffet before getting into a bathrobe and heading down to the marina for a sauna or dip in the sea. With a little imagination, it’s almost like overlooking the Moomin Valley as all the guests dressed in white stride across the red cliffs and paths of HavsVidden!”

Whatever the purpose of the trip – business, family quality time or a weekend of mindfulness – it is sure to be characterised by a slow and steady pace and the impression of nature’s greatness, where there is always drama outside the windows.

Yet Islander is keen to highlight a different aspect entirely: “It is so ridiculously

cheap to get here. You can get a ferry from numerous locations on mainland Sweden and Finland, and it won’t set you back more than a basic lunch,” she says, noticeably dumbfounded. “Moreover, Åland boasts some of the proudest and most honest people and is a very safe place, where doors are still unlocked and crime is rarely heard of. The quality of life here is high and in some places it’s almost as if time has been standing still.”



For more information, please visit:
www.havsvidden.com



Hotel of the Month, Iceland

A peaceful base for explorers

Iceland is like nowhere else with its volcanoes, glaciers and lava fields. The dramatic and saga-like landscape is great for exploring by foot, horse or Jeep. Icelandic Health Hotel on the southwest coast is the perfect base to rest in between those unforgettable adventures.

By Malin Norman | Photos: Icelandic Health Hotel

Keflavík is situated in the Reykjanes region in southwest Iceland, with a population of around 8,000 people. Whilst small, it has plenty to offer such as museums, cinemas, restaurants, bars and cafés and is also known for its musical heritage, sometimes even referred to as 'The Beatle Town'.

Located in a quiet suburb of Keflavík and with a short drive to the international airport, Icelandic Health Hotel is ideal for short overnight stays but also for visitors looking to stay longer. With its quiet setting

it is a relaxing and serene experience, with tours to many of the most treasured destinations such as Reykjanes Geopark, the Golden Circle and the Blue Lagoon – ideal for those who want to explore what Iceland has to offer.

Nature focus

"It's very peaceful and quiet here with the North Atlantic just outside the window," says marketing manager Katrin Sandholt. "And even though the hotel is close to the airport, you're not really bothered by the airplanes." Keflavík International Airport

was built by the US army in the 1940s and operated as a significant NATO military base. The hotel building dates back to this time when it was an exclusive place for officers and generals.

Today, Icelandic Health Hotel consists of two floors with a total of 42 rooms with hardwood floors, and queen or king-size beds. Every room is equipped with a flat-screen TV, a DVD player and free Wi-Fi, and bathrooms are fitted with a bathtub and shower. Facilities at the hotel also include a dining hall, an infrared sauna and an outdoor hot tub, as well as a meeting space for around 50 people. Right outside is a playground with plenty of space for the little ones to roam around. Sandholt stresses the importance of maintaining a high level of personal service and staff assist guests

in booking sightseeing tours, rental cars and transfers, for example.

This autumn, the hotel will change owners and further strengthen the focus on nature and its relation to the surrounding area. It will also take on the name Eldey Airport Hotel, after a nearby island off the coast that rises to a height of 77 metres and is home to a large number of birds.

Nature calling

Iceland is the most sparsely populated country in Europe, still volcanically and geologically active, and many visitors come to explore its lava fields, mountains and glaciers. "Nature here is very different, it's like walking on the moon!"

The southwest coastline is characterised by peninsulas, coves, straits and islands, with plenty to explore. Icelandic Health Hotel works mainly with tour operator

Travice, which organises sightseeing and adventures in the area and other parts of Iceland. One of the most popular destinations is the beautiful Blue Lagoon, a geothermal spa in a lava field that is only a 15-minute drive from the hotel. Its mineral-rich water is said to help people suffering from skin diseases and the site also hosts a research and development facility to help find new cures.

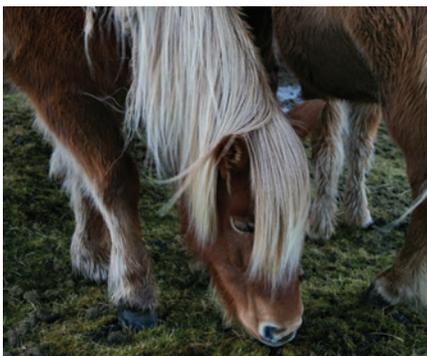
Reykjanes UNESCO Global Geopark on the Reykjanes Peninsula is another recommendation. It has 55 sites listed as Geosites such as dramatic sea cliffs, volcanic mountains, craters and lava fields. The geopark is also the only place in the world where the Mid-Atlantic Ridge is visible above sea level. Another great experience is the Golden Circle with three of Iceland's highlights: the magnificent Gullfoss waterfalls, the Geysir hot spring, and the breathtaking lava landscape in Thingvellir. Visitors can also join jeep

tours, try horse-riding on the typically small but hardy Icelandic horses and in winter hunt for the northern lights.

Apart from adventures in the stunning Icelandic nature, Sandholt recommends Ljósanótt (Night of Lights) for early autumn visitors. The annual festival started in 2001 and is always held during the first weekend in September in Reykjanesbær. This year it takes place from 1 to 4 September. As part of the programme of music entertainment and fireworks, around 2,000 children will release thousands of multi-coloured balloons to symbolise the diversity of the community.

Icelandic Health Hotel is open for visitors all year.

For more information and to book, please visit:
www.icelandichealthhotel.is





Hotel of the Month, Norway

The pearl of the north

By offering a rare mixture of wild nature, captivating history and high standards, Sandtorgholmen Hotel lets you experience northern Norway without ever losing your comfort.

By Eirik Elvevold | Photos: Alice B. Trulsen

At the edge of a peninsula, right where the strait of Tjeldsundet separates Norway's mainland from the grand island of Hinnøya, lies Sandtorgholmen Hotel. The hotel is surrounded by rugged mountains and, due to the strait's strong current, an abundance of fish. In the winter, the northern lights occasionally shine down on the hotel; but now, at the height of summer, the midnight sun can make the days seem endless.

Sandtorgholmen has long been a natural stop for sailors passing through Tjeldsundet. Being among Northern Norway's oldest trading posts, its histor-

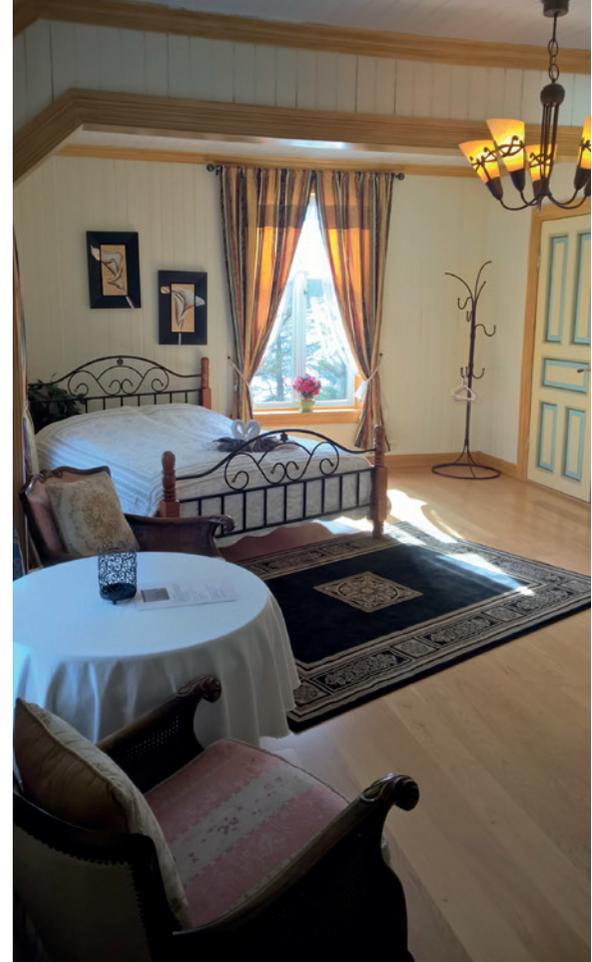
ical roots reach back at least 700 years to 1321, when it was first mentioned in writing. The centuries-old history was what motivated the couple Rolf and Alice Trulsen to establish Sandtorgholmen Hotel. After extensive renovation and modernisation, they can offer visitors a variety of high-standard accommodation options, ranging from hotel rooms and suites to apartments with several bedrooms, only half an hour's drive from the nearest airport.

"There has been a lot of hard work. We did it stone by stone," admits hotel director Rolf Trulsen. For tourists

wishing to experience Norwegian nature while staying comfortable, it has definitely been worth the effort. At Sandtorgholmen Hotel, you may eat in two different restaurants, drink Spanish wine in the old wine cellar dating back to the 18th century or pamper yourself with a sauna or a bath in the wooden tub outside. If you are more of an active type, you can explore caves, hike in the mountains, go deep sea fishing or head out on a killer whale safari. "We provide everything you need to enjoy Northern Norway's breathtaking nature," Trulsen asserts.

Something old, something new

Rolf and Alice Trulsen's work with Sandtorgholmen Hotel has earned them several awards, among them Olavsrosa (St. Olaf's rose). The award is handed out by the voluntary organisation Norwegian



Heritage to those who protect Norwegian cultural heritage through sustainable use. Arriving at the hotel, you can quickly see why their work has been recognised. The main building, named Storgården, will probably be the first thing to catch your eye. Storgården is a white Swiss house in Dragon Style, a style of architecture expressing Norwegian romantic nationalism, built in wood in the early 20th century, where guests can enjoy some fine dining in historical surroundings and spend the night in a hotel room or luxury suite.

Another building that will immediately draw your attention is the hotel pier. The yellow building, overlooking passing boats of all sizes, was built in the same period as Storgården and has become the home of a combined café and restaurant, ten hotel rooms, up-to-date conference facilities and – of course – a quay for visiting boats.

