



**Friluftsliv**



The first Norwegians arrived the country for approx. 9000 to 10,000 years ago

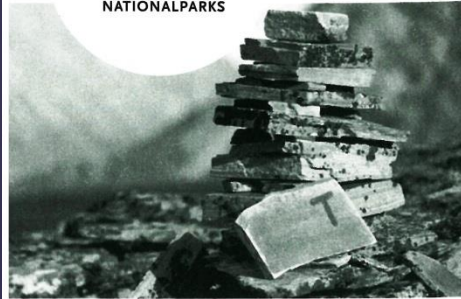


Agriculture in Norway is about 4500 years old.  
But until the last millennium hunting perhaps was still the most important way of life for the Norwegian.



Mountain farming (Alm) - an old and earlier necessary tradition in Norway

In May 1814 when the Norwegian constitution was written was the motto:



**Norwegens Nationalparks  
– unser gemeinsames Naturerbe**

chten Nationalparks ein, um unsere großen  
ebiete zu schützen – vom Meer bis ins Fjell.  
atur zur Liebe, für uns und für kommende  
tionen.

aturparks haben großartige Natur mit einem  
rselungsreichen Tier- und Pflanzenleben,  
fällen und Gletschern, höher gelegendem Fjell,  
e Hochebenen, tiefe Wälder, schöne Fjorde  
istengebiete zu bieten. Darüber hinaus zeigen  
güter, wie diese Gegenden früher genutzt  
l.

tionalparks bieten vielfältige Möglichkeiten für  
e und interessante Naturerlebnisse. Nutzen –  
spektieren - Sie unsere herrliche Natur.

nnen in Norwegens Nationalparks!

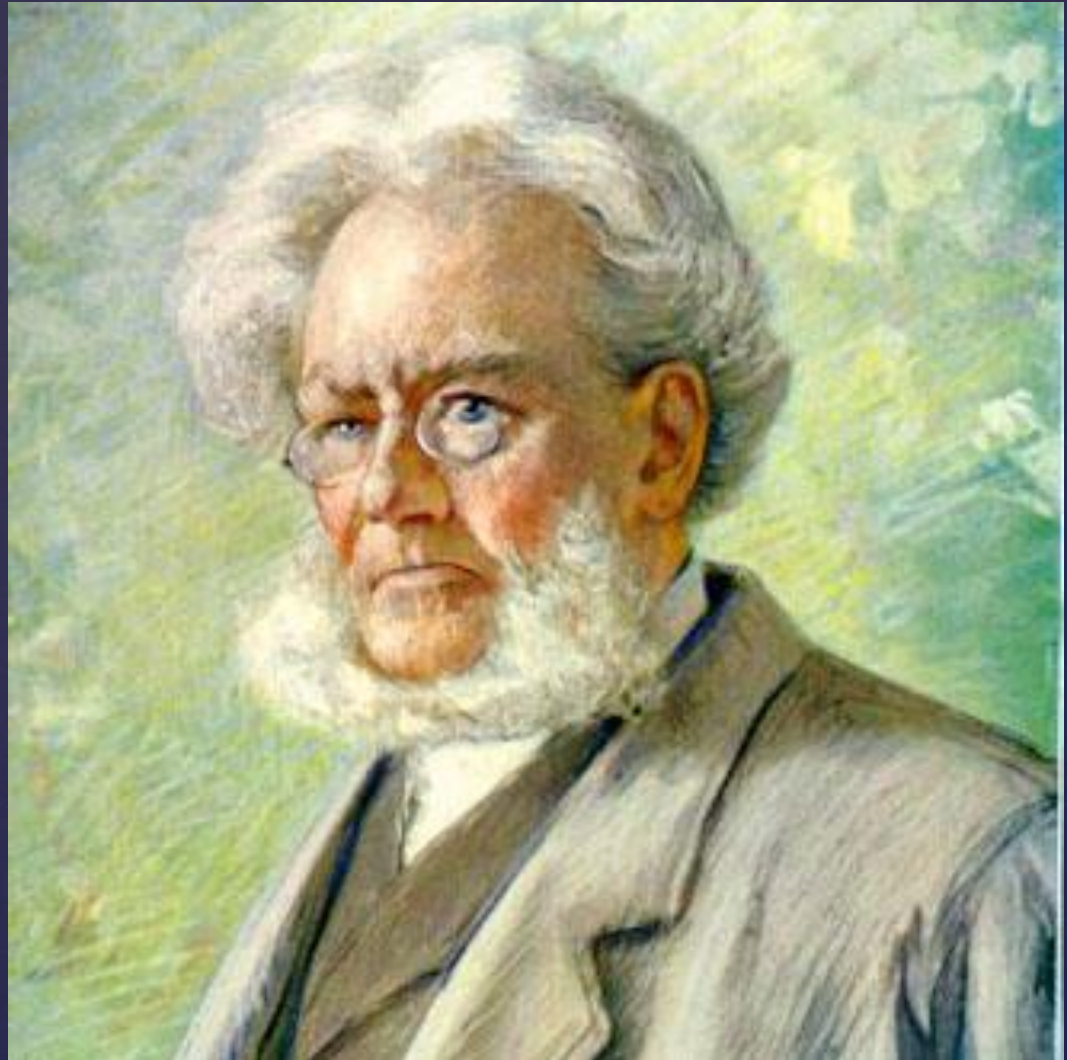
 **NORWEGIAN DIRECTORATE  
FOR NATURE MANAGEMENT**  
[www.dirnat.no/english](http://www.dirnat.no/english)



