

Sustainable Development in Northern Europe B



MALMÖ | RÖSTÅNGA

Core Course Week
DIS Copenhagen | Spring 2019



Name: _____









Study Tour and Core Course Week Objectives:

- Gain a deeper and more nuanced understanding of how classroom theories apply to the real world environment.
- Gain insight into environmental education in a Swedish context at the ecologically conscious garden, **St Hansgården**.
- Learn about the benefits of green roofs and gain an understanding of rainwater management in cities at the **Scandinavian Green Roof Institute**.
- Acquire a firm understanding of the initiative to redevelop **Malmö's western harbor**, and how it ties into the theme of urban planning.
- Learn about waste treatment and energy production and gain insight into waste management in cities at **Sysav**, the South Scania Waste Company.
- Develop a thorough understanding of the **Swedish National Park** system focusing on conservation, preservation, and recreation of the woodland environment.
- Develop a deeper insight into Sweden through exposure to the culture, history, and socioeconomic climate of the region.
- Engage in your personal learning process outside the classroom by actively participating and challenging your current ideas and assumptions.
- Get to know your fellow students and professor in an educational and social setting outside DIS.











Study Tour Leaders	<p>Inger Kærgaard Faculty, Sustainability Department Tel.+45 3010 9274</p> <p>Shannon Schooley Program Assistant, Sustainability Program Tel. +45 2446 9272</p>	
DIS Office DIS Emergency Emergency Response	<p>+45 3311 0144 (8.30-16.30)</p> <p>+45 3067 1000 (24hrs)</p> <p>112</p> <p><i>If you officially disclosed an allergy and/or dietary restriction and/or have been granted reasonable accommodations on study tour based on a documented disability, this information has been shared with your tour leaders. However, it remains your responsibility to seek necessary medical care in advance of your study tour and manage your health while on tour.</i></p> <p><i>If you would like your leader to know more about your medical or disability history, it is up to you to disclose it to them. In addition, if you need reasonable assistance in managing a health condition while on tour (e.g. if you have seizures and want leaders to know how to act if one occurs on tour or have an epi pen you would like someone to locate for you should you have an allergic reaction, or similar), it is up to you to request such assistance directly from your fellow students/leaders. If you have questions or would like assistance in this process, please contact the Care Team at care@dis.dk</i></p>	



MONDAY, FEBRUARY 4

URBAN SUSTAINABILITY IN COPENHAGEN


9.00		Welcome to Core Course Week Location: N7B13 The day is dedicated to the urban environment and the sustainability challenges and solutions in Copenhagen
9.05-9.45		Cycling Strategy: The Danish Way Klaus Bondam Director of the Danish Cyclists Federation and former Mayor of Copenhagen Location: N7B13
10.15-11.45		Copenhagen Sustainability Treasure Hunt Depart from DIS in groups (Possibility to join a bike or a walk in specific places in Copenhagen) 4-5 persons per group A location sheet will be provided for each group. You need to check the web links to get some background information, explore the site and write a 1 paragraph reflection of the place in relation to sustainability (1 paragraph + picture).
11.45-13.00		Break and Lunch on your own in DIS + preparation of the stories (Blog) Location: N7B11, 12, 13 (3 classes) You can eat in the classroom or in town.
13.00-14.00		Short discussion of the highlights of the Copenhagen Sustainability Treasure Hunt 1) You will need to write a blog post 2) You will need to formulate questions about the site you visited where the answer cannot be "googled"
14.00-14.45		Short Break
15.00-16.00		Q&A with Rasmus Frisk Rasmus Frisk (Architect urban planning) Ask your questions relating to the sustainability aspects about the parts of Copenhagen you visited this morning
16.00-16.15		Day 1 Wrap-Up

