

SCANDINAVIA

MAGAZINE

6 BEST
NORDIC
SUNSCREENS
OF 2023

**JENS
LAPIDUS**

SWEDEN'S CRIME-
FICTION KING

SWEDEN
HIDDEN GEMS
& WEEKEND
GETAWAYS

TOP
EXPERIENCES IN
ICELAND

THE NEXT-GEN
ARCHITECTURE OF
COPENHAGEN



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Editor's Note



Our cover star in this June issue of Scan Magazine is the king of Swedish crime fiction. Jens Lapidus, a former criminal defence lawyer, has taken the country's literary scene by storm with his complex, visceral thrillers of urban violence, organised crime and hardboiled antiheroes. In our exclusive interview (p.18), Jens lifts the lid on his latest novel *Mr One*, his evolution as a

writer, and the "bold, exciting and brutal" TV-series adaptations in the pipelines.

Elsewhere, we visit Copenhagen – the city named UNESCO World Capital of Architecture 2023 – to meet Henry Glogau, a new-generation architect from New Zealand, for a conversation about the Danish capital's world-leading sustainable urban projects (p.96). This summer, Copenhagen will be brimming with outdoor events and exhibitions that explore its architectural heritage in celebration of the UNESCO award.

Want to get out of the city? Check out our adventure guide to Iceland (p.24) for inspiration on intrepid tours and cultural must-

sees, and our special roundup of Sweden's hidden gems and weekend getaways (p.36) for tipoffs on travel destinations you won't find anywhere else. Plus, we're serving the latest Nordic trends in fashion and beauty with our pick of the hottest styles for summer (p.6), and six of the best Nordic sunscreen brands to help you stay cool in June (p.8).

Head to the culture section to tune in to Scandinavia's best new music releases (p.101) as selected by Scandipop founder and Eurovision creative Karl Batterbee, and to discover the biggest arts event in the region this month in our Scandinavian culture calendar (p.102).

And finally, we want to feature you in Scan! We're running a Nordic travel photo competition to celebrate our adventurous community, and to give budding photographers a platform on our website and in print. Want to take part? Find details on how to enter below.

Lena Hunter,
Editor

SCAN
MAGAZINE

**WANT
YOUR WORK
FEATURED IN
SCAN?**

NORDIC TRAVEL PHOTOGRAPHY COMPETITION

We're looking for shots that capture the **spirit of the north** - from the urban corners of Oslo to the lava fields of Iceland.

We'll publish the best entries on our website and Instagram, and the winners will be **featured in an issue of Scan Magazine.**

To enter, send us a photo taken in one of the Nordic countries and a few words about it to **photography@scanmagazine.co.uk**

Entries close on 12 June and winners announced by 16 June. To be eligible, photos must be taken in Norway, Sweden, Finland, Iceland, Denmark, the Faroe Islands or Greenland. Scan Magazine reserves the right to share the competition images on its website, Instagram and in the print magazine.

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6 Trend radar: summer fashion staples and Nordic suncreams

It's getting hot in here! We're serving the hottest design in the region with our pick of Scandinavian summer styles in the Fashion Diary, and the best Nordic suncreams in our monthly design-trend roundup We Love This. Then, get to know a crop of independent ceramicists and jewellers from across the region, who are championing slow, meaningful and sustainable design.

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23 On remote working and the Brazilian beer-style about to explode in Europe

Have you heard of Catharina Sour? Well, you're about to. Having encountered it for the first time at a recent beer competition, Certified Cicerone Malin Norman gives us the low down on this lip-smacking fruited sour's defining qualities. Could this become the drink of the summer? Meanwhile, our sustainability columnist Alejandra Cerda Ojensa muses on the trade-offs inherent to remote working.





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24 Top Experiences in Iceland

In this adventurous guide to Iceland, we're taking you on a Viking-inspired river-rafting tour, a road-trip across the lava-fields in a painted campervan, hikes and boat trips in otherworldly wildernesses and arctic waters and rounding it off with a dive into Iceland's vibrant contemporary art scene at one of its most exciting galleries.

36 Sweden's Hidden Gems and Weekend Getaways

Get the scoop on the secret spots that will turn your holiday to Sweden from 'pretty good' to 'unforgettable'. We're going off the beaten track to visit an unassuming gallery with an incredible cache of photo art by international masters, see an interactive contemporary dance performance, and unearthing the most unusual and luxuries stays, from an off-piste lodge to a treehouse and a floating hut.

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There's nothing like a long summer afternoon out on the green. In June, Sweden's temperate warmth and proliferation of great golf courses make the country an unbeatable sporting destination. In this mini theme, we've gathered three of the best clubs to check out while you're there.

66 Mini Theme: Made in Norway

What makes Norwegian design special? In these interviews with four Norwegian founders and creators, we dig into the philosophy behind their thinking, the history behind their successes, and the drive behind their products.

CULTURE

96 Architect Henry Glogau on green architecture in Copenhagen

We visit Copenhagen, the city named UNESCO World Capital of Architecture 2023, to meet Henry Glogau – a new-generation architect from New Zealand for a conversation about the Danish capital's world-leading sustainable urban projects. Elsewhere, illustrator Gabi Froden presents a polemic against playgrounds, and our music columnist Karl Batterbee queues up the best new Scandi music to add to your radar. Finally, discover the best events in the Nordic region in June in our Scandinavian culture calendar.

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Fashion Diary

Summer is upon us with warm days, long, light nights, seaside hangouts, garden parties, and weddings. We dress in airy, flowy garments and always keep a swimsuit handy - ready for midnight swims and refreshing plunges in the sea.

By Åsa H. Aaberge | Press photos



Outfit by Rue de Tokyo

Violet hues are in fashion this season, and the seersucker jacket from Danish Rue de Tokyo is the ideal summer jacket. Made in light cotton and with a casual blazer style, it fits all occasions. The jacket is great over a chequered cotton short sleeve shirt.

Cassius Jacket in Purple, €246
Sacco Shirt in Purple Print, €178
www.ruedetokyo.com



Swim shorts and towel by OAS

Swedish brand OAS has taken inspiration from sunny Los Angeles for the Sunday Sun print. The dark blue and warm yellow print lets you take the sun with you wherever you go. Lightweight, fast drying, and with four pockets, you can wear this both to and from the beach and on it - and dry off on the soft yellow towel.

Sunday Sun Swim Shorts, €80
Yellow Maze Towel, €70
www.oascompany.com



Tote bag by Palmes

We make the most of long summer days by spending them alfresco. This XL cotton tote bag by Danish Palmes can fit everything we need for a day out - be it by the sea, on holiday travels, or on the tennis court. It even features a zip so none of your stuff falls out.

Mari Zip Tote Bag, €100
www.palmes.co



Bucket hat by Samsøe

For protection from the hot sun and bad hair days alike, we opt for a cotton bucket hat. Why not pick the lilac style to match the shirt above?

Toni Bucket Hat, €80
www.samsøe.com



Hat by & Other Stories

It's not a summer wardrobe unless it contains a straw hat, is it? With its wide, flat brim, this one from & Other Stories is both glam and perfectly shady. Ribbon Brim Straw Hat, €35
www.stories.com



Sandals by Cala Jade

Walk on sunshine with the yellow fisherman sandals from Cala Jade. They're made from leather and feature a comfy wooden platform for '70s flair. Iven Fisherman clog in Lemon Patent, €260
www.calajade.com



Bag by Cala Jade

A classic from Norwegian brand Cala Jade, the hand-braided Misu bag comes in numerous soft tints this season. We love this medium style and pastel colour, perfect for your holiday or everyday valuables inside. The Misu also comes in mini and large options. Misu bag in medium, €600
www.calajade.com



Silk dress by Pia Tjelta

Are your summer weekends filled with weddings, backyard parties, lengthy dinners, or simply a glass of wine in a hammock? Then the flowery slip dress from Norwegian designer Pia Tjelta is bound to be your summer bestie. The soft silk fabric is comfy on the skin, even on the warmest days, and can be dressed up or down with a shirt underneath or a crochet top over. Sofia Marseille dress, €490
www.piatjelta.no

We Love This: The 6 best Nordic sunscreens in 2023

There are some exciting shifts happening in the beauty industry. Smaller-batch productions are on the rise, formulas made with live-microbial cultures that fortify our natural skin defences are becoming popular, and mid-priced products that pack a punch are blowing up on the market, undercutting the high-end. Watch out for these trends as you browse for this year's sunscreen. Scandinavia has a few superior SPF creams up its sleeve in 2023, and we've picked out the best to keep you looking and feeling great this summer.

By Lena Hunter | Press photos



▲ Oxygenating Day Fluid SPF 30 by Lumene

Intense hydration meets daily sun protection in this summer skincare offering from the Finnish label Lumene. The cream is enriched with organic Nordic birch sap, pure Arctic spring water, and super-moisturizing hyaluronic acid and is so lightweight that the brand prefers to describe it, not as a cream, but as an 'ultra-light fluid'. Finland is an under-the-radar innovator in skincare, with interesting new products that leverage the benefits of live forest microbes hitting their internal market, but that are yet to be picked up by the global mainstream. Lumene is one of Finland's most internationally recognised skincare brands and is a good starting point from which to explore the country's budding beauty industry.

50ml, €23.90

www.lumene.com



▲ Face Sunscreen SPF 30 by Karmameju

'Suncare that's skincare' is the tagline of Danish brand Karmameju's sun-cream line. This hydrating SPF30 face cream is packed with natural antioxidants and active ingredients including moth bean extract to stimulate collagen production, Aloe Vera for healing, anti-inflammatory jojoba oil and the plumping agent du jour, hyaluronic acid. The active sun blocking ingredient, titanium dioxide, is a physical, rather than chemical, filter and offers broad-spectrum protection against UV rays without blocking the pores.

50ml, €39

www.karmameju.com



▼ Solstråle SPF 25 by IDUN Minerals

This factor-25 face cream by Stockholm-based IDUN Minerals is an ultra-light and silky-smooth protection against UV rays that moisturizes and primes the skin, too. The formula is rapidly absorbed and contains 3 per cent niacinamide to support a strong skin barrier, as well as vitamins E and B3 to nourish and guard against harmful free radicals. You can do good while you feel good too, because the tube is sustainably produced from renewable resources.

30ml, €22.95

www.idunminerals.com



◀ Mineral Defence Sunscreen SPF 30 by NUORI

There are no synthetic additives or preservatives in NUORI's products. The brand champions small batch production, blending new products every 10 to 12 weeks to ensure the creams on the shelf are always bright and potent - that the efficacy of the active natural ingredients is never depleted. "The NUORI philosophy is called 'Fight for Fresh' and our concept is built around skincare being simple, fresh and clean," says the company's Finnish founder Jasmi Bonnén. This delicious and highly effective sunscreen is about as natural as UV protection gets. This Copenhagen-based label is quickly becoming a Nordic favourite in the wider beauty press of Europe and America.

50ml, €45

www.nuori.co.uk



▲ **Banana Bright Mineral Sunscreen SPF 30 by Ole Henriksen**

This 100 per cent mineral sunscreen made with 16.3 per cent zinc oxide and enhanced vitamin C imparts a beautifully light matte finish on the skin. The high mineral content, which makes it an extremely effective UV-blocker, will leave a faint, but quickly absorbed, white residue on the skin - but what a small price for an incredible complexion and a veritable nuclear bomb of vitamins! Its naturally derived citrus scent smells delicious, too.

50ml, €32

www.olehenriksen.com



▲ **Deluxe Sun Protection SPF 30 by Tromborg**

Family-owned Danish label Tromborg was founded in 2003 by Marianne Tromborg, a former professional makeup artist who shaped the brand based on her own personal and professional approach to beauty. This velvety factor-30 cream is made with a mild and healing formula that contains cold-pressed kukui nut oil which has been used therapeutically in Hawaii for centuries to treat acne and psoriasis, organic pomegranate oil packed with vitamin C and antioxidants, and revitalising Aloe Vera.

200ml, €46

www.tromborg.com



Bikini and shirt by Scampi

A bikini so cute it can also function as a top? Yes, please. The Bari bikini from the Swedish brand Scampi is even reversible. Throw on top the 'fruitsalad' patterned shirt in flowy viscose, and you are ready for both the beach and drinks after.

Bari Top in Sun, €115

Maui Shirt in Fruitsalad, €130

www.scampi.se



Bowls glazed with soap bubbles.



Organic and sustainable dish soap.



Bird bath.

Playful pottery

Ceramist Lene Holmlund creates unique and vibrant coloured stoneware from her studio by the Roskilde Fjord in North Zealand.

By Marianne Thøgersen | Photos: LH Ceramics

Danish ceramist Lene Holmlund only began exploring ceramics six years ago but has become captivated by the endless possibilities that clay enables, the exquisite range of colours that glazing can impart, and the finished products' smooth surfaces. "I wasn't a natural talent but stubbornness can take you far. It's one of those things that look so easy but is incredibly difficult to get right," Holmlund says.

Working from her studio right on the beautiful Roskilde Fjord in North Zealand in the small town of Kregme, Holmlund spends hours immersed in crafting stoneware at the pottery wheel. The studio has a panoramic view of the fjord - one she can indulge in from the wheel.



Mint green bowls.

"I find inspiration all around me: in nature, a cat napping in the sun, travels, shapes, new colours, garden flowers," she explains. She creates jugs, mugs, plates, small bowls, salad bowls, vases, plant pots and bird baths. No two products are the same as everything is handmade and hand glazed. Everything is made from stoneware - a robust, dishwasher-safe material that can also withstand the icy Danish winters.

Exploring her creativity

Holmlund has a structured way of working. She starts out early in the morning, takes a long walk by the water at noon and continues well into the night with her popular ceramic classes. But she always finds time to explore her own creativity.

"I always finish my day at the wheel with free play and a big lump of clay. I never know what will come out of it but something always emerges. It may be a vase, a bowl or a plate. I also play with the glazes, mixing them and trying new things out," Holmlund says. One result of her explorations, a bowl made with soap

bubbles blown onto the clay, has become something of a signature piece.

She hosts several ceramic courses for children, adults, grandparents, businesses, team-building groups, and anyone else keen on exploring their creative streak. LH Ceramics is available at Danish art markets throughout the summer, as well as on Instagram and at the webshop, where products can be shipped worldwide.

www.lhkeramik.dk
Instagram: @lh_keramik



Lene at the wheel.



Crosschain. Photo: Sanna Dahlen



Osiris. Photo: Sanna Dahlen



Rings. Photo: Katarina DiLeva

Let jewellery be your armour

Strength, power, balance. These words might not be often associated with jewellery, but they are the pillars of Pantolin – a Swedish jewellery brand where slow and powerful wins the battle.

By Hanna Andersson

“My jewellery is like armour. It gives you strength and balance while enhancing your inner power and personality,” says Paula Pantolin, founder and designer at Pantolin Jewellery.

