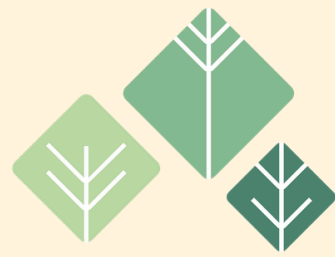


# NATURE

*as a Learning Arena*



SEMINAR

***Nature as a learning arena*** seminar by

The Norwegian Association for Outdoor Organizations  
**(NORSK FRILUFTSLIV)**

**Time:** Wednesday, June 24, 12:30 PM–05:00 PM

**Location:** The Norwegian School of Sport Sciences  
Sognsveien 220, 0451 Oslo

**Read about the project:**

[Nature as a Learning Arena - Naturen Som Læringsarena](#)

The 11th International  
Outdoor Education  
Research Conference

## Seminar Agenda

**12:30 pm – 01:00 pm** Opening Session

**12. 50 pm – 01:10 pm** Walk from the campus to Sognsvann

**01:15 pm – 03:00 pm** Parallel sessions PART 1

**03:00 pm – 03:15 pm** Pause

**03:15 pm – 17:00 pm** Parallel sessions PART 2

# *Opening Session*

**Time:** 12:30 pm – 01:00 pm

**Location:** Auditorium Innsikt, at The Norwegian School of Sport Sciences campus

- Welcome
- Introduction and presentation of the project “Nature as a Learning Arena”
- Presentation of the afternoon sessions

## **Walk from the campus to Sognsvann**

**Time:** 12. 50 pm – 01:10 pm



## *Parallel sessions PART 1*

**Time:** 01:15 pm – 03:00 pm

**Location:** Sognsvann

**A.** International Outdoor Cooking by Norsk Friluftsliv (Norwegian Outdoor Recreation Association)

**B.** Feel Confident in Your Role as a Teacher Outdoors by DNT/Den Norske Turistforening (Norwegian Trekking Association)

**C.** One Forest, a Thousand Possibilities! by Det norske Skogselskap (The Norwegian Forestry Society) and Lære med skogen (Learning with the Forest)

**D.** Map Games by Norges Orienteringsforbund (Norwegian Orienteering Federation)

**E.** How to teach Language and Mathematics Outdoors by Friluftsrådenes Landsforbund (The Norwegian Outdoor Board)

**F.** Wild Delicacies for All Ages by Norges sopp- og nyttevekstforbund (Norwegian Association of Mycology and Foraging)

### **Pause**

03:00 pm – 03:15 pm

## ***Parallel sessions PART 2***

**Time:** 03:15 pm – 17:00 pm

**Location:** Sognsvann

**A.** International Outdoor Cooking by Norsk Friluftsliv (Norwegian Outdoor Recreation Association)

**B.** Feel Confident in Your Role as a Teacher Outdoors by DNT/Den Norske Turistforening (Norwegian Trekking Association)

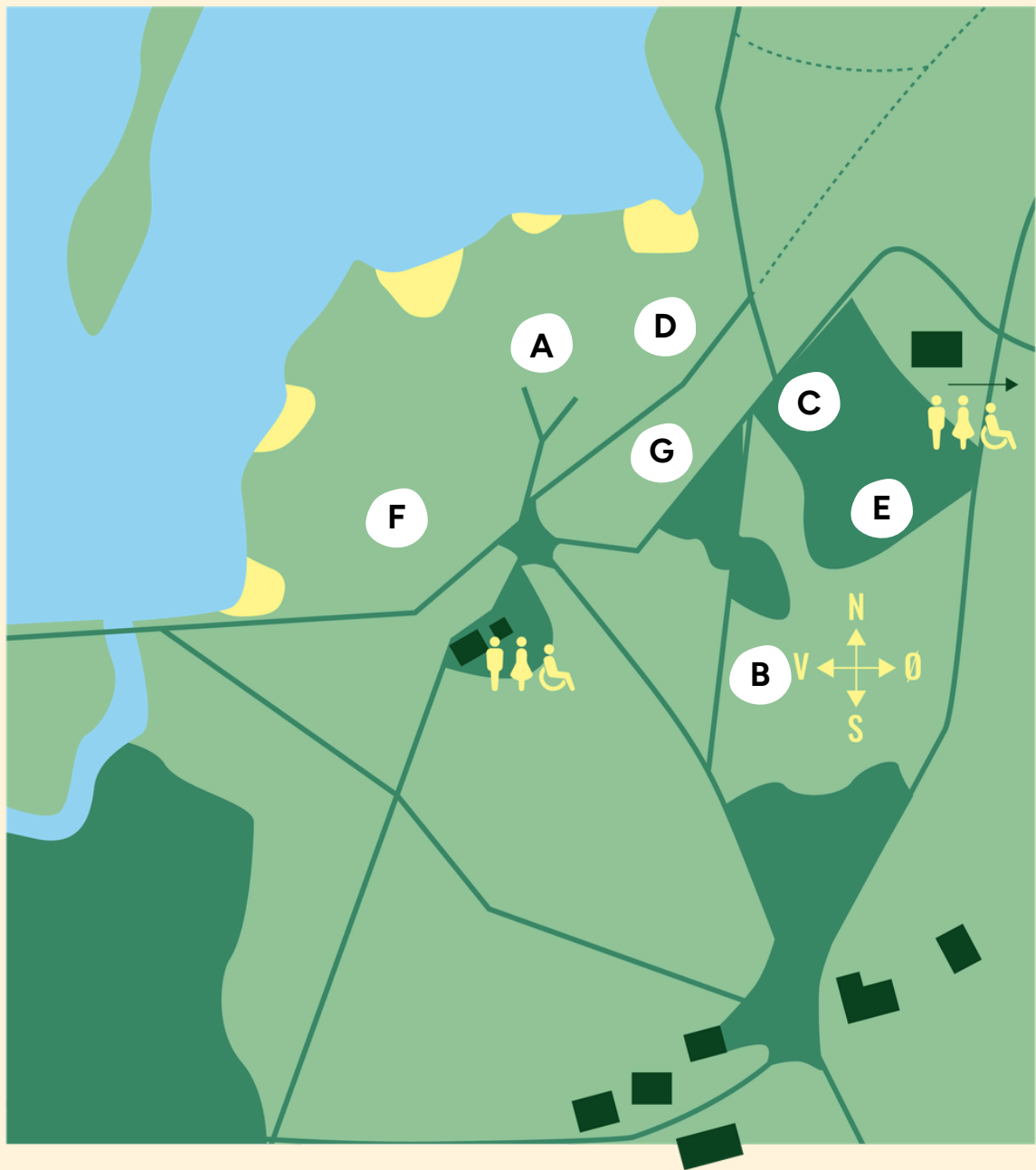
**C.** One Forest, a Thousand Possibilities! by Det norske Skogselskap (The Norwegian Forestry Society) and Lære med skogen (Learning with the Forest)