TUESDAY, FEBRUARY 5












SUSTAINABILITY OF OUR FOOD		
9.00-9.05		Introduction to the day Briefing and Instructions Meet at Gloria Theater Rådhuspladsen 59 1550 Copenhagen Bring your own coffee cups
9.05-10.30		Finding Opportunities with Food Sustainability Viewing of the documentary Wasted! The story of food waste by Anthony Bourdain
10.30-11.00		Sustainability in the food supply chain Find your group and design your questions for the interview with the food sustainability innovators across Copenhagen. Make sure that you call the person you will be meeting before the meeting. The classes will be mixed.
11.00-11.30		Travelling time to Visit (Prefer biking around if possible or public transport) You can go by bike or walk but biking is always faster! Make sure that you call the person you will be meeting before the meeting. Please don't be late for your appointment.
11.30-12.30		Sustainability in the food supply chain Maps and addresses are provided separately Please keep your interview time to 20 min, starting at 11:30, unless your interviewee is available for longer discussion.
13.00-13.30		Sandwiches + coffee provided by DIS
13.30-14.00		Write a short blog story about the visit Group work including text, pictures, drawing, map, ...
14.00-14.15		Break from the old groups and join a new group Instructions will be provided
14.15-15.30		Food & Sustainability Matrix Activity You should be with a new group where you will share your visit with other students who have not been to your visit.
15.30-16.00		Day Two Wrap Up Key messages in food sustainability opportunities Location: N7-B13





16:00- 17:30		Time on own before dinner
17.30 – 19.30		Social Dinner: The Neighborhood Frederiksborggade 20 D, KBH K Tel: +45 32202212

WEDNESDAY, FEBRUARY 6













		All Day Off – Explore Copenhagen and Prepare for Short Tour
--	---	---



THURSDAY, FEBRUARY 7

7.45		Meet at Frue Plads <i>Remember to bring your passports!</i>
		Depart for group visit in Lund
9:30-12:00		Group visit: S:t Hansgården Sankt Hans Gränd 226 42 Lund Sweden <i>Please see appendix for more information</i>
12:00-12:15		Depart group visit for Lund cathedral
12:15-12:45		Group Visit: Lund Cathedral Kyrkogatan 4 222 22 Lund Would like to do the same
12:45-14:00		Lunch on own in Lund
14:00		Meet at Lund Cathedral
		Depart group visit for central Malmö
15:00-16:30		Group Visit: Malmö Municipality Stadsbyggnadskontoret August Palms plats 1. Room 4033. 211 54 Malmö Lecture on sustainability in Malmö
		Depart for hostel by bus
17:00		Arrive/check in: STF Malmö City Vandrarhem Rönngatan 1 211 47 Malmö Sweden Tlf. +46 40 611 62 20








		Time on own
17:30		Meet in lobby to walk to group dinner
18:00		<p>Group Dinner: Restaurang Smak S:t Johannesgatan 7 211 46 Malmö Sweden</p> <p><i>Please refrain from technology use during group meals – this is the chance to get to know your fellow students!</i></p>
		Rest of evening on own

FRIDAY, FEBRUARY 8

8:00		Breakfast at hostel <i>Please remember to tidy your rooms, return room keys, and load luggage on bus</i>
9:00		Depart hostel for group visit by bus
9:30-11:15		Group visit and bus tour: Sysav South Scania Waste Company Spillepengsgatan 13 Malmö Sweden <i>Please see appendix for more information</i>
		Depart by bus to Central Malmö for lunch
11:30		Lunch on own in the area around Lilla Torg
13:00		Meet bus and depart for academic visit
13:30 – 15:00		Group visit: Eco City Augustenborg and Swedish Green Roof Institute Ystadvägen 56 214 45 Malmö Sweden <i>Please see appendix for more information</i>
15:00		Depart for Western Harbour
15:20 - 16:30		Group visit: Western Harbor Guided Tour <i>Please see appendix for more information</i>
16:30		Depart group visit for hostel
17:45		Arrive & check in: STF Skäralid Skäralid 750 264 54 Ljungbyhed, Sweden Tel: +46 70 244 20 85
18:15		Meet to walk to group dinner

