THE GOOD LIFE
NORDIC CITTA SLOW NETWORK

DK
MARIAGERFJORD
SVENDBORG

IS
DJUPAVOGSHREPPUR

FI
KRISTINESTAD
KRISTINANKAUPUNKI

NO
EIDSKOG
LEVANGER
SOKNDAL

SE
FALKÖPING
CITTASLOW
We respect the small and local in a globalized world.

WOULD YOU LIKE TO ESCAPE THE HUSTLE AND BUSTLE OF EVERYDAY LIFE, SLOW DOWN AND FOCUS ON THE QUALITY OF LIFE AND THE GOOD LIFE? IN THAT CASE, THE NORDIC CITTASLOW MUNICIPALITIES ARE A GOOD CHOICE.

We do not want to disappear in the crowd, which is why we nurture the unique, local identity that sets us apart from the rest of the world and concentrate on local products and ingredients. You should not be greeted as a tourist but welcomed as guest and a friend. We are also allowed to be creative and a little bit crazy.

A stroll among our architectural gems does wonders for body and soul. Smell the flowers, take your shoes off and feel the grass tickle your feet – just be alive! Eidskog, Levanger and Sokndal are wonderful places just to be. We want less stress in our lives and we want ‘to hurry slowly’ – welcome to the good life, whether you bring all your worldly goods with you or just a small suitcase.

You are welcome to come and live the good life with us!
ARE YOU LOOKING FOR THAT UNIQUE?
VISIT ALL NORDIC CITTA缓慢 MUNICIPALITIES THAT ACCENTUATE THEIR PECULIARITIES AND SPECIALTIES. EXPERIENCE THE GROUNDED, SMALL AND GOOD THINGS IN LIFE. WELCOME TO THE GOOD LIFE!
The abbey town of Mariager
At the heart of Mariagerfjord municipality, on the southern side of the fjord, lies the abbey town of Mariager. Mariager is home to 2,500 of the municipality’s 44,000 inhabitants. Mariager is situated on undulating ground that slopes down towards the fjord. The town is surrounded by many small wooded hills, for example the 110-metre-high Hohøj, the biggest Bronze Age burial mound in Northern Europe. The town was founded in 1446 on the site where the big Bridgettine abbey was built. The abbey, which was built as a double abbey - for both monks and nuns - was an impressive building, the size of a cathedral. The abbey was dedicated to the Virgin Mary, which is where the town gets its name from - it means Mary’s fields (‘ager’ in Danish). The abbey soon acquired a number of trading privileges, which helped to ensure good economic conditions for both the abbey and the town.

Present-day Mariager is an incredibly well-preserved, friendly town, with lots of atmosphere, charming, cobblestoned streets and many thriving clubs and associations of different kinds. That Mariager and Mariagerfjord municipality have now achieved Cittaslow status is down to a group of local enthusiasts, who, with an eye for the town’s qualities, dared to challenge the prevailing trend and invest in development rather than closing things down, development for the benefit of both local inhabitants and visitors. Welcome!

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DENMARK’S MOST BEAUTIFUL FJORD

Mariager is the smaller of Denmark’s two Cittaslow towns. The reason why Mariager has become a
Cittaslow town is because the whole Slow mindset is a perfect match for the spirit and philosophy that
characterise the town: the Good Life, with the focus on quality, authenticity and history. Mariager is
situated in Mariagerfjord municipality in northern Denmark. The municipality is situated around the
Mariagerfjord, Denmark’s longest, deepest and most beautiful real fjord. There are several cities just a
short distance away, and there are two universities within a 45-minute drive. The area has fantastic
landscape qualities – fjord, woodland and beaches – and it also has an exciting history that makes it
an attractive place to either visit as a tourist or to settle in.
Mariager port
The bay on which Mariager is situated forms a natural harbour from where a ferry used to run across to Stinesminde on the northern side of the fjord. Until 1958, there was also a ferry service to Denmark’s capital city, Copenhagen. With the arrival of the railway in 1927, Mariager also became a port for importing coal. Ships arrived with coal, which was then transported by train from Mariager to the gas works in Viborg. A coal crane was erected on the dock in that connection, and it still stands there today, having been restored in 2006. It is now listed and is a characteristic feature of Mariager’s docks area. Nowadays, the docks area is only used for recreational purposes. There is a big marina for pleasure boats, which is also a port of call for the paddle steamer Svanen on its sightseeing trips. There is also a big visitor centre that tells the unique story of the salt industry in the area. Pan salt is made at the centre, which also features popular salt baths. The old railway is still working. Nowadays, it is possible to go for a ride on a restored coal-fired vintage train, which is very popular with tourists,

