

Blended Intensive Program (BIP)

(week 40) 28 September – 2 October (arr 27 sept)

Friluftsliv and Outdoor Education in Water Landscapes 3 credits



Erasmus+ Blended Intensive Mobility Programme

Name of Blended Mobility Programme	Friluftsliv and Outdoor Education in Water Landscapes
Bip Id	2025-1-SE01-KA131-HED-000318753-4

Receiving institution	University of Linköping
Name of receiving institution's city	Linköping, Sweden
Erasmus+ code	2025-1-SE01-KA131-HED-000318753-4

Academic contact person

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Overview of the BIP course:

Short description of the physical component of the BIP:	<p>The course offers a practical and theoretical study of friluftsliv («outdoor life») in different water environments. This is done as a journey mixing theory and practice in a natural manner.</p> <p>We will be both sea-kayaking in single and double kayaks and canoeing during the week, changing boats and location halfway and covering areas of friluftsliv and campcraft, safety and personal skills in boat handling as well as leadership, navigations and first aid.</p> <p>Learning outcomes of the course</p> <ul style="list-style-type: none"> • Explain and discuss outdoor educational perspectives on Friluftsliv across different seasons and natural environments • Discuss and reflect upon different values of Friluftsliv • Demonstrate, evaluate, and reflect upon practical skills in Friluftsliv across different seasons and natural environments • Apply a scholarly approach to the course content
Short description of the virtual component of the BIP:	<p>In advance of the practical excursion there is a virtual component where students meet online to start getting acquainted with each other and to build up an understanding of key issues relating to water and canoeing/kayaking activities.</p> <p>We will also answer any questions or worries on the practicalities and packing for the course as well as looking at the concept of Friluftsliv</p> <p>After the practical excursion there is another virtual component covering the knowledge gained in the course and student discussions on the outcomes</p>
Main language used during mobility activity:	English
Number of credits (ECTS):	3

Dates of the physical and virtual mobility of the Bip course:

Start date of physical mobility:	28/9 2026 Mandatory participation in outdoor activities on water - arrival in the afternoon on the 27/9
End date of physical mobility:	2/10 – 2026 bus returns to the Linköping university in late afternoon of the Friday.

Start date of virtual mobility:	7/9 – 2026 10.00-12.00 Seminar on Friluftsliv's perspectives in water environments This session must be completed in advance of the physical mobility in order to participate in the course.
End date of virtual mobility:	12/10 13.00-15.00 Seminar and reflections of the experience. This session to be completed in order to fulfil and pass the course

Content and student advance preparations for the course:

Time	Activity	Preparations
7 September 10.00 – 12.00	Online introduction	Readings: Sandell & Öhman (2010); Naturvårdsverket (2022); this Study guide
27 September	Arrival at Linköpings University in the afternoon. Leave luggage and get installed. Dinner and social outside in forest by the university at 18.00	Sleeping in the gym is free. No booking required If you want to sleep in the Valla campus rooms these need to be booked and paid for in advance (limited number) Breakfast for Monday morning needs to either be bought/planned individually or booked at the Valla Folk High school in advance
28/9 -2/10	Canoe and Kayak excursion	Reading: Brügge et al. (2021), selected chapters to be announced Packed and ready according to equipment list
28 September 08.00	Meet and greet Transport to start	

	<p>On site preparations</p> <p>Lunch</p> <p>Paddle away</p> <p>Dinner & set camp</p> <p>Evening session</p>	
29 September	<p>Breakfast & paddle away</p> <p>Lunch</p> <p>Literature seminar (SEM1 part 1: Values)</p> <p>Paddle away</p> <p>Dinner & set camp</p> <p>Evening session</p>	Reading: Sandell & Öhman (2013)
30 September	<p>Breakfast & rescue activities</p> <p>Transport and change between kayak / open canoe and communal Lunch for all</p> <p>Paddle away</p> <p>Dinner & set camp</p>	
1 October	<p>Breakfast & paddle away</p> <p>Lunch</p> <p>Literature seminar (SEM1, part 2: educational perspectives)</p> <p>Preparations and Paddle away</p> <p>Dinner & set camp</p> <p>Evening session (skills reflection)</p>	<p>Reading: Beery et al. (2026)</p> <p>Reading: Immonen et al. (2022)</p>
2 October	<p>Breakfast & rescue activities</p> <p>Lunch</p> <p>Transport</p> <p>End review</p>	
12 October 13.00 – 15.00	Online review	Reading: Sanchez-Rodriguez et. Al (2025)

Cost:

Total cost of the trip will be roughly 2000 SEK per student, but we will update as the food cost is finalised.