18.30		<p>Group Dinner: Skäralids Restaurang Skäralid 747 264 53 Ljungbyhed Tel. +46 435 44 23 32</p> <p><i>Please refrain from technology use during group meals – this is the chance to get to know your fellow students!</i></p>
		Rest of evening on own

SATURDAY, FEBRUARY 9

8:45		<p>Breakfast at hostel</p> <p>You will have to make lunch packs out of the breakfast buffet to bring with you.</p> <p><i>Please remember to tidy your rooms, return room keys, and load luggage onto the bus</i></p>
9:45		<p>Depart by bus for nature hike</p>
10.00-13.00		<p>Group visit and hike: Söderåsen National Park Skäralid 747 264 53 Ljungbyhed Sweden Naturum tel: +46 435 44 21 20</p> <p><i>A hike through and discussion of the terrain and landscape's history, sustainability initiatives, and park management.</i></p> <p><i>Dress for the weather (including shoes!) and bring a water bottle</i></p>
13:00		<p>Depart for group activity</p> <p>Your crossing will include a ferry ride</p>
14:00-16:00		<p>Group Activity: Olympia Bowling Idrottens hus Mellersta Stenbocksgatan 10 254 37 Helsingborg Sweden Tel. +46 42 38 0440</p>
16:00		<p>Depart group activity and return to Copenhagen</p>
18:00		<p>Approximate arrival in Copenhagen</p> <p><i>In order to constantly improve and enhance our Study Tours, please take a moment to fill out the Study Tour evaluation. You will be sent a link.</i></p>

END OF CORE COURSE WEEK

APPENDIX

S:t Hansgården

S:t Hansgården is a club for students interested in learning about environmental issues, including ecology, permaculture and biodiversity. They offer schools the opportunity to practice teaching in a more sustainable environment and give students living in urban areas the opportunity to learn more about the outdoors.

The building shown here is the animal housing, and features a green roof, along with a pillar-style central furnace designed to efficiently heat the building. Electricity is supplied via solar panels and adjacent windmills. The building serves to educate visitors not just on the animals within it and permaculture that S:t Hansgården teaches, but also on the methods of making such practices possible.



Find out more:

- <http://www.lund.se/en/St-Hansgarden/>

Scandinavian Green Roof Institute

Augustenborg Roof Garden is an Eco City with an open storm water system. With more permeable roof surfaces, these buildings perform a more natural management of rainwater. The botanical roof garden spans several buildings and is connected by foot bridges. The garden is 9500 square meters and opened in 2001 as a demonstration site for a seminar on green roofs.



Find out more:

- www.greenroof.se

Western Harbor Tour

The Western Harbor has transformed from being an industrial park into becoming an area for knowledge and sustainable living. Since the closing of Kockums machine halls and cranes have been making way for parks, swimming areas, schools, and living accommodations.

The aim is for the district to be an internationally leading example of environmental adaptation of a densely built urban environment. It will also be a driving force in Malmö's development towards environmental sustainability.



Find out more:

- <http://www.malmo.se/English/Sustainable-City-Development>

Sysav

Sysav Southern Scania Waste Company receives, recycles, and treats waste from households and businesses in southern Skåne. Sysav's concepts to waste management applies an 'eco-cycle perspective' that combine various treatment methods for handling each type of waste in the most sustainable manner according to their properties. Sysav recycles waste as materials and energy, so only a fraction of the received waste is sent to a landfill.

Find out more:

- <http://www.sysav.se/>



Söderåsen National Park

The Söderåsen National Park, established in 2001, is located 30 kilometers east of Helsingborg, in Skåne, Sweden. The 4015-acre national park is dominated by beech trees, and is one of the largest uninterrupted protected broad-leaved forests in Northern Europe. Söderåsen National Park also contains flowing waterways and deep fissure valleys. The park provides favorable habitat to woodland birds and a diverse plant life. During the 19th century, much of the land consisted of pasture and agricultural land, but the area has since been protected from human agricultural activity.