Scattered on the grounds in front of Storgården are several wooden buildings painted in bright red. The biggest

of them, Bårdstuen, once housed servants and gave shelter to tired sailors stopping for the night, but now contains four bedrooms as well as a living room, kitchen and bathroom. Britasuiten, a former shed used for storing wood and salted fish and meat, has been renovated as a suite adapted to handicapped guests. It also works as the hotel reception, where hosts Rolf and Alice welcome the newly arrived with open arms.

Happily ever after

Hotel director Rolf Trulsen can reveal that another of the red buildings has a history out of the ordinary. "The storehouse that now serves as the bridal suite is the oldest building at Sandtorgholmen, built in 1750, and the only one to have survived all the four fires that have occurred here. According to an old legend, it has spiritual protection," Trulsen explains.

The legend dates back to the Napoleonic Wars, when a famine had left much of the Norwegian population starving. As Sandtorgholmen was a place of prosperity at the time, the housewife was handing

out food to those in need. However, her husband told her specifically not to feed one local woman because she was a witch. Ignoring her husband's warning, the housewife fed the woman and later received a special thanks. The alleged witch claimed that she would save the storehouse from three future fires.

"It came true, and no one understands how, since the storehouse stood between the other burning buildings. Now that it's a bridal suite, we like to think that it brings good luck to the newlyweds. We've hosted between 50 and 100 weddings, and all of the couples are still married," says Trulsen.

You can now invest in apartments and holiday homes at Sandtorgholmen. To show interest, send an e-mail to sandtorg@sandtorgholmen.no

For more information, please visit: www.sandtorgholmen.no



Hotel of the Month, Denmark

Cosy exploration at the heart of Limfjorden

Hotel du Nord - Løgstør Badehotel has been a steadfast presence in the little Northern Jutland town of Løgstør for the past 165 years. The charming family-owned beach hotel run by Eva and Jan Storgaard lies at the heart of Limfjorden, providing unbeatable fjord views as well as splendid local dining at the hotel's Restaurant Frederik VII. Here, visitors can sample the Limfjord mussels for which the town is famous.

By Louise Older Steffensen | Photos: Løgstør Badehotel

Northern Jutland is home to some of Denmark's most beautiful and varied landscapes. Rolling hills and forests give way to beaches, heathland and large wetland areas. Denmark's longest fjord, Limfjorden, known locally as the Town of Mussels, cuts through the landscape from east to west and sustains the area's great variety of birds, seals and other creatures, including the seafood-loving inhabitants of Løgstør. Every year the Mussels Festival attracts seafood connoisseurs from near and far, who chow(der) down on huge portions of freshly caught Limfjord mussels.

"We also have the music festivals Kanaljazz and Open Air," Jan explains. "In late August, Denmark's largest golf tournament takes place at Himmerland." The charming old hotel also provides the perfect setting for a historical tour of the nearby Viking fortress Aggersborg, Vitskøl Monastery and Limfjorden Museum,

which includes a rather large exhibition object – the idyllic 4.4-kilometre Frederik VII's canal.

When the Storgaard family took over the running of the 17-room hotel at the beginning of 2015, "we'd already managed another hotel for years, and fell completely for the gorgeous location and perfect size of this hotel", Jan says. "It's a proper hotel but small enough for personal interaction with our visitors." They modernised the facilities and added personal touches, but maintained the charm and character of the building. The harmony between old and new is reflected in the restaurant, where the menu includes several old meat and seafood classics made up of seasonal, wholesome local produce in line with the philosophy of New Nordic Cuisine. During the summer, the restaurant opens up its outdoor seating by the buzzing harbour, from where the

museum ship Grevinde Danner takes visitors on tours of the fjord.

With its many local trades and shops, Løgstør town is worth a visit in itself. Visitors are of course also welcome to take time out and enjoy the hotel's wellness facilities, the local Glenholm vineyard or take advantage of the area's eight top-notch golf courses.



For more information, please visit:
www.hotel-dunord.dk



Restaurant of the Month, Finland

From one island to another

Located on Reposaari Island, a 30-minute drive from the centre of Pori on the west coast of Finland, The Merry Monk has set out to bring British pub culture to the country. Since opening its doors a year ago, the gastropub has gained a loyal customer base made up of locals and tourists.

By Ndéla Faye | Photos: The Merry Monk

"Most of our customers have heard of The Merry Monk by word of mouth and through social media," says Paavo Munkki, who set up the gastropub with his wife and chef, Maija Munkki. The couple first met in London, where they were introduced to Britain's pub culture. "When we returned to Finland, we realised that pub culture doesn't really exist here. We wanted for families to be able to come in and enjoy great food and company – and that's where the idea for The Merry Monk came from," says Paavo.

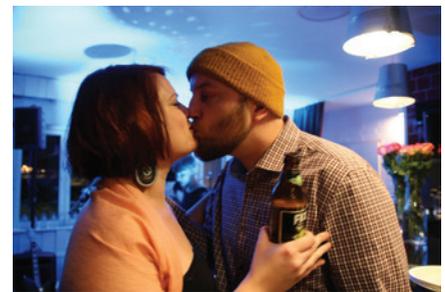
The family-friendly pub hosts weekly live music as well as pub quizzes to keep customers entertained even during the winter months. Serving traditional British dishes with a Finnish twist, The Merry Monk values fresh, locally sourced ingredients. "Our fish and chips are made from locally caught pike perch and Baltic Sea trout, and the meat for our beef

burgers is sourced from a nearby farm. We want to showcase a variety of local ingredients on our menu," says Paavo.

Reposaari Island is steeped in history: it has been an important naval base and harbour since medieval times and has a rather unique culture as a result. "Up until the 1990s, Reposaari Island had a daily siesta and shops would close for an hour each day, which is unusual for Finland," Paavo laughs. With less than 1,000 inhabitants, there is a real sense of community on the island. "We want to keep the spirit of the island alive and add to its rich culture. We're not competing with other businesses here; it's important for everyone to support and encourage each other."

As for the future, the couple is seeing where the wind takes them. "We've got a food stall at this year's Pori Jazz Festival

and we're constantly developing and evolving. This is our family business and we're looking forward to seeing what the future has in store. The sky is the limit," Paavo concludes.



For more information, please visit:
www.merrymonk.fi



Restaurant of the Month, Denmark

Food with a view

Karens Køkken (Karen's Kitchen) is situated in Ebeltoft just 50 kilometres east of Aarhus in the breathtaking Mols Bjerge National Park. The restaurant has fantastic views of the sea as well as the famous naval ship Fregatten Jylland; so sit down, relax and enjoy the mouth-watering food that Karen and her husband John make.

By Josefine Older Steffensen | Photos: Karens Køkken

It all started whilst Karen Kjærgaard was studying to become a teacher, when she and her friend decided to earn money through cooking for others. They were very popular and after a few years they both went their separate ways. Karen continued to cook, while working as a teacher and taking care of three kids at the time.

"It's hard work keeping it all going, so at one point I had to decide whether it was teaching or cooking that I was going to continue with and cooking won," says Karen. The family came onboard and when they took over the restaurant in

Ebeltoft a few years ago, they made it their own.

Hard work pays off

"There are now four kids and all of them come back each summer to help out. This is kind of where the family meets now. It's a bit untraditional but we make it work," Karen explains, whilst trimming tenderloin for the evening menu. "It's a lot of hard work and my husband and I are always the first to arrive and the last to leave but it's all part of the lifestyle."

The couple is extremely busy. In the summer the restaurant can seat 300

people and is open from brunch to dinner. "About 150 people turn up to brunch every weekend, so that's a very busy time for us and we're actually open for brunch every day in the summer because it's so popular."

Events and food out of the house

As well as seating numerous guests at the restaurant, you can also order food out of the house for events. The events range from celebrations to corporate events and the menus are created uniquely for each event. "We bring the food, along with a chef, which is usually John, so we ensure that as much as possible is made on the spot," explains Karen.

The restaurant can also be rented out for small and big parties. "We frequently have people celebrating their birthdays and anniversaries here. For the bigger events, we close the restaurants so that



it becomes a private event.” Even the frigate Jylland can be rented out and then Karens Køkken provides the food, so the possibilities are really endless when it comes to events.

Superb produce and excellent food

“The produce is the most important thing. Good produce means a better end result, so we’ve spent a lot of time finding people who can give us the best produce,” explains Karen. As the restaurant is right next to the sea, fish plays a huge role on the menu and there is always a ‘fish of the day’. “Currently we have cod in a champagne sauce, which is one of my favourites.”

Karens Køkken has something for everyone with succulent burgers, tapas and pasta on the menu, as well as fish and meats. “It’s a relaxed atmosphere and we don’t make extremely fancy food

in any way. It’s welcoming and homely and people enjoy it because it tastes good but doesn’t try to be something it’s not.”

“We make everything we can from scratch, including the bread, which we make every day,” says Karen. They have also decided that rather than having a traditional kids’ menu, they make everything on the menu in half portions as well, so that kids can also enjoy the food.