Paula Pantolin studied fine art before discovering that silversmithing was her preferred art form. “It excites me to create art that people carry with them, and there’s something magical about working so close to the material,” she explains. “I can balance the jewellery in my hands and reflect on how it rests on the body and how it makes me feel.”

With unique and eye-catching designs, Pantolin Jewellery has become a staple for artists and actors who want to feel strong and balanced. “I’ve been told that even my clunkiest bangles and rings feel light and natural on the body. And that they release strength - which is the biggest compliment,” she adds.

Paula Pantolin.
Photo: Andreas Sundgren

Like ripples in the sand

Pantolin is an advocate for slow fashion and focuses on creating objects that are meaningful and mindful. She works with recycled materials and trackable gemstones to ensure that she runs an ethical business. “A lot of my inspiration and joy comes from nature, and I want to make sure I help preserve all that beauty. For every piece I sell from my *Dune* collection, which is inspired by the ripples created when waves meet the land, 150 Swedish Krona goes to the West Coast Foundation’s Clean Coast Project.”

Furthermore, Pantolin is inspired by the fact that patterns and materials can take us to another place or time. “The fact that people used jewellery for millennia and across all cultures resonates with me. I study the patterns of different cultures and how they have changed over time,” she says.

Bringing out personality

Pantolin has harnessed this wisdom and created jewellery for today and forever. It’s easy to mix and match across the growing collections to build your own powerful and personal look.

“I love mixing my designs! Fill your ears with small and big earrings, combine our *Osiris* bangles with smaller bracelets for a powerful look, and inspire great energy by playing around with our crosschains,” Pantolin finishes. Pantolin’s open atelier and workshop is located in a house from the 1700s in central Stockholm welcomes visitors curious to learn more about her timeless jewellery.

www.pantolin.com

Instagram: [@pantolinjewellery](https://www.instagram.com/pantolinjewellery)

Facebook: [Pantolin Jewellery](https://www.facebook.com/PantolinJewellery)



A strong tradition for authentic Danish quality ceramics

Bornholms Keramikfabrik, on the small Danish island of Bornholm, is a small ceramic factory and shop that spotlights local traditions and high quality craftsmanship .

By Tina Nielsen | Photos: Anders Ingvarsten

The building that houses Bornholms Keramikfabrik – meaning ‘Bornholm’s ceramics factory’ – has a storied past. It was an old ceramics cooperative and, when the owner Frans Truelsen and his wife Mille took over in 2019, the first great challenge was to clean up the production hall and to reorganize the warehouse – today, an essential part of the factory.

Truelsen and his wife bought the business in search of change. “The idea was to dedicate ourselves to a space where it would be possible to have all production in Denmark. We wanted to explore how viable it



is to run a small-batch production factory on the island of Bornholm and, in that way, to contribute to keeping alive a proud tradition for craft,” Truelsen explains.

Sustainable collections

Truelsen came from a career in fashion and was looking for a new challenge. Though not a resident of the small Baltic Sea island, to the east of Denmark and south of Sweden, he and his wife had a strong connection to it after holidaying there for years.

He was attracted to the idea of starting a product line that was entirely made in Denmark. “In the fashion industry, it was almost impossible to avoid producing goods in China and India so this was a new way for me to approach production,” he says but adds that, though the two

sectors are not comparable, they do have some similarities. "There are changing collections in fashion, and in this business too – they just don't change as frequently. We make something here that is more sustained and sustainable that you can collect over time."

A strong tradition for ceramic art

Bornholm has a strong and proud tradition for producing ceramics due to the fact that clay is accessible on the island. This discovery kickstarted a whole new industry, and many new factories and independent potteries opened. In broader Denmark, too, a renewed interest in ceramics is keeping craftspeople busy.

The Royal Academy for Glass and Ceramics is also on Bornholm, in Nexø, which has drawn more craftspeople to Bornholm. This, in turn, makes it easier for Truelsen to find a qualified workforce for his business. "We are very lucky to have the opportunity to work with ceramicists from all over the world. It really adds a different dimension to the work we do in the factory," he explains.

The factory is powered by alternative energy from wind, solar and biomass. The factory production is focused around the Ø (meaning island) collection - Bornholms

Keramikfabrik's own unique ceramics range, all produced at the factory in Nexø, on the south-east side of the small island. "It is a way for us to contribute and participate in maintaining a local craft and tradition," says Truelsen.

All production is handled by the dedicated ceramicists working in the factory. They exercise two techniques when making the ceramics: wheelthrowing and 'jiggerjollying' - techniques that result in clear traces of the skilled hands through which the pieces have passed.

Truelsen says that they welcome the appearance of the occasional fingerprint or the like, which underline the fact that there is a unique process behind each cup, bowl or jug. "The aim is not perfection, but authenticity and obviously high quality," he says.

Something for everyone

The cups, bowls, plates and other products are all in very simple designs and appeal to a broad customer base. "Everyone, from the more mature customer who might want to replace some of the ceramics from the 1970s with more recent and Danish produced, to the younger group who are enthusiastic about products that are designed and produced

here in Denmark, enjoys our work," says Truelsen. The universal appeal, he adds, is down to the simple and elegant design and a palette that spans many colours and nuances. "The combinations and possibilities are endless," he says.

So, what does it take to produce high quality ceramics? Before anything else, says Truelsen, you need to employ skilled, devoted and hard-working people who love the craft. "They need to have an eye and a passion for delivering quality over quantity," he adds. "In order to produce high quality ceramics, you need time, patience, contemplation and a pleasant atmosphere."

Customers can buy through the website and in the factory shop where they can also catch a glimpse of the ceramics being produced. Bornholms Keramikfabrik products are also found in the shops of highly regarded museums, such as Louisiana, the iconic museum for modern arts north of Copenhagen, and the Danish Design Museum. In the summer season when the island is busy with tourists, the shop moves to the boat-house on the harbour.

www.bornholmskeramikfabrik.dk
Instagram: [@bornholmskeramikfabrik](https://www.instagram.com/bornholmskeramikfabrik)





Unique jewellery for life's unique moments

With delicate craftsmanship, beautiful gemstone designs and a touch of Finnish magic, jewellery company WOWO vibes designs necklaces, earrings and bracelets for everyday use as well as life's special occasions.

By Julia Vihinen | Photos: WOWO Vibes

The Finnish company run by three sisters has garnered a large and loyal customer base since its founding in late 2022. This is no doubt due to their stunning and user-friendly designs, all of which are handmade.

Having always been inspired by gemstones and their unique colours and energies, WOWO vibes owner and designer Riikka Nykänen started out making jewellery for herself and her loved ones for special occasions such as weddings and childbirths. Her hobby quickly grew into a company, where she now makes and designs each piece of jewellery herself.

"The first gemstone piece I ever made was for myself for my childbirth, to bring me strength during such an exciting and meaningful moment in my life. This thought has translated into the WOWO Vibes company ethos. It's about making people something unique for life's

unique moments - something that can remind them of a special time and their inner selves through life's changes," Nykänen explains.

The company's name is an abbreviation of 'wonderful women' and WOWO Vibes prides itself on being run and owned by women. Nykänen is responsible for the designs and craftsmanship, whereas her sisters Annika and Eerika run the company's website and marketing. The jewellery, however, is made for everyone, with designs playing with both feminine and masculine energies and styles.



An important factor in the design process is usability. "Earrings can't be too heavy and a necklace must sit on the neck comfortably. With each new design, I always use it myself first to make sure it is comfortable and suitable for everyday use," Nykänen says.

With beautiful, vibrant crystals or gemstones as the main element, WOWO Vibes' most popular designs by far have been the Zodiac necklaces. The 'My Loved Ones' necklace, where one can choose a combination of one's children's or friends' lucky Zodiac stones is particularly beloved by customers, with sales skyrocketing ahead of special days such as Mothers' Day.

This uniqueness, personality and attention to detail is carried through the entire WOWO Vibes collection. In many designs the customer can choose which gemstones they want in their piece. Each design is handmade and therefore unique, just like gemstones - and people.

www.wowovibes.com
Instagram: @wowovibes
Facebook: wowovibes

Heard of Catharina Sour? It's a great summer beer!

By Malin Norman

In beer competitions, we judge everything from international lagers to hazy American IPAs and barrel-aged imperial stouts. It's rare to encounter a new style, however. In a recent competition, I was one of the lucky few to judge a style I had never heard of, Catharina Sour. For the judges around that table, it caused mixed feelings: equal levels of confusion and excitement.

Perhaps you have heard of it? I've learnt, thanks to this beer competition, that Catharina Sour is a beer style originally from Brazil. Brewers are constantly pushing the boundaries, and this particular style was defined in 2015 during a workshop with craft brewers and homebrewers in the Brazilian state of Santa Catarina – an area with a strong German influence, which is also noticeable in its beer culture.

This new discovery is like a stronger Berliner Weisse – so basically a fruited sour

wheat beer, with local fruit such as guava, dragon fruit and tamarind. The highly carbonated beer has a light body and restrained alcohol. The fresh fruit takes centre stage, making it really refreshing and vibrant.

It was such a positive surprise to discover the style and get the chance to try a few Catharina Sours in the competition. Admittedly, me and my fellow judges didn't have a clue about some of the exotic fruits used (even after googling them), but it was a fantastic tasting experience that sparked our curiosity!

With heaps of fresh fruit, clean and crisp sourness and sparkly carbonation, this is not only a great beer for the hot climate in Brazil, but also a refreshing summer beer for us northerners – try it as an aperitif, with a summer salad or grilled fish, or just on its own.



Malin Norman is a Certified Cicerone®, a certified beer sommelier, an international beer judge and a member of the British Guild of Beer Writers.

Is sustainable working for everyone?

By Alejandra Cerda Ojensa

Yesterday, I sat sewing and listening to the radio. I heard Joseph Stiglitz, winner of the Nobel Prize in Economics, argue that the retirement age in a country should not be the same for everyone. He argued that it should rather be a matter of how many years you've worked, because people working low-income jobs start working earlier, while academics start working later. Looking at years worked would make it fairer.

This morning as I scrolled my phone in bed, I saw not only one but two people on my Facebook, selling everything they own to live unconventional lives. One of them was moving to Bali and the other one into a van. I don't know how they are going to support themselves financially but I assume they have jobs they can do remotely.

I started thinking of my parents. They have very similar backgrounds but very different experiences from working. My mom worked as an assistant nurse in elderly care with many heavy lifts, while my dad had the opportunity to work an office job with a better salary and conditions than my mom ever had. Life has definitely treated them differently, also after retiring.

I couldn't help but wonder: What will happen to society as we know it if more of us fulfill ourselves with less work and more time to live? Would we consume less and live more sustainable lives? Personally, I hope for a societal change where the opportunities to choose a sustainable life are attainable for more people. To slow down shouldn't be a privilege.



Sustainability columnist Alejandra Cerda Ojensa is a Swedish sustainability blogger based in Copenhagen. She loves sustainable fashion, plant-based food, natural wines and music.
Instagram: [alejandracerda](https://www.instagram.com/alejandracerda)

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JENS LAPIDUS: THE BEST-SELLING AUTHOR STRIVING TO MAKE AN IMPACT

Jens Lapidus is one of Sweden's most read and loved authors. Compared to crime fiction writers such as James Ellroy and Dennis Lehane, Lapidus' fast-paced novels feature hardboiled action with parallel storylines and complex characters, anti-heroes and their everyday struggles. His most recent book *Mr One* is set in a world of gang violence and corruption, where Stockholm's ultra-rich stand in contrast to the poor.

By Malin Norman | Photos: Karl Nordlund

The former criminal defence lawyer Jens Lapidus is known for his contemporary depictions of Stockholm's underworld and gang culture where former friends become lethal enemies in an endless spiral of violence. His stories include a dynamic mix of criminals, police officers and lawyers, and the ultra-rich and successful.

His new novel *Mr One (Mr Ett)* is the sequel to the praised *Top Dog* trilogy. It unravels the power struggle that follows the abdication of gangster boss Isak and takes the reader on a roller-coaster of gang violence and organized crime, drugs and corruption, and moral dilemmas. A new theme is also parental worry – as with Isak's problems with his son Max and policeman Gabriel's concerns about his daughter Alma. "When I wrote my first book, I was in my thirties. Now 17 years later, I'm a parent of teenagers and I wanted to describe parenthood and its challenges," says Jens. "As I have matured, so have the characters and the storylines in my books."

Similar to *The Wire*, the hit American TV series about gang violence set in Baltimore, the main characters in Jens' nerve-wracking stories are neither good

nor bad – or rather, they blur the boundaries between the two. Not everything is static, according to the author. "For me, it's important to be true to the character and see the world with their eyes," Jens reflects. "Even if you haven't experienced the same kind of life, you should be able to recognize their feelings and sympathize with their struggles and choices in everyday situations. I have spent a lot of time trying to achieve a level of relatability, and feel I have succeeded in portraying different characters." His books are so realistic, many readers have assumed they are in fact real-life stories.

A dystopian novel and a 'mid-life pause'

Whilst most of Jens' crime novels, including *Mr One*, are centred around contemporary Sweden, his previous stand-alone book *Paradis City* is different; a ruthless portrayal of a society, set a few years in the future, where everything goes wrong. *Paradis City* was inspired by the classic sci-fi action movie *Escape from New York* from 1981, where Manhattan has been turned into a giant maximum-security prison to deal with an increase in crime.

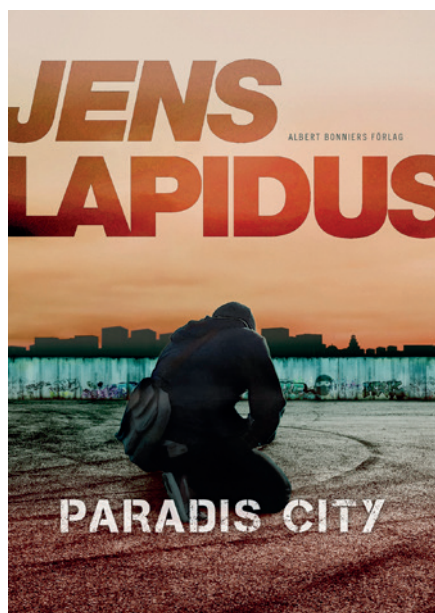
Similarly, in *Paradis City* walls have been built to restrict the movements

of those living in the so-called 'no-go zones'. During a political rally in the largest zone, Järva, the Home Secretary is abducted and only one person can save her, a former criminal. "We're already living in an increasingly polarized society, with issues of segregation and increased violence," says Jens. "What's scary is that our reality has somehow caught up with the dystopia."

Jens wrote the dark novel whilst living in Mallorca, where he saw Sweden from afar. It took several years to complete; "it's the book that has taken me the longest to write actually, four years in total. Partly because I was creating a new dystopian world, which was different from my other books, and partly because I was living in Mallorca and having something of a mid-life pause, mostly enjoying long lunches, boat rides and mountain biking," he smiles. "The island is great for that, by the way!"