Find out more:

- <http://www.swedishepa.se/Enjoying-nature/Protected-areas/National-Parks/Soderasen/>

SUS B CCW : Sustainable Development in Northern Europe B

07-02-2019 - 09-02-2019

Total on tour: 27

Total students: 25

Total other: 2



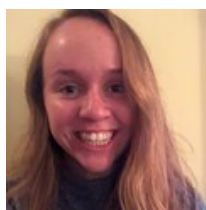
Kærgaard, Inger



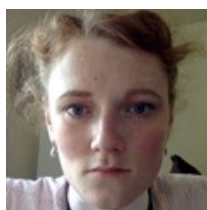
Schooley, Shannon Kay



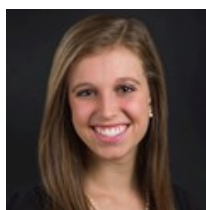
Aldridge, Alexandra Theresa
USA
Brandeis University



Beauregard, Tierney Maureen
USA
Bucknell University



Beeman-White, Adelaide Nathan
USA
University of Puget Sound



Brown, Emilee Ellis
USA
Indiana University



Brown, Peter Neily
USA
Colby College



Brussell, Sophie Elizabeth
USA
Whitman College



Cohen, Courtney Samantha
USA
Lafayette College



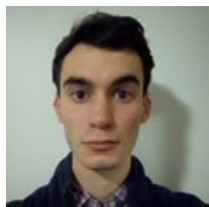
Davis, Hannah Royce
USA
Smith College



Denney, katherine c
USA
Furman University



Fleckenstein, Sarah Hope
USA
Furman University



Kaszas, Adam R
USA
Skidmore College



Marcou, Emma Jane
USA
Wheaton College - Massachusetts



Mirsky, Allie Rebecca
USA
Muhlenberg College



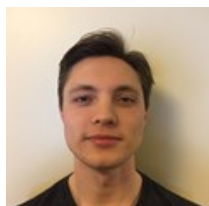
Nece, Maddie Joan Humpert
USA
Columbia University



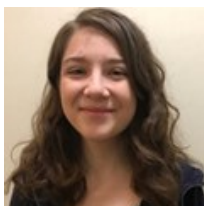
Nicholson, Claire Elizabeth
USA
Hamilton College



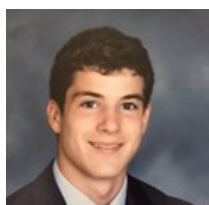
Palastro, Kate Jean
USA
University of Wisconsin - Madison



Puris, Lukas Matiss
USA
Hamilton College



Ratner, Katherine
USA
Cornell University



Roehl, Nick Ryan
USA
Indiana University



Russell, Francis Francis
USA
Colorado College



Russell, Sammy Elizabeth
USA
Kenyon College



Slane, Cecilia Rebecca
USA
DePauw University



Terwilliger, Sam Reid
USA
University of Vermont



Werner, Gabriella Michelle
USA
Tulane University



Wilkin, Rachel Lyndsey

USA

University of Redlands

INSURANCE MATTERS WHILE TRAVELLING ON DIS STUDY TOURS

Students enrolled at DIS have comprehensive health -, accident -, property - and personal liability insurance coverage through a combination of the **Danish national health system** and **Europæiske ERV**, which is valid throughout the world.

For further information and details, including forms and information on how to file insurance claims, please refer to the insurance conditions at www.disabroad.org/insurance.

You can also email insurance@dis.dk to have any questions answered.

THEFT

Keep your personal belongings in a safe place and **never leave them unattended or in unlocked premises**. ALWAYS keep a copy of your passport, Danish residence permit and CPR card in a location separate from your originals (e.g. in the bottom of your suitcase).