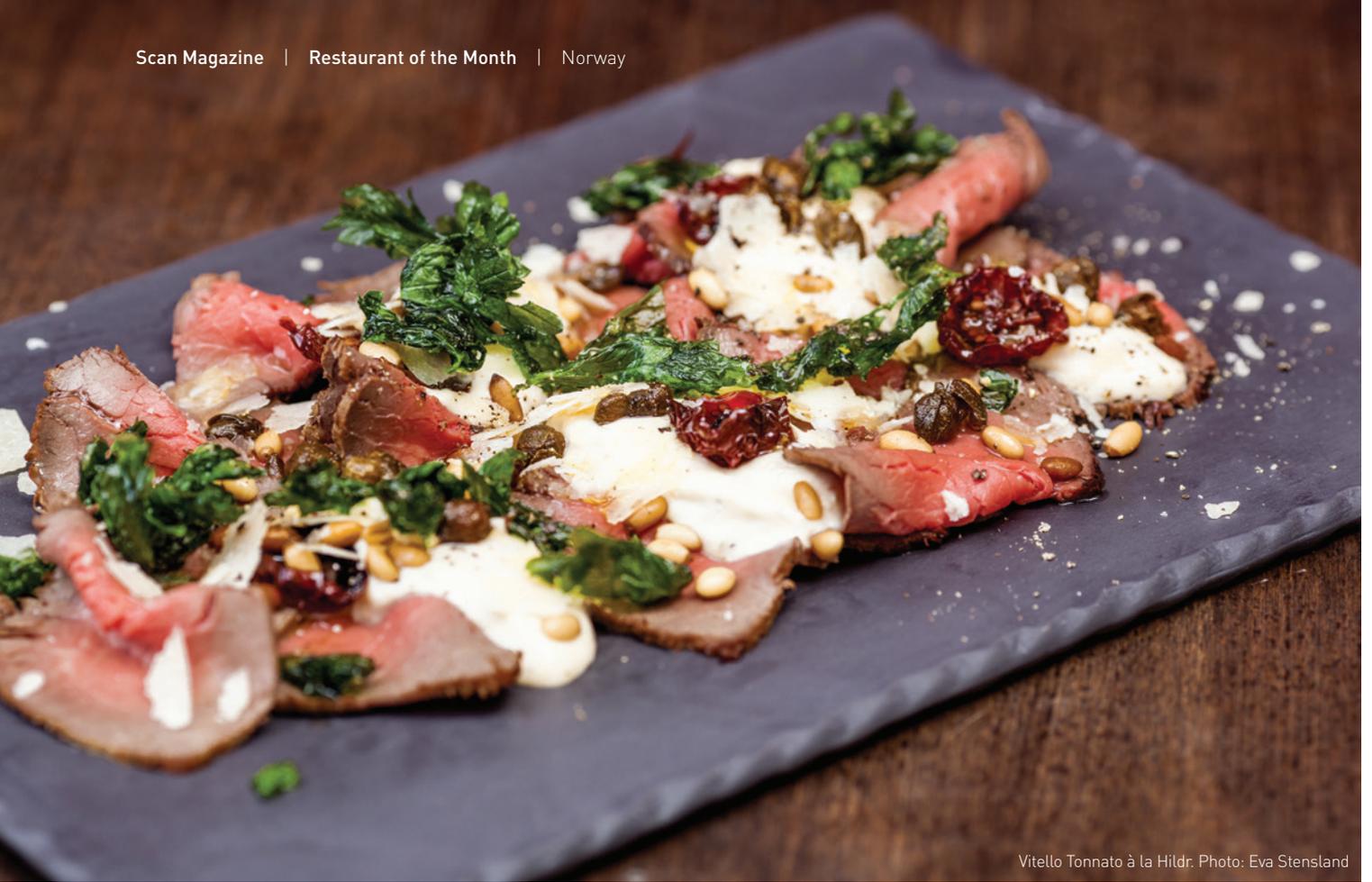
Inspirational surroundings

“I’m inspired by the things I see, and I often come up with dishes simply by playing around a bit and finding out what tastes good,” says Karen, who also never uses recipes. All the dishes are served on Royal Copenhagen tableware, but none of the plates are the same, something that has become a signature look for the restaurant.

“The restaurant has a homely feel as well as staying true to many of the Danish design classics, so we have Wegner chairs and Royal Copenhagen tableware, but at the same time my mum brings the flowers for the table. There’s a very cosy atmosphere.”

The breathtaking surroundings that can be seen from every table, provide the perfect setting for the unpretentious and delicious food made by a family of extremely hard-working individuals, who have come together to create an amazing restaurant for everyone to enjoy. Whether you are looking for a place to enjoy an exceptional brunch, lunch or dinner or a space for your next big celebration or event, Karens Køkken is worth a visit.

For more information, please visit:
www.karens-koekken.dk



Vitello Tonnato à la Hildir. Photo: Eva Stensland

Restaurant of the Month, Norway

Just like coming home – with much better food

Far into the Arctic you will find a small metropolitan oasis called Tromsø. Located literally on the sea, the town enjoys unlimited access to fresh seafood, such as cod, halibut and king crab. It is no wonder that five good friends packed their bags and left Oslo to set up Hildir Gastro Bar – a dream come true for the foodie crowds. One year on they can boast of a place many guests say feels like home, offering a menu that mixes international influences with local produce.

By Helene Toftner

Does the sound of ceviche and steam buns make your heart beat a little faster? Just wait until you hear how the chefs at Hildir Gastro Bar cook them. The ceviche is made from fresh fish caught just outside town, together with the traditional Norwegian vegetable swede, while the steam buns are filled with the northern delicacy that is dried cod, 'tørrfisk'. "We have all travelled the

world before returning to the homeland, and we continue to go on study trips to food meccas abroad for new inspiration," co-owner Bjørn Pettersen says.

The restaurant takes pride in creating fun and sometimes surprising dishes; a natural consequence of the mix of cuisines. Ranging from Danish sandwiches and traditional Norwegian

pots to high-end set menus with whale and halibut on offer, the chefs take turns in choosing the menu. "This means we serve creative twists all year around," chef and co-owner Marius Carlehed Jacobsen says and adds: "The sharing platters are particularly popular, as guests can socialise while trying different flavours."

When five friends share a passion

The story behind Hildir Gastro Bar started when five good friends lived together in Oslo. United by their love for food, they all had extensive experience from restaurants and eateries. "We realised we had more experience together than most during a lifetime, ranging from fine dining to low-key burger joints," co-

owner and restaurant manager Gabriela Carlehed Jacobsen says. "We all dreamt of starting something of our own, and this was the perfect time." Together they left the Norwegian capital and opened Hildr Gastro Bar in April 2015.

'Feels like coming home'

The restaurant is located in the old part of Tromsø, in an old renovated house with heaps of charm. In fact, the restaurant is named after a book by local author and former local Bernt Lie. With this in mind, Hildr Gastro Bar has taken its history into the present, with books and a self-developed library. The literary interior adds to the cosy atmosphere, creating what guests often say is 'a feeling of home'.

Something for every pocket and desire

The restaurant has pulled off a concept many restaurants have failed to, namely creating a place for everyone. "You will bump into people in suits enjoying after-work cocktails, as well as hikers dressed in Norrøna overalls," Gabriela notes. With their varied menu they cater for those looking for a special place to pop the big question, host a birthday party, or for those simply fancying the best burger in town. "We jokingly compare ourselves to Basset's Allsorts," Gabriela laughs, referring to the classic sweets of various colours and flavours. Jokes aside, they have succeeded in creating a down-to-earth place where everyone feels welcome

and those with budgets of all sizes can have a lovely meal. A testament to this is the burger bar, which they opened shortly after the restaurant. "We can guarantee quality food regardless of the price," says Marius Carlehed Jacobsen.

A foodie oasis in the middle of town

In line with current trends, the use of local produce extends to more than the sea. With the building came a city garden, the last of its kind in Tromsø. Together with enthusiasts from the Botanical Gardens in

Below: The five friends behind Hildr Gastro Bar. From left Håkon Arntsen, Marius Carlehed Jacobsen, Gabriela Carlehed Jacobsen, Emilia Carlehed Jacobsen, Bjørn Pettersen and Thoralf Utsi. Photo: Stian Olsen



Fish soup and sandwich à la Hildr. Photo: Eva Stensland

Tromsø, which was recently noted as one of the ten best gardens in the world by the reputable *Guardian* newspaper, they make the most of the garden and grow a range of vegetables and herbs. "And not least, it serves as a recreational space during the long summer," Bjørn says.

Hildr Gastro Bar is located in Tromsø, almost at the very top of Norway. The town has an international airport catering to London and Stockholm, as well as numerous connecting flights to Oslo.

For more inspiration and to book, please visit: www.hildrgastrobar.com



Welcome to Hildr Gastro Bar. Photo: Eva Stensland



Working behind the bar. From left: Bjørn Pettersen and Kyrre Ottem Moe. Photo: Daniel Mikkelsen



Ceviche à la Hildr. Photo: Eva Stensland



Restaurant of the Month, Iceland

A restaurant in the heart of Reykjavík

The old wooden Humarhúsið, or Lobsterhouse, located in downtown Reykjavík was built in 1838 and has changed hands quite a few times during its long history – it has even been part of a fierce ownership battle. Now Torfan serves gourmet French food with a Scandinavian twist.

By Ndéla Faye | Photos: Kári Björn Þorleifsson and Ívar Þórðarson

Torfan Lobsterhouse was taken over by co-owners Johnny Turtiainen and Ívar Þórðarson in December 2015. The restaurant offers French food with a Nordic twist, mixing traditional cuisine with a modern touch. Specialising in langoustine – also known as Icelandic lobster – as well as horse steak, Torfan Lobsterhouse is a favourite among tourists and locals alike. “We wanted to create a basic, simple menu with high-quality ingredients. As well as providing a welcoming and homely atmosphere, our focus is on fresh, locally sourced ingredients and seafood that’s fresh off the local fishermen’s boats,” says Turtiainen.

The restaurant’s name, Torfan Lobsterhouse, refers to its location on Bern-

höftstorfa, a historical part of Reykjavík that dates back to the very earliest days of the city centre. The wooden house itself has a special place in many of the locals’ hearts and, since its construction in 1838, the building has been through a great deal. “During the 1970s, the building had fallen into disrepair and was set to be demolished and converted into offices. But a group of hippies, activists and architects fought a fierce battle against the planning committee and restored the building to its previous glory. In the end, they won the right for the building to stay where it is,” states Turtiainen.

It is clear that staying true to the building’s roots is important to the new owners. “We’re extremely proud to have

taken on this restaurant that holds so much history and be able to bring our passion into it,” says Turtiainen. “We pride ourselves on offering gourmet food made from fresh ingredients. For guests who want to enjoy a special meal with great service in the heart of Reykjavík, surrounded by the city’s rich history, Torfan Lobsterhouse is the place to go. Even our resident ghost, Jórunn, is friendly,” Turtiainen laughs.