Easy Money and impactful stories

The Stockholm-based author made his debut in 2006 with *Easy Money (Snabba Cash)*, one of Sweden's most talked about and bestselling novels of the 21st century. It was sold to over 30 countries and later





Jens and Hedda Lapidus, co-authors of *The Dillsta Crew* books. Photo: Stefan Tell

adapted into movies, the first under the direction of Daniel Espinosa.

In 2021, Netflix made a reboot of the *Easy Money* universe with new characters, with Jens taking part as executive producer and screenwriter. A second season of the hugely successful series was released globally on Netflix in September 2022. It was produced by SF Studios in collaboration with Strive Stories, a newly established independent production company founded by Jens and award-winning producer Nicklas Wikström Nicastro. Its purpose is to make feature films and TV drama with intriguing stories - not solely based on the characters in Jens' books.

It's clear that Jens thrives when busy, and more is in the pipeline. The filming of a TV series based on *Paradis City* is due to begin this summer with Strive Stories, and a second season of *Top Dog* premiered on C More on 8 May. The series is loosely based on his novels around the relationship of lawyer Emily and recently released convict Teddy, characters also seen in *Mr One*. "It's bold, exciting and brutal," says Jens about the new season. He also regularly writes debate articles and appears on TV, as an expert on crime-related matters, amongst other things.

Apart from writing crime novels and running a production company, he is working on a series of children's books together with wife Hedda. Jens debuted with the first novel about *The Dillsta Crew (Dillstaligan)* in 2020, and together they have recently released book number six, *The Hamster Coup, (Hamsterkuppen)*, illustrated by Gustaf Lord. There are similarities with the crime novels, Jens admits, as the Dillsta Crew is a group of thieves, but in a funny, exciting and sweet way that kids love. The couple's plan is to release eight books altogether, so expect more from the mischievous crew.

Follow Jens Lapidus on Instagram:
[@jenslapidus](https://www.instagram.com/jenslapidus)

An avid reader himself, Jens tries to fit in as much reading as he can, often alternating between books and audio books when out and about. "I realized that I'm on my phone a lot, but I actually prefer to read a book. So, I set myself a challenge of reading one book per week this year."

Three recent reads recommended by Jens Lapidus:

***Age of Vice* by Deepti Kapoor**

A fast-paced novel of crime and corruption, similar to James Ellroy. Incredibly strong characters and meandering action.

***The Couples Trip (Sarek)* by Ulf Kvensler**

Convincing characters in an addictive psychological thriller about a hike in Northern Sweden. Shortlisted for the Crimetime Award 2022.

***Skuggland* by Marcus Dunberg**

A gripping new thriller about an assault taking place at the privileged private school Lyceum.





A travel experience that will last for a lifetime

Viking Women is an Icelandic travel agency, which focuses on women's only trips, creating unforgettable memories in breathtaking surroundings.

By Nicolai Lisberg | Photos: Viking Women

It began with an idea that had been in Saga Líf Friðriksdóttir's mind for some time. A travel guide since 2014, she ran several tours all over Iceland, and had noticed that women-only travel groups had a special atmosphere. So, during the pandemic lockdown, which made all travelling impossible, she decided to do something about it. She founded her own company, Viking Women, organising travels all over Iceland for women only – or at least mainly focused on women, as Viking Women welcome all genders.

'What's the worst thing that could happen?' she thought to herself. Sure, she would be limiting the market by focusing only on women, but since no one



else was doing that, and she herself had seen how the dynamics and experience in a group of only women was very different compared to a mixed one, perhaps there would be an interest for it. And she was right.

The plan was to run these trips during the summer, and in winter to work as a guide for other companies. But as it quickly turned out, her customers wanted to explore Iceland in all seasons. So, just two years after founding the company, she and her business partner Rebekka Levin began offering year-round trips.

Togetherness and friendship

The trips range from three days to almost two weeks. Some are hiking tours in the highlands of Iceland; some include glacier-walking and ice-climbing, while others are road trips with a bit of everything. It is possible to tailor your

own adventure, but what they all have in common is the unforgettable memories they create.

“It’s not like I invented the wheel with these trips, but the fact that it’s just women really adds another dimension to it. Bonding, friendships, and a sense of togetherness are formed when you share an intense experience in such unique surroundings. You can join the tour as a group of friends, mother and daughter pair, or even alone. Plenty of women come here alone, but leave with friends who often become future travel partners,” says Saga Líf Friðriksdóttir.

Most of the travellers are from Western Europe and Northern America, but women from Russia and India have also journeyed with Viking Women before, and they hope to attract women from all over the world to join future trips.

Leaving your comfort zone

Both Saga Líf Friðriksdóttir and Rebekka Levin are experienced guides who know the Icelandic landscape like the backs of their hands. They are specialists in the Landmannalaugar and Þórsmörk Fimmvörðuháls trails, as well as the Laugave-

gur hike, named one of the 20 Best Hikes in the World by *National Geographic*.

There is simply no other place like Iceland. With just 370,000 inhabitants, the majority of them living in or near the capital, the country has so much unspoiled nature to offer. The volcanic eruptions and the change of light make Iceland seem like a different country from season to season, which is one of the reasons why many travellers book repeat tours with Viking Women.

“There is a special energy here, which makes walking around in Iceland feel like walking on a breathing dragon. People just surrender to the beautiful nature, get lost in time and space and feel peace - it’s like a kind of therapy,” says Saga Líf Friðriksdóttir.

She always tries to include some activities in the tours that challenge the group a bit, because in order to achieve great moments, you will have to overcome some obstacles. That is why she encourages her clients to be in a good shape, but above all, to bring a brave mind. “If your mind is ready to face the obstacles and if you’re brave enough, then your



body will follow, because we are capable of so many amazing things when we leave our comfort zone.”

www.vikingwomen.is
Instagram: @vikingwomentours





Explore geographical wonders from the freedom of a campervan

What was once a hidden Nordic gem is now a popular tourist destination for travellers from all corners of the globe. Iceland offers an abundance of otherworldly scenery, pristine nature and friendly locals. What better way to explore this northern destination than in a campervan from KÚKÚ Campers?

By Heidi Kokborg | Photos: KÚKÚ Campers

From magnificent glaciers to lava field hikes to hot springs to majestic volcanoes, there is no shortage of breathtaking beauty to explore in Iceland. It is no wonder this Nordic country is topping bucket lists. The best way to discover the rugged landscape of the volcanic island is on four wheels.

"A campervan gives you total freedom. You can go where you want when you want. You don't have to follow any plan. With a campervan you also get to mingle much more with the locals when staying on campgrounds, and you get to wake up in nature instead of in a hotel. It brings

you closer to the country," says Lárus Guðbjartsson, owner of KÚKÚ Campers.

The total freedom of travelling in a campervan

KÚKÚ Campers was founded in 2012 by Lárus Guðbjartsson and his cousin as the ultimate way to experience Iceland. What started with just 10 vans has grown into a thriving business with 400 vans.

"Usually when people visit Iceland, they book a hotel and rent a car. However, that means you have planned your whole trip, and with the Icelandic weather

that's a very bad thing to do. The weather can change for the better or worse in a matter of minutes. With a campervan you can change the plan and follow the weather. You can escape the rain and wind. Maybe you don't hit all the great spots, but you get a much better experience," says Guðbjartsson.

With the freedom of travelling in a campervan you can take the unbeaten tracks and explore everything from towering icebergs to the dancing aurora borealis. Imagine waking up looking over a crystal-clear lake from the back of your van while sipping your morning coffee. What could beat that?

KÚKÚ Campers offers 13 different campervans, ranging from simple two-person vans to family campervans and 4x4 campervans. Whether you are going

offroad in the highlands or taking the well-trodden paths, there is a campervan that suits your needs.

For the free-spirited adventurers

During the peak season in summertime KÚKÚ Campers has 36 responsible employees that will take excellent care of you. From travel tips to road rescue to mechanical malfunctions, they are there to help you.

“Mistakes happen sometimes so don’t judge us for what happens, judge us for how we deal with and take care of it. We are not going to care if the van got a little scratch or chip from your travel adventures. When you arrive at the office there’s a relaxed atmosphere. We want you to have a good experience from the moment you arrive,” says Guðbjartsson.

This goes hand in hand with the values and DNA of the company. KÚKÚ Campers is for the free-spirited adventurers that don’t take life too seriously, who are

looking for total freedom and flexibility and who don’t want to be constrained by a pre-planned itinerary.

“Our favourite travel tip for Iceland is to not plan too much. Follow the weather and take advantage of the van. Spend some time mingling with locals and other travellers on the campground. The Icelanders know the hidden spots,” says Guðbjartsson.

In fact, talking to locals and other travellers will happen naturally when travelling in a KÚKÚ campervan. “Our vans are painted with beautiful and unique artwork, and often people will come up and ask about the painting. The vans themselves are a conversation starter,” says LÁRUS Guðbjartsson with a smile.

From the northern lights to the mid-night sun

Whether you visit Iceland during the peak season in summertime or when Jack Frost is nipping at your nose, one thing

is for sure: You will have an unforgettable adventure. During the summer months the weather is usually mild and warm with temperatures between 15 and 25 degrees. This is the perfect season for lush greenery and long days. Early in the season, you can even see the midnight sun, a breathtaking natural phenomenon.

In winter, the northern lights turn the sky into a magical cosmic show and you can snuggle up inside the warm van as the daylight disappears. Winter is also the perfect time for skiing, ice skating and snow mobile tours.

Iceland’s windswept landscape is truly mesmerising with towering glaciers and bubbling geysers alongside thundering waterfalls and dramatic fjords. It is the perfect destination for anyone looking to explore untouched natural beauty.

www.kukucampers.is
Instagram: @kukucampers
Facebook: kukucampers



Photo: Nía Chauvin



Photo: Alba Vitta



Healing thermal baths with a view

In the small fishing town of Húsavík in Iceland, you'll find Geosea - thermal baths with a mind-blowing view. The unique mix of water from two different drill holes is naturally hot with a steady temperature of 38 degrees, mineral-rich, and has skin-healing properties. The baths have been used by locals for years and enjoy a majestic and peaceful view over Skjálfandi bay and the arctic circle. Today, Geosea hosts guests from all over the world; holidaymakers, loving couples on their honeymoon, and hikers relaxing after an eventful day.

By Alejandra Cerda Ojensa | Photos: Geosea



Húsavík is renowned as the best place for whale watching in Europe. If you've ever wanted to witness whales in all of their tremendous glory or have a unique nature experience, this is the place to visit.

"A perfect day in Húsavík is to go whale watching during the day, have a lovely meal in town, and then come to us at Geosea to relax and enjoy the magical summer sunset," says Ármann Örn Gunnlaugsson, CEO at Geosea.

Geosea also offers bookings of the entire bath, with the possibility to host inti-

mate events, smaller concerts, or bigger gatherings. The bath has a bar and you can enjoy champagne as well as other drinks while you bathe. Visiting Húsavík, which features in the film *Eurovision Song Contest: The Story of Fire Saga* with Will Ferrell, is a must for anyone looking for a lifelong memory.

www.geosea.is

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Eiríksstaðir is an exact replica of the 10th century farm where the famous Viking Leif the Lucky is believed to have been born.

Visit the home of a Viking

How did famous Vikings, like Leif Eriksson, the first European to set foot in North America, live? What was their day like and how did they dress? At Eiríksstaðir, a replica of the homestead thought to be ‘Leif the Lucky’s’ birthplace, you will not just see, but experience all of the above.

By Signe Hansen | Photos: Eiríksstaðir

Based on archaeological finds, Eiríksstaðir is an exact replica of the longhouse where Leif Eriksson, also known as Leif the Lucky, is believed to have been born around year 970-80. Because of the historical accuracy, the site often receives groups of university students and archaeologists. “The house is built exactly the way it would have been, so if you are an archaeologist doing an excavation, it might help you visualise what you are digging,” says museum manager Bjarnheiður Jóhannsdóttir. “For the average tourist, it is just like entering a different time; we have the fire going and it is quite dark, because you had no windows at that time – it’s like you are leaving the 21st century when you come into the house.”

During a visit, a guide takes visitors through a half-hour tour of the house.

All guides are dedicated ‘Viking nerds’ dressed in authentic Viking gear and ready to share quirky, odd, and fascinating facts about the life of the Vikings. The tour also involves numerous replicas of tools, weaponry, and clothing items, which allow visitors to touch, feel, and try items normally only seen behind glass in museums.



Viking enthusiasts visit and gather at Viking festivals at Eiríksstaðir.

Next to the farmstead, guests can view the remains of the original longhouse as well as the green expanse of the Haukadal Valley, which provided one of the main passages through Iceland during Viking times. “Almost all of the inhabited farms in the valley are mentioned in the sagas,” explains Jóhannsdóttir, who lives in one of them with her husband and “five sheep – just to blend in”.

To honour a growing enthusiasm for Viking life and history among its visitors, Eiríksstaðir offers free entrance to everyone who shows up in original Viking costume.

www.eiriksstadir.is
 Instagram: @Eiriksstadir
 Facebook: eiriksstaðir

Leif Eriksson, known as Lucky Leif, was the son of Eirik the Red. He is believed to have been born at Eiríksstaðir about 970-980, but as a child moved with his parents to Greenland. According to the sagas, Leif discovered North America in the year 1000.

Thrills and happy spills in Iceland's majestic scenery

For travellers seeking fresh air, breath-taking landscapes and a warm welcome, Iceland is second to none. However, there is one cooperative that is pushing the envelope for adventurous visitors. This is Viking Rafting.

By Philip Denvir | Photos: Viking Rafting





Located in Skagafjörður, north of Iceland and 300 km from the capital of Reykjavik, Viking Rafting is an award-winning river-rafting venture, which is 100 per cent owned and run by the guides - and the only company in Iceland recognised by the International Rafting Federation (IRF). All guides, as well as safety kayakers are certified by IRF and other world recognised institutes.

Ragga of Viking Rafting explains: "we want visitors to experience Iceland in the most unique way." Viking Rafting always guarantees a safe and exciting and adrenaline filled experience, and it's one of the very few companies in the world who provide a dry suit to their guests. Of course, all other necessary gear such as life vests, helmets, booties, skull caps and gloves are provided. "All they need to bring is a thrill-seeking sense of adventure," says Ragga.

The ultimate experience

Since Iceland was established by the Vikings in 874, it has become renowned as a nation of adventurous and hardy folk. Viking Rafting, true to its name, offers just that - a hardy adventure on the water - but with a family friendly twist. It runs a range of rafting tours from beginner- and family-friendly tours to white-knuckle rides for the more adventurous rafter. About halfway along the rivers, the especially courageous can

take a plunge from a cliff into the gorge - a must for adrenaline seekers.

