

# TRANSITION TOWARDS RESILIENT COUNTRYSIDES

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## TTRC Conference in Upplandsbygd, Sweden 23-26th of May 2022

**We welcome you to attend this conference where we will visit interesting examples of rural initiatives within the bio-economy.**

### PROGRAM

<b>MONDAY MAY 23<sup>RD</sup></b> <b>Building resilience to support a sustainable development in Local Action Groups, voluntary organisations and in small scale businesses.</b>	
10 -12 AM	Arrival to Uppsala and Hotel Botanika.
1 PM	Lunch at Hotel Botanika
2 PM	Introduction of the TTRC network and our common goals Welcome to Upplandsbygd and Uppsala Municipality
2.40	Upplandsbygds journey of exploring sustainable development.
3.30	Coffee break with a view
4 PM	Sustainable Entrepreneurship Economic profit in sustainable initiatives. Examples of how we can increase the resilience in small scale businesses.
5.30	Conclusions
6 PM	Free time and check-in at the hotel rooms
7 PM	Dinner starts. Presentations of each Partner during dinner.



## TUESDAY MAY 24<sup>th</sup>

**Wetlands, Aquaponi and diversification in small scale business in the bio economy.**

7 - 8.30	<b>BREAKFAST</b>
9 AM	Bus-ride to the southern parts of Upplandsbygd. Knivsta and Sigtuna municipality
10 AM	<b>REED, MUSSELS AND ALGEEES</b> We arrive at Vassunda bygdegård. Welcome to Knivsta municipality  Future paths of aquatic resources (reed, mussels and algaees) - Harvest of reed in Lake Mälaren. Meet-up with Fredrik Holmén (reed-harvesting inventor/entrepreneur).
12 AM	<b>WETLAND VISIT</b> Ecological investments with Leif at his wetland coupled with conversations regarding eco-projects. A walk-and-talk visit (30 minutes walk)
1 PM	<b>DIVERSIFICATION IN RURAL SMALL SCALE BUSINESS</b> Welcome to Sigtuna municipality.  Lunch at Herresta Lada – Parttaker in our project “Sustainable entrepreneurship”. Presentation and talks about diversifying small-scale sustainable businesses.  Workshops in groups.
5 PM	<b>AQUAPONICS</b> Visit to Lokalt Odlat in Knivsta Closed loops, aquaponics, and wetland grazing. Website: <a href="http://www.lokaltodlat.se/">http://www.lokaltodlat.se/</a>
6 PM	Dinner at Valloxen, prepared by Lokalt Odlat.
8 PM	Bus ride back to Uppsala and Hotel Botanika.

## WEDNESDAY MAY 25<sup>th</sup>

**Resilience in small-scale food production.**

**- Weaving in additional values to local food production: Agroforestry, short supply-chains, and community action.**

7 - 8.30	<b>BREAKFAST</b>
9 AM	Bus-ride to Vattholma
9.30	<b>AGROFORESTRY</b> Topics: Agroforestry, animal husbandry, watering systems. Ylva and Kjell Sjelin – Perennials and soil science.
11 AM	Bus ride to Östhammar Guided bus tour through Östhammar municipality, passing the villages Österbybruk, Gimo and Östhammar.
12 AM	<b>Lunch at the old society house Källör</b> Welcome to Östhammar municipality (Stefan Edelswärd) Community action example. (Sue Lifvendahl)
1 PM	<b>OUR COMMON SEA</b> Conversations on the topic "Save the Sea". Workshop to find ideas for future collaboration.
3 PM	Bus ride to Hågaby
4 PM	<b>SELF-SUFFICIENT SCHOOL</b> We visit a school that are on their way to be self-sufficient of vegetables. Learn about how the pupils, teachers, gardener and chef has work together to make it work. Tour of the kitchen and the two gardens.
6 PM	<b>Dinner at KulturOasen</b>
8.30	Bus ride back to Uppsala and Hotel Botanika.

## THURSDAY MAY 26<sup>th</sup>

7 - 8.30	Breakfast Farewells and departure for airport etc.
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