For more information, please visit:
www.torfan.is



Maria Källsson, CEO at Göteborg Book Fair. Photo: Ola Kjellqvist



Meg Rosoff. Photo: Jean Goldsmith



Göteborg Book Fair is the largest cultural event in Scandinavia. Photo: Niklas Maupoix

Attraction of the Month, Sweden

Standing up for freedom of expression

It is almost time for Göteborg Book Fair – the largest cultural event in Scandinavia. Visitors can choose from over 420 seminars, find new books, meet authors or explore this year’s theme: freedom of expression.

By Ellinor Thunberg

On 22–25 September, publishers, agents, readers and writers all head to Gothenburg on the Swedish west coast. Göteborg Book Fair is a unique place for getting to know Scandinavian literature and culture. “I think the book fair is more important than ever. We really want to stand up for the importance of how future generations are able to take on longer texts. It is crucial for learning, university studies – and simply for the future,” says Maria Källsson, CEO at Göteborg Book Fair. “Literature also brings an understanding of other cultures, environments, groups and religions. You can learn a lot and bridge a great deal of the fear that is the foundation of xenophobia.”

Unique seminar programme

The book fair started in 1985 and has grown from 5,000 visitors to around 100,000 per year. The seminar

programme is unique and no other fair boasts such an extensive selection. This year, visitors can choose from around 420 seminars, around 60 of them in English. Moreover, you can enjoy all the activities and talks taking place in individual stands around the fair.

“The seminar programme is the backbone of the book fair. We are proud of our exhibitions, stands and topics, but the seminars are where you can really delve deeper into one subject. The starting point can be a book, a political event or historic happening shedding light on a new aspect,” the CEO says.

The overall theme this year is freedom of expression, gathering speakers such as the UNESCO deputy director general Getachew Engida, the Saudi human rights activist Ensaf Haidar, the Syrian

poet Adonis and British journalist Peter Pomerantsev. “Freedom of expression is very topical in many ways, especially this year on account of the 250th anniversary of the Swedish Freedom of the Press Act,” says Källsson and adds: “I hope visitors will reflect on the fact that freedom of speech is not a given everywhere and what an important part of a working society it is. It is something that has to be conquered by every new generation.”

SIX AUTHORS TO MEET AT GÖTEBORG BOOK FAIR:

- Patti Smith
- Herta Müller
- Meg Rosoff
- Meg Wolitzer
- Sofi Oksanen
- Karen Armstrong

Göteborg Book Fair – more than 3,500 events across four days.

For more information, please visit: www.goteborg-bookfair.com



Attraction of the Month, Denmark

A day on the farm

In this day and age, it can be difficult to know where your food comes from and how it is produced. Åbent Landbrug (Open Farming) is, for the 19th time, opening the doors to farms across Denmark on 18 September so that you can experience vegetable, meat and dairy production first-hand.

By Josefine Older Steffensen | Photos: Landbrug & Fødevarer

"We want to invite people inside the farms so they can see first-hand what goes on and have a conversation with the people behind it all," says Karen Hækkerup, CEO of the Danish Agriculture & Food Council. This year, 50 farms are opening their doors on 18 September.

At Åbent Landbrug you can experience everything from calves to chickens, while also trying to shake cream into butter or grinding flour. There are stalls where you can buy local produce and plenty of activities for both children and adults, including climbing on hay bales, which is always a hit regardless of age. In 2015, over 118,000 visitors enjoyed a day on a farm.

Opening up the world of farming

"Each year we set a new record in terms of visitor numbers. People really enjoy this day because they get to explore their relationship with farming and have a great day out at the same time. It's also interesting

because farming is so different to what we're taught in school, and it's constantly changing, so I think it's an eye-opener for many," explains Hækkerup.

All the farms that participate in Åbent Landbrug are part of a farmer's association and range in size and production. Some produce vegetables while others are dairy or meat farms. "The variety in the farms also reflects the variety in our farming. It's not just pig farming in Denmark," says Hækkerup with a smile.

Åbent Landbrug provides an educational yet entertaining way of seeing what a working farm is like and the immense amount of work and effort that goes into putting food on the table. Enjoy a day out where both adults and children can have a chat with the farmer, get up close and personal with the animals and learn all about where our food comes from.



Karen Hækkerup

ABOUT ÅBENT LANDBRUG:

When: Sunday 18 September 2016.

Opening hours: 10am-4pm.

Who: 50 farms across Denmark.

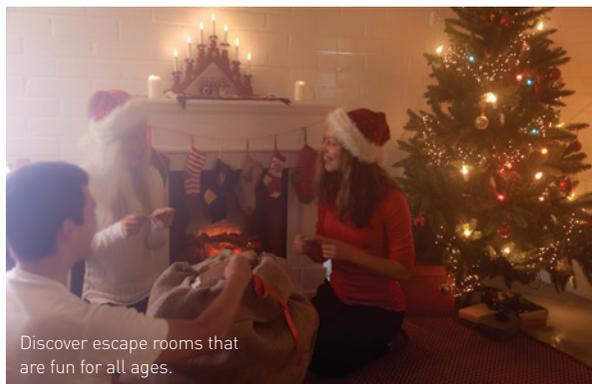
What: Discover cows, pigs, calves, sheep, hens, fruit and vegetables.

Get close to the animals, talk to the farmer, play on the hay bales and taste the local delicacies.

See all the activities and find out more at: www.aabentlandbrug.dk



The key to freedom at Escape Room Helsinki is teamwork.



Discover escape rooms that are fun for all ages.



Photo: Alex Checkov

Attraction of the Month, Finland

Immerse yourself into the mystery

Fancy a bit of an adrenaline rush? Enjoy solving problems? Then this might be just the thing for you. The concept is simple: a group of people are locked inside a room where they have 60 minutes to get out. As the clock is ticking, they must solve riddles and find clues hidden in the room. The key is teamwork.

By Ndéla Faye | Photos: Virgo Karp

Escape Room Helsinki is a real-life escape room adventure right in the heart of Helsinki. There are seven mystery games to choose from, each with their own storyline and puzzles waiting to be solved. Ranging from virtual reality and a murder mystery to a trip into medieval Europe, each room is decorated with props to match the story in question. "Our Escape Rooms are for everyone, as no physical strength or stamina is needed. All you'll need is common sense, observation skills and cooperation," says Yvonne Karsten, co-owner of Escape Room Helsinki.

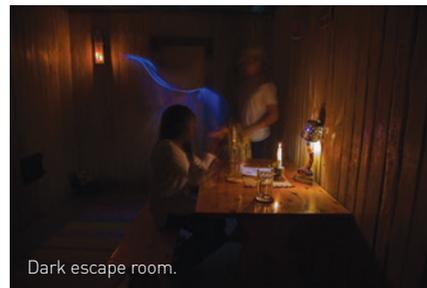
The escape rooms are heavily focused on complex and dramatic storylines, and the main aim is to allow visitors to immerse themselves fully into the story. "We try to

find interesting tales and folklore about the surrounding neighbourhood, as well as Helsinki's history in general," says Karsten. There are another three escape rooms opening in August 2016, and a few more in the pipeline for later on this year.

Each of the new stories is designed to give visitors a quick introduction to Finnish customs and mythology. "The Secrets of the Sauna story, for example, delves into the history of the sauna and allows visitors to experience all the smells and customs associated with the sauna – without having to take off their clothes. The Christmas escape room Santa's Key is a great way, especially for kids, to experience a Finnish Christmas throughout the year. And the Black Love mystery is only suitable for adults; it's

a dark, grim tale about Finnish love-triangles and jealousy," Karsten explains.

The game is a fantastic way to get everyone involved: from small to large groups and team-building days with colleagues to family outings and birthday parties. "There is something here for everyone – and it's a great way to get a fast-track introduction to Helsinki's history and some of the city's many stories," Karsten concludes.



Dark escape room.

For more information, please visit:
www.escaperoom.fi



Attraction of the Month, Norway

Appreciation of poetry and literature in picturesque surroundings

A place for creativity, inspiration and appreciation of language – that describes Stiftelsen Portåsen in a few words. The cultural centre is aiming to be as inclusive as possible to all ages and has something to offer everyone in order to give them plenty of reasons to visit.

By Marte Eide | Photos: Nina Marshall

Stiftelsen Portåsen is located just outside Drammen, about a one-hour drive from Oslo. The poet Herman Wildenvey was born and raised at Portåsen farm and wrote a love declaration to his home

through poems. That is why Portåsen is referred to as 'the kingdom of Wildenvey' and why he and his work are still an inspiration for the location and its visitors. The art and importance of word and language

are key at Stiftelsen Portåsen. "We want to encourage a more conscious relationship to language and how it is used, which can benefit all generations," says general manager Jon Mihle, "which is why we describe it as a place for innovation within poetry and lyric."

Recent developments

The establishment consists of three different buildings from the old farm, and includes a café and a digital archive.

"We are expanding and are currently building a new outdoor arena which will be able to accommodate 5,000 people," says Mihle. "It will open on 13 August and will be celebrated by the performance of Hellbillies." The new arena will be an addition to the already existing amfi, which is a more intimate arena hosting 400 people; together the two establishments will complete each other, "We were in need of a bigger capacity," says Mihle. "With the new arena we can think a bit bigger and invite bigger concerts and events. We are excited about the possibilities it will give us."

Facilities for courses and conferences

Amongst the many historical buildings, the library of poetry is of great importance. "It is constantly growing," says Mihle. "We mostly have Norwegian work but also some in English." The beautiful facilities surely give inspiration on their own, but combined with freshly prepared food from their kitchen the experience is complete. "We accommodate for a lot of businesses who want to have some cultural input during the course of their conference," explains Mihle. "We have a lot to offer and give our guests a complete experience. A lot of them enjoy it so much that they come back again and again." The menu changes according to the

seasons and the access to ingredients. "We also have an old traditional baking oven and can offer freshly baked bread and spreads to our guests," says Mihle. The beautiful surroundings combined with food experiences and literature will certainly inspire and rejuvenate those coming both for work and for leisure.