Mariager – Town of Roses
Despite its large subterranean lime deposits, Mariager has never been a big industrial town. When a bridge was built across the fjord 10 km east of Mariager in 1904, the town ceased to be important as a ferry terminal, and its development more or less stagnated. Today, however, it is an advantage for Mariager that central parts of the town were bypassed by economic development, since that is why the town centre is so well-preserved today.
There is a unique old market town atmosphere in the town centre, with bumpy cobblestones, crooked semi-timbered houses and an abundance of roses everywhere – they have become the town’s trademark. For generations, the residents of Mariager have planted many different varieties of roses. They now climb up the walls of houses and buildings and are an important part of the town’s picturesque image, which, of course, is why Mariager is known as the Town of Roses. Mariager Museum is situated in the town centre. It tells the history of the town, featuring, among other things, an impressive merchant’s shop from 1900, the old Post Office and the old Town Hall. If you stand in the lovely Town Hall Square, it is like stepping into an old market town a century ago, with well-preserved facades, courtyards and cobblestones, and with a fountain in the middle. Mariager is a place where traditions and the good life are in focus, and where a charming town centre offering both atmosphere and variety helps to attract large numbers of tourists. Both locals and tourists can buy everything under the sun in the town’s small shops, which often give pride of place to sustainable local products. Mariager also has a wide selection of accommodation on offer - friendly bed and breakfast establishments, hotels, holiday houses and excellent campsites, as well as many charming cafés and restaurants. The town also has a primary/secondary school, three residential schools for pupils aged between 14 and 18, a college and a music centre, as well as a sports centre, golf course etc. So, shall we just say ‘see you when you get here’? Welcome to Mariager, ‘Town of Roses’ – an experience for life.
Svendborg is the capital of South Funen (Sydfyn) and synonymous with the quality of life. A life where people have time for both their families and hobbies, job and career, both relaxation and work. In brief, life with all it has to offer.

Quality of life and the quality of life—two sides of the same coin. Svendborg municipality’s membership of the international Cittaslow movement is one of the more concrete examples of quality of life.

The large-scale housing and urban development project Tankefuld in western Svendborg is another example of quality being given priority. Here, Svendborg plans to build one of Denmark’s most exciting residential areas, thereby creating an environment with all the prerequisites for a good life.

NORDIC CITTASLOW NETWORK
SVENDBORG

Svendborg, which is situated on the island of Funen (Fyn), is known as the capital of South Funen. In a location facing the islands off the coast of South Funen and with a population of just under 50,000, the town and surrounding countryside have a lot to offer both local inhabitants and guests.

Our maritime cultural heritage is perhaps the most important element in our self-image and our DNA—and the harbour is Svenborg’s heart in more senses than one. Our maritime industry is more than just history, however, it lives on in a maritime cluster comprising many shipping companies, engineering firms and, not least, the country’s biggest maritime educational institution SIMAC, which has 550 students who are training as ship’s officers and marine engineers.

Svendborg is a typical coastal municipality with a 179-km-long coastline that includes untouched stretches of shore with beaches, cliffs, coastal meadows, coves and small islands that provide important habitats for the area’s rich flora and fauna. The coastline also includes built-up areas along the shore, harbours, bridges etc.

A continuous 220-km-long walking path has been built, along which we are constantly endeavouring to develop new recreational and commercial facilities.

