Friluftsliv
The first Norwegians arrived in 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:
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.

“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.
An ancient tradition
the Sunday trip

A long time ago
ski in school
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\textsuperscript{th} 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 7th 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 frilufsliv 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:
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 5th grade at Galdhøpiggen 2469 m
Nordic skiing – Cross country
Physical activity: 5th grad Vågåmo skule in Finndalen
Example of activity in the Friluftsliv - Snowshoes
Leirskole for one week -
a meeting with a different natural environment
Creatures in the Norwegian's fantasy. This have also inspired poets and composers.
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 Konkurrenzen denken.

http://www.dshs-koeln.de/imb/Individualsexport/content/e40/e9385/e9386/e9976/15_Kulturphnomen_Friulfsliv_ger.pdf
Allemannsretten er den rett som enhver har på en annen persons eiendom. Flesteparten av disse opprinnelig hevdvunne rettighetene har vært lovfestet siden 1957 gjennom friluftsloven. 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