

#15. HEJ FRAMLING! HI FOREIGNER!

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Since 2015, Sweden

www.hejframling.se

All information in this entry is sourced from the link above and contact mentioned in the document.

Topic relevance

PLAYING TOGETHER A INCLUSION

Factor of success CULTURAL EXCHANGE

Type INITIATIVE/PROJECT

Language Swedish

Target population

Refugees in Sweden and local inhabitants

Further information / Contact

www.hejframling.se

www.facebook.com/mahejframling

Contact, info@hejframling.se

Synthesis of the good example

The project Hej Framling! uses the natural scenery of Sweden to integrate newcomers into the new society and also to give a space for interaction with locals. The association is considering exercise as a way of getting healthy not only physically but also mentally and the use of nature and the outdoors as way to channel that.

Highlights and outcomes

This good example will help you to understand how a cooperation between local and refugees has provided for both parts space as a for interaction. Outside interactions with the immediate environment and also online with a webplatform. The platform is connecting volunteers, inhabitants and refugees by sharing the highlights of living together. This example shows how the initial idea has growing up by focusing on inclusion of each participant: they are now visiting schools, companies, association for getting them visualize opportunities of social value and encouraging creativity of these kind of initiatives.

Context and approach

Hej Framling, literally "hey foreigner" has for main aim to promote a healthy lifestyle and doing it with a desire for increased community. They are particularly focused on creating integration and inclusion of newcomers in Sweden into local communities through free activities, accessible to everyone who wants to enjoy sports, culture and outdoor life. Mostly activities are outside for connecting people between them and their immediate environment. Hej Framling is also animated by the dream of boundless integration all over Sweden, especially after the massive flow of refugees arrived since 2013 in Sweden.

Information about project/organisation's holder

Hej Framling is an association created in 2015 after two years of activity in project form. Located in Jamtland but with other resorts in Sweden, the main goal of the organisation is to offer health promotion activity for everyone, based on social inclusion and cultural integration.