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Svendborg is the capital of South Funen (Sydfyn). And Svendborg is synonymous with the quality life. A life for both their families and hobbies. Job and career. Both relaxation and work. In brief, life with all it has to offer.

Quality life – two sides of the same coin. Svendborg municipality’s membership of the Cittaslow movement is one of the more concrete examples of quality of life.

The large-scale housing and urban development project Tankefuld in western Svendborg is another example of quality being given priority. Here, Svendborg plans to build one of Denmark’s most exciting residential environments with all the prerequisites for a good life.
Svendborg combines nature and culture. Go exploring and enjoy nature experiences – whether on land or sea.

Stop off at one of the many charming small cafés and music venues. Be entertained at one of the town’s theatres or concert venues. Try your hand at sports at one of the many sports clubs in the Svendborg area. Svendborg has lots to offer. It’s up to you to choose.

Svendborg also has a lot to offer young people – as demonstrated by the town’s many educational institutions.

There are upper secondary schools, vocational colleges, maritime colleges, a nursing college, a teacher training college and specialised educational institutions – ranging from Denmark’s oldest, Gymnastikhøjskolen Ollerup, to Denmark’s biggest, Oure Sport & Performance.

Sport and education are two keywords in Svendborg, where it is possible to combine education with sport – whether you are interested in sport as a hobby or aspire to elite level.

There are around 120 sporting associations in Svendborg, so the chances of finding your sport are pretty good.

It should not be a problem for you to find a flat or a room in halls of residence in Svendborg. And the educational institutions are all within a reasonable distance.
There is a lively music scene in Svendborg. Whether you want to play yourself or just listen, there are plenty of opportunities at the town’s many cafés and music venues.

Svendborg has also been famous for many years as a music town, with an abundance of concerts in all genres to choose from all year round – at charming small venues in winter and in the town’s squares and parks in summer. The town’s lively cultural scene culminates at the Svendborg festival in August.

Theatre-goers have it made in Svendborg. There is plenty to choose from and the town’s foremost theatre, BaggårdTeatret, is known for its exciting and innovative productions. There are also possibilities for those with ambitions in the direction of amateur theatre. Many artists and creative people have settled in South Funen, and there are many small galleries and craft studios. Scala Svendborg cinema shows both big premieres and arthaus films.

Local communities in the area also have a varied cultural scene with many associations, which the 21 community centres and 120 sports clubs in the municipality help to support. As a newcomer to the area, all you have to do come along to the street parties, dance evenings, light festivals, amateur theatrical productions etc. that help to boost the community spirit in the many thriving villages in the area.
Fjords cut into the southeast coast of Iceland, separated by magnificent and beautifully shaped mountains. In extension of the fjords, valleys reach far inland towards the highlands. On the black sandy shores, the waves of the North Atlantic Ocean break and rich birdlife flourishes. The Eastern fjords fog, sometimes dense, mystifies the magnificent landscape and fantasy brings folklore and stories of elves, trolls and ghosts to life. Written sources, dating back many centuries, testify to the region’s plentiful history. In modern times Djúpavogshreppur boasts of an attractive society, offers a diverse range of employment opportunities, and provides service of a high standard.

Djúpavogshreppur covers the southernmost part of Iceland’s East Fjords. It is an energetic and progressive community of 460 residents, earning their livelihood from the land and sea. Locals appreciate the distinctiveness and uniqueness of the municipality and local future agenda puts forward a comprehensive plan for natural conservation and cultural heritage protection, probably the most ambitious one ever undertaken by a municipality in Iceland.

There is only one Djúpavogshreppur - and it’s Cittaslow.

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This is Djúpavogshreppur
- Where uniqueness is considered a strength
- Where human values are respected, nature and cultural heritage are conserved and eco-friendly businesses are supported
The nature and geography of Djúpavogshreppur is diverse. The coastline is jagged with three main fjords (Álftafjörður, Hamarsfjörður and Berufjörður) cutting into the land, surrounded by steep, rocky mountain sides and limited lowlands. Valleys, widely vegetated and bushy, even partly covered with some of Iceland’s oldest birch forests, stretch inland from the fjords and merge into the highlands. A huge contrast exists offshore. Open to sea, and separated by the Búlandsnes peninsula, the deep Berufjörður, with its strong ocean currents, is the total opposite of the shallow Álftafjörður and Hamarsfjörður where islands and an isthmus lie across the fjords’ mouths. Búlandsnes offers great natural diversity. Loess soil, gravel, marshy ground, cliffs, briny water, fresh water, beaches and land-tied islands. This is optimal for the rich local birdlife and provides opportunities for an exceptional natural experience.

