

Sustainable transition strategies and development for depopulating and peripheral localities in the European North

2025 NORDPLUS HEI intensive course (5 ECTS)

11th of April & 09.-23. of May 2024

Today's Programme

- 13:00 - 13:15: *Short introduction to the GEONORDBALT network & course* (Moritz Albrecht; University of Eastern Finland)
- 13:15 - 14:15: *Lecture: Infrastructure management and development in shrinking municipalities* (Ida Grundel; Linköping University)
- 14:15 - 14:45: *Course schedule & practicalities* (Moritz Albrecht; UEF)
- 14:45 - 15:00: *Closing of the seminar (final questions)*

What is this about...

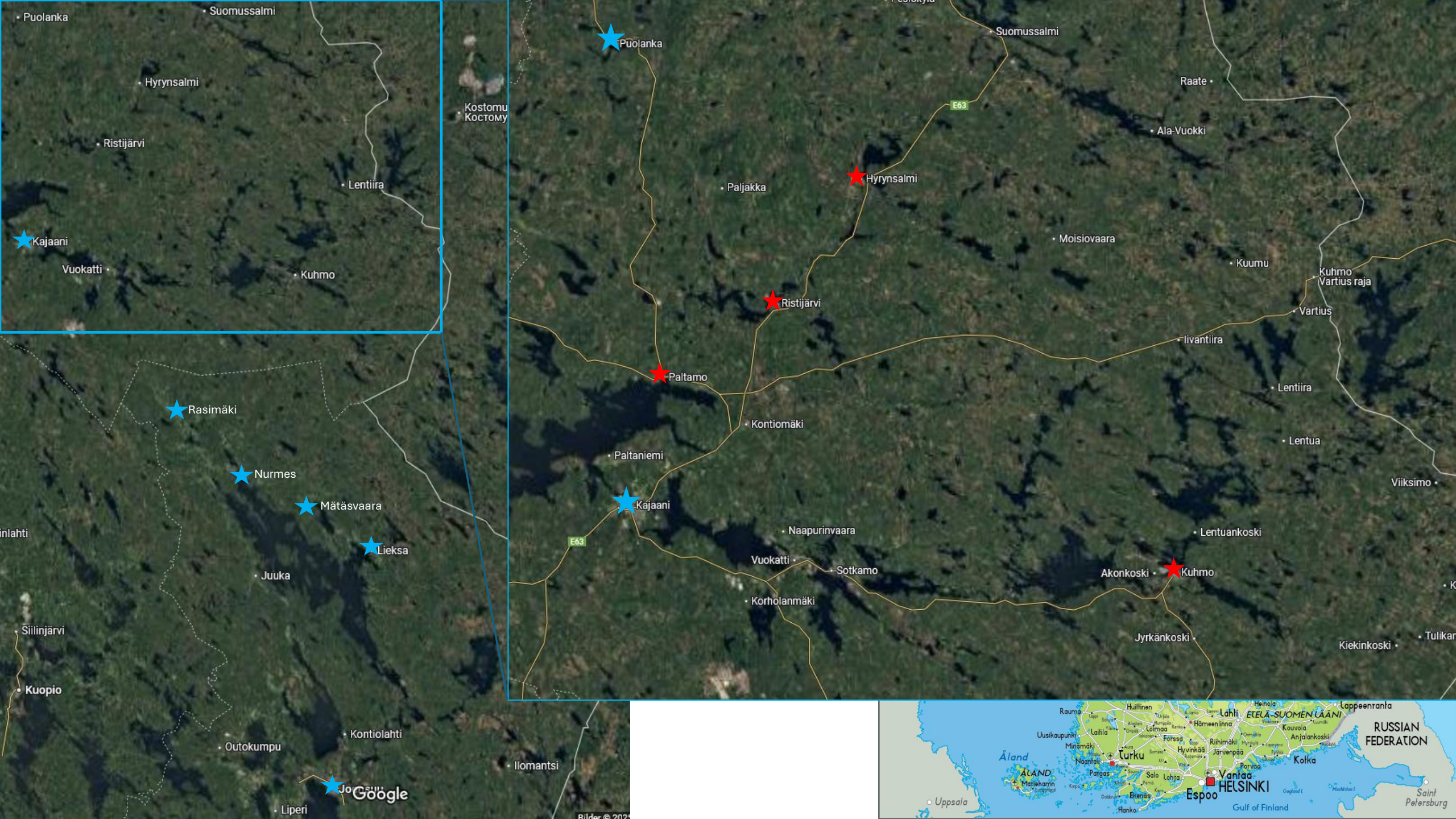
- **GEONORDBALT network (Human Geography)**
 - University of Eastern Finland (FI)
 - University of Tartu (EE)
 - University of Latvia (LV)
 - Vilnius University (LT)
 - Linköping University (SE)
 - University Center of the Westfjords (IS)
- <https://sites.uef.fi/geonordbalt/>
- **Funding from Nordplus HEI**

The course in a nutshell...

