

Engelska



FRILUFTS
FRÄMJEANDET

JOIN US IN THE GREAT OUTDOORS

In the mountains, out on the water or on the ice, in the snow,
or into the forest – all year round for all ages – our guides
organise fun, safe and educational adventures.



THE BEST ADVENTURES AWAIT OUTDOORS

Friluftsrämjandet is a non-political and non-religious non-profit organisation that promotes public health and well-being through outdoor activities.

With more than 100,000 members, we are Sweden's largest organisation for outdoor activities.



OUTDOOR ACTIVITIES FOR ALL

Friluftsrämjandet provides the largest selection of outdoor activities in Sweden. In more than 300 locations around the country, our guides organise adventures, both great and small, for all ages and interests – all year round. Enjoyment, expertise and safety are always at the heart of what we do.

DISCOVERY AND EXPLORATION

Age 0 to 7 – from unsteady steps to self-confidence

For young explorers even small adventures are huge. Young children, together with their parents and trained guides discover nature with a lot of fun and a little mischief.

In “Skogsknopp” and “Skogsknytte”, the children are accompanied by a parent and everybody learns together through play. When the children get a little older, they will meet “Skogsmulle” and take off on adventures in the forest on their own, together with our guides. The “Skogsmulle” children are curious, and they discover and explore using all their senses, while learning to respect nature.



In the winter, we hold skiing and skating classes, both of which are full of enjoyment and use play as a method for learning.

ADVENTURES AND FRIENDS

Age 6 to 12 – from self-confidence to taking on new challenges

Sleep in a tent overnight and cook over an open fire. Try climbing, off-road parkour in nature, canoeing or mountain biking. The guides take “Strövare” or “Frilufsare” on new adventures, based on their ability. The older the children, the greater the adventure.

Age 13 and upwards – adventure, butterflies in your stomach and new challenges

You will get to know other children your age who share the same interests as you, and together you get to try out activities such as canoeing, hiking, cycling, mountain excursions and camping. The meetings are characterized by fellowship, joy and a passion for adventure in the great outdoors.

FELLOWSHIP AND CHALLENGES

Adults – from peace and quiet to adventure

Take a trip and experience adventure close to home or further away. Join us on a long-distance skating trip for beginners under the light of the full moon. Go for a hike in the mountains in the winter or summer. Take to the pistes, skiing or snowboarding. Go for a hike in a forest near you. Glide along in a kayak on a tranquil lake. Go mountain biking, cook over an open fire or go hiking in snowshoes in the sparkling sunshine. We have something for everyone!

DIVERSITY

As an organisation, we strive to reflect the diversity that exists in society and to provide activities that are welcoming, suitable and safe for everyone, regardless of gender, transgender identity or expression, ethnicity, religion or other belief, disability, sexual orientation and age.



MOUNTAIN EXCURSIONS – WINTER



SKOGSMULLE



LONG-DISTANCE SKATING



PARKOUR IN NATURE



KAYAKING



MOUNTAIN EXCURSIONS – SUMMER



SKATING CLASSES

LET US TAKE YOU ON A NEW ADVENTURE

Friluftsrämjandet are pioneers in outdoor recreational activities, outdoor facilities and education in the great outdoors. We have been supporting the outdoor life and the Right of Public Access since 1892 – unique benefits that also entail great responsibility. In all things great and small – we encourage children and adults to appreciate and experience nature.



SKIING



MOUNTAIN BIKING



DOWNHILL SKIING



CLIMBING



CROSS-COUNTRY SKIING



SNOWBOARDING



CANADIAN CANOEING



CHILDREN'S ACTIVITIES



HIKING – COME RAIN OR SHINE



HIKING



3 GOOD REASONS TO BE A MEMBER

1. THOUSANDS OF ADVENTURES

As a member there are thousands of outdoor activities to choose from. We have activities to suit the whole family – from forest excursions and ski classes in the local area for young children, to hiking in the mountains, kayaking adventures and long-distance skating for more experienced members.

2. A BETTER SOCIETY

Our aim is to make the outdoor life accessible to everyone – regardless of circumstances or ability. Friluftsrämjandet is a strong advocate for the rights of children to health and exercise through outdoor activities. We work actively to ensure an enjoyable, accessible and sustainable outdoor environment – so that we can enjoy our beautiful landscape, today as well as in the future.

3. OUR MAGAZINE AND OFFERS FOR MEMBERS

As a member you will receive a copy of our magazine Friluftsliv, Sweden's largest magazine about outdoor life and adventure, four times a year. As a member you will also receive attractive offers from our partners, which will make it easier for you to buy good outdoor equipment, travel in comfort and be able to find affordable accommodation when you arrive.

www.friluftsframjandet.se/engagera-dig/bli-medlem/



BECOME A GUIDE WITH FRILUFTSFRÄMJANDET

THE ONLY THING THAT BEATS GOING ON AN ADVENTURE IS CREATING IT

Each year, our 7,000 guides create adventures that are fun, safe and educational – with a true passion for the outdoor life, great expertise and a strong sense of fellowship.

We have been training outdoor guides since 1892. As a guide, you contribute with your time and commitment, and in return you receive training, personal development, technical expertise in your particular field, a larger social network, a community and a chance to get out into the great outdoors more often. Your commitment enables even more people to experience and discover the outdoors. You also become part of Friluftsrämjandet and our work to make the outdoor life accessible to everyone.

Regardless of what motivates you personally, we will provide you with new experiences and opportunities. What adventures would you like to create?

www.friluftsframjandet.se/bliledare



Are you looking for your next adventure and would like to get in touch with us?
At www.friluftsframjandet.se you will find lots of adventures – great and small,
whether you long for adventures far away or just around the corner.
We have something for everyone!

LET THE ADVENTURE BEGIN.

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