Djúpivogur, a coastal town with barely 400 inhabitants, is located on Búlandsnes. It surrounds a small homonymous bay, and spreads out below and along the cliffs that are very characteristic for the area. The history of this charming town is closely inwrought with the Icelandic history of trading, as it became an important centre of trading over 400 years ago. Fishing has also been a linchpin in Djúpavogshreppur for centuries. In recent times, the tourism industry has blossomed and a hotel, restaurants, cafés, a camp-ground, and shops, can be found in town. In addition to this, the town has good sports facilities with a swimming pool, many craftsmen and museums, as well as the outdoor sculptures The Eggs in Gleðivík by Sígríður Guðmundsson that resonate with the flourishing local birdlife. From Djúpivogur, offshore cruises to the largest island offshore East Iceland, Papey, are offered.
The rural areas of Djúpavogshreppur offer good service and facilities, as well as many interesting sites, such as cultural heritage sites and protected natural areas. The flagship is probably Teigarhorn in Berufjörður, a declared national monument, protected by the Nature Conservation Act. It is renowned worldwide for its zeolites and therefore of very high geological value, as well as being important with regard to the cultural and industrial history. In addition, Teigarhorn has held the record for the highest temperature ever recorded in Iceland, 30.5°C (86.9°F) since June 22nd, 1939.

In Djúpavogshreppur, history is all around you. The old Icelandic Sagas mention the existence of Irish monks called Papar living on the island Papey before the settlers came, the wintering of the Norwegian viking Ingólfur Arnarson, later becoming the first permanent settler of Iceland, the first local settler Bjöðrekur, and the missionary Þangbrandur. More recent sources reveal the arrival of merchants from Hamburg, the terrible abductions of many of the area’s residents by pirates from Morocco and Algeria, and a flourishing fishing industry.

Today, Djúpavogshreppur focuses on offering an attractive and supportive community, it seeks to create interesting opportunities for local business development, encourages residents and guests to slow down once in a while and pay attention to their surroundings and their fellow men. To embrace the moment. Djúpavogshreppur is Cittaslow.
If you want to see with your own eyes why Kristinestad was founded, you need to come to the market here in July. The town was founded in 1649 because the local farmers felt it was too far to travel to Björneborg (100 kilometres further south) or Vasa (as far again to the north) to sell their produce. Kristinestad grew up halfway between them, situated on a bay that made an excellent harbour for the big sailing ships that were soon engaged in trade all over the world, making the town one of the most important shipbuilding towns and ports in Finland. The same enterprising, go-ahead spirit is still typical of the town today.

Kristinestad is located on the west coast of Finland, south of Kvarken, not far from the southernmost point of Österbotten province. The town has a population of 7,100 and covers an area of 687 square km. The old town centre, with its 17th century wooden houses along the waterfront, is surrounded by an extensive and dynamic hinterland consisting of the modern town centre, farmland, an island archipelago and forests. The town is very culturally diverse, partly because it is bilingual (56.6 per cent Swedish and 42.2 per cent Finnish), and it is a place whose inhabitants can lead active and rich lives.

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Kristinestad is a multifaceted and fascinating community. While the ‘wooden-house towns’ on either side of Bottenviken bay and Kvarken went up in flames in big fires, Kristinestad survived unscathed and is the best-preserved town from the golden age in the Nordic countries, with its original street plan intact. The town’s inhabitants insist that they are protected by an inscription in a roof painting in one of the older houses. They take good care of the areas of the town with old wooden houses.