Whatever the tour and the level, rafters can expect to enjoy the breath-taking, prehistoric scenery formed by glaciers and volcanoes. "We offer the ultimate whitewater rafting experience in Iceland. The scenery is awesome, and the camaraderie is great," says Ragga.

A warm welcome

Guests are well catered for out of the water, too, with locally sourced food.

There are even surprise midway treats for those who brave the rapids. "We take fun seriously and seek to provide our guests with an unforgettable experience," says Ragga teasingly. Iceland is a wonderful country, full of wonderful people. There's no better place for an adventure.

www.vikingrafting.is
Instagram: @vikingrafting
Facebook: vikingrafting
Tel: +354-823-8300
info@vikingrafting.com





A gift of art and culture to the Icelandic community

Jóhann S. Vilhjálmsson, Written Images, 2023, installation view.

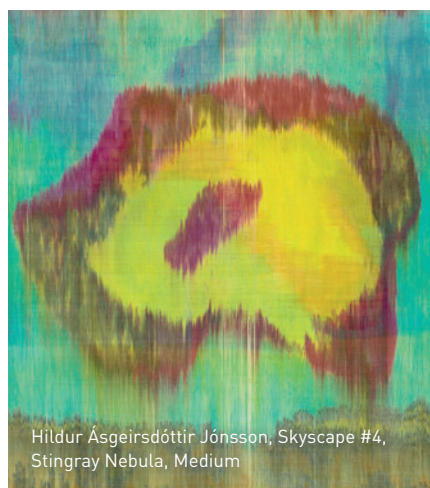
Hafnarborg is a museum and culture centre in Hafnarfjörður, that was established when a resident pharmacist couple donated their home and art collection to the town.

By Marie Westerman Roberts

In Hafnarfjörður, which is the third most populated town in Iceland, you will find Hafnarborg – the Hafnarfjörður Centre of Culture and Fine Art. The centre came to be following a special donation to the town made by Sverrir Magnússon and his wife Ingibjörg Sigurjónsdóttir. They themselves had moved into the building, which now houses the museum to run the town’s pharmacy, Hafnarfjarðar Apótek, from 1947 until their retirement. In 1983, the couple generously presented the town with a gift certificate for both the building, built in 1921 and designed by former State Architect Guðjón Samúelsson, and their extensive art collection, including works by noted pioneers of Icelandic art.

Today, the mission of Hafnarborg is to maintain dynamic and ambitious cultural

functions and foster diverse cultural life in the idyllic town, just south of Reykjavík. The centre also preserves the town’s art collection and is responsible for research



Hildur Ásgeirsdóttir Jónsson, Skyscape #4, Stingray Nebula, Medium

into and exhibitions of the collection, as well as ensuring that this heritage continues to be a prominent part of Icelandic culture and art history. From its founding, the museum has also run a popular international artist-in-residence programme.

A comprehensive portfolio of Icelandic art

The exhibition programme of the centre is diverse. The director of Hafnarborg Aldís Arnardóttir explains that the museum presents numerous art exhibitions each year: “the work on display is significant to Icelandic art history, ranging from treasured artworks by the pioneers of Icelandic art to experimental works by leading contemporary artists. This summer, for example, we have two very exciting exhibitions, one by Hildur Ásgeirsdóttir Jónsson and one by Elísabet Brynhildardóttir.”

Hildur Ásgeirsdóttir Jónsson was born in Reykjavík in 1963, but she has lived most

of her life in Cleveland, Ohio. Cleveland is where she works on her artistic creations, but her Icelandic roots are very strong, and she travels back to Iceland on a regular basis. The exhibition is titled *On the Sea of Tranquillity* and will feature both new and older works, where Hildur combines the techniques of weaving and painting, as well as presenting embroidery and new ink drawings by the artist.

In addition to looking for inspiration in the Icelandic landscape, Hildur has for years made series of images based on brain scans and celestial bodies, using hand-coloured silk threads that intertwine in a vibrant surface. "It's like a refuge from the hustle and bustle of everyday life," Aldís describes, and continues "the artist captures a subtle atmosphere of vastness and stillness in a sort of abstract approach." Works by Hildur are owned by museums, private collectors and public bodies, but the artist received the prestigious Cleveland Arts Prize at the Cleveland Museum of Art in Ohio in 2008 and in 2015 she was recognised by The Louis Comfort Tiffany Foundation.

Tentative Line

In the exhibition, *Tentative Line*, Elísabet Brynhildardóttir, who lives and works in Reykjavík, examines time, feeling and the perception of drawing, as well as the action itself. Drawing is our first visual response to the world long before we learn

to write, acting as a projection of imagination and thoughts into matter. Director Aldís explains a bit more about the thoughts behind the work of the artist and the exhibition: "the theory is that when we draw it provides a direct link to thought while highlighting the close relationship between the person and the instrument."

Through several different mediums, Elísabet contemplates ideas of impermanence, time, and material hierarchy. She has previously participated in a variety of exhibitions and other art-related activities and her work has, for example, been exhibited at Kling & Bang, i8 Gallery, Akureyri Art Museum, Hjalteyri Factory and The Living Art Museum. Alongside her artistic practice, Elísabet is an active member of the artist-run space Kling & Bang.

Summer events

The museum also offers regular workshops and guided tours for people of all ages and hosts various concerts throughout the year. This summer, the Hafnarborg Songfest, a festival celebrating classical vocal music, will take place for the seventh year, from June 18 to July 2.

The festival's programme includes concerts covering art song, opera, baroque and choral music, but the Songfest received the Icelandic Music Award in 2021 as Music Event of the Year in the field of



classic and contemporary music. In 2023, the festival will offer eight concerts, with some of Iceland's most renowned classical singers and instrumentalists, as well as a master class and music courses for children. Art and music thus continue to thrive at Hafnarborg, as the culture centre celebrates its 40th anniversary. It's a gift that keeps on giving.

www.hafnarborg.is
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Raw lava fields, erupting volcanos, vast glaciers, powerful rivers and serene valleys – the landscape of Iceland is one of mystery, adventure and, if you seek it, solitude. But to discover and explore it all safely, you need local knowledge of the island and its secrets – that’s what Iceland Untouched offers.

By Signe Hansen | Photos: Iceland Untouched

After more than a decade of experience as a tour guide, in 2018, Andrés Úlfur Helguson founded Iceland Untouched. But though he knows all of Iceland’s most spectacular attractions intimately, Helguson’s tailor made tours are principally about experiencing the nature of the untouched. “We’re trying to fulfil that ‘alone in the world’ experience - as soon as you enter the highlands, that’s what the days are about - you might meet some vehicles on the roads, but everything in between is nature. When you have the knowledge, you can take routes where there is no one else,” says Helguson.

Having lived several years in New York where he studied anthropology, he appreciates this is a truly unique experience. “Of course, I have certain activities that are favourites - many on glaciers, such

as hiking or snowmobiling or going into ice caves - but essentially it’s the same experience – it’s that feeling you get from knowing that you are on a glacier that could swallow you whole, but that it’s all for you to enjoy as long as you are careful and experienced.”

Additionally, an Iceland Untouched tour may comprise whale safaris, hikes, northern lights, volcanoes and more. When it comes to highland hikes, Helguson is especially well-connected as his wife, Matthildur Philippusdóttir Patay, runs the island’s oldest trekking tour company Fjallabak Trekking.

The unbound nature of the Icelandic landscape makes for a truly authentic experience. With no or very few fences or boundaries, everything is accessible, but

that also means you must recognise your own limits, stresses Helguson “That’s the charm; that’s why people have extraordinary experiences - we go to look at waterfalls and basically just walk into them,” he says and rounds off: “Experiences like that – being completely surrounded by nature - makes you humble, and it’s good to remember who is in charge, who is most powerful.”

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Special Theme:
HIDDEN GEMS AND
WEEKEND GETAWAYS



Take the road less travelled in Sweden

Get the scoop on the secret spots that will turn your holiday from 'pretty good' to 'unforgettable' in this guide to 11 of this summer's best hidden gems and weekend getaways.

Sweden is a richly diverse holiday destination: its forests, coasts and islands are favourites for outdoor pursuits like hiking, biking and water sports, as well as for luxury woodland escapes and spa hotels.

In this guide, we visit an unassuming gallery with an incredible cache of photo art by international masters, see an interactive contemporary dance performance, and book an adventurous stay at an off-piste lodge, treehouse – and even a floating hut! Whatever your style, these pages will inspire you to take the road less travelled on your next trip to Sweden.

www.visitsweden.com



Page 52. Yggdrasil Igloo Water Huts.

Page 38. Olof Viktors.
Photo: Olof Viktors





Exquisite baked goods, made with precision

Olof Viktors is the Swedish mecca for pastry lovers, where quality runs through every line of production. Bread, pastries, cakes and more are crafted by hand using the finest ingredients, and are available in their café in the idyllic Österlen, Scania, as well as wholesale in Sweden and abroad. As summer approaches, the team is looking forward to another busy season where bubbling creativity and supreme flavour will attract visitors from both near and far.

Olof Viktors Bakery is a name synonymous with handcrafted, premium quality in Sweden. It's a place where locals as well as visitors congregate to enjoy cakes, pastries, sandwiches, handmade bread and muesli blends, ice cream, coffees and much more. The bakery was founded in 2002 by the decorated baker Jan Hedh, and was joined by Malin Haak and Martin Morand who became part-owners in 2020.

"Me and Martin met during our time in the armed forces, where we competed as pastry chefs in the culinary team. We continued on that path afterwards, winning multiple awards and titles. We've brought that military rigour into our business - everything is done to perfection without cutting any corners - and combined it with a dynamic creativity inspired by the gorgeous surroundings. I believe this mix plays a huge part in making us a destination business. It's how we maintain our reputation as a quality bakery where the craft is at the core of everything we do," says head pastry chef and part owner Malin Haak.

Wood-fired oven gives added spark

The bakery boasts the largest wood-fired oven in the country, a not-so-secret weapon that gives an added level of craftsmanship to the bread they produce. Everything is handmade from scratch, and no semi-manufactured products are allowed into their bakery. They use local produce as much as possible and they are always looking for ways to improve. The aspara-



Martin Morand and Malin Haak.



The café.

gus comes from the farmer next door and the vegetables are grown locally. The next step is to use flour from grain grown on neighbouring fields, and milk from local cows for their homemade ice cream.

The ingredients are used intelligently, and waste products are incorporated into new creations. "We are constantly looking for ways to renew ourselves while staying true to our craft. We are open all year round - a unique feature in this area that is so heavily dependent on the tourist season. We stay relevant by constantly incorporating new ideas to our menu, expanding and adjusting to the different times of the year," says Haak.

The products are sold in their beautiful café as well as in wholesale shops around the country, and even abroad. Bestsellers include the carrot cake, big enough for two people with a generous layer of frosting, and the crayfish-tail sandwich - classic mainstays on a menu that is constantly updated with new and exciting concoctions and flavours. "The area of Scania is often called the pantry of Sweden, and we're keeping the shelves stocked all year round," Haak concludes.

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Timbuktu, Malmöfestivalen 2022. Photo: Highshot

Malmö hosts Scandinavia's biggest city festival

For the 37th time, Malmö will host the Nordics' party of the year. The Malmö Festival attracts some of Sweden's most popular musicians as well as local and international dancers, artists and food vendors during eight days in August.

By Malin Norman | Photos: Pierre Ekman

The Malmö Festival (Malmöfestivalen) is Scandinavia's biggest city festival. 2022 was a record year, with a whopping 1.5 million visits over eight days. "It's part of the city and lots of people here grew up with the festival. Some visitors are actually the 3rd generation attending," enthuses Helena Cedrins, the festival project manager together with Peter Lind.

The first festival took place in 1985, which also makes it Sweden's oldest city festival and a role model for many others to come. Its goal to promote local culture and business is still the same, and the festival is as always free to attend. This year marks the 37th edition of the city's greatest party, once again offering a vibrant meeting place with live music, art installations and culture, workshops and children's activities, culinary experiences, and much more.

Gigantic crayfish party

The festival offers a packed program with hundreds of events, including some of Sweden's most popular bands on the main stage, which has a capac-

ity of around 25,000 people, and a mix of upcoming and established local and international acts. "We're proud to offer something for everyone – regardless of age, gender identity, language, ethnicity, religion, economy, cultural background and sexual orientation," says Cedrins.

Every year, the festival opens with a gigantic crayfish party on the main square. Over the years, several world records have been set in the number of crayfish eaten. In 1994, festival visitors munched on 91,500 crayfish! Since the start, local band Grus i Dojjan has entertained during the crayfish party. Its founder sadly passed away last year, and this year the band will do a tribute concert with folk



music, rock and country under the name GRUSET.

The Malmö Festival reflects the rich culture and gastronomy of the city. "Food is one of the festival's pillars and the Gustav Adolf square with its 70 food stalls is one of the most popular areas of the festival," says Lind. "Hungry visitors will have plenty to choose from, from the classic festival treat 'langos' to chipotle burgers and poke bowls, and much more."

www.malmofestivalen.se

Instagram: [@malmofestivalen](https://www.instagram.com/malmofestivalen)

Facebook: [malmofestivalen](https://www.facebook.com/malmofestivalen)

YouTube: [@malmofestivalen2011](https://www.youtube.com/malmofestivalen2011)

The Malmö Festival, 11-18 August 2023

The first acts have just been announced; Bob Hund, Måns Zelmerlöw, Sara Parkman, H00JA, Seinabo Sey, and The Tallest Man on Earth.





Magnificent views at Sweden's oldest motel

This year marks the 90th anniversary of Gyllene Uttern. Strategically located on the hills south of Gränna, the historic hotel and its renowned restaurant offer stunning views over Lake Vättern and the island Visingsö.

By Malin Norman | Photos: Gyllene Uttern

In the 1930s, the road between Stockholm and Helsingborg was getting busy and many travellers took the opportunity to take a break nearby on the family Gyllensvaan's properties, which happened to have breath-taking views of Lake Vättern. Cavalry captain Rolf Gyllensvaan saw the potential and made plans for a gas station and a kiosk, but soon realised that travellers also needed a restaurant, café and accommodation. Sweden's first motel Gyllene Uttern was inaugurated on Midsummer's Eve in 1933.

Soon after, Gyllene Uttern expanded and the main building took inspiration from the castle ruins on Visingsö, Baarhus on Grännaberget and the family's own

castle Västanå a few kilometres away. A lot of effort was put into the interior, which took on the character of a baroque castle. Whilst the ceilings were covered with paintings by Johan Wiberg, the walls featured hand-painted copies of works by baroque masters and the rooms were equipped with stylish furniture.

Over the years, new owners continued to build on the long-standing heritage, and the castle is still magnificent and the views just as breath-taking. Gyllene Uttern has even been nominated as Castle Hotel of the Year 2023. "This is a historic hotel with great food and fabulous views," says Caroline Ekberg, hotel manager. "It's the optimal destination for recovery

and harmony, with the shining, glimmering lake in the distance, and singing birds all around."