This covers:

- Rent of Sea kayak and Canoes for the trip including all the relevant personal paddling equipment (buoyancy aid, paddle, drybag, maps)
- Bus travel between Linköpings University and the paddling location
- Food during the trip as well as the arrival dinner
- Cooking gear, tents/tarps and sleep pads for the journey
- BSRT (rescue technique) certification from the Swedish Canoe and Kayak association as well as the EPP (European paddle pass) Yellow level.
- Sleeping arrangement in the gym at Linköping university between Sunday and Monday. If you wish to sleep in the Valla Folk high school, there are a limited number of rooms available that can be booked for an extra cost of between 890-1390 (depending on size) SEK including breakfast

Not included in costs:

- Travel to and from the University and food during this.
- Breakfast on the Monday before departure for those sleeping in the gym. This can be purchased at the Valla Folk High school for a cost of 115 SEK
- Any personal snacks you wish to take on the paddling journey (breakfast, lunch and dinners are provided covering the basic needs for the entire trip)
- Rent of a sleeping bag – please bring your own or let us know and we can arrange a sleeping bag for the entire trip at a cost of 200 SEK

Payment for the food for all the week:

This will be updated as is being negotiated – I will get back to you with this

Payment for Breakfast ahead of the trip (optional):

Cost 115kr

Booking to konferens@valla.nu

Payment for alternative sleeping accommodation at Valla Folkhögskola (optional):

Single room 890kr

Double room 990kr

Triple room: 1390kr

Booking to konferens@valla.nu Please observe there are limited numbers of rooms available

Packlist for the trip:

Night kit:

- Sleeping bag (preferably to pack small) – if you need us to organise this let us know in advance!
- Sleep mat if you prefer to use your own (preferably small and compact), otherwise we will provide a foam one.
- We provide tents for the kayaking section, but if you prefer using your own or like sleeping in a hammock bring this.
- Woolen under clothes full body to sleep in and emergency (always stays dry)
- Woolen socks to sleep in
- Woolen hat to sleep in
- Head torch
- Toothbrush and personal toiletries
- Any personal medication
- Mosquito repellent
- Ear plugs can be beneficial if the person next to you snores...
- Teddy bear???

Day kit:

- Woolen long johns and top if it's cold when you are paddling
- Training trousers or tights work well to paddle in – please avoid jeans as they take too long to dry if they get wet and they are heavy.
- Shorts and T-shirt to paddle in if it's warm
- Paddling sandals/water-shoes/crocs can be useful to walk in the water with and use when paddling as well as if it's raining/damp on land
- Land trainers to use on land and socks (woollen best as they are warm even if damp)
- Swimwear
- Small towel
- Rain trousers and rain jacket in case of bad weather and in case of splashing when paddling and as wind protection
- Warm woollen jumper or fleece or down jacket to put on when we stop paddling – you quickly cool off after exercise
- Gloves for keeping warm on land – when paddling gloves get wet so if you want to have gloves for this then wet suit gloves can work.
- Cap against sun and rain in the face... and woollen hat if it's cold when we are paddling
- Sunglasses and sunscreen – there are lots of reflection on the water
- Knee pads for Canoe paddling, as we will be kneeling at times on the hard hull – good ones are gardening cell foam knee pads 😊
- A thermos flask
- Cup, plate knife and fork and spoon
- Toilet paper in a watertight/plastic bag

- Camera or mobile (consider if you can charge? Spare battery charger?) to take photos – please remember there is water all around so have a drybag for small electronics or valuables.
- Small notebook and pencil

Good to consider;

We will be in nature where there are:

No shops, not many other people around, no electricity, no toilets, no rubbish/trash bins

But Pristine nature, starry skies, clean swimming lakes and seas, campfires and great friends to be made...

Course Literature

- Beery et al. (2026). To be published in May 2026
- Brügge, B., Glantz, M., Sandell, K., & Lundqvist Jones, T. (2021). *Friluftsliv explored: An environmental and outdoor teaching approach for knowledge, emotions, and quality of life*. Linköping University Electronic Press.
- Immonen, T., Brymer, E., Davids, K., & Jaakkola, T. (2022). An Ecological Dynamics Approach to Understanding Human-Environment Interactions in the Adventure Sport Context-Implications for Research and Practice. *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*, 19(6), 3691. <https://doi-org.e.bibl.liu.se/10.3390/ijerph19063691>
- Naturvårdsverket. (2022). *Right to public access: A unique opportunity*.
- Beery et al. (2026). To be published in May 2026
- Brügge, B., Glantz, M., Sandell, K., & Lundqvist Jones, T. (2021). *Friluftsliv explored: An environmental and outdoor teaching approach for knowledge, emotions, and quality of life*. Linköping University Electronic Press.
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- Naturvårdsverket. (2022). *Right to public access: A unique opportunity*.
- Sanchez-Rodriguez, A., Sanchez-Sanz, V., & Vigane, Å. (2025). Friluftsliv in higher education: Resilience, sustainability and intercultural learning in a European context. *Journal of Outdoor Recreation and Tourism*, 52. <https://doi-org.e.bibl.liu.se/10.1016/j.jort.2025.100979>
- Sandell, K., & Öhman, J. (2013) An educational tool for outdoor education and environmental concern, *Journal of Adventure Education & Outdoor Learning*, 13:1, 36-55, DOI: 10.1080/14729679.2012.675146
- Sandell, K., & Öhman, J. (2010). Educational potentials of encounters with nature: reflections from a Swedish outdoor perspective. *Environmental Education Research*, 16(1), 113–132. <https://doi-org.e.bibl.liu.se/10.1080/13504620903504065>

Gallery