The town’s hinterland consists of a farmed and wooded plain that is the country’s biggest potato growing area by far. It ends in Bötonbergen, a miniature Lapland and a remnant of the Ice Age. In winter, there are slalom slopes and excellent ski tracks here, while in summer the area offers some atmospheric walks as well as the cave Varggrottan, the oldest known prehistoric settlement in Finland. Neanderthals are known to have lived there 120,000 years ago.

The inhabitants of Kristinestad love forming clubs and associations, and they have one for just about every purpose under the sun. There are associations for singers, musicians and revue enthusiasts that help to keep up traditions and the community spirit. Ingenious as they are, the townspeople are always coming up with something new – small businesses, projects like making the town Finland’s friendliest Christmas town, or organising Romantic Week etc.
The service sector, the retail trade and small businesses play an important part in the local economy. Young people who leave Kristinestad to study are more than happy to move back afterwards. Most of the town’s inhabitants master both Swedish and Finnish. As the descendants of seafaring people, the door to the outside world remains open to them via their many relatives who have emigrated to Sweden or the USA, and because of their own desire to see far off places. Many emigrants come back in summer.
Eidskog municipality, located in the far south of the county of Hedmark, borders on Sweden to the east. It has a population of 6,400 and covers an area of 643 sq. km, 60% of which is productive forest. We have wonderful scenery and a blossoming cultural scene and a variety of outdoor pursuits. There are many local enthusiasts in Eidskog, and we have a great variety of clubs and associations. Eidskog is Norway’s third Cittaslow municipality, and we emphasise respect for small-scale, local values in a globalised world. The municipality focuses on providing good, safe schooling and a good environment in which to grow up. We have a ‘culture for learning’. Eidskog is a good place to live, work and stay in.

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... you should live here
Do you want to get away from everyday life and hum drum routine? To let the four seasons awaken your senses? Whether you only have a few hours or the rest of your life, you can come and sample the creative spontaneity of our little world and everything it has to offer of nature and industry, art and culture, hope and harmony. But first, come walk with us through a village abounding in opportunities...
EIDSKOG

We have lots to be proud of in Eidskog - in terms of culture, poetry, the saw mill industry and our canals and locks. That is why we have earmarked week 44 as ‘Culture Week’ to celebrate all the creative souls in the area, a week jam-packed with culture in the broadest sense of the word. We preserve the old traditions as well as creating new ones. And we have the world’s only ‘kingdom of peace’.

One of Norway’s most influential poets, Hans Børli, was from Eidskog. His home, Oppistun Børli, in Fjellskogen, is in a beautiful, idyllic location by Børen lake. Thousands of people gather here every year to enjoy a ‘June Evening’ on the first Sunday of this summer month.

In the heart of Scandinavia, bang on the border between Norway and Sweden, we find the Peace monument, symbolising almost 200 years of peace between the two neighbouring countries. The monument was erected in 1914, and Morokulien kingdom of peace surrounds the monument.

There are several magnificent buildings here - steeped in history and with a magical energy. Eidskog church dating from 1665 is one of the oldest churches in Hedmark. The ‘new’ church stands on the site of an old church from the 11th century. The farm museum, Almenninga, is one of many attractions in the area, and the old road to Sweden cuts across this farm cluster. This road was most likely also used by pilgrims on their way to Nidaros in Trondheim.
Spending time outdoors in our beautiful scenery is an experience almost beyond compare - clean air, bubbling streams and green forests as far as the eye can see. Here, the great outdoors offers something for every taste - some choose a quiet walk in the forest or kayaking up the system of locks in the Soot Canal. Others prefer camping, hunting or fishing on the Vrangselva river that winds like a lazy eel through our district. Feel your pulse rise and your blood rush! Whether you have a fish on the line or a moose in your sights - being so close to the catch will get your adrenalin going. Listen to your heart racing and imagine Sunday dinner on the table - caught in Eidskog’s own pantry!