- Focus always on development in rural & remote areas in the Nordics & Baltics
- Shifting topics; (2025-2027) *sustainability strategies & practices in shrinking localities*
- 2022 Finland & Estonia; 2023 Latvia & Lithuania; 2024 Iceland; 2025 Finland; 2026 Sweden?;
- Mix of lectures, expert meetings, excursions, fieldwork, and report writing: ***team challenge approach***.
- Work in 4-6 groups of mixed origin
- 4-6 Case studies in different localities in the network countries
- 4-6 final reports
- Lot's of work & lot's of experience, lot's of fun...

Part II

course schedule & practicalities



Friday 9.5.	<ul style="list-style-type: none"> • Arrival to Joensuu
Saturday 10.5	<ul style="list-style-type: none"> • Lectures and meetings at University of Joensuu (whole day) • Country evening with local food from partner countries • Accommodation Joensuu (Green Star Hotel Joensuu)
Sunday 11.5.	<ul style="list-style-type: none"> • <i>Interactive excursion:</i> Metkatalo Lieksa & Mätäsvaara Mine/Theater including stakeholder meetings. • SPA evening (Bomba) • Accommodation Nurmes
Monday 12.5.	<ul style="list-style-type: none"> • Morning lectures by local institutions in Nurmes • Visit to School of Self-Sufficiency, Valtimo • Meeting with Kainuu Regional Council experts • Accommodation Kajaani
Tuesday 13.5.	<ul style="list-style-type: none"> • Interactive excursion to Puolanka (Pessimist capital of the World!) <ul style="list-style-type: none"> ○ Meeting with Puolanka municipality ○ in-situ methods training in Puolanka ○ Lectures by local sust. transition experts (Puolanka/Hyrynsalmi) • Preparation of research plans (afternoon/evening)

Wednesday 14.5	<ul style="list-style-type: none"> • Departure to case study sites in Kainuu • Case Study Localities: <i>Kuhmo, Hyrynsalmi, Paltamo, Ristijärvi</i> • Field work in case localities (1/group)
Thursday 15.5	<ul style="list-style-type: none"> • Field work in case localities
Friday 16.5.	<ul style="list-style-type: none"> • Field work in case localities • Teacher visit to case study sites • Evening online seminar: state of case study process
Saturday 17.5.	<ul style="list-style-type: none"> • Field work in case localities
Sunday 18.5.	<ul style="list-style-type: none"> • Field work in case localities • Return to Joensuu/UEF • Evening seminar (raw data presentation) at UEF

Monday 19.5.	<ul style="list-style-type: none"> • Report writing (UEF) & support meetings
Tuesday 20.5.	<ul style="list-style-type: none"> • Report writing (UEF) & support meetings • Sauna evening
Wednesday 21.5.	<ul style="list-style-type: none"> • Report writing (UEF) & support meetings
Thursday 22.5.	<ul style="list-style-type: none"> • Report writing (UEF) • Final seminar (afternoon) • Dinner & certificate ceremony, <i>goodbye party</i>
Friday 23.5.	<ul style="list-style-type: none"> • Departure to home country

Homework/pre-task...

- Pre-course group work by participants from each University

Topic:

Depopulation, peripheral development and sustainability strategies in the partner countries

- *Prepare a 15-minute presentation including:*
 - *General trends and current demographic situation in **your country (partner country)**, focus on remote/rural areas.*
 - *Potentials or practices of **smart shrinking/right sizing policies/strategies** in your country.*
 - *What is the **key focus of sustainability strategies** in your country and how do remote areas are included?*
 - *Can you find **some exemplifying case**/locality/programme in your country that has sustainability strategies that are specifically adapted to shrinkage or remote localities?*
 - *Present in morning session (10.5.)*

Communication & Information

- **Common language of the course is English**
- **Teams channel: Nord+ Sustainability & shrinkage Finland 2025**
 - Tasks, lectures and information (e.g. programme, **readings**,...)
 - Group data files, case study info (e.g. pics, documents,..) & reports/presentations
- **Registration in UEF system for CP's** (you'll get email on how to activate)
- **WhatsApp group** (*I am open to alternatives, e.g. Signal*)
 - Will be created
- **Student grant** (paid during course)
 - Covers food (self-catering) during course (20€/travel day/student)
 - Travel costs to/from course if self-paid

Rules of the game...

- Be aware of the programme, the course requirements and listen and follow the instruction given...
- Be communicative...
- Be in time...
- Be active and participate active in all activities...
- Take notes...
- Be a team player...
- English is the core language of the course...

Practicalities

Important gear:

- **Rain/snow** resistant gear (e.g. umbrella for fieldwork)
- Own laptop/camera/mobile
- notebook
- Decent shoes
- Swimming gear
- Evening robe (dinner party!)

Other issues:

- Laundry partially possible
- General insurance is own responsibility
 - EU insurance card!
- Complains/problems: report to own teacher or myself!



**Please aim at a
small/medium luggage**

Extras...

- **Country evening (10.5.)**

- First joint evening is thought to be a shared dinner/piknik event functioning as an informal get-to-know each other.
- Please bring some food/drink specialities from your home/residence country to share

- **Other issues**

- Food preferences & Allergies: please inform me!!
- High price level in Finland (compared to Baltics): consider to bring some own things
- We will always try to reserve some time for shopping groceries on our excursions