School projects and exhibitions

Stiftelsen Portåsen offers school excursions that work as both a social experience for the pupils and an academic supplement for the teachers to build on once they have returned. "We have more than 1,000 children and adults participating every year," says Mihle. "We want them to be inspired to look at language and words in a different way." They facilitate linguistic activities and challenge and develop their language skills while also stimulating their creativity. Amongst the activities are writing poems and haiku by using both new technology such as phones and the old-fashioned pen and paper. "We strive to offer a variety of activities and can customise the programme according to the school and the age of the students," adds Mihle. "We also arrange more creative writing activities, especially during the summers." There are several ongoing exhibitions at Portåsen at all

times exposing more rhetorical concepts, such as the use of language during different life events. "A lot of the content for the adults explore the meaning of language in everyday life and how it affects people," explains Mihle.

Ongoing activities

Together with an impressive number of volunteers, the management team at Portåsen assures that there are plenty of activities throughout the year. "We have a herb garden that our volunteers are particularly passionate about taking care of," says Mihle. "We also have an ongoing project called Plantearven that concentrates on taking care of the living cultural heritage so that the variation of plants can be enjoyed by the next generations as well – something that is very suitable for a historical place like this." One of the most particular things about the area surrounding Portåsen is the variation of orchids, and marked hiking trails make it easy for the guests to fully enjoy the beautiful natural scenery. Visitors may even be inspired to write their own tribute, just like Wildenvey did.

For more information, please visit:
www.portaasen.no





The Wadden Sea National Park has the largest population of the common seal found in Denmark. Photo: CasperTybjerg.

Activity of the Month, Denmark

The sun is black in Denmark's largest national park

With its vast sand beaches, rich marine life and extraordinary natural spectacles, the Wadden Sea National Park makes for an exceptional holiday destination. The 'black sun' phenomenon, one of the most spectacular experiences, takes place every autumn and spring when millions of starlings gather, blacking out the sky and sun.

By Signe Hansen

As one of just two UNESCO-listed natural heritages in Denmark, the enormous coastal landscape of the Wadden Sea National Park is unquestionably one of Denmark's most important nature reserves alongside biodiversity. Water birds, oysters and Denmark's largest population of seals all thrive in the large wetland environment created by the tidal waters. Combined with vast white-sand beaches, the biggest sky you can imagine,

local delicacies and a large number of traditional Danish holiday homes, this makes for a wonderful holiday experience for families, outdoor enthusiasts and couples alike. But even though the area, which became a National Park in 2010 and a part of UNESCO's World heritage list in 2014, has always been a favoured holiday destination, there is still a certain feel of novelty to a visit. Maybe it is because the main attraction of the

complex landscape, which is the largest national park in Denmark with its 146,600 hectares, is not as easily conveyed by film and social media as other destinations.

"When you look at areas such as the Grand Canyon and Great Barrier Reef, it is self-evident why they are UNESCO-listed; the Wadden Sea is not as straightforward, but once people experience the amazing nature we have, it becomes obvious. The Wadden Sea actually has a greater bio production per square metre than the rainforest," says Peter Saabye Simonsen, manager from the National Park administration. "I've hardly met any first-time visitors who do not leave here saying 'wow, that was amazing'. Especially

our Danish visitors are amazed, and a little embarrassed, when they realise how much they didn't know about this area."

The inhabitants of the Wadden Sea

The Wadden Sea, which covers coastal areas of Germany and Holland as well as Denmark, is the world's largest remaining unbroken system of intertidal ecosystems where natural processes continue to function largely undisturbed. The large, temperate, relatively flat coastal wetland environment provides a multitude of transitional habitats for marine creatures of all sizes and shapes. The very special bio production also makes the park one of the world's most important habitats for migrating birds. "To give an example, when a Red Knot lands here in the spring, it can consume thousands of small snails, worms and creatures living in the tidal flats and we have more than ten million water birds landing and feeding here every year," Simonsen points out.

The birds are not the only ones to favour the delicacies thriving in the tidal waters. The area is known for its delicious seafood,

which can be enjoyed in many local restaurants or picked straight from the sea. The guided tours, which are arranged all year, provide an excellent introduction to the area's unique marine life as well as the freshest possible natural buffet of oysters in autumn, winter and spring.

Explore, relax and recharge

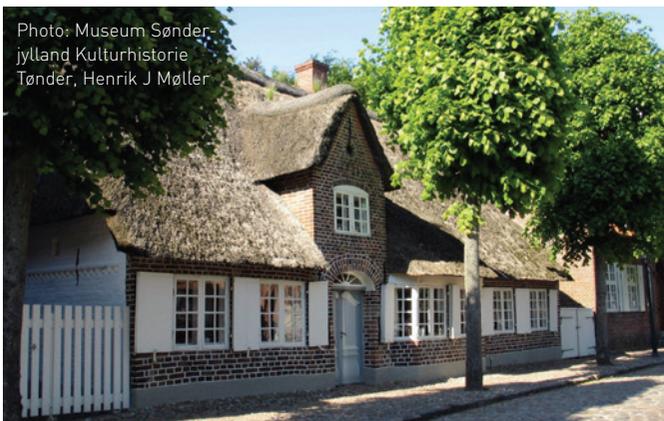
The oyster tours are just one of many chances to study and explore the area through one of the connected centres and guides. It is also possible to explore the challenges of living and building in the area in past times. "The area's distinct architecture illustrates the way our ancestors had to think to live in this very special landscape during a thousand years, where the tidal waters could sweep away everything within a few minutes. There are dikes, mounds, mills and pumps - the people who have lived here were extremely innovative and their means of managing the water have been used all over the world," Simonsen explains.

The park also comprises a number of historic houses and idyllic villages

including Sønderho, on the small island of Fanø, which was named Denmark's most beautiful village in 2011.

Still, the most famous attraction of the area is, of course, created by nature such as when the sun goes black. This happens every autumn and spring when millions of starlings flock together at sunset, blacking out the sky and creating one of the most striking natural spectacles you can imagine. This is one of a string of extraordinary holiday experiences found in the Wadden Sea National Park, which is open 24/7. "Denmark's national parks are easier to access than many other natural reserves. We have created an area where people can explore freely or with a guide as they please. Many forget, or don't know, but whether you are here for just a day or rent a holiday home for a week, it makes for a very special kind of holiday," says Simonsen.

For more information, please visit:
www.nationalparkvadehavet.dk





Experience of the Month, Denmark

Challenge yourself in striking surroundings at Camp Adventure

Climb, jump and fly your way safely through the Danish woods. Suitable for everyone from young children to grandparents, Camp Adventure offers exciting trails to test brave adventurers no matter their age or daring nature. Whether the occasion is a family trip, a corporate event or a bachelor party, these obstacle courses are sure to create a thrilling challenge.

By Mette Hindkjær Madsen | Photos: Camp Adventure

Amidst the tall green trees in a vast forest in the southern part of Zealand, you will find Denmark's largest climbing park, Camp Adventure. In the park, there are seven different obstacle courses placed in tree tops ten to 25 metres above the ground. Children from the age of three can embrace the orange track with a parent, and those 12 or older can take on the challenge of the most trying course, the red track.

"It's a different way of experiencing nature. You have fun together and are challenged mentally while you get to see the woods and its animals in a new way. People say it's a complete experience: a beautiful location with fun activities where the children are active instead of

staring at their iPad. Families often come with members of all generations," says Ida Roed Rasmussen, marketing director of Camp Adventure.

Better than an amusement park

On a rainy day, or if the guests prefer it, the adventure park also has an indoor climbing wall and there are cosy B&Bs nearby, perfect for arranging an event such as a fun birthday, a corporate outing or a bachelor party with anywhere from ten to 500 people. Through a partnership with Madsynergi, some incredibly tasty food is available for get-togethers so that all needs are taken care of.

"We value creating a complete experience that can't be found anywhere else. In our

brehtaking and calm surroundings, you get to use all your physical capacity as well as challenge your mind-set," Roed Rasmussen explains. "People push their own boundaries, trusting themselves to get through the obstacle courses and succeed. They leave Camp Adventure as different people than when they arrived."

The top-notch security system ensures that the adventurers are 100 per cent safe from start to finish, and there is no doubt that people are eager to return. "Children say that they would rather come back here again than go to Tivoli or Bakken," ends Roed Rasmussen.



For more information, please visit:
www.campadventure.dk

IS IT JUST ME...

Who feels we have become a society where everyone has an opinion about everything? No matter if it is rocket science, fashion, ice cream, global warming, kale salad or the EU – we all have an opinion, no matter the subject. And we are happy to vent it.

By Mette Lisby

Like on one major American network, where instead of covering news about 'Somebody Who Is Actually Doing Something', they have endless discussions with each other about 'What Somebody (usually Donald Trump) Said'. What did it mean? How was it perceived and what is your opinion about it?

95 per cent of said network's news coverage consists of people having opinions on what other people said. But what I cannot grasp is that unless you are a news commentator, how do people find the time to form and share opinions on every topic all the time? I mean, I respectfully glance at Facebook links to articles with comment sections lengthier than the taxation laws of Great Britain and wonder: who has time for this? Do people not have jobs? Families? Stuff to do? Who has the time to read all these articles and form a point of view on them?

But lo and behold, being a Facebook vanguard with opinions and snappy comments is not as time consuming as it may look. Turns out most people on Facebook do not actually read the articles they 'like', link to or comment on.

An online publication was puzzled by the fact that there constantly seemed to be significant discrepancies in the number of 'likes' and links and the number of actual views of the linked articles.

When the publication did a survey, people admitted to linking to and 'liking' articles solemnly based on the headline and whether that headline seemed "cool".