Nowadays, Gyllene Uttern is a part of the Jula Hotell, established in 2019 with four prominent hotels under its umbrella, all with heaps of character and interesting heritage. Apart from Gyllene Uttern, Jula Hotell also owns Gysinge Herrgård, a historic mansion dating back to the 17th century outside Sandviken, the elegant Skara Stadshotell from the 19th century, and Skara Konsthottell, a unique art hotel with works from some of Sweden's most famous artists.

Much more than just a hotel

Gyllene Uttern has 51 beautiful rooms, in the main building and its two wings, and five newly renovated cottages for up to four guests in each. "The goal is for our guests to relax and be in the present, spend time together and play games, or

just enjoy the peace and quiet,” says Ekberg. “To encourage relaxation, instead of Wi-Fi in the cottages, we have binoculars and boardgames.” Dogs are welcome too, in several hotel rooms as well as on the terrace, in the lobby and in the café, and there is even a separate dining room where they can join for meals. And unsurprisingly, four-legged friends love the lush surroundings.

The peaceful and inspiring setting is great for creativity and thinking outside the box, making Gyllene Uttern ideal for conferences and corporate events. The intimate atmosphere and personal experience make this a popular venue for wedding parties as well, and couples book years in advance. The wedding service usually takes place in the nearby church, with drinks and mingling, dinner and the overnight stay at Gyllene Uttern.

The restaurant serves a classic Swedish menu, with high-quality local and seasonal ingredients and everything is lactose free. Meanwhile, the café specialises in irresistible home-baked treats. “Our philosophy is that the food we serve should match the surroundings and the amazing views over Lake Vättern,” says Ekberg. “A favourite amongst guests is ‘isterband’, a coarsely ground, lightly smoked sausage, served with stewed potatoes and beetroot. It’s a Swedish classic, so tasty!”

Gränna, the capitol of rock candy

The area is beautiful all year round, with plenty to see and do including Gränna with



its cobbled streets and charming houses. Anyone with a sweet tooth is in luck as this is also the capital of rock candy. It all started when Amalia Eriksson was given permission by the town to make rock candy in 1859. The original version was red and white with peppermint flavour, but nowadays it comes in many sizes, flavours and colours. There are several makers in Gränna, who also offer demonstrations of the craft and allow visitors to make their own rock candy too.

The world’s largest recreational bike ride, Vätternrundan, takes place around Lake Vättern and passes right outside the hotel, so there are great cycling and mountain biking opportunities around, and the island Visingsö is a short ferry ride away. According to legend, the giant Vist threw a tuft of grass into Lake Vättern so that his wife would have something to step onto, and thereby created the island.

On Visingsö, visitors can explore by foot, horse and carriage, or bike, and discover the castle ruin and historical remains, art and beautiful nature.

www.gylleneuttern.se
Instagram: @hotelgylleneuttern
Facebook: gylleneuttern

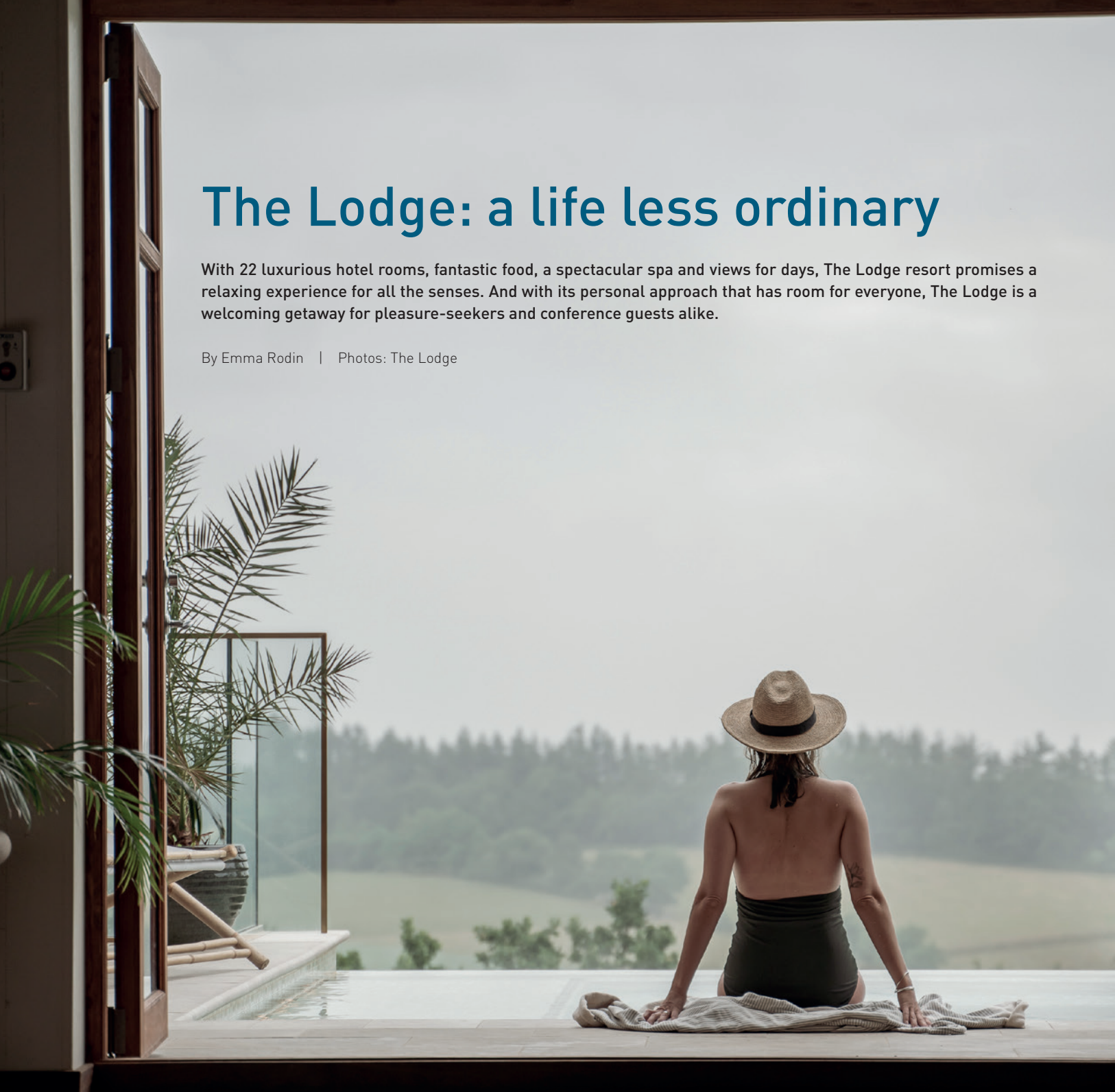
Events:
Vätternrundan Party - 16-17 June
 Bring family and friends to the Vätternrundan Party at Gyllene Uttern, and spread joy and energy to the thousands of cyclists passing by.
Gyllene Uttern 90 years - 19-22 June
 The theme of the anniversary is ‘1933’, with events and a three-course dinner influenced by the venue’s first menu: mushroom omelette, trout from Lake Vättern, and panna cotta with rock candy.



The Lodge: a life less ordinary

With 22 luxurious hotel rooms, fantastic food, a spectacular spa and views for days, The Lodge resort promises a relaxing experience for all the senses. And with its personal approach that has room for everyone, The Lodge is a welcoming getaway for pleasure-seekers and conference guests alike.

By Emma Rodin | Photos: The Lodge



A stone's throw from Malmö in Sweden's south, The Lodge Resort and Spa is perched on the top of the picturesque Romeleåsen hillock. A secluded location with eye-pleasing surroundings, the location was originally home to a small hunting lodge, the Romele hut, which drew visitors keen to explore the unique nature.

Romeleåsen revived

The Lodge was founded by three friends and adventurers who travelled the world together, including the North American east coast. This trip fuelled the inspiration to start their own venture back home on Romeleåsen, 167 metres above sea level. In an otherwise flat landscape, this

above-the-treetops spot provides miles of unbeatable views over the fields below, as well as glowing sunsets over Lund city.

The three friends acquired the site with a little bit of luck and good timing. Built in the New-England style, The Lodge welcomed its first guests to Romeleåsen

and its historic hunting grounds in 2006. "We think it's important to cherish the area's history as part of what The Lodge stands for," says hotel manager Tove Gejde. "The old hunting lodge's original flooring has been reused in our reception and we've also kept an old log burner, all adding a sense of soul."

Aloha Honulele

A fairly recent addition to The Lodge, the (already) award-winning Honulele Spa is an oasis of calm and relaxation. Its name means 'the jumping turtle' in Hawaiian which, according to legend would lead sailors back home. The idea is to replicate this sentiment within the spa, allowing guests to feel home even when they're not.

The spa also offers an outdoor infinity pool 12 metres long and heated to 38 degrees. Here, guests can soak up the surrounding views before or after visiting the cold bath and sauna.

Ideal for day visitors, the Honulele Retreat Spa package includes a four-hour entry and Aloha Spa Ritual. This entails 90 minutes of pure restoration through seven different treatments, inspired by Polynesian knowledge and unique techniques. A dedicated host offers guidance throughout each treatment, and afterwards, all guests are welcomed into the VIP section to relax on comfortable daybeds while gazing out over the treetops

through large, panorama windows.

"Our spa is open to everyone, whether they're staying the day or an entire weekend. We have a lot of returning guests who love coming here to make the most of their days off, many of them from Copenhagen, which is only an hour away," explains Gejde.

Stairway to Heaven

Aptly named Heaven, The Lodge's on-site restaurant offers great food inspired by the surrounding area. Keep an eye out and you might even spot one of the chefs foraging for ingredients in the nearby forest, such as spruce shoots and sorrel.

Indeed, sourcing local ingredients and collaborating with local producers is key, and so is maintaining a seasonal approach to the menu which changes every seven or eight weeks. With every change, the high quality remains, pleasing both palate and eye. Like the spa, Heaven is a popular destination in its own right. However, there are superb package deals available too, that combine all the very best The Lodge has to offer.

Made for meetings

The Lodge has many strings to its bow; it's also a popular hub for conference guests, who use it to come together and focus away from all the hustle and bustle. "Our proximity to nature together along with the relaxed yet creative at-

mosphere makes us an ideal choice for all sorts of external meetings and team building. We can host smaller groups of 2-25 guests in our modern, bright conference rooms. We offer package deals to suit any needs, including food and drinks, plus access to our Spa where attendees can unwind after a long day of meetings," says Gejde.

There are also plenty of walking trails around, ideal for meeting breaks or just to explore the rich flora and fauna of the nearby area. Those who enjoy cycling will appreciate the surrounding nature as well.

In fact, The Lodge sits on the Skåneleden trail (a 1250 km long walking trail in Skåne's countryside). The trail markers literally run next to the hotel and into the wilderness, guiding walkers to beautiful forests, valleys, streams and viewpoints.

A life less ordinary

At The Lodge, every detail is carefully considered to give guests an overall experience they'll want to come back to. "With everything we do, we ask ourselves 'does this give our guests a life less ordinary?' If the answer is yes, we know we're on the right track," concludes Gejde.

www.thelodge.se

Instagram: @thelodgeresort

Facebook: The Lodge Resort



Experience your own oasis of Swedish island life

Every summer, Stockholmers and vacationers alike flock to Stockholm archipelago to experience the charm and tranquility of one of Sweden's most popular summer paradises. Located on Utö, a small year-round island in the outer archipelago, Utö Vårdshus is an iconic inn where island life is right at your doorstep.

By Oliver Hugemark | Photos: Utö Vårdshus



"Utö Vårdshus was opened at the turn of the century to serve as an unfussy seaside resort and abode of rest for celebrities, socialites and the Swedish cultural elite," says Anders Malm, restaurateur and owner of Utö Vårdshus. "Today, we

host a lovely blend of guests who come to enjoy island life in their own style, from beach-dwellers to birdwatchers to bridal couples to swim-run athletes."

A natural part of the bustling island life, Utö Vårdshus is a labor of love run by a tight-knit community of island-dwellers. Though the well-reputed establishment is only a convenient ferry ride away from central Stockholm, it brings guests closer to nature, whether through outdoor yoga, seasonally-led fine dining on the veranda, a drink in the maritime bar, a group run, or solo exploration by foot or bike.

"The seasons, the ever-changing weather, the ocean and the surrounding

forest reserve are naturally our greatest sources of inspiration," says Malm. "One of the things that guests appreciate the most about staying with us is finding their own little inlet, sun-drenched cliff, silent forest path, or vista of the open sea horizon."

www.utovardshus.se

Instagram: [@utovardshus](https://www.instagram.com/utovardshus)

Facebook: [utovardshus.se](https://www.facebook.com/utovardshus.se)





Explore life's contrasts with dance theatre

Dance, art, and music are all powerful tools to reflect on the world we live in. And at Skånes Dansteater in Malmö, these art forms come together for performances unlike any other.

By Hanna Andersson | Photos: Jubal Battisti

Skånes Dansteater's fascinating ongoing production *In:finite* invites the audience to explore life's contrasts: vibrancy and the void, light and dark, 'everything is okay' and 'everything is not okay', in an unconventional format. The act is performed for only 50 people, and the audience is led from one room to another - similar to the way you move through a museum.

Mira Helenius Martinsson, CEO at Skånes Dansteater, says, "it's an intimate performance where you get to explore music, dance, and art. It might surprise you, but it's perfect for those experiencing this type of art for the first time. Similar to how it is in a museum, you are free to interpret the story however you like."

Share your experience

After the performance, you are invited to share your experience, your thoughts,

and your emotions with Skånes Dansteater. This helps them to take contemporary art into the future, and to reflect on the emotional impact that works had in the moment.

"We want to include our audience's thoughts in our archives. When we look back at this project, we will be able to see what the choreographers, dancers, and viewers felt about it. It will give us a well-rounded and layered review filled with perspectives," Helenius Martinsson explains.

Their desire to understand what goes through their audience's mind translates into their love for movement, and they encourage more people to explore this art form. "We host workshops for ages 60+, people with disabilities, and people from all different kinds of backgrounds. Moving

your body feels good, and we want people to explore their creativity and move around in a room. It's a powerful feeling," says Helenius Martinsson.

A community of dancing nomads

Speaking of powerful feelings: the ensemble of dancers come from all over the world and the need to dance is unstemmable. "For them, there is no other path. They have all come here, looking for affinity and community, and are all connected by dance. The love they feel for their art and the fact that it is so multicultural attracts people," Helenius Martinsson says with a smile.

