



*The Fagervik preschool in Sorunda, December 2009. Hilly ground is constructed on the usually flat ground.*



### **The SPRING-project**

The Nynäshamn Nature School is the project management of the SPRING-project 2008-2010. The purpose of SPRING is to develop outdoor environments at schools and preschools, which stimulate physical activity, protect against harmful UV-radiation, increase children's and pupils' concentration ability and, not the least, to use the outdoor environments as learning environments.

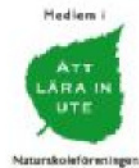
The long term goal is to integrate the project in the daily school work in the municipality, that the ideas that SPRING is based upon will be regarded when building new preschools as well as when maintaining the yards of preschools and schools.

This can be achieved by implementing the project in cooperation with the different departments of the municipality.

[www.nynashamnsnaturskola.se/spring](http://www.nynashamnsnaturskola.se/spring)

If you want the nature into your head, then you have to take your head out into the nature.

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# Nynäshamns Naturskola



The Nynäshamn Nature School is one of the 90 Nature Schools in Sweden, which work follows the motto: To learn by being outdoors, i.e. Outdoor learning. The Nature School started in 1988; it welcomes pupils in the ages 4 to 16 from the whole of the Nynäshamn Eco-Municipality. The school classes visit the Nature School once every year, which means receiving at least 2500 pupils. An investigating and discovering way of working takes place here around various themes and subjects, outdoors. Before each visit at the Nature School, the pupils are prepared by their teacher, and follow-up is done back at their school. Each grade has its specific theme such as insects, the senses, ancient techniques, winter ecology, fire, the wetlands of Alhagen. etc.



*The work takes place on the fields, at the schools and at the preschools as well as at the Nature School's own premises close to the Muskan lake in Ösmo.*

The Nature School works with sustainable development within the Department of Education and Childcare, by gathering an environmental network, arranging courses, running projects and writing teaching materials. Several projects are run by the Nature School in cooperation with other participants and some of the projects last for several years. A large variety of courses are offered each year to personnel within schools and preschools. Produced teaching materials and tutorials are available at the website of the Nature School or as books. The Nature School has to sell courses and books in order to finance part of its work.

[www.nynashamnsnaturskola.se](http://www.nynashamnsnaturskola.se)

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2007-2013



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# Why Nature School?

## A Nature School for sustainable development

We work towards sustainable development. The three cornerstones in the concept are ecology, economy and social justice.

The Nature School works both with the feelings for nature and the knowledge of facts about the nature and the environment. We believe that the feeling for nature is the foundation for understanding our environmental problems. When being in the nature people are more physical active, which is the foundation for a good health. No matter the social background, everyone can get a feeling for the nature. The society becomes economically sustainable in the long term only when both the people and the nature are feeling well, both locally and globally.



*The girl in grade 3 is grinding flour like people were doing during the Stone Age. To learn by doing and using our senses are natural elements in the outdoor education. The outdoor education complements the indoor education and gives more pupils the opportunity to reach the goals in the syllabus.*

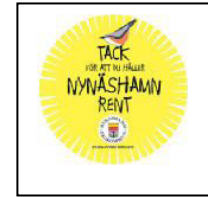
## A Nature School for increased understanding

The outdoor education complements the indoor education and makes more pupils finding a way to understand different subjects. Therefore the Nature School offers courses about outdoor education and sustainable development to teachers at schools and preschools.

During recent years many courses have been focusing on **Mathematics, English and Swedish** in connection to the production of outdoor educational teaching materials in these subjects. Mathematics is a subject that many pupils find difficult. Out in the nature (including at the schoolyard) the pupils get the opportunity of working practically, being very active, reflecting on and playing mathematics. Research shows that the stress hormone cortisol is decreasing for pupils who use the outdoor environment as learning environment. When all the senses are used, the chance that the pupils remember what they have learnt is also increasing.

# Project and campaign

The Nature School runs several projects. One of them are the SPRING-project (see the back page) Another one that has been running for several years is the grazing land project in Sorunda where grades F-3 at the Sunnerby School are restoring grazing land and are using it as an outdoor classroom. Every year during week 17 the Nature School organises the big litter-picking week. During the “Keep Nynäshamn Tidy”-campaign, children and pupils are cleaning streets and marketplaces all around the municipality.



*Keep Nynäshamn Tidy  
– a campaign week 17  
every year*

## Teaching material

In cooperation with other nature schools, the Nynäshamn Nature School has written several books about outdoor educational methods.

### Outdoor learning the whole year around

Nynäshamn Nature School's own book which was released in connection to the 20th birthday of the Nature School in 2008.



### Learning Mathematics outdoors

About learning Mathematics outdoors at primary schools. Written in cooperation with the nature schools in Uppsala and Falun 2005.



### Playing and learning Maths outdoors

About playing Mathematics outdoors at preschools. Written in cooperation with the nature schools in Uppsala and Falun 2007.



### Learning Swedish outdoors

About learning Swedish outdoors in the nature and in the schoolyard. Written in cooperation with six other nature schools in 2010.