The craft traditions in Eidskog date far back in time, and are fortunately kept alive by skilled craftsmen and women. Glassblowing has become a particularly well-known trademark, and many works of art are produced here. Glass, along with timber and aluminium, are our most important elements. Magnor Glassworks is the oldest company, founded in 1896. In ‘the street’ between the glassworks and Magnor market, the Vrangs-festivalen music festival pumps out the decibels every summer. We also have the only surviving factory that still makes wooden skis in Norway, and our very own wooden ski festival.

‘... walk even further into our village rich in opportunities, you said ...?’
NORDIC CITTASLOW NETWORK

LEVANGER

Levanger is a large, agricultural municipality in Nord-Trøndelag county. It has a population of 18,500 and covers an area of 646 sq. km. The administrative centre is the town of Levanger, which is in a beautiful location by the Trondheimsfjord and is surrounded by fertile, low-lying villages and mountainous areas.

The municipality has approximately 30 industrial enterprises. Norske Skogsindustrier with 650 employees is the biggest - one of the world’s foremost in the production of paper. There is varied business and industry in the municipality, with a mix of small-scale and larger enterprises, not least in foodstuffs and technology. The hospital in Levanger is the biggest single workplace in the municipality, employing approximately 1,000 people.

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The Saga writers tell the story of two jealous skalds from Iceland who met in single combat in the area close to the Swedish border. Gunnlaug Ormstunge and Ravn were both in love with Helga ‘the fair’. They fought hard and the fight ended in both their deaths. According to the Saga writer, Gunnlaug was carried to Levanger and nursed by a priest, but his injuries were so extensive that his life could not be saved. This is the dramatic introduction to Levanger’s 1,000-year history.
Are you looking for a rich cultural and social scene, or unspoiled scenery as far as the eye can see? In Levanger, we say ‘yes please, both’ and offer lots more! We have been creating great stories for a thousand years and we would love to include you in the next chapter.
Levanger is a vibrant town in which everyone is included. We emphasise good schooling and education at all levels. The many students at our university college are an important part of the town, and they contribute to a lively and pulsating everyday life. The many professional and amateur artists here help to create a rich artistic scene. From the sea to the mountains, we have natural wonders and inspiration on our doorstep summer and winter alike.

Embrace the feeling of peace and soak up the sacred atmosphere at the historic ruins of the Cistercian monastery at Okkenhaug - you might even hear the monks singing if you hold your breath. Munkeby monastery was probably founded by English monks in the latter half of the 12th century. A new monastic order has now been established at Munkeby Mariakloster, close to these historic ruins. This is where the popular Munkebyosten cheese is made, based on French traditions and made from local ingredients.

The Falstad Centre is a place for contemplation and reflection. The main building of the former German prisoner of war camp, SS Strafgefangenlager Falstad, houses items relating to the history of prisoners of war and human rights. The camp was the second largest in Norway and has a dark history that must not be forgotten.

Find inspiration while wandering among the wooden houses - imagine if the beautiful Swiss-style, new Gothic and Art Nouveau buildings could tell their secrets... steeped in character, you cannot fail to be impressed. The Directorate for Cultural Heritage has decided that this collection of wooden buildings is of national importance and work on listing them has started. The district sheriff’s home, Brusve Gård, built in 1803, which has its own park and herb garden, is particularly beautiful.
Let romance blossom on the beautiful wooden bridge and the Kjærlighetsstien ‘love path’ over to Røstad. Listen to the music of nature on paths close to the town centre or in wild, unspoiled nature. When summer arrives, make time to enjoy Levanger’s floral splendour - for which it has won several prizes. Set aside half an hour to take the ferry out to ‘the gem of the Trondheimsfjord’ - Ytterøy, a lush island with many cultural monuments preserved in the natural surroundings. You do not even need to be exceptionally lucky to experience the deer at close range, as the island has the densest deer population in Norway.

Set aside three days in week 8 every year for Marsimartnan - a market based on quality, culture, experiences and traditions that can be traced all the way back to the Viking Age. And be sure not to miss Levangermartnan either - a traditional summer market held in week 31.

Farmers Market days are held regularly, selling locally produced, high quality food. There is also an annual autumn festival, at which a great array of food is served and local produce is sold. In November, it is time for some pre-Christmas fun, with art, culture and experiences on offer during the ‘Førrijul’ event.