## Henrik Ibsen

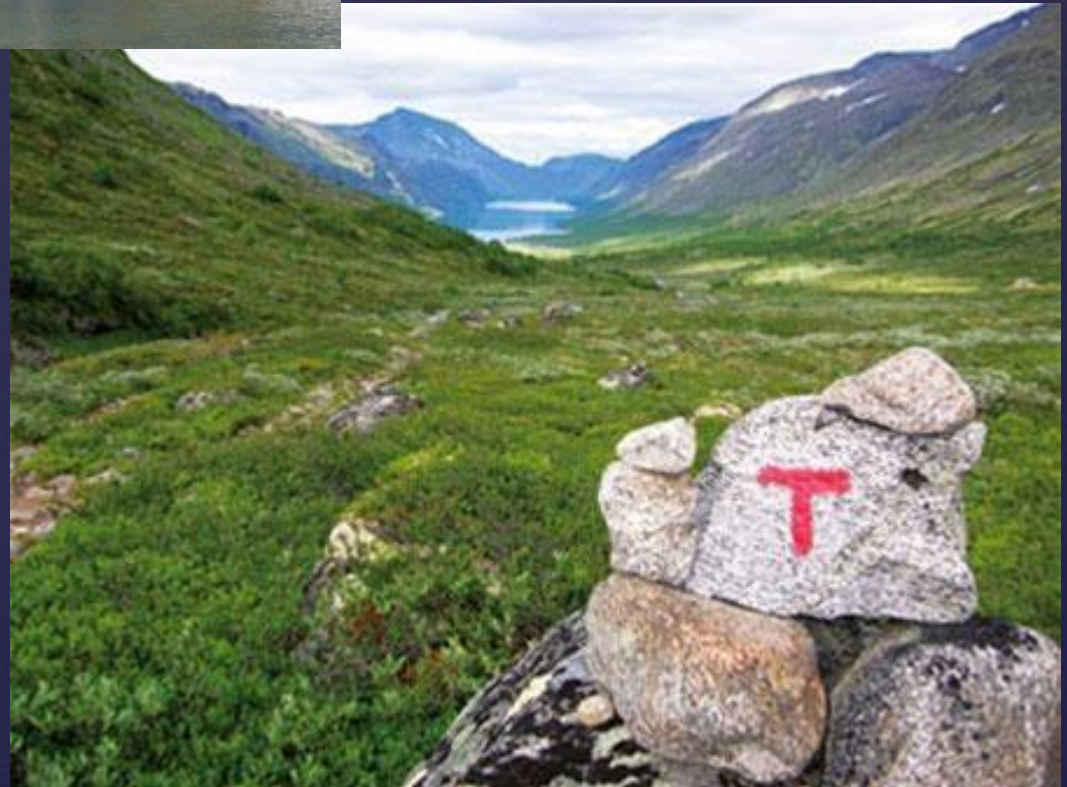
1828 - 1906

Henrik Ibsen is the one who has used the word *friluftsliv* in writing for the first time. It happened in the poem “På Viddene” (On the Mountainplateau) (1859). It reviews Ibsen life on the deserted living room that seats “Friluftsliv for mine Tanker” (Friluftsliv of My Thoughts).





DNT (Den Norske  
Turistforening) – 1868  
(DAV - 1869)  
Works with facilitation of  
outdoor activities for all,  
special in the mountains.





## William Cecil Slingsby

Norway, the northern playground; sketches of climbing and mountain exploration in Norway between 1872 and 1903.

