



Friluftsliv



## What the Norwegian word 'Friluftsliv means and why we should all be practicing it

Friluftsliv is a Norwegian word loosely translated as “open air life,” which characterizes Norwegian culture. Norwegians embrace nature and enjoy the outdoors as a way of life. Ultimately, friluftsliv offers the possibility of recreation, rejuvenation and restoring balance among living things.





## Norwegians and Friluftsliv

The dominant form of Norwegian friluftsliv involves people going out for a walk in nature, either alone or with family and friends, and typically starts at their own home and ends back at their home later in the day. The purpose behind the walks varies from person to person. For some individuals it is to experience nature and for others it may be to socialize or to participate in physical activity. The walks are often longest on Saturdays and/or Sundays, and are frequently taken during the week





## Typical Examples of Friluftsliv activities

- Exploring nature on foot or with skis during the winter
- Experiencing nature by biking, boating, canoeing, skating, etc.
- Experiencing additional activities during walks such as fishing, hunting, berry picking, mushroom gathering, photography or observing plants and birds





# Unique Characteristics of Friluftsliv

- What characterizes the Norwegian cultural phenomenon friluftsliv vs. other international recreational activities?
  - Practicing friluftsliv is not dependent on large expenses for travelling and equipment – you just go and get outside
  - In Norway, nature and cultural landscape experiences are easily accessible and available to all – within walking distance from major population centers
  - Passing on the tradition through natural social groups – family and friends
  - Friluftsliv is not dependent on organizations; it is possible for individuals to choose their own time and place for practicing it



# Benefits of Friluftsliv

- There are many physical and psychological benefits that are intrinsic to the friluftsliv lifestyle, including the following:
  - Increased physical activity
  - Reduced stress levels through a connection with nature
  - Spending quality time alone or with loved ones



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