The best day of my life – a Swedish workshop

Everyone has the right to succeed. That was on of the key elements in the project ”All young people on snow", where over 1,200 fourth graders in the municipality of Norrköping had the opportunity to try skiing. The Swedish Ski Council took the initiative to "All young people on snow", which was a major collaborative project with many co-organizers.
- The project had never been possible with only one organization.

All co-organizers felt like winners
The Swedish Ski Council is a foundation whose primary mission is to promote a lifelong interest in winter sports on snow. The Swedish Ski Association is included along with Friluftsfrämjandet (an Outdoor Life organization in Sweden), SLAO (Swedish Ski lift organization), SKISU (Skiing in schools and universities) and the Swedish Ski Instructors Association in the Swedish Ski Council. "All young people on snow” was based on these organizations' participation, but also on local cross country and alpine skiing sports clubs in the municipality of Norrköping.
- All co-organizers of "All young people on snow saw gains in the project, therefore everyone wanted to contribute. A project like this must always be based on people's will to do the right thing.

"The good mirror of snow sports”

In the project, both before, during and after the realization, the ski instructors and the teacher involved in the project have focused upon to give the participating children a feeling of success, that they have learned a lot and that they want to ski again. Maintaining self confidence and to see a positive picture of themselves skiing, "The good mirror of snow sports ", was crucial to obtain such a positive experience among the children.

- The purpose of the whole project was to get young children interested in winter sports, which in turn will hopefully lead to many new skiers in Sweden.

The research report

In the research report on the project (All young people on snow - everyone has the right to succeed), completed by the University College of Physical education and sports in Stockholm, several factors was crucial for the reported positive experience among the participating children in Norrkoping. The positive atmosphere around the ski activities, a friendly welcome and the fact that there was no requirement for performance were some of the things that the students appreciated. Winter Sports may seem complicated, both by teachers and children. But it don´t need to be complicated. In Norrköping, we managed to train teachers so they, in their turn, conveyed a sense of security to the children.

Teacher training course

Faced with "All young people on snow" the teachers whose classes participated in the project were offered training in skiing and outdoor activities. The training was conducted in the mountain of Idre and the 15 teachers who participated became ambassadors back at home.
- During this training course, we tried not to get into the technique and biomechanics of skiing that is often focused on otherwise. Instead, the teachers developed their own experiences of skiing, which meant that they felt more comfortable when they met the children.

Small steps of success

To provide activities that were adjusted to each child´s varying qualifications and motivation were important in Norrköping. We talked about a ladder, with small steps of success.

-The children should develop and acquire a will to continue; therefore we have to create the necessary conditions for success. This applies to all subjects in school, but is particularly important when children

are using the body. Some children have a very low threshold for failure and our challenge was to find the right challenges for them to.

To use not only alpine skiing, but cross country skiing as well, was a stroke of luck. For children with limited mobility skills and experiences cross country skiing were the best activity.
- In some cases, we contended ourselves with playing in the snow. As a teacher and ski instructor, it was important not to push it too far.

Almost all feedback from the project, both from the children and their teachers, has been positive. An inexperienced child used the words: "This is the best day of my life". In a conducted questionnaire, all children surveyed told us that they both had fun and felt safe. In addition, their teachers reported that the children were kind and friendly towards each other during these days.
- All who attended hoped that the project should continue next year.

Conclusion

In our research report, three bullet points were stressed:

- The cooperation between the different organizations
- The pedagogical model; "The good mirror of snow sports "
- A special motor skill; "to glide".

In our workshop, we shall elaborate these three points, share our experience of the project, and present an example of experience based learning where you as a participant will be guided in the way how we translate theory into practice. The aim is to describe a pedagogical model, and describe how positive feelings as well as joyful memories of winter activities can be created, in a perspective of lifelong learning. Here, we will exemplify how winter activities can be conducted to create a lasting interest and a lifelong relationship with winter activities, as well as present examples of how to:

Develop a sense of security and enjoyment in the nature on snow
Have fun in the snow
See and observe the snow landscape
Understanding the context of nature during the winter period
Understanding the role of human in nature during all time of the year
Understand how we as humans affect the nature during all time of the year
The Swedish delegation wishes you very welcome to our workshop!

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