The institution is Sweden's only independent dance theatre group and its ambition is to keep its doors open all year round. Whether you want to enjoy a performance, try one of their workshops, or find your community as a dancer, this is the place.

www.skandesdansteater.se
 Instagram: @skandesdansteater
 Facebook: Skånes Dansteater



Summer breeze and recreation at Swedish resort and conference manor

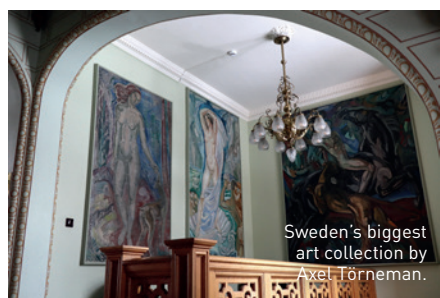
The almost century-old hotel and conference manor Vår Gård offers visitors a chance to get away this summer. Just 20 minutes from the city centre of Stockholm, here you can enjoy fine dining, recreational experiences and an energizing weekend stay in the scenic east coast archipelago.

By John Sempill | Photos: Vår Gård

Vår Gård, in its modern form, was established in 1924, when the Swedish Co-operative Union acquired the buildings and grounds from brothers and business moguls Ernest and Arthur Thiel. They began to offer educational and corporate training for the union's sales employees. A few years later, in 1929, the union also acquired the neighbouring manor, Villa Skärtofta, and expanded their business.

Today, Vår Gård offers a whole lot more than conference and training facilities. Other than world-class sustainable and local food and wine, they offer nature experiences, bike trails, swimming and

kayaking activities from their own bathing jetty. "Everyone is welcome," says Frida Janneson, marketing coordinator at Vår Gård. "This is a destination for young, old and families. It's also the perfect place for weddings and parties.



Sweden's biggest art collection by Axel Törneman.

Close to Saltsjöbaden, you'll find golf, padel tennis courses and sailing."

In full bloom

The summer season is a perfect time to visit Vår Gård. The gardens are in full bloom, while the surrounding nature calls out to be explored. Or you might be interested in an outdoor gym session, or paddleboarding. "Other activities such as yoga, breathwork and cold bathing are popular too," she adds. "Vår Gård even has a unique art collection and arranges popular art shows for groups and private guests."

No matter what, you'll find something new to experience, or a wind-down space in which to escape the stresses of city life. During the summer season, Vår Gård offers package deals – three hotel nights, with breakfast included, at a 30 per cent discount.



In later years, Vår Gård has become a destination for private guests and locals. Its scenic location near the sea and a short distance from Stockholm draws guests from near and far. "Just a stone's throw away is the ferry, that will take you to Stockholm, starting with a scenic trip through the sparkling archipelago," says Janneson. "We want our guests to find relaxation, energy and inspiration – to find that they can disconnect for a while and be taken care of. A visit to Vår Gård also offers opportunities to make acquaintances and gain insights by meeting new people. It's a place for inspiration and self-development."

On that note, Vår Gård has launched a unique and exciting cooperation concept, a community that offers exciting sustainable development opportunities for individuals, groups and organisations. "Today, we have a variety of lecturers and coaches available for companies and organizations to use in connection with their own conferences hosted by us," explains Janneson.

A complete experience

"We want to positively influence everything from self-leadership, communication and stress management, to mindfulness, health and well-being," she continues. "A visit here is more than a ho-

tel night with breakfast, or a conference room with tables and chairs. Our desire is to create a holistic experience that encourages collaboration and strong sustainable relationships between us, our guests and partners."

This autumn marks the grand opening of their new restaurant in Villa Skärtofsta. Here, you'll experience fine dining in a turn-of-the-century atmosphere with a one-of-a-kind menu. "The main focus is innovative dishes made from local and seasonal produce," Janneson explains. "Groups can also book a 'chambre séparé' for private dining in gorgeous tower chambers, for an exclusive and intimate culinary experience."

The atmosphere is nothing less than magical at Vår Gård. Both indoors and outdoors, art collections by celebrated artists, both Swedish and international, such as Isaac Grünewald and Marc Chagall, are on display. Meanwhile, the interiors are a stunning blend of turn-of-the-century and 1950s architecture. "When we develop the building, it's always with huge focus on sustainable design," Janneson says. "But most important is that we preserve the heritage, in fine-tuned harmony, reflecting the varying eras."

www.vargard.se

Instagram: [ldvargardsaltsjobaden](https://www.instagram.com/ldvargardsaltsjobaden)

Facebook: [Vargardsaltsjobaden](https://www.facebook.com/Vargardsaltsjobaden)



A good book and a sunchair for a relaxing moment at Vår Gård.



Opening hours vary depending on season, make sure to check the website for more information.

A familiar berry farm in the Swedish countryside

The berry farm, Hallongården, offers visitors a pick-your-own experience, with berries, tulips, rhubarbs and asparagus galore. The cherry on the top is in fact the farms exquisite raspberries – which are hand-picked for Nobel banquets and the Swedish National Culinary Team.

By John Sempill | Photos: Stéphane Lombard, Eldrimmer

Hallongården is in the southern city of Trelleborg. The farm has been family-run for eight generations and, two generations ago, transformed into a raspberry farm, which is the English translation for Hallongården. "Before us, it was a traditional farm with classic crops and pigs", CEO Anna Biärsjö tells us.

The generational change was the main factor behind starting Hallongården, as

they were looking for something new and fresh. "Becoming a raspberry farm was a way to create something new, with the use of little land," she continues. "It was about using what we had."

Today, Hallongården offers probably the best raspberries in the country, and a lot more – strawberries, blackberries, black-and redcurrants, asparagus, rhubarb and flowers. "Our pick-your-own service really takes off during the summer," Biärsjö explains. "With our berries, we also make our own juice, jam, marmalade and cookies for our café. During this season, we also make ice cream from on the farm's Swedish berries."

Hallongården's raspberries are by no means your run-of-the-mill raspberries. In 2019, the family-owned farm was selected as the raspberry supplier

for the dessert at the Nobel banquet. "Our high quality is unique," says Biärsjö. "You are picking Nobel raspberries at our pick-your-own farm. We are very proud of our food craft, which we compete in, too. We were awarded gold for our raspberry jam in the Swedish and Nordic championships. We collaborate a lot with the Swedish National Culinary Team, but I can't give anything else away at the moment."

We'll have to wait a little to find out more about this exciting collaboration. Until then, you won't want to miss a visit here this summer. The summer months are high season at Hallongården, with visitors from far and wide. However, if you're after a calmer visit, Biärsjö recommends coming a little later. "In August, we still offer our berries, but the holidays are over and school has started again, so it's a slightly calmer period. From October we offer our waffle buffet, and in the autumn, we have candle casting."

www.hallongarden.se
Facebook: @hallongarden
Instagram: @hallongarden





UNWIND THE MIND

Just 20 minutes from Stockholm city centre you will find a peaceful place to unwind your mind and gather new energy. In a setting inspired by traditional Japanese aesthetics, Yasuragi offers an extraordinary experience for all senses. At the heart of Yasuragi you will find the Japanese bath house. Welcome to the only Japanese spa hotel in the Nordics. Book at yasuragi.se





Nature and food wrapped in luxury

For an experience like no other, book a stay at Yggdrasil Igloo Water Huts. Located on a picturesque lake, these original huts are an escape from urban noise, close to magical wildlife and nature.

By Emma Rodin | Photos: Lena Larsson

A venture brought to life by Martin Jarve-Hotvedt and his wife Camilla, Yggdrasil was fuelled by the pair's love of nature, hunting and the great outdoors. Living on a farm in the forests of Värmland, Sweden, the couple felt inspired to share the life they led with curious people looking for a different taste of life.

"We wanted to present our way of life but do so in a responsible way with little to no impact on the environment. Our huts let us do exactly that, without compromising on comfort or great service," explains Jarve-Hotvedt.

The huts are available in two locations, one at lake Västra Silen near the Norwegian border which is run in partnership with Nordmarkens Canoe Center, and a



newer one at lake Ringsjön in Sweden's Skåne region. The latter opened earlier this year and is a joint venture with like-minded chef Carl Philip Dreyer whose passion for cooking game (and educating others about it) has earned him widespread recognition around the country and beyond.

Together, Yggdrasil and Dreyer have created a new venture where great accommodation and fantastic food are offered in equal measure.

Eco-friendly luxury

All electricity used in the huts is sourced from either solar cells or biofuel. And inside the huts, guests will find everything they need for a comfortable stay. This includes a spacious double bed, running water, toilet, kitchenette with a gas

hub, WIFI, Bluetooth stereo, towels and bath robes, and even an ice fishing hatch which can be used in summer too.

“The huts have beautiful panorama windows, so when you’re lying in bed it almost feels like you’re in the water. It is a unique combination of luxury and feeling at one with nature,” says Jarve-Hotvedt.

Outside, guests can enjoy the accompanying floating terrace which features a barbecue and grill equipment, accompanied by chairs and a table. There are also stand-up paddle boards available for those who fancy a bit of adventure.

“We’re a small business with a lot of heart which we hope comes through in our offering. We transport guests to their huts by car or boat, we educate them about the local food they’re eating and a more organic way of life. I’d like to think that it’s our personal service that really sets us apart,” explains Jarve-Hotvedt.

Taste and tranquillity

Thanks to Carl Philip Dreyer, Yggdrasil’s food offering is something out of the ordinary. Guests can enjoy a hand-delivered breakfast at their huts, as well as pre-made food kits for lunch or dinner. In true Dreyer style, these are all focused on game and locally sourced produce, serving guests a true taste of Skåne. How about deer burgers for supper?

“Great food is a huge part of our overall experience, so teaming up with someone who shares our values and beliefs has been priceless,” says Jarve-Hotvedt. “It



really gives us an edge and allows us to bring visitors a genuine experience that they’re unlikely to find anywhere else.”

More to love

Should they wish to, hut visitors have plenty to keep them busy in the surrounding areas including great fishing opportunities. In Värmland, guests can rent canoes, visit a sauna sweat lodge, relax in a hot tub, play minigolf, go climbing, and more.

In Skåne, water-based activities abound. Nearby is a beautiful nature reserve, and it’s a short walk to Bosjö Monastery and Bosjö Golf Club.

They can also head to Björk’s Ringsjön Fish Shop & Smokehouse across the lake for local delicacies like fish and seafood (which are also incorporated in Yggdrasil’s own food offering). Not to men-

tion the array of sandy beaches nearby, something this region is recognised for.

Although the huts are particularly popular in summer, they are open for business all year round, with each season providing a different experience. “In winter, our Värmland huts sit on the ice. They’ll be nice and warm inside and guests can cosy up in bed while watching the snow fall through the panorama windows. It’s quite something, especially when the temperature drops far below zero,” says Jarve-Hotvedt.

Less than an hour’s travel from Kastrup airport via bus or train, Yggdrasil’s Skåne huts are easily accessible whatever the season. In fact, a private chauffeur will pick you up from the station and bring you to your destination.

www.yggdrasiligloo.se

Instagram: [@yggdrasil_igloo_water_huts](https://www.instagram.com/yggdrasil_igloo_water_huts)



Carl and Martin.



World-class photography in Falsterbo

Falsterbo Photo Art Museum is an exciting new destination in Skåne. Pay a visit for an outstanding cultural experience in photo art, with a unique collection of original works by some of the greatest photographers of our time.

By Malin Norman | Photos: Falsterbo Photo Art Museum

Falsterbo Photo Art Museum opened in 2021, dedicated to showcasing the private photo collection of Claes and Christina Lindquist. The Malmö based couple has collected photo art for over 15 years and their rare collection forms the basis for the museum's exhibitions. It encompasses more than 550 original images, mostly fashion photography but also portraits, as well as contemporary art and documentary photography.

The unusual collection includes for instance Richard Avedon's elegant pho-

tographs in motion, Herb Ritt's fashion shots, Peter Lindbergh's stripped-down images, Irving Penn's perfectionistic stu-



Vee Speers photographs at Falsterbo Photo Art Museum.

dio photographs, Patrick Demarchelier's flattering portraits, and David LaChapelle's strong, powerful and colourful oeuvre. Not to mention Steven Meisel's perfect fashion sets and the dark imagery of Steven Klein.

"Visitors are surprised by the size of the collection and the museum itself," says Claes Lindquist. "And they often comment on the international calibre, claiming that the collection might as well have been shown at renowned galleries or museums in London, Paris or New York."

Dressed and undressed for success

The premiere exhibition *Dressed for Success – 100 Years of Fashion Photography* inaugurated the museum in May 2021, with more than 140 exclusive works by

photographers such as Richard Avedon, Herb Ritts, Chen Man and Ellen von Umwerth. In the show, visitors could follow the evolution of fashion photography, with the most iconic images in their original versions. One well-known example is 'Kate Moss Descending' by Mike Figgis.

In April 2022, the museum opened its second major exhibition, *Undressed for success? Nude and Famous* with 140 stunning images of celebrities by the world's top photographers including Anton Corbijn, Chris Levine, David LaChapelle and Robert Mapplethorpe. It showed celebrities such as Lady Gaga, The Beatles and Richard Gere in playful and candid snapshots – like David Bowie and Kate Moss in a mischievous pose, as captured by fashion photographer Ellen Von Umwerth in New York in 2003.

Importantly, Lindquist stresses that most images are numbered and all are signed by the photographers. "The images have been developed by the photographers themselves, meaning there are no mass-printed unsigned copies," he explains. "Most are rare vintage prints, signed and in limited edition, which makes the collection quite unusual."

Helmut Newton, the provocateur

This year, the museum presents its third major exhibition *Helmut Newton – the*

Provocateur until 7 January 2024, with more than 100 numbered and signed original images, most from the collection of Christina and Claes Lindquist, some borrowed from elsewhere and rarely shown.

Helmut Newton has been called the greatest fashion photographer of all time, a major influence on modern photography and visual art. The iconic photographer is also one of the most provocative with glamorous and sometimes controversial depictions of strong, independent and naked women. The norm-breaking images, almost always in black and white, feature famous models and actors such as Catherine Deneuve and Isabella Rossellini.

"Newton is a real star in photography and it's quite unusual with an exhibition of his original images," says Lindquist. Like Norman Parkinson, Richard Avedon, and Irving Penn, Newton became one of the most influential and talented photographers shooting for *Vogue*. His biggest supporter and promoter was his wife June, who established her own career as a photographer under the pseudonym April Springs.