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**F.** Wild Delicacies for All Ages by Norges sopp- og nyttevekstforbund (Norwegian Association of Mycology and Foraging)

## Map of the seminar venue



- A. International Outdoor Cooking
- B. Feel Confident in Your Role as a Teacher Outdoors
- C. One Forest, a Thousand Possibilities!
- D. Map Games
- E. How to teach Language and Mathematics Outdoors
- F. Wild Delicacies for All Ages
- G. Meeting point**

# International Outdoor Cooking

A

by Norsk Friluftsliv (The Norwegian Association for Outdoor Organisations)

Join us in exploring the inclusion tool 'Turmat fra hele verden' (International Outdoor Cooking), while we fry, boil, and taste international outdoor dishes over a campfire or stove. The initiative aims to bridge international food culture and Norwegian outdoor traditions.



In this session, you will be introduced to simple cooking equipment, receive tips on how to carry out an outdoor cooking activity with children, and take part in a shared reflection on how different food cultures can be used as a resource for inclusion, community, and self-efficacy. Read more at [turmat.no](https://turmat.no).

[Turmat.no](https://turmat.no)



# Feel Confident in Your Role as a Teacher Outdoors

B

by Den Norske Turistforening  
(Norwegian Trekking Association)

This is a practical session where you will gain basic outdoor skills to feel more confident as an outdoor educator. You will try lighting a fire or stove and setting up a tent, lavvu, or hammock.



The session ends with a campfire discussion where you will learn more about what DNT provides of services to the public and reflect together on opportunities, challenges, and attitudes related to using nature as a learning arena.

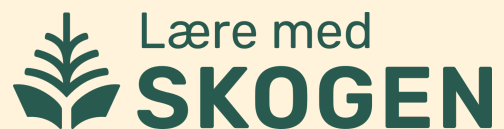
[DNT – Den Norske Turistforening](#) 

# One Forest, a Thousand Possibilities!

C

by Det norske Skogselskap (The Norwegian Forestry Society) and Lære med skogen (Learning with the Forest)

Did you know you can boil water using a newspaper over a fire? Or that a tree stump is perfect for storytelling? Or that beard lichen can be used to teach about puberty? Whatever the subject or grade level, teaching can be connected to the forest.



If you are working with sustainable development, there is no better classroom than among the trees. You will receive concrete tips and try out activities linked to different subjects, with the goal of motivating you to bring your students into the forest classroom.

[Laeremedskogen.no](https://Laeremedskogen.no) 🔍

[Skogselskapet.no](https://Skogselskapet.no) 🔍

# Map games

D

by Norges Orienteringsforbund  
(Norwegian Orienteering Federation)

Join simple, high-energy activities that can be used across subjects. Learn more about maps and test our school-oriented teaching materials.



Participate in reflections on how activities can be adapted for different student groups—whether in the schoolyard, park, or nearby forest. Being able to use a map is a life-saving skill and a fundamental competence—both useful and fun.

[O-skolen](#)



# How to teach Language and Mathematics Outdoors

E

by Friluftsrådernes Landsforbund (The Norwegian Outdoor Board)

How can we move teaching outside the classroom? This session focuses on Norwegian language and mathematics in an expanded learning environment. We use active learning methods to enrich teaching, linking outdoor sessions with preparation and follow-up work in the traditional classroom.



By moving different subjects outdoors, students engage fully, and the interaction between play, learning, and nature experiences fosters deeper, more authentic learning.

[Friluftsrådernes Landsforbund](#) 

# Wild Delicacies for All Ages

F

by Norges sopp- og nyttevekstforbund  
(Norwegian Association of Mycology and  
Foraging)

Join us in discovering edible wild plants. We explore common local species and uncover new and exciting flavors. This is a fun and engaging introduction to species literacy, cultural history, local knowledge, outdoor life, sustainability, and food and nutrition skills.



The association has developed a teaching program focused on the dandelion. The teaching program is interdisciplinary, aligned with the national curriculum and provides educational activities for outdoor and indoor use.

[smasankerne.soppognyttevekster.no](https://smasankerne.soppognyttevekster.no) 🔍

NORSK  
FRILUFTSLIV



NATUREN  
SOM LÆRINGSARENA



Lære med  
**SKOGEN**



In collaboration with:

**NIH** NORGES  
IDRETTSHØGSKOLE

With support from:

  
GjensidigeStiftelsen



**M** Miljø-  
direktoratet

NORSK  
FRILUFTSLIV