Like one guy explained: people 'like' whatever makes them look clever and thoughtful – typically something environmental or "something with dolphins". Something that



makes them come off as "deep" – only they don't bother to actually read it.

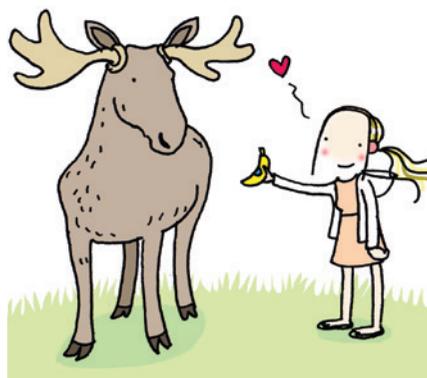
Oh, the irony! By the way, if you are reading this online, feel free to share the link on Facebook!

Mette Lisby is Denmark's leading female comedian. She invites you to laugh along with her monthly humour columns. Since her stand-up debut in 1992, Mette has hosted the Danish version of *Have I Got News For You* and *Room 101*.

Moose farm

Walking to school in Sweden was a dangerous pursuit. In the winter there were the blizzards and the frozen nostril hair to worry about. In summer and autumn there were the moose. Moose bulls are unpredictable at the best of times, all legs and horns and not enough good sense. During breeding season, all bets are off. The cows are not much better, generally a moody lot who, when in the company of a calf, become fiercely protective. They were all a worry to us kids, walking through the woods towards class. There was also one lone flasher who hung about in the woods, allegedly armed with a crossbow (probably to protect himself from the moose), but in truth he did not really seem like a threat compared to half a tonne of irate mammal with a top speed of 60 kilometres per hour.

On a recent trip to Sweden, my other half and I visited a moose farm. We turned up to find eight moose waiting patiently by the fence. They stood serenely while we stroked



their weird muzzles. Nick, my partner, was mesmerised. "What are they waiting for?" This was soon revealed in the shape of a massive hamper brought out by the farm owners. Much to Nick's amusement, it was filled with Polarkaka, which is exactly the

By Maria Smedstad

same bread that he gorges on during his visits to the country. Mixed in with the bread was a handful of bananas. "The bananas are for Gustav," the owner explained, pointing to one of the bulls. "He was bottle fed and we think that maybe the bananas remind him of that." And with that, my childhood worries dispersed. Because who can feel threatened by a two-metre-tall softie merely looking for his bottle?

Maria Smedstad moved to the UK from Sweden in 1994. She received a degree in Illustration in 2001, before settling in the capital as a freelance cartoonist, creating the autobiographical cartoon *Em*. Maria writes a column on the trials and tribulations of life as a Swede in the UK.





Jonas Gardell: The eccentric who loves 'lagom'

31 years have passed since Jonas Gardell published his first novel, *Passionsspelet* (*The Passion Play*). Writing about his own homosexuality, about being oneself and being accepted by others, he started as he meant to go on – by wearing his heart on his sleeve.

By Linnea Dunne | Photos: Stellan Herner

Gardell never stopped writing, and his career grew to include film scripts, stage shows, lecturing and music. Around 20 books, ten plays and over a dozen films later, he is one of Sweden's most celebrated writers and social critics, equally one half of the country's all-time favourite gay couple.

30 years together

This April saw the premiere of Gardell's new stage show, *30 År Tillsammans* (*30 Years Together*), a production that, the press release insists, is not a best of or greatest hits collection, but rather a hilarious show about the years gone by, the dreams that burst and the victories won. "It's a show where I use my life and career as a ruler for telling the story of Sweden's journey during this time," Gardell explains, describing his childhood Sweden as a place with two TV channels and three radio stations. "The burst dreams include the gun shots at Sveavägen when prime minister Olof Palme was shot dead. People couldn't believe that this would happen in Sweden – anywhere else in the world, but not here. And then there was Chernobyl, the radioactive rainfall that swept in across the north of Sweden, and the slaughtered reindeer. Then of course Estonia, which burst our self-image to pieces. 550 Swedes died. We weren't safe; we weren't protected because we were in Sweden; we were no exception. And a few months later, we voted to join the EU, embracing the idea that we indeed belonged to the rest of the world."

What about the victories? "I've written a lot about this country, and it's easy to romanticise it. But when I grew up it was still legal for a man to rape his wife, food came in tins, homosexuality was considered an illness. We're a more tolerant, curious society now."

He seems fond of tolerance and curiosity as cornerstones of an ideal world. A 1996 stage show of his gave Sweden the nickname 'Mellanmjölkens land', most closely translated as 'the country of semi-skimmed milk'. When asked how he would refer to his country today, he says that he is still quite keen on the semi-skimmed milk analogy. "It's not too much yet not insufficient. I think about this in relation to the whole debate around Islam and homosexuality; look at the Church of Sweden just 30 years ago and you'll see it preached exactly what the mosques are saying today. The Swedish church has changed in its meeting with us, because you can't judge and hate something that is so natural. And that change can happen in Islam as well, with imam training here in Sweden and Swedish-funded mosques – most imams now are trained in Saudi Arabia!"

He goes on to talk about the word 'lagom', suggesting that Sweden has failed miserably to market its most important strength. "You give and you take, that's what should be the great Swedish export to the world, to all ideologies and religions," he says. "Truth doesn't have to be black or white, and that way you

avoid extremism. See, a lot fits within the parameters for 'lagom'. I'm quite an oddball, and even I fit in. But the benefit of Mellanmjölk is that we don't have to kill each other – we accept compromise."

Sermons, persecution and redemption

Gardell does not have to talk for very long to assume the role of preacher, making clear beyond doubt that he has done more than his fair share of thinking about the big existential questions, and offering both analyses and solutions that would inspire even the most cynical. But why would he not assume the role of the preacher? He holds two honorary doctorates, one in theology from Lund University and one in medicine from Linköping University, and has given guest sermons on more than one occasion. "I have an ability to make people relate to what I say," he says. "I may be a bit different or even controversial, but even those who don't understand me can relate to my way of describing the world. I'm a naturally funny person, and humour is incredibly liberating."

Growing up as a sixth generation Baptist, Gardell talks of his constant urge to take a stand as more nurture than nature, an expectation that was always there and an inclination that was part of his heritage. Yet the early Baptists were persecuted and punished, something that resonates with an entirely different side of Gardell's reality. He describes *Torka Aldrig Tårar Utan Handskar* (*Don't Ever Wipe Tears Without Gloves*), the novel trilogy turned critically acclaimed drama series, as "an honorary assignment I knew I had to do" and talks about the time depicted by the books with painful clarity. "AIDS was a disease of shame that shouldn't be spoken of. All these people pretending they'd died of cancer – people showed



all kinds of ridiculous consideration for families and relatives,” he says. “It’s taken 25 years. I think time gives a much-needed perspective to look back at something and see patterns; we can look back today and see that what we were subjected to was completely baroque and absurd, but it was everything we knew then.”

He pauses for a moment. “This was my way of writing my friends back to life again. And in Sweden it was as if an entire generation was hit by collective grief, a 25-year-late national mourning. It became exactly the kind of redemption I had fantasised that it might be.”

‘We need to laugh’

Next up, alongside another run of *30 År Tillsammans*, is another book: *Bara på Besök* (or, *Just Visiting*). It is a memory book full of images and texts from the past three decades, “no expenses spared, extremely swanky”, Gardell says.

“Probably more for the real fans than the general public,” he is quick to interject, well aware that there are people out there who dislike him. “I’ve had my fair share of death threats, but I’ve lived with that since I was 18,” he says casually. “I went through and read all the things people wrote about me a few years back, including some incredibly vicious things, but after a while I realised that they ran out of ways to insult me – they couldn’t think of more ways to chop my head and genitals off, and then it felt like I won.”

At the time of speaking, Gardell is just about to get suited up to receive S:t Eriksmedaljen, a medal awarded to those who have worked with considerable impact for or in the city of Stockholm. “Now they’re going to thank me!” he laughs. “We need humour, we need to laugh. We should look after the people who make us laugh, and I’ve been making the Swedes laugh for 30 years now.”



Bara på Besök by Jonas Gardell and Stellan Herner is out on Norstedts förlag at the end of September.

A new run of *30 År Tillsammans* is starting in the middle of September.

For more information, please visit: www.jonasgardell.se



Photo: Simon Brask



Excellent food and great hospitality

Stammershalle Badehotel will pamper your senses with a culinary experience and take you back to when there was time to relax.

By Nicolai Lisberg | Photos: Jens Barslund

Since 1911, Stammershalle Badehotel has been situated on Bornholm's rocky foundation along the coastline with a magnificent view of the Baltic Sea towards Christiansø. This seaside view has fascinated guests throughout an entire century. "The beautiful surroundings help us to give our guests a feeling of getting back to a time where it was more common to go on a beach holiday and just relax and disconnect. Our ambition is to be a small, well-run hotel with a great kitchen that people want to come back to," says Henrik Petersen who, together with his wife Henriette Lassen, has owned the place since 2011.

Since the opening of Stammershalle Badehotel, they have received several awards. Head chef Daniel Kruse was awarded chef of the year in 2012 and last year they won the prize for best service

and best dessert at the annual Gericke award show, a gastronomic prize that is handed out by the association of Danish food critics.

Roots in the local community

The season begins in March and ends in December and even though the majority of guests come from Denmark, people from all over the world travel to Bornholm to try out the famous restaurant. "What makes the experience extraordinary is the fact that we can send our guests to our local suppliers and give them a feeling of proximity. It's a luxury that we can have our guests talking to the farmer at ten in the morning; he then digs the potatoes up at four and we serve them at the restaurant at six. Not many places can offer that kind of experience to their guests. The local engagement is an essential part of our philosophy," says Petersen and adds:

"Being a small place, we aim to create a cosy feeling and to be close to our guests, so we can live up to their demands and requests." Besides a culinary experience and the opportunity to relax in scenic surroundings, Stammershalle Badehotel also provides conference and meeting rooms.