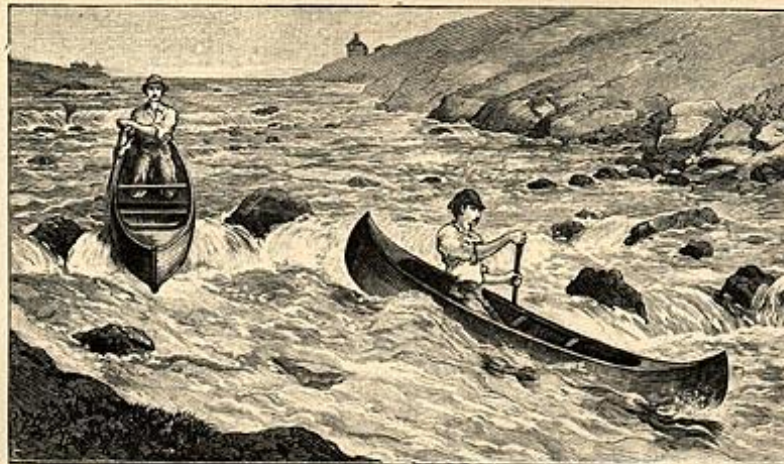
Cecil Slingsby's outstanding feat in Norway was the first ascent of Skagastölstind, a ragged tooth of rock rising to nearly 8,000 feet.

## THREE IN NORWAY

21

TWO OF THEM

*Ch. Holboell, Dolven, & James A. Beer*  
 WITH MAP AND FIFTY-NINE ILLUSTRATIONS ON WOOD  
 FROM SKETCHES BY THE AUTHORS



LONDON  
 LONGMANS, GREEN, AND CO.  
 1882

• Nedover strykene ved Gjendesheim.

«Three in Norway by two of them»