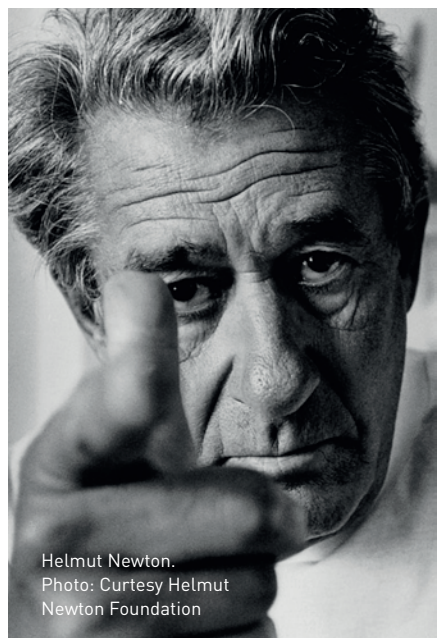
Vee Speers photos in the outdoors

The museum shows Swedish photographers as well as internationally renowned names. Usually, one main exhibition plus a few smaller ones run simultaneously,

alongside the permanent collection of the couple's treasures. Together with Vellinge municipality and UpOnWalls, Falsterbo Photo Art Museum is also showing the outdoor exhibition *Growing Up* until 31 August, with large photos by Vee Speers, who is well-known for images such as 'The Birthday Party'.

Located in a spectacular building by the sea, Falsterbo Photo Art Museum is a destination in its own right. The museum organizes guided tours, where you can listen to the stories behind the images and the motifs. The high-end restaurant Bistrot Perspektiv is open to museum visitors and others who want to pop by for a nice meal. And there is shop where you can buy photography books, posters, postcards, interior and accessories. All in all, a great spot for a day out.

www.falsterbophoto.com
 Instagram: @falsterbophotoartmuseum
 Facebook: Falsterbo-Photo-Art-Museum



Helmut Newton.
 Photo: Courtesy Helmut Newton Foundation



Helmut Newton 1975, Woman Examining Man.
 Photo: Courtesy Helmut Newton Foundation

Claes & Christina Lindquist.
 Photo: ©KarinOddner

More is more at Mora Hotel & Spa

For a proper taste of the real Sweden – with a slice of its history, traditions, and culture – head to Mora in the region of Dalarna. Or more specifically, Mora Hotel & Spa. With its four stars and one-of-a-kind offering, this hotel is the ultimate base from which to explore the region.

By Emma Rodin | Photos: Mora Hotell



Use Mora Hotell & Spa as your base when exploring Dalarna.

First built in 1830 as a small and humble inn with space for resting guests and horses, Mora Hotel is today a Green Key-certified, first-class establishment with 135 rooms, some 300 beds, a restaurant, a bar with a cosy fireplace, and a spa. The Lund family has run the venue since 2018, and across everything the hotel offers, they place a great emphasis on maintaining a sense of the Dalarna region and celebrating its long history.

For instance, there's a room at the hotel called 'The Artist', named after artist Anders Zorn who had his friends stay here when visiting in the late 19th century.

These friends included some of Sweden's most influential figures of the time, like Carl Larsson, Selma Lagerlöf, Prince Eugene and August Strindberg. "They used to meet here at the hotel, talking about all



sorts of matters", says site manager Patrick Lund. "It's a lovely piece of trivia that really captures the essence of the hotel.

A Certified Outdoor Hotel

History aside, Dalarna is a beautiful concoction of grand lakes, snowy winter peaks and nature reserves. In fact, Mora Hotel is a Certified Outdoor Hotel, with its very own outdoor manager to help guests make the most of nature. "Our outdoor manager has tons of knowledge and is on hand to help guests with any queries they have about outdoor activities, from hiking and cycling to skiing and snowshoe trekking," says Lund.



Ultravasan – a trail-running ultramarathon of 45 or 90 kilometres - not for the faint-hearted.

Mora is also a great place to experience a proper Swedish midsummer, with everything from traditional clothing to dancing around the maypole. And why not see for yourself how a classic Dalecarlian horse is made in Nusnäs village? You might recognise this wooden handicraft, traditionally red and intricately painted, as a symbol for Sweden and Dalarna.

Frozen or not, water is a key feature of the region and fishing, swimming and ice skating are just some popular water-sports on offer here. And let's not forget about the theme park Tomteland (which loosely translates as Santa's Land), based on Scandinavian folklore. Using old tales as inspiration for five different theatrical settings, Tomteland is full of fantasy, sorcery, magic and fairytale characters. The kids will love it. Then, after a day of exploring, find zen in the hotel's spa. With its range of soothing treatments offered by expert therapists, the spa is a terrific pitstop before grabbing a bite to eat.

Wine and dine

Come dinnertime, opt for the hotel's restaurant for a local taste of fine dining, with all food made from fresh produce and regional suppliers. "I would describe our menu as a fusion of Nordic flavours and Italian and French influences. We serve a creamy burrata from a local dairy pro-

ducer, we get charcuterie from our local butcher Siljan's Chark and cheese from Orsa nearby, and even have our own bakery," explains Lund. When it comes to drinks and what to pair with food, the restaurant has two sommeliers to help you make the most of your dining experience.

Conference

Mora Hotel is also a great choice for businesses looking to arrange off-site events, with capacity for corporate groups of between 4 and 100 people. However, the hotel can arrange space for up to 350 people if needed.

There are four ready-made packages on offer, which all include high-quality audio and video equipment, but everything can be tailored to suit specific needs and requests. "We have an Outdoor Package where everything from PowerPoint presentations to activities take place outside. Then there's our Gold Package which includes a wine tasting, spa, three-course dinner and lots more," explains Lund. "There's something for everyone."

Visiting from abroad? Hop on a train from Stockholm Arlanda airport and you'll arrive in Mora in three hours. And for a proper train adventure, book a ride on Inlandsbanan, starting off from Mora train station, to experience a stretch of the amazing Swedish inland.

www.morahotell.se

Instagram: @morahotell

Facebook: Mora Hotell & Spa

What's on?

Speaking of cycling, Dalarna is home to Lake Siljan and the popular bike race around it. Whether taking part in the race or biking for leisure, cyclists can follow the route while soaking up the views. You'll also find lots of walking trails and skiing tracks around. After all, Mora is the finish line for Vasaloppet – the world's biggest cross-country ski race which stretches 90 kilometres and will celebrate its 100th anniversary in 2024.

The racing continues in summer with running and cycling events that attract thousands of sporting enthusiasts, like





A hidden gem somewhere over the treetops

Just seven minutes outside central Gothenburg in Sweden, Treetop Spa Hangout & Hotel is a green oasis. The hotel opened in 1984 with a vision to give people a different experience – and since then they’ve kept their promise. Amongst the trees, high up on a mountain on the island of Hisingen, Treetop Spa Hangout & Hotel combines incredible views and a relaxing atmosphere in an unconventional luxury experience.

By Alejandra Cerda Ojensa | Photos: Treetop SPA Hangout & Hotel

Treetop Spa Hangout & Hotel is just as it sounds, both a hotel for guests that want to stay the night and a place where you can come over the day for a spa treatment and a few hours away from the city.

“Over the years, we’ve had the honour of hosting a variety of guests, from the former Swedish prime minister to influencers. Anyone who has sought a unique location and an unusual hotel has loved staying here,” says the hotel owner Tony Lindström.

The hotel has a variety of packages ranging from romantic getaways and accommodation for hen and stag parties complete with beach volleyball sessions and a limousine bus, to business conferences with facilities for private meetings, a round of golf, and beer tasting. No matter what the occasion is, Treetop Spa Hotel & Hangout’s friendly staff will organise it all, so that you can relax.

“When we showed people pictures of the hotel surroundings and asked them where it was, they guessed tropical islands and the jungle. We have a spectacular location and so many different trees... It’s truly magical!” Tony Lindström says.

The incredible location is only the beginning – the hotel and restaurant is designed by the award-winning branding and design agency Stylt Trampoli and the hotel has four bars, outdoor and indoor hot tubs, and talented spa therapists offering luxurious treatments.

Do you have something specific in mind? Don’t hesitate to contact the hotel – they are happy to accommodate your wishes among the treetops.

www.treetopspa.se
Instagram: @treetopspahotel



Welcome to our history.

Royalpalaces.se



Drottningholm Palace



Rosendal Palace



Gripsholm Castle



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Gustav III's Pavilion



The Chinese Pavilion



Strömsholm Palace



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RAISE THE BAR

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space for the ultimate experience
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ELEIKO



A unique Swedish resort for golf, relaxation and team-building

Lannalodge is one of Sweden's oldest golf clubs. Founded in 1939, it has hosted major tournaments like the Compaq Open for both men and women, as well as a performance game between Sven Tumba and Jack Nicklaus. It is also famous for its high-quality service and its rather unusual golf course.

By Hanna Andersson | Photos: Lannalodge

"Our golf course is special. It has a lot of woodland and trees, and you can see the mountains in the background. Our signature hole is the beaver hole – a hole that takes you over a stream where beavers used to build their dams," says Susanne Åqvist, CEO of Lannalodge.

More than just golf

Golf is a large part of the establishment, but Lannalodge Resort is so much more than that. "We are unique in the scope of activities we offer here at the resort. We have our golf, but also a shooting range, a BMX track, hiking, our Action Lodge with bowling, darts, and shuffleboard, and our newly established beach club," Åqvist explains. "There is something for everyone, and you can seamlessly go from action-packed activities to relaxation and comfort."

The beach club consists of 17 sunbeds with electronic outlets, a bar with refreshing beverages, and an infinity pool overlooking the golf range. Lannalodge also has a spa section where you can enjoy three types of sauna, an outdoor hot tub, a lounge and bar area, and massages. "We are looking to host more events and themed parties around our beach club – a bit of music and good times to break up the more physical activities," says Åqvist.

Get closer at Lannalodge

With so many things to do, one might think Lannalodge stretches for miles and miles, but this is not the case. "Many enjoy staying with us because everything is within walking distance. You can come here by car, and then not look at it again for a week. It is so easy to move from

one place to another, and we provide everything you might need during your stay," says Åqvist. This has made Lannalodge a popular choice for corporate conferences, events, and teambuilding.

"When a group or team has experienced our Action Lodge, there is no more ice to break!" laughs Åqvist. The resort is located just 15 kilometres outside Örebro and its airport and is therefore the perfect destination for travellers from Stockholm and other Swedish towns, as well as from London or Split.

www.lannalodge.se

Instagram: @lannalodge

Facebook: Lannalodge Golfresort





World-class golfing in the heart of Skåne

PGA Sweden National has taken Swedish golf to another level, offering championship-standard golf courses alongside premium service and facilities. But you don't have to be a golfing champion to enjoy them. Situated just a stone's throw from Copenhagen, with non-members welcome and open all year round, it has never been easier to tee off like a pro.

By Liz Longden | Photos: Staffan Andersson

It is ten years since PGA Sweden's first golfing resort opened its doors and, in that time, it has gone on to establish itself as one of northern Europe's finest. The centre has two world-class 18-hole courses, both designed by renowned

golf-course architect Kyle Phillips and each with its own distinctive feel: while the Links course is inspired by the classic Scottish style and characterised by vast greens and deep bunkers, the Lakes course follows a Florida-inspired aesthetic and incorporates water hazards among its challenges. Together with a further nine-hole course, they offer a playing experience to rival some of the best found internationally.

"To have two courses of such high quality in one location is pretty rare. And what's unique about our courses is that the whole playing area is sand capped to 20 centimetres," explains PGA Sweden National CEO, Jonas Edberg. "That means

that they can take a lot of water without it impacting on the quality of the playing surface. So you get a great finish all year round." This, combined with the resort's relatively southern geographical location, means that the courses are often playable throughout the year.

In fact, situated just ten kilometres east of Malmö, the resort is arguably one of northern Europe's easiest to get to and, in addition to local residents, attracts a large number of visitors from Denmark and other parts of Sweden.

It is a testament to the quality of PGA Sweden National that the Nordea Masters, a part of the European Tour, was played here in 2014 and 2015, to acclaim from both players and spectators. However, you don't have to be a brilliant golfer to enjoy the courses. All standards of player are welcome, including non-members. Indeed, the centre offers a world-class training facility and, with



illuminated practice areas and courses for absolute beginners, even the most tentative players will be swinging with confidence in no time. “Everyone can play here with us, and we are open to all,” Edberg says.

A holistic offering

It isn’t just about the golf, however. Away from the fairway, PGA Sweden National also aims to set a new standard in hospitality. “We’re very much invested in providing the whole package, a world class holistic experience,” Edberg says. “We don’t just want our guests to have a great time out on the green, but also to have the highest standard of service, food and accommodation too.”

The resort’s hospitality offerings are based at its magnificent clubhouse and include 16 spacious suites, each fully equipped and offering a view over one of the championship courses, a well-stocked golfing shop, lounge bar, conference facilities and restaurant. The



latter has recently undergone a complete revamp, including the appointment of Martin Morand at the helm in February this year. One of Sweden’s most respected chefs, Morand has won the Nordic Pastry Cup and was part of the Swedish team, which was last year

crowned European champions at the Coupe Européenne de la Pâtisserie in Turin. “We’re going to have an even higher standard across all our menus, with a particular focus on more locally produced and more sustainable ingredients,” Edberg explains.



And if championship-standard golf courses and internationally renowned cuisine aren’t enough, PGA Sweden National’s prime location means there is also plenty to explore in the local region, including neighbouring beech forests and picturesque lakes. For those who enjoy walking, the Skåneleden long distance walking trail, which weaves its way across the beautiful Skåne countryside, is just around the corner, while there is no shortage of cycle routes either. Those more attracted to the bright lights, on the other hand, can easily escape to Copenhagen, which is just 45 minutes away.

The past ten years have, without a doubt, been an incredible journey for PGA Sweden National, but the resort has no intention of sitting on its laurels – 2022 will see the opening of a new 170-room hotel and adjoining spa, while there are also plans in the pipeline for a nearby horse racing track. “We’re always looking forward, to try to offer our visitors an even better experience,” Edberg says. “And there are certainly exciting times ahead.”

www.pgawedennational.se



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50 years of golfing passion at one of Scandinavia's biggest courses

If you're looking for a particularly sporting way to spend your time this summer, you might want to turn your attention to Vasatorp. This is one of Sweden's top golf clubs, offering something for all levels, complete with dining, shopping and companionship.

By John Sempill | Photos: Mickael Tannus

Vasatorp takes golfing very seriously and takes pains to make individual visitors feel extra special. This vibe has been central at Vasatorp since their grand opening 50 years ago, in 1973. "The sport has always been paramount for the club throughout the years," club manager Louise Friberg says. "We breathe golf and it's an inspiring place to be. I didn't even grow up at the club, but it didn't take long for me to feel at home."

From nine to 57 holes

A total of four courses offers players a top-class experience, whether you are at the beginning of your golf journey, or a professional level player. Just five years after opening, Vasatorp was crowned golf

course of the year. "And today, we are one of the biggest establishments in Sweden, and Scandinavia," adds Friberg. "There is a huge love for the sport here; we put just as much focus on the practice courses. We really want to encourage golfers to be the best they can be."

There are two 18-hole courses, one of them being what they call an inland links course, with elevations and waste areas. The other is a more traditional park course. "Last year saw the addition of a new concept – a 12-hole course. This is perfect if you are short on time or don't want to play 18 holes, but still want more than half a round. We've even placed a kiosk after six holes, to make it

feel like a real golf round. It's a fun and modern concept," Friberg explains.