If it is excitement and challenges you are after, register for the terrain cycling race ‘Tour de Tomtvatnet’, or the ‘St. Olavsløpet’ run. Children can compete every August in the ‘Ta sjansen’ (take a chance) event - a competition in which competitors ‘sail’ their home-made boats down a downhill slope.

Welcome to the good life in our little world in the middle of Norway!
In Sokndal, it is OK to be a bit different and slightly crazy. The 'tall poppy syndrome' (Janteloven) is dead and buried and you can visit its grave in the park. Experience the contrasts between the barren, rocky landscape that you would have to visit the moon to see more of in one place, and the small sheltered coves and lush valleys.

From angry sea to purple heather. Meet the warm, hospitable people who host a Love Week every year that focuses on the important things in life - under the motto: ‘The Love Week in Sokndal sustains us in love all year’. We offer authentic experiences and welcome you - as a guest or for the rest of your life.

Sokndal is a coastal municipality in the far south of the county of Rogaland. It has a population of 3,300 and covers an area of 295 sq. km. The administrative centre is Hauge i Dalane, which has a good variety of shops.

There is varied business and industry in the area, and the mining company Titania AS is the cornerstone of the local economy with 250 employees. Sokndal is a cultural municipality that has many voluntary organisations. It also has a sports hall, football pitches, a shooting range, tennis court, enclosed ball parks, plastic ice rink and lots more. In 2003, Sokndal was the first municipality in the Nordic countries to become a member of Cittaslow.

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In Sokndal, it is OK to be a bit different and slightly crazy. The ‘tall poppy syndrome’ (Janteloven) is dead and buried in the park. Experience the contrasts between the barren, rocky landscape that you would have to visit the moon to see more of in one place, and the small sheltered coves and lush valleys. Meet the warm, hospitable people who host a Love Week every year that focuses on the important things in life - under the motto: ‘The Love Week in Sokndal sustains us in love all year’. We offer authentic experiences and welcome you - as a guest or for the rest of your life.
If quality of life is important to you and you do not want to spend every day stuck in traffic, you can start by relaxing and letting the feeling of peace wash over you as you enter Sogndalstrand. Savour lazy days among listed buildings and old wooden houses from the 18th and 19th centuries. Sogndalstrand was formerly a trading centre and it was a municipality until 1944. Today, Sogndalstrand with its warm and friendly atmosphere at the mouth of the salmon river Sokno is one of Rogaland’s most popular destinations. Awaken all your senses and experience art and culture - salty air and excitement on the ocean waves - small and sweet temptations - nature’s own melody accompanied by beautiful singing voices. Walk into the hills and the kingdom of the wild sheep. Soak up the old and modern history of the area on a voyage of discovery among the real scenes behind the historical play ‘Strandaspelet’.

The powerful, impressive scenery and the winding road down to the Jøssingfjord will take your breath away. There is little to remind us of the drama of the Altmark incident that took place here, which was the first act of war on Norwegian soil during World War II. This narrow fjord with its wide significance has been home to industrial success stories and the mining industry that is still very important to Sokndal. Two early 19th century houses under the Helleren overhang bear witness to a bygone age and
allow us a glimpse of how hard life was in days of yore here and in the fishing communities of Åna-Sira, Nesvåg and Rekefjord.

So perhaps it is no wonder that the people of Sokndal cultivate love. At Rossland, the fertility cult with its godhead, stone altar and early Iron Age sacrificial vessel, shows that the people of Sokndal have been worshipping Mother Earth for more than 2,000 years - in the hope of harvesting good crops and successful hunting, at sea and in the mountains. For more than 150 years, the resources in the mountains have been exploited and finds and deposits have laid the foundation for industrial success stories, both big and small. The geology of the area is unique. Magma Geopark, which is a member of the European Geopark Networks, tells the 930 million-year-long history of the geology of the area. Visit the Ruggesteinen rocking stone, and move Northern Europe's largest movable 74-tonne block of stone with ease.