Should you have your personal belongings stolen during your study tour, please make sure to follow the guidelines below:

1. **ALWAYS** file a police report with the local police, and consult with your tour leader. Without a police report, the insurance company will reject your claim.
 - a. *"However, if, for an exceptional reason, the police cannot be notified at the location of the theft or robbery, e.g. on account of immediately imminent departure, the notification must be made as soon as possible following the Insured's return home, and the original receipt for the notification must be sent to Europæiske ERV."*
2. If your wallet (incl. transportation pass, purchase card, credit card, phone) is stolen, cancel them as soon as possible (you can reference the DISAbroad website for further advice).
3. If your passport is stolen, you will need to go to the closest embassy or consulate with the copy of your passport to have an emergency passport issued.

MEDICAL EMERGENCIES

ALWAYS keep your Danish National Health Card (the CPR card) on you. If you need to see a doctor or go to the emergency room, consult with your study tour leader who will assist you. In a life-threatening emergency call 112, or the local emergency number, before your study tour leader.

Present the doctor/hospital with your CPR card as your personal ID. In some countries, you might be asked to pay up front, but remember to bring all medical receipts, prescriptions and doctor's statements back to DIS; this paperwork will be necessary to get your expenses covered through the insurance.

DIS CODE OF STUDENT RESPONSIBILITY

Students and tour leaders are expected to uphold and follow the expectations of the DIS Code of Student Responsibility while on study tour. The full Code is available online in the “Student Resources” section for both Copenhagen and Stockholm. Students are reminded of the following Code sections, which are particularly relevant while on study tour:

- Students are expected to contribute to a positive community while on study tour.
- Obstruction of study tour activities *is prohibited*. Students are to comply with directions of DIS officials and partners acting in performance of their duties, including communication of guidelines, directives, timetables and instructions.
- Students are financially responsible for their own actions and any property damage, fines, etc. are the responsibility of the student to rectify.
- Students who choose to consume alcohol do so with the knowledge that they remain responsible for their actions at all times. Being under the influence of alcohol during or between study tour visits *is prohibited*. *Extreme or repeated intoxication at any time is prohibited*.
- Students may not purchase, possess, use, or distribute any drugs considered to be illicit, illegal, or a controlled substance in Denmark, Sweden, and any country they visit while enrolled with DIS (including study tour travel). Students may not use drugs legally prescribed to another person or inappropriately/illegally use otherwise legal drugs. Students are further cautioned that the possession of illegal drugs is often dealt with harshly by local law enforcement

DIS tour leaders are obligated to report any violation of the Code of Student Responsibility including inappropriate behavior or negative participation to both the DIS Study Tours Department as well as the Office of Academic Support.

Inappropriate behavior on any DIS study tour can also result in dismissal from DIS without refund of tuition or study tour costs.

DIS STUDY TOUR EMERGENCY PROCEDURES

First Priority: Protection of Life and Wellbeing

In case of an emergency your first priority is to ensure that you are in or evacuate to a safe area. Follow the directions of local authorities, where present, and note that often the safest decision is to remain where you are.

Second Priority: Call for Assistance

If you, or anyone with you is injured or in direct risk of being injured, call **112** or the local emergency number.

Then, call one of your tour leaders (contact numbers are found on the front page of this booklet).

In the unlikely event that you cannot reach your tour leaders, call the 24/7 DIS Emergency Phone:

Copenhagen: +45 30 67 10 00

Stockholm: +46 72 14 12 862

After reaching safety, calling for assistance, and reaching a DIS staff member, stay off the phone to conserve your battery and so that your line is open if someone needs to reach you.

Third Priority: Assist the injured and/or attempt to eliminate further hazard

If you are able to take steps to eliminate a hazard from spreading or be of aid to injured people **without putting your own safety at risk**, you should do so if it can prevent further injury or loss of life.

Fourth Priority: Inform your family/personal emergency contact

Only after the immediate risk is mitigated, inform your family/emergency contact person of your status and situation.

DIS will assist you in communicating with your home institution, and any other necessary parties.