For more information, please visit:
www.stammershalle-badehotel.dk



Discover 1,000 years of Danish history under one roof

Roskilde Cathedral's history dates back to the 980s when, according to legend, Harald Bluetooth, the Viking king who Christened the Danes, built a church in Roskilde. The cathedral, as we see it today with its high-vaulted ceiling, frescos and millions of bricks, has evolved and changed over the centuries to now include the graves of 39 kings and queens, while also being a UNESCO World Heritage site.

By Josefine Older Steffensen | Photos: Jan Friis

Roskilde Cathedral has a rich history that not only shows the development of Christianity in Denmark, but also the changes in European architecture during a period spanning a thousand years. You can sense the history as soon as you step through the doors and start to explore the cathedral, which is still in use today.

Early beginnings

Around 1170, bishop Absalon started the construction of a new cathedral, taking

a hundred years and 1.5 million bricks to complete. Under the influence of the incoming new Gothic style from France, as seen in the famous cathedrals of Notre Dame and St. Denis, Roskilde Cathedral became a church building never seen before in Scandinavia.

Although the Romans had used bricks for centuries, it became a lost art when the Roman Empire collapsed. However, it was rediscovered in the 1100s and

used for Roskilde Cathedral. "With the use of bricks in combination with the new Gothic style, the construction of Roskilde Cathedral had a profound influence on the spread of bricks as a building material throughout Northern Europe," explains David Høyer, the heritage and visitor manager of Roskilde Cathedral. "Roskilde Cathedral was the first Gothic structure in Scandinavia, and perhaps even outside France. It started an architectural revolution in Denmark away from wood and towards brick."

Uniting Denmark, Norway and Sweden

Queen Margaret I (1353-1412) united the three Scandinavian countries of Denmark, Norway and Sweden under Danish rule just before her death. She was buried in a small church in Denmark,

but when her son Erik struggled to keep the three nations together, he moved her to the impressive cathedral in the important city of Roskilde.

This meant that people could visit the unifying monarch's grave, and that the Swedes and Norwegians felt like they were part of something bigger. Sweden in particular was looking for independence, so it was vital to have a unifying point for the three countries. Although the church also contains the grave of Harald Bluetooth and a few other early medieval royals, it was the burial of Margaret I that sparked the tradition of burying the Danish monarchs in Roskilde Cathedral.

Royal influences

"It's a cathedral that's constantly changing," says Høyer. "It will probably never be completed. Don't get me wrong; it doesn't in any way look like a building site, but because this is a place where

monarchs are likely to be buried for a long time, they'll continue to add chapels and sarcophagi to the cathedral."

Every Danish monarch since Christian III, who died in 1559, has been buried in Roskilde Cathedral, and therefore the church has been expanded with numerous chapels and porches to commemorate the dead monarchs. The chapels are fascinating as they are built in the style of a certain period, and hence there are currently chapels representing the time from 1481, when Christian I died, to 1985, when King Frederik IX's chapel was completed.

Queen Margrethe II, the present Danish monarch, is currently working on her final resting place, which will be placed inside St. Birgitta's chapel and completed in 2017. "Although it may seem very strange to plan your own burial and funeral, it's actually incredibly important

for the continuation of the monarchy. It's a symbol of one monarch passing on the responsibility to the next monarch," says Høyer.

A UNESCO site

"Roskilde Cathedral became a UNESCO World Heritage site in 1995 because the building shows how European architecture has changed over a period of a thousand years, in addition to the cathedral's significant influence on the spread of bricks throughout Northern Europe," explains Høyer.

The details within the building also add to the church's history. The cathedral houses some of the largest and best-preserved medieval frescos in Denmark, as well as beautiful medieval furniture such as the many choir stalls, with their elaborate wood-carved scenes from the bible. Installed in the 1420s, they are still being used today.

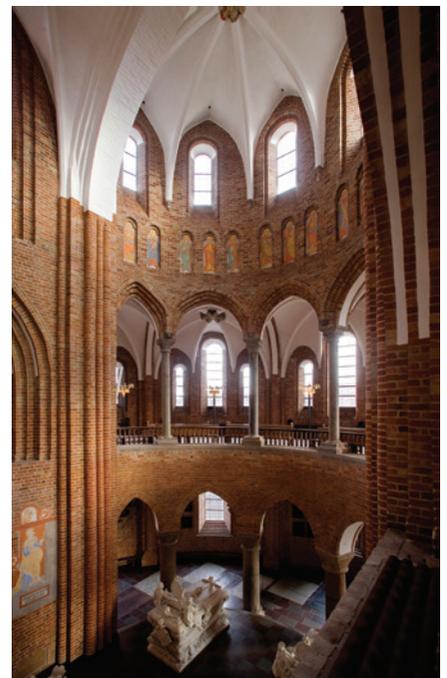




Christian IV.



Harald Bluetooth.



Embodying so many different historical periods, the cathedral is an incredibly fascinating space to go exploring in. "What you see today is a consequence of history," says Høyer. "So many people have influenced the building and shaped it to become what it is today, and it's still influenced by everyone who walks through the door."

Look out for the Great Dane

In the Chapel of the Magi there is a central pillar on which the heights of visiting royals have been engraved. Christian I, who was famous for his height and thus known as 'The Giant King', features on this pillar and measures a whopping 2.19 metres. This was discovered when his great grandson Frederik II opened up his grave to measure his height one hundred years after his death.

"He was undeniably a tall man, but for that time 2.19 metres would have gotten him into the record books. In 1847 the coffin was opened again, and it was discovered that Frederik II had only measured the length of the coffin and just taken a little bit off," reveals Høyer. "Christian I was

actually 1.85 metres, still tall for his time, but not quite the giant stature previously thought."

Worth a visit

If you are looking to go to a city where you can explore all aspects of Danish history, Roskilde is for you. First you can discover more about Viking life at the Viking Ship Museum, and then you can move on to the cathedral, which has been at the heart of Danish history since the tenth century.

There are fantastic stories, objects and places in the cathedral that you can investigate further during your visit. Included in the admission fee is a 50-page guidebook in English, French, Italian, Spanish or German. Alternatively, you can book one of the experienced guides who will blow you away with their compelling storytelling. Engross yourself in Danish history by simply stepping inside this incredible building, which continues to develop and evolve today.

For more information, please visit:
www.roskildedomkirke.dk

Scandinavian music

By Karl Batterbee

18-year-old Finnish-Swedish-American artist Kiara Nelson is the new find of the month. She has just released her debut single, *Cool My Rush*, and it is already getting quite the hammering on one of Finland's biggest radio networks, *YleX*. They are proudly heralding her as the Finnish answer to Dua Lipa – and when you hear *Cool My Rush*, you will understand why. This is brilliant modern pop music.

Norway's Kygo has been getting all the credit for making tropical house the success it has become over the last couple of years. But fellow Norwegian producer Matoma is equally prolific in Norway right now. His latest single, *False Alarm*, is epic: a summer-ready, hands-in-the-air kind of tropical house anthem for which he has recruited British artist Becky Hill to provide vocals.

Anyone else missing Swedish superstar Robyn? Well, she has popped up on a brand new song from British group Metronomy. It

is called *Hang Me Out to Dry* and is taken from their new album *Summer 08*, released in July. Robyn's vocals are a smooth addition to the deep electro track – and enormously welcome considering how long it has been since we have had new music from her.

Danish production duo TooManyLeftHands are lording over their native Denmark right now with new single *Can't Get To You*. Featuring the soulful vocals of Layth, it is a supremely catchy dance track with vaguely tropical stylings. It is of the soundtrack to many Danish summer parties and thoroughly deserves to start making it to a few more gatherings around the rest of the world.

Finally, you know that iconic Viking chant that Iceland introduced to the rest of Europe before each of their games at the Euro 2016 tournament? Well, Swedish artist Maria Marcus has turned it into a pop song – *We Are One (The Viking Clap)*. As the title suggests, it has been inspired by two



different sides to Europe that the continent has witnessed these last couple of weeks. In Maria's own words: "The Icelandic nation really came together in June, at those games and during very turbulent times in Europe. I'm a big fan of people who stand up for unity. So I did my thing... and wrote a song about it." It is – as you might expect – a bit of a banger.