The slightly crazy people of Sokndal are proud of everything their community has to offer and heartily welcome you to the good life!
– a unique place
The landscape bears witness to the legacy of earlier thriving cultures extending thousands of years back in time. It was the high fertile plain surrounded by impressive table mountains that brought the first settlers to the area. And the prerequisites for The Good Life are still in place today. The many megalithic graves, which are more than 5,000 years old, also add to the unique character of the area.

Modern-day Falköping combines the genuine charm of a small town with a thriving economy with good communication solutions for work and studies and a vibrant rural community. A lively cultural scene with many local clubs and associations means that people have plenty of opportunities to lead active lives.

The unique values of the community make a difference – for us who live here and for all the guests who visit us every year.

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It is the unique that is interesting. Falköping is one of the biggest municipalities in Western Sweden in terms of land area. When describing Falköping, we often talk about the four core values that help to underpin Falköping’s trademark: our cultural heritage dating back thousands of years, our distinctive upland landscape and table mountains, good communications, and the local food culture. It is these values that describe what is unique about our district. And that is what makes it interesting – it is a unique place.
Falköping is very much a farming community and local food is an important part of the Cittaslow concept, although not everything. Falköping’s trademark and its core values are an excellent match with the Cittaslow concept, which says ‘yes’ to uniqueness and aims to preserve local culture and local values.

Diversity rather than conformity. It is a municipality that prides itself on taking the quality of life seriously, breaking with trends and increasing its attractiveness. Satisfied inhabitants are the best advertising a community can have, and Cittaslow means shifting the focus from those who don’t live in Falköping to those who actually live here.

The glocal community – in an increasingly globalised world, local identity becomes more important. Knowledge about local history is also a precondition if we are to create sustainable visions for the future. Nowadays, we talk about the glocal community: thinking globally, acting locally.

It is important to build networks with like-minded municipalities that share the same vision of a sustainable society. Its membership of Cittaslow means that Falköping is part of an international network. A network whose ambition is to build a society that is balanced and in harmony, for people, animals and nature, and also for coming generations.
Cittaslow – a clear identity.
Together with the municipality’s inhabitants, we are creating a clear identity and pride in the development potential and distinctiveness of our community. In Falköping, businesses and organisations that share our vision of the Good Life and that see it as worthwhile to be part of Cittaslow are issued diplomas. To be awarded a diploma, it is necessary to take clear steps to ensure sustainable development and to meet certain criteria.

The criteria vary depending on what kind of business or activity the organisation is engaged in, but they are always based on the essence of Cittaslow.

Slowly but surely, or fast and wrong.
Cittaslow is a philosophy, an attitude to living in a small community, but also a quality and management system. There are more than fifty concrete and down-to-earth criteria that describe the ambition of a Cittaslow.

There are many indications that the time is ripe to reconsider our stressful lifestyle. Cittaslow offers an alternative with sustainability at its core – for people, the environment and nature. Everything is connected.
Cittaslow is an international organisation that emerged from the Slow Food movement that arose in Italy in the 1980s. Cittaslow was founded in Italy in 1999. As of 2013, it consists of more than 160 member municipalities in more than 25 different countries worldwide, most of them in Europe. They are municipalities with fewer than 50,000 inhabitants that have undertaken to comply with Cittaslow’s charter for urban development and to work to promote ‘the good life’, a message consistently put across by both Cittaslow and the Slow Food movement. The main goal is to preserve cultural diversity and distinctiveness, primarily through culinary conservation and, in the case of Cittaslow, through urban development and by raising awareness of local values. Their main aim is to increase people’s quality of life and create local identity.
The goal of both Cittaslow and the Slow Food movement is to conserve cultural diversity and distinctiveness, mainly through culinary conservation and information work, in the case of Slow Food, and urban development and conservation, in the case of Cittaslow, as well as by raising awareness of local values. Their main aim is to increase the quality of life and create local identity. There are no tourists in the Cittaslow municipalities, only guests who are visiting. Welcome to the good life!

More info: www.cittaslow.com

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