Jotunheimen in the beginning of the 1880's



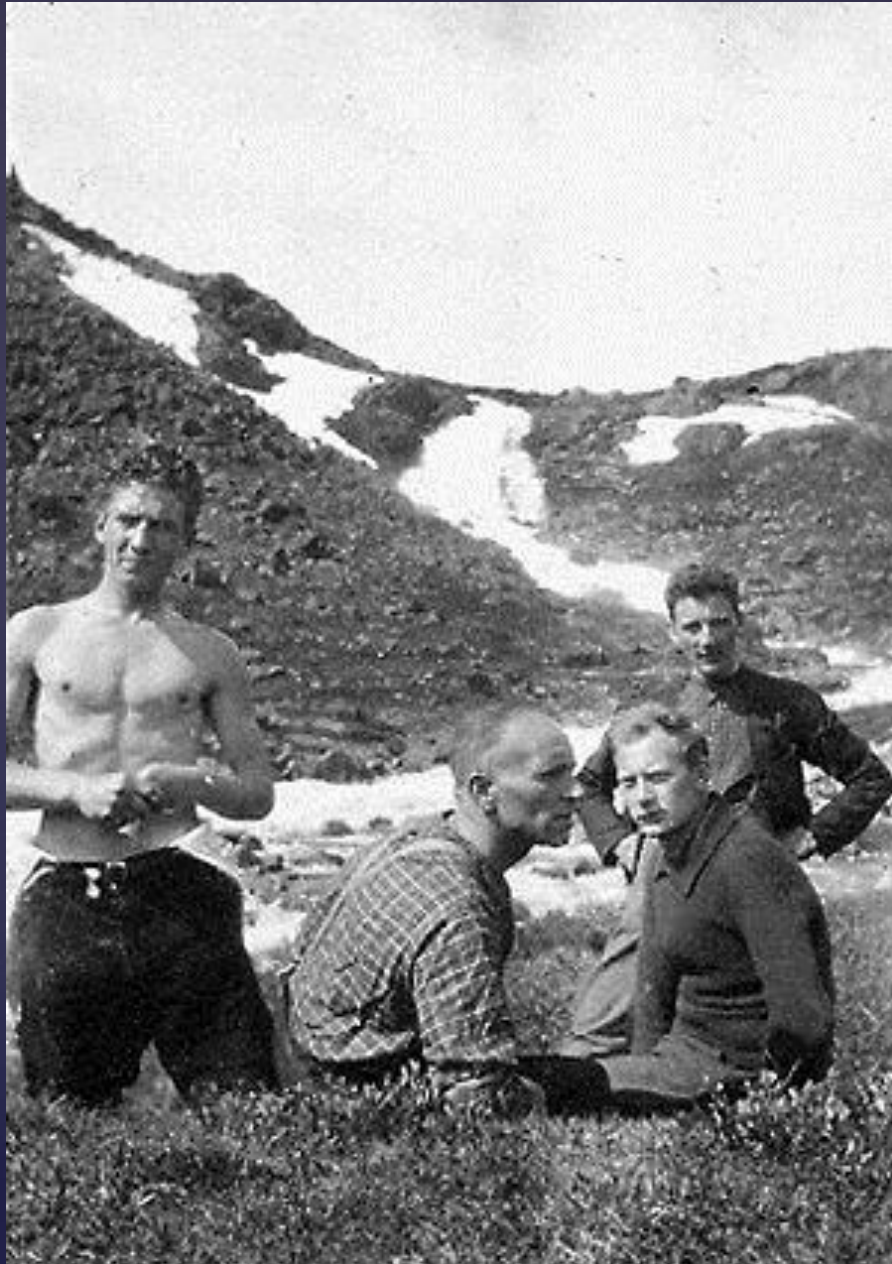
## **Fritjof Nansen**

1861-1930

Fridtjof Nansen considered that established the concept of “Friluftsliv” outdoor activities in the Norwegian consciousness. Throughout his life in nature, he was an important role model and premise for the future.

Nansen became more popular than the author Hamsun who received the Nobel prize for literature.





Einar Gerhardsen  
(Prim Minister in  
Norway for 16 years  
between 1945 and  
1965)  
and other Labour  
politicians in the  
mountains early  
1920.



A long time ago  
ski in school

An ancient tradition  
the Sunday trip





A familiar picture of King Olav (the king of Norway 1957 – 1991) skiing and the statue of the King and his dog in Hollmenkollen



The Report nr.39 2000-2001 from **the Government** has defined “Friluftsliv” as follows:

Outdoor recreation is stay and exercise in the open air in time with the aim of environmental change and natural experience. This is the last time Outdoors term is defined officially, and this definition is the basis for public administration.

Outside the approved outdoor concept falls motorized traffic on uncultivated land and waterways, sports (including organized training) and other competitive and achievement-like activities and outdoor activities in gardens, parks and urban areas.

Kronprins  
Haakon  
Magnus



and his  
mother  
Dronning  
Sonja

Prime Minister  
Jens Stoltenberg  
and his wife



Physical activity for  
public health  
Health Minister Jonas  
Gahr Støre nordic skiing  
2013

## **Friluftsliv in the curriculum (2006) for Norway from 1.-10. step**

The main site of friluftsliv include knowledge and skills required in order to be able to spend time in nature. It should be emphasized local traditions of friluftsliv, using the local environment and how to stay informed and permitted to stay for the various seasons.

«Physical Education»

### **Competence after 4<sup>th</sup> step**

- aims for the education are that the pupil shall be able to using skis and skates where it is appropriate for it
- use simple aids and equipment for residence in nature
- conversation about the rules that apply for residence in nature and that they can practice loose track traffic
- and traveling by the water and explain the dangers of it
- demonstrate the ability to interact in different activities



## Competence after 7<sup>th</sup> step

Aims for the education are that the pupil shall be able to

- navigate by map and compass in familiar terrain
- describe local traditions in friluftsliv
- plan and implement activities in friluftsliv and practicing safe passage under varied weather
- plan and carry out overnight trips under varying weather conditions
- perform basic first aid

**To do this in school, we have to:**



		Lufttemperatur												
		5°	0°	-5°	-10°	-15°	-20°	-25°	-30°	-35°	-40°	-45°	-50°	
Vindstyrke (m/s)		Indeks												
Svak vind	1,5	4	-2	-7	-13	-19	-24	-30	-36	-41	-47	-53	-58	
	3	3	-3	-9	-15	-21	-27	-33	-39	-45	-51	-57	-63	
Lett bris	4,5	2	-4	-11	-17	-23	-29	-35	-41	-48	-54	-60	-66	
	6	1	-5	-12	-18	-24	-31	-37	-43	-49	-56	-62	-68	
Lager bris	7,5	1	-6	-12	-19	-25	-32	-38	-45	-51	-57	-64	-70	
	9	0	-7	-13	-20	-26	-33	-39	-46	-52	-59	-65	-72	
Frisk bris	10,5	0	-7	-14	-20	-27	-33	-40	-47	-53	-60	-66	-73	
	12	-1	-7	-14	-21	-27	-34	-41	-48	-54	-61	-68	-74	
Liten kuling	13,5	-1	-8	-15	-21	-28	-35	-42	-48	-55	-62	-69	-75	
	15	-1	-8	-15	-22	-29	-36	-42	-49	-56	-63	-70	-76	
Styr kuling	16,5	-2	-9	-15	-22	-29	-36	-43	-50	-57	-63	-70	-77	
	18	-2	-9	-16	-23	-30	-37	-43	-50	-57	-64	-71	-78	
Sterk kuling	19,5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	
	21	-2	-9	-16	-23	-30	-37	-44	-51	-59	-66	-73	-80	
Liten storm	22,5	-3	-10	-17	-24	-31	-38	-45	-52	-59	-66	-73	-80	
	24	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	