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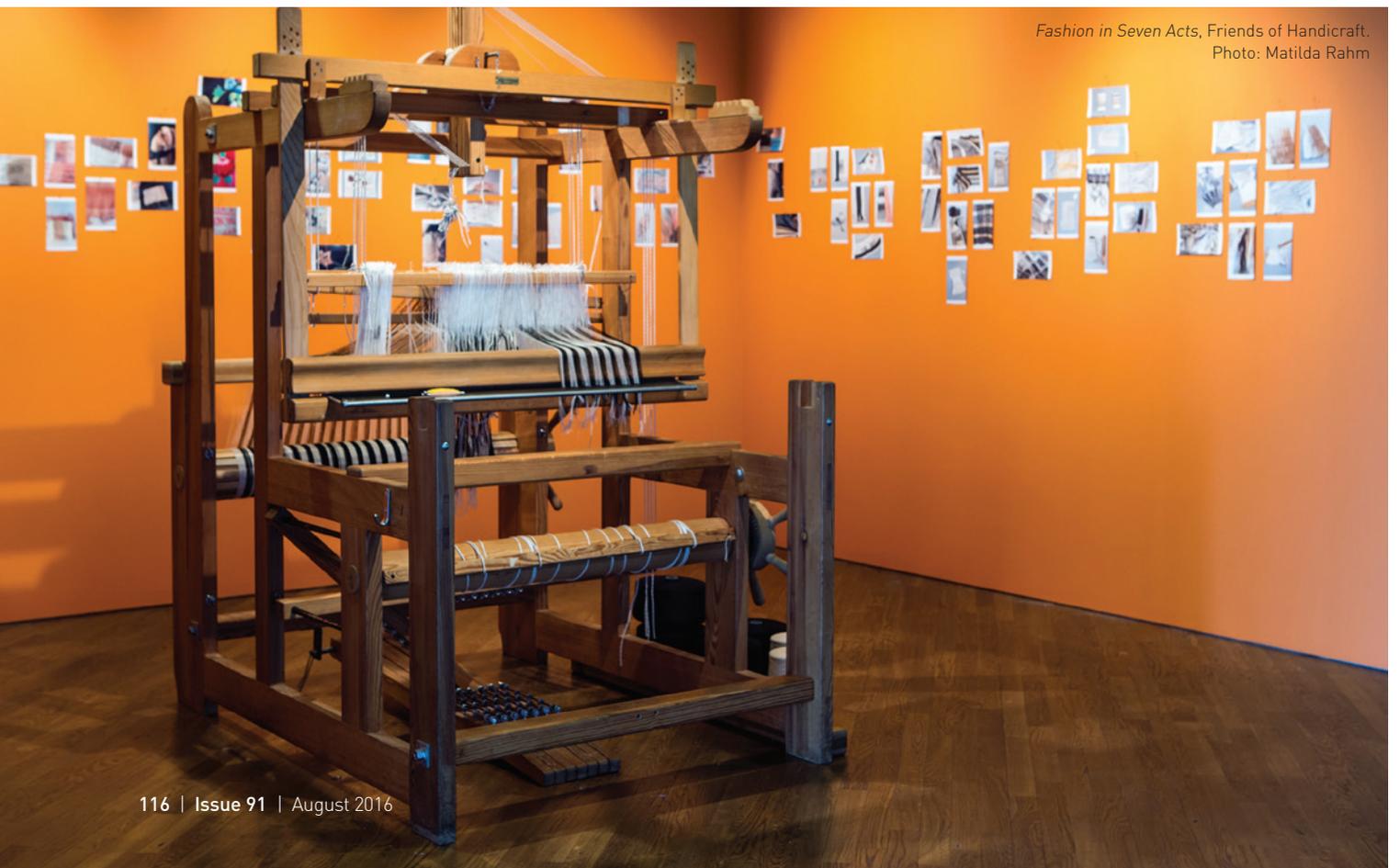
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The Main Level. Press photo



Fashion in Seven Acts, Friends of Handicraft.
Photo: Matilda Rahm



Katatonia. Photo: Ester Segarra

Scandinavian Culture Calendar

– Where to go, what to see? It's all happening here!

By Linnea Dunne

Peder Mannerfelt (17 Aug)

The Swedish DJ and producer performs his experimental electronic sounds. 8pm, Cafe OTO, 18-22 Ashwin St, Dalston, London E8 3DL

The Main Level (18 Aug)

The Norwegian pop trio heads to Islington for their first ever London headline show. 7pm, O2 Academy Islington, Angel Central, London N1 0PS
www.academymusicgroup.com

Trinitatis Kantori (19 Aug)

The Danish chamber choir performs a number of pieces including Mogens

Pedersøn's *Laudate Dominum*, Grieg's *Hvad Est Du Dog Skjøn* and *The Wee Wee Man* by Vagn Holmboe, as part of *A Fragrance of Scandinavia*. 1pm, St. Martin-in-the-Fields, Trafalgar Square, London WC2N 4JH
www.stmartin-in-the-fields.org

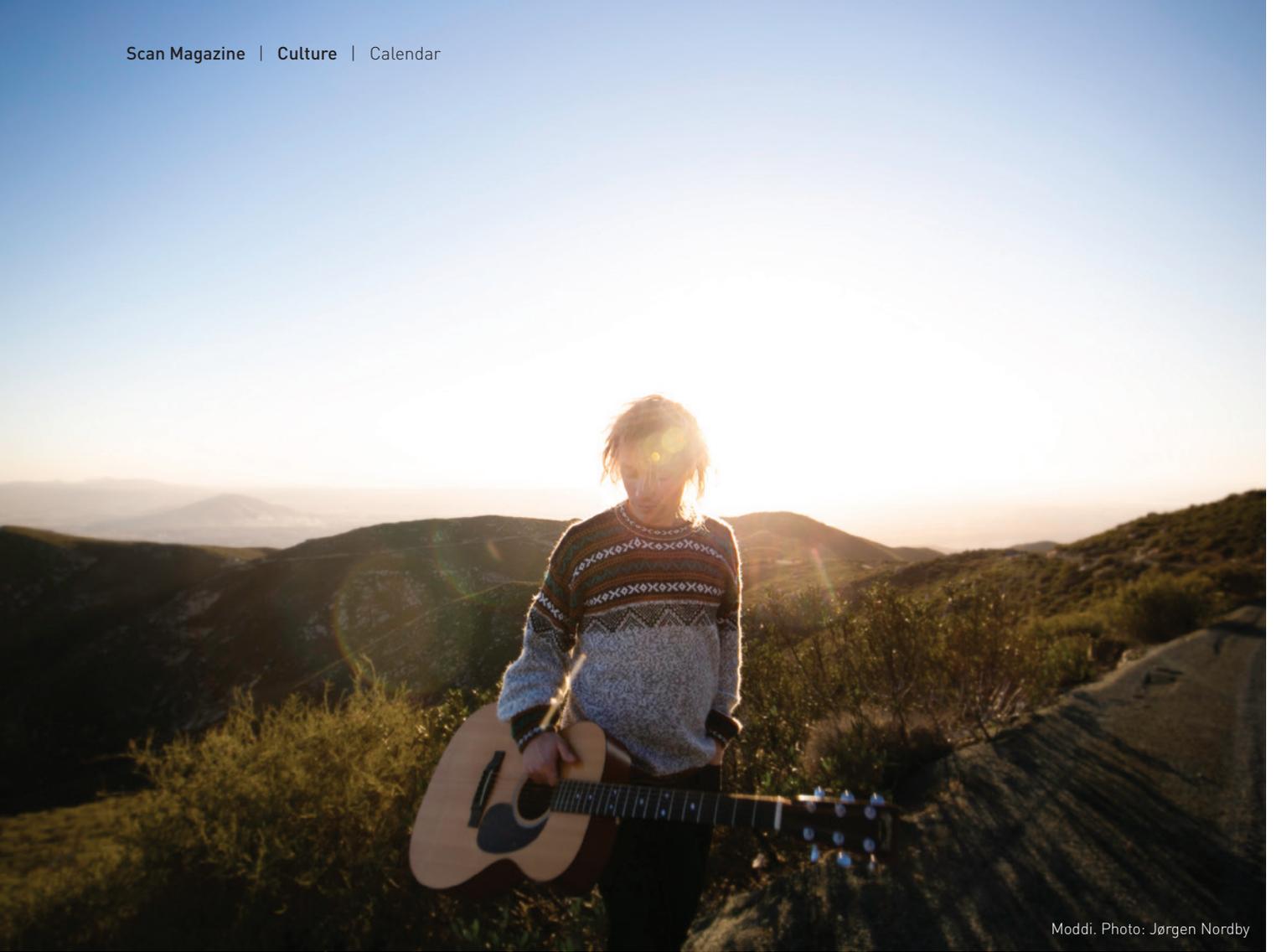
Ragnar Kjartansson (Until 4 Sep)

Known as the Icelandic artist who brought fun back to art, Ragnar Kjartansson brings playful, sensational art and installations to the Barbican Centre with works including *Take Me Here by the Dishwasher: Memorial for a marriage*, with ten singing performers, and *Me and My Mother*, in which the artist's mother

spits at him. Barbican Centre, Silk St, London EC2Y 8DS
www.barbican.org.uk

Fashion in Seven Acts (Until 4 Sep)

What will the fashion of tomorrow look like? *Fashion in Seven Acts* at Kulturhuset Stadsteatern in central Stockholm presents the works of students from several key Stockholm-based courses in fashion, craft and textiles. Among other things, they explore the economy, style and transience of fashion and provide insight into new Finnish fashion for men. Gallery 5, Kulturhuset Stadsteatern, Sergels torg, 111 51 Stockholm
www.kulturhusetstadsteatern.se



Moddi. Photo: Jørgen Nordby

Ingrid Fuzjko Hemming (18 Sep)

Japanese-Swedish classical icon Ingrid Fuzjko Hemming returns to Cadogan Hall for a special one-off performance in aid of animal welfare charities. The pianist will perform works of composers including Schubert, Mozart, Chopin and Liszt. 6.30pm, Cadogan Hall, 5 Sloane Terrace, Knightsbridge, London SW1X 9DQ www.cadoganhall.com

Eero Aarnio (Until 25 Sep)

This exhibition provides the most extensive overview thus far of the work and thought of renowned designer Eero Aarnio. The 84-year-old professor is one of the most widely known names internationally in the history of modern Finnish design and the Design Museum will showcase work including furniture, lamps, small objects and one-off pieces

from the 1950s to the present. Design Museum, Korkeavuorenkatu 23, 00130 Helsinki www.designmuseum.fi

Moddi (3 Oct)

Norwegian songwriter and storyteller Moddi brings his new project *Unsongs*, a collection of banned songs from different eras and cultures, to London. 7.30pm, St. Giles-in-the-Fields Church, 60 St. Giles High St, London WC2H 8LG www.stgilesonline.org

Katatonian (21 Oct)

Swedish metal band Katatonian are touring extensively this summer and autumn, including throughout South America and Europe, and will play a headline show at London's Shepherd's Bush Empire. 7pm,

Shepherd's Bush Empire, Shepherd's Bush Green, London W12 8TT www.academymusicgroup.com

Eero Aarnio, Pony seat, Design Museum Helsinki. Photo: Studio Pietinen, circa 1973.



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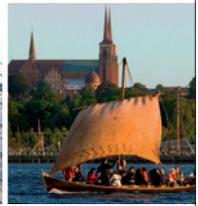
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