



## ***International workshop in Mo i Rana 7. – 10.10.2019***

Nordic NaBS project arranged a trip to Mo i Rana in Norway during October 2019, with the goal to create Nordic networks around the topics and benchmark with entrepreneurs and other actors from Finland, Sweden and Norway.

### ***Monday 7.10.2019***

During Monday, the trip started early in the morning in Kokkola and continued via Oulu, Tornio and Luleå to arrive in Mo i Rana in the evening. During the trip, everyone had the possibility to present themselves. The weather was fine during the whole trip, which enabled us to enjoy the view and even the Northern lights above our hotel.

### ***Tuesday 8.10.2019***

On forenoon, we had the Pan-Nordic workshop with participants from Norway, Sweden and Finland, which project manager Leena Välimaa opened with a project presentation. The main subject for the session was to explore the Inn på TUNET (IPT) operating concept by presentations of Hege Lindström, managing director at IPT Norge SA and Sissel Sivertsen from a local care farm, who had recently started IPT services. We ended the session with group discussions concerning the ideas and questions aroused by the two IPT-presentations. More information: <https://www.innpatunet.no/>

The afternoon session started with the overview of the Nordic nature-based service models with their strengths, challenges and preconditions by the WP3 working group. Every partner organization of the work package participated in the presentation: University of Vaasa / Finland (Olli Voutilainen, Martta Ylilauri and Merja Kangasjärvi), Luleå University of Technology / Sweden (Päivi Juuso) and The Norwegian University College for Agriculture and Rural Development / Norway (Rhys Evans, via distance connection).

In the presentation, contents and objectives as well as preliminary results, conclusions and recommendations of the work package were introduced. The preliminary empirical results were based on the observations of the interviews for entrepreneurs and actors in social and health care sector. The results regarding the questionnaires for entrepreneurs and actors in social, health care and pedagogic sector were not yet available. After the session, we had a “gallery walk” where the participants had a chance to present their posters and other materials describing their work on Green Care.

### ***Fjellvang stall och 4H gård***

We ended the day by visiting Fjellvang stall och 4H gård. The farm is hosted by Sissel Sivertsen and her family. I have space for 14 horses but on the farm, they also have sheep, cows, rabbits, ducks, a pig, cat and a dog. The farm welcomes visitors from school classes and kindergartens, who participate in seasonal activities. They offer on-site activities for, individual users, from schools, NAV (Labor and Welfare Administration) and various other user groups. In the summer, they have a popular summer club, or riding camp, for children and young people.

More information:

Facebook: <https://nb-no.facebook.com/fjellvanggard/>



Photo : Fjellvang stall and 4H gård farm sheep and cows

### **Wednesday 9.10.2019**

On Wednesday, we visited two different Inn på Tunet farms; Langfjell Gård and Furuheim Gård. The aim was to explore and become familiar with the IPT-concept as implemented among entrepreneurs and to exchange experiences.

#### **Langfjell Gård**

The Langfjell Gård lies in the middle of the Plur Valley, about 20 km from Mo i Rana. The surroundings are beautiful, and the routes allow taking shorter hour trips or longer day trips. The foundation for the horse care at the farm is ecological and to give the horses a possibility to live in natural way i.e. without horseshoes and bits, special saddles, ecological hew etc. By this, the horses have a possibility to live a good life according their heritage. During summertime, groups have a possibility to hike on horseback; 2 hours, half day or three-day long hikes. The relationship between humans, animals and the nature are the main purpose and for the services the whole nature with sea, fields, forest, and mountains are used. One example is the “greatness wall” at the canyon nearby the farm, which gives the customers the opportunity to write a personal note about something they have in mind but do not want to talk about.

More information:

Facebook: <https://www.facebook.com/groups/langfjell.gaard/members/>

Instagram: Langfjell Gård



Photo: Langfjell Gård farm horses



### ***Furuheim Gård***

The farm is in Susendal, in the edge of the Børgefjellet about 138 km from Mo i Rana. The surroundings are rich in activities and experiences from which some are seasonal, and others can be experienced year-round. The entrepreneurs at the farm work as farmers, with IPT-services, and tourism. The IPT services at the farm started during 2000 with client from social service, i.e. child protection services. Nowadays the client groups are mostly children and adolescents in need of special support, which can be related to physical or psychological disabilities or challenging family situations. The company's foundation lies on the clients' individual needs.

More information:

Facebook: <https://www.facebook.com/furuheimgaard/>

Web Page: <https://furuheimgaard.no/>



Photo: Furuheim gård milk pier

### ***Thursday 10.10.2019***

Travel back home, started early in the morning. During the trip, participants gave their feedback in questionnaires in order to evaluate the trip and activities. Overall, the results from the evaluation showed that the participants were satisfied with the trip and the planned activities. The travel arrangements, the meeting venue, the farm visits and the schedule were experienced as clear and relevant. The trip also gave possibility to networking, and ideas about how to develop one's own company. The bus trip to Norway and between farms was by some of the participants experienced as a bit tiring, and there was a wish for more space in the schedule in order to be able to see the surroundings. From the project workers view, the trip gave new ideas about entrepreneurs and actor's needs, which are important to develop the project.