learn how to keep warm



how to keep dry



how to take care if the  
weather is strong and how  
to find the way

go skiing in 1923



and 2012





how to make the fire

Then we can use the fire for cooking





The children also learn  
practice collaboration.





They wonder and curiosity of nature

They exploring in nature



Drinking water



To master





To master  
5<sup>th</sup> grade at Galdhøpiggen 2469 m



Nordic skiing – Cross country



Physical activity: 5<sup>th</sup> grad Vågåmo skule in Finndalen



Example of activity in the Friluftsliv - Snowshoes





Leirskole for one week -  
a meeting with a different natural environment





Fossegrimen

Creatures in the  
in Norwegian's  
fantasy.  
This have also  
inspired poets  
and composers.



Huldra



Troll



Nøkken

# Friluftsliv – ein skandinavischer Ansatz schulischer und außerschulischer Outdoor-Bildung

Gunnar Liedtke & Dieter Lagerstrøm / DSHS

## **Friluftsliv – ein skandinavisches Kulturphänomen**

Friluftsliv ist ein skandinavischer Begriff, hinter dem sich ein Phänomen verbirgt, das in Skandinavien und hier besonders in Norwegen allgegenwärtig ist. Dabei ist Friluftsliv – was man wörtlich mit ‚Freiluftleben‘ oder ‚Leben unter freiem Himmel‘ übersetzen könnte – nicht nur mit Outdoorsport oder Natursportarten in Verbindung zu bringen, sondern vielmehr mit einem Lebensstil und einer Haltung, die den verschiedenen Aktivitäten und Aktivitätsmöglichkeiten zugrunde liegt.

Wenn eine ‚Aktivität‘ zum Friluftsliv gerechnet werden soll, muss sie an folgenden Grundsätzen orientiert sein:

- Man lebe draußen in natürlicher Umgebung.
- Man brauche keine technischen Fortbewegungsmittel.
- Der ganze Mensch soll gefordert werden.
- Es gibt kein Konkurrenzdenken.
- Man vermeide der Natur zu schaden bzw. sie zu verschmutzen (vgl. Buschmann & Lagerstrøm, 1999, S. 8).

## **Tyskland**

Også i Tyskland er befolkningens rett til fri ferdsel i privateide skoger og over udyrkede arealer sikret i loven. Betretungsrecht er uttrykket, som kort og godt betyr ferdselsrett. Grunneieren kan ikke stenge for slik lovlig ferdsel. Men retten gjelder ikke utenfor veier og opparbeidede traseer. Riding er strengt regulert, og terrengsykling er omstridt mange steder. I Tyskland er det i utgangspunktet ikke lov å sette opp telt uten grunneierens samtykke. De ivrigste friluftsentusiastene diskuterer om man holder seg på rett side av loven ved å droppe teltet. Overnatting under åpen himmel er kanskje en juridisk gråson.

**Allemannsretten** er den rett som enhver har på en annen persons eiendom. Flesteparten av disse opprinnelig hevdvunne rettighetene har vært lovfestet siden 1957 gjennom friluftsløven. De er basert på respekt for naturen, og alle besøkende forventes å ta hensyn til bønder, grunneiere og andre brukere, og å ivareta miljøet. Reglene om allemannsrett er særegne for Norge og de øvrige skandinaviske land. I de fleste andre land er omfanget av slike regler av langt mindre omfattende karakter.

**Allemannsretten (Betretungsrecht)** The public's right on another person's property. Most of these originally vested rights have been legal since 1957 through the Act. They are based on respect for nature, and all visitors are expected to account for the landowners and other users. And to protect the environment. The rules on public right is indigenous to Norway and the other Scandinavian countries. In most other countries the scope of such rules by far less severe.



When you learn friendship to the nature you also will take care of the nature