Other than that, there's a pay and play nine-hole course suitable for players who aren't members at a club, but still want a golf outing. This offers a safe environment for beginners, yet is still enjoyable for experts. The latest exciting news is the installation of TrackMan Range, a digital tool for golfers who want to learn more about their own game.

There's something for everyone at Vasatorp – great dining, a golf shop, conference space for around 40 people and a familiar atmosphere. Their opening hours are generous, too. "We want our visitors to go home feeling inspired, seen and taken care of," Friberg concludes. "And even better if you've had your best round ever!"

www.vasatorp.golf

Instagram: [@vasatorps_golfklubb](https://www.instagram.com/@vasatorps_golfklubb)

Facebook: [VasatorpsGK](https://www.facebook.com/VasatorpsGK)

Mini Theme:
MADE IN NORWAY



Norwegian durability, comfort and style

With extensive experience in travel and tourism, a group of intrepid Norwegian entrepreneurs knew what they wanted in clothing: functional pieces with good quality, style, and comfort. They also saw room in the market for clothing that was easy to pack and travel with. With over 20 years of experience in business, they knew a few things about what active people needed in their wardrobe. Thus, Scandinavian Explorer was created – inspired by nature, designed for travel, as their slogan says.

By Molly McPharlin | Photos: Scandinavian Explorer

CEO of Scandinavian Explorer Tor Fredrik Frøberg explains that their clothing is built to withstand many adventures: “our clothes are made for a wide range of activities, from trips to the mountains to a busy day in the city. Our outdoor gear is designed to keep you warm and dry, whatever the weather. And because we’re in Norway, we have designed our clothes according to our changing climate,” he says.

Based in Moss in southeast Norway close to the Swedish border, Scandinavian Ex-



plorer combines a deeply rooted sense for Nordic design tradition with modern technology and construction. “We’re proud of our Nordic heritage and it shows in our colourful and functional designs,” says Frøberg. Jackets range from bright to softer hues, with warm lining and cosy, secure hoods and pockets. Fleece are warm and allow the wearer to move freely, and can be worn as a comfortable layer under a shell jacket or on their own in springtime. All of Scandinavian Explorer’s pieces work well both in nature and in an urban setting.

A Nordic heart and an international mindset

In Norway, Scandinavian Explorer’s clothes can be found across the country. “Our customers are people who love outdoor life and who appreciate good quality and design. We have a network of around

150 dealers from Nordkapp to Kristiansand, so our customers have many opportunities to see and try our products. We also have an online store for those who prefer to shop online," says Frøberg.

At the moment, the majority of the company's customers come from Norway, but Scandinavian Explorer is hoping to expand their reach to more areas in the Nordics and internationally. "We have a growing customer base outside the region. Our philosophy on clothing and travel appeals to people all over the world," says Frøberg. They have already begun exporting their lines of clothing to countries such as the US and Japan.

Designed for all, with the earth in mind

Frøberg feels Scandinavian Explorer's clothes are suitable for all types of people. "We try to make clothes that suit everyone, regardless of age or gender. Our range has something for all, from young adults to families with young children and the elderly. Many of our designs are also gender-neutral," he says. Some of the most popular products are their down jackets, fleeces, and rain jackets. "Personally, I'm particularly proud of our down jackets, which are warm, lightweight, stylish and have great packability," says Frøberg. The company offers a range of sizes, with some models available in up to 5XL. For

materials, Scandinavian Explorer use only high-quality fabrics that are durable and comfortable.

Sustainability is also very important to the brand, as is animal welfare and the company's climate footprint. These considerations are at the forefront of design and production for Scandinavian Explorer. "All our clothes are designed and developed in Norway, and we are very careful about where and how they are produced and who produces them," Frøberg states. "We have close contact with our factories and visit them regularly. We require up-to-date documentation from all our suppliers to ensure that everything goes according to plan and is in line with our ethical guidelines."

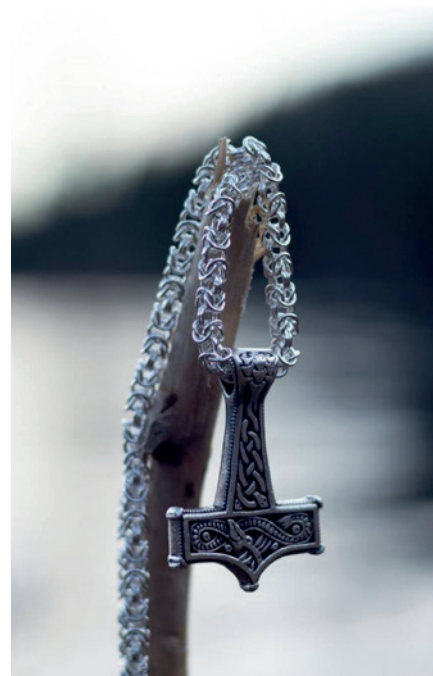
Ultimately, Scandinavian Explorer hopes their clothes will inspire people to spend time outside. Whether going for a walk in the local neighbourhood, going berry-picking, spending a day at the beach, or checking out a new city, Scandinavian Explorers range looks and feels good in any environment. "If you love nature and good, functional design at a reasonable price," says Frøberg, "you'll love the basic idea behind Scandinavian Explorer."

www.scandinavianexplorer.no

Instagram: [@scandinavianexplorer](https://www.instagram.com/scandinavianexplorer)

Facebook: [scandinavianexplorer.no](https://www.facebook.com/scandinavianexplorer.no)





Travel back to the Viking age with LYR Design

Forged and steeped in an ancient style, Norway-based LYR Design are Nordic, Viking-inspired jewellers. Whether it's ancestry, popular culture, or just interest that draws you to those olden days, LYR Design has something for you.

By Celina Tran | Photos: LYR Design

The Viking Age makes up a small, but significant part of not only Scandinavia's, but the world's history. It therefore comes as no surprise that the mysterious, action-filled period has woven its way into pop culture, TV shows and fantasy books. Historical Nordic culture is capturing imaginations all over the world, and LYR Design expresses it through jewellery.

"We make Norse and Viking-inspired jewellery," says owner and manager Lars Yngve Jenssen. "Some of the pieces are authentic copies of real Viking jewellery found in excavations and chieftain graves, while other pieces are inspired by or are altered versions of the real thing."

A journey of a lifetime

LYR Design's journey to the Nordic past actually started on the other side of the world, when Jenssen found himself in the

bustling Thai capital of Bangkok. He was impressed with the quality of the jewellery he found there, which sparked the idea to launch his own jewellery company. In 2016, this idea became LYR Design, one of Norway's largest Viking jewellers.

Today, LYR Design sells their products to museums, companies, and people all over the world. Jenssen says it's not only Nordic-curious individuals that come to the store. "I think movies and TV shows like Vikings and Game of Thrones have gotten a lot of people interested in the designs and aesthetics of Norse jewellery and symbols," he says. "I suppose there's something fantastical about the Viking Age too, which is probably why people find our pieces so intriguing."

LYR Design constantly expand and develop new designs, which Jenssen

says is because they continue to invest in quality and aesthetic. He says that they are also continuing to strive towards perfection in regard to customer service. Along with copies of historical pieces, Norse-inspired jewellery, and personalized pieces, LYR Design allows customers to request pieces.

"We've worked hard on learning more about Norse roots, symbols, and culture, but if there are any symbols or pieces a customer would like that do not yet exist, they are welcome to ask for it," Jenssen says.

www.lyrdesign.no
 Instagram: @lyrdesign
 Facebook:
 LYRdesign.no – Smykkeforhandler



Trailblazing contemporary jewellery made to stand out

Silje Bergsvik, founder of Bergen-based jewellery brand Morelle Design, is committed to exploring new forms of expression. Through her creative designs, she is pushing the limits of jewellery-making.

By Maria Vole | Photos: Morelle Design

"I seek to work with jewellery in new ways and push limits for what's possible for myself and my pieces, to expand the space for what jewellery can be," Silje says. A classically trained goldsmith who studied at Alchimia Contemporary Jewellery School in Florence and attained a Masters in metal and jewellery art from Oslo National Academy of the Arts, Silje is unafraid to experiment.

Silje designs her jewellery digitally before laser cutting and using different handcrafting techniques to create each piece, exploring shapes, colours and stylistic expressions that intrigue her. "I'm fascinated by the process of combining technical, digital elements with hand-fin-

ishing to create the expression I'm looking for," she says.

Morelle Design was chosen as 'Artist Selected' for the contemporary jewellery project Artistar Jewels. As the only designer from Norway to be honoured at this prestigious international showcase, Silje exhibited her work at Milano Jewelry Week in 2022. "My limited-edition collection *Blå Timen* was inspired by the winter twilight in Norway. I find light captivating, especially in the winter – I love the sharpness in the air and the impact it has on its surroundings," she says.

Silje is currently working on a new collection of colourful, bold pieces. "I'm experimenting with more organic,

free-flowing shapes, volume and colour combinations," she says. "It's important to me that my pieces are distinctive in their design and have a unique expression – they should stand out and be challenging."

www.morelledesign.com

Instagram: [@morelle_design](https://www.instagram.com/morelle_design)

Facebook: [Morellejewellerydesign](https://www.facebook.com/Morellejewellerydesign)



Fargesprak explores the interplay between colour, shape and form.



Blå Timen was exhibited at Milano Jewelry Week in 2022.



www.cosytimesceramics.dk
Instagram: [@cosytimesceramics.kerteminde](https://www.instagram.com/cosytimesceramics.kerteminde)



SVETLANA SLIZOVA
COSY TIMES CERAMICS





Storgata Camping: summer fun all year round

Summer is one of the best times to visit the Nordics. The long days, light nights, and warm (but never stifling) temperatures are idyllic – the perfect conditions for exploring, holidaying... and mini golf! In Tromsø, Norway, Storgata Camping offers this favourite summer activity under cover, all year round. Despite the name, Storgata Camping is not a camping ground – though it does have the same community feel. Besides mini golf, visitors can enjoy the bar, dance in the nightclub, and sing karaoke. Just, please don't bring a tent.

By Molly McPharlin | Photos: Storgata Camping

Anders Gudmundstuen launched his camping concept in 2016, with Oslo Camping in the centre of the Norwegian capital. Gudmundstuen, previously an art director in the advertising industry, is also a Norwegian champion in miniature golf.

"After many years in the advertising industry, I wanted to try something different, so in 2015 I asked Trøbbelskyter (the company behind several of Oslo's most popular meeting places) if they wanted to help create a mini-golf bar," says Gudmundstuen. "As I had zero experience with bars, it was natural that I took re-

sponsibility for the development of the mini golf while Trøbbelskyter took care of the rest. We also had valuable input from a small group of advertising and culture professionals."



The combination of indoor mini golf and a bar saw the venue quickly become popular. In 2018, Camping expanded to other cities around Norway, including Trondheim, Drammen, and Stavanger, and two venues opened in Denmark. In Tromsø, there was already a real campsite named Tromsø Camping. The street name was used instead and Storgata Camping was created.

Storgata Camping has 18 indoor mini golf courses, making it the largest indoor mini golf venue country. Across 1500 square metres is a nightclub, bar, stage, karaoke, and plenty of room for people to enjoy themselves, as well as delicious food by Pizza Kiosken.

A unique Nordic design

Gudmundstuen thinks that using camping as design inspiration is distinctly Norwegian. "In terms of appearance, Storgata Camping probably looks more like a place you would find in Berlin than

in Norway, but we are called “camping” because Norwegians associate miniature golf with campsites. In addition, many Norwegians have a strong relationship with camping and camping holidays,” he says.

As Tromsø is a university town, Storgata Camping has become a popular going-out venue. “We naturally have many students and tourists visiting,” says Gudmundstuen. “Our camping sites attract a lot of business people and companies too and, during the daytime on weekends, families with children dominate. In the evenings, it’s mainly groups of friends and dates. Mini golf is a good icebreaker and we’ve always been popular with Tinder dates!”

Mini Golf is not the only draw

Though mini golf plays a major role at Storgata Camping, the nightclub is also very popular. “We have DJs playing every weekend and on stage we’ve had visits from some big names in the Norwegian music scene, including deLillos and Jonas Alaska,” says Gudmundstuen.

Karaoke is also a huge draw. Before Storgata Camping, karaoke establishments were limited in Tromsø. “We tried karaoke in collaboration with another local venture,” says Gudmundstuen. “We had free space, they wanted to test karaoke; it has worked well and we’re happy to offer an alternative activity for those guests who want to stay a little longer. Karaoke is fun!”



Plans for the future

In 2019, the Finnish restaurant group, NoHo Partners, acquired Trøbbelskyter and today they are the majority shareholders of the camping concept bars. Plans are underway to open a site in Helsinki in autumn, 2023, and further bars are slated for Malmö, Sweden and Kristiansand, Norway.

For Gudmundstuen, trying to pick a favourite venue is tricky. “That’s like asking you to pick your favourite child!” he muses. “They are all different and each has its own good sides.” However, with its extensive mini golf courses, inventive karaoke, and popular music scene, Storgata Camping is certainly well loved.

www.campingen.no

Instagram: [@storgata.camping](https://www.instagram.com/storgata.camping)

Facebook: [storgatacamping](https://www.facebook.com/storgatacamping)





Restaurant of the Month, Denmark

The art of gastronomy and gourmet food

Since day one, Restaurant Alimentum has been dedicated to serving high-quality food, and with Alimentum FoodLab they are taking it one step further. Get ready for an exclusive and intimate dining experience with exquisite food that will create a taste explosion in your mouth.

www.alimentum.dk
 Instagram: @restaurantalimentum
 Facebook: Alimentum

By Heidi Kokborg | Photos: Alimentum

Nestled in the cosy Music Quarter, close to hotels, shops, and the harbour, Restaurant Alimentum is in the heart of the historic Danish city of Aalborg. The restaurant is renowned for its high-quality gourmet food, and everything is made with the utmost care and attention. From the beginning, sustainability has been at the forefront, which is reflected in the ever-changing seasonal menu based on local produce.

“We don’t really plan our menus for the next season. Instead, we let the produce and crops inspire us. We look at what is in abundance during the season and create a menu based on that. Our inspiration is derived from holding the vegetables and fruits. It is a culmination of fantasy, emotions, and sensations. We encourage our chefs to visit our farm, Lille Østergaard, to harvest, weed and plant, as this sparks inspiration and creativity,” explains Simon Kvist Bjerre, co-owner of Alimentum.

A studio of taste

If you are a true foodie and love unique dining experiences, Alimentum FoodLab will be right up your alley. FoodLab is a new concept that will leave you in awe. With room for just six guests, FoodLab is an exclusive and intimate dining experience at Restaurant Alimentum.

“There is a view of the kitchen, so you can see all the fresh ingredients and how the chefs prepare the food. Upon entering the restaurant, you will enjoy a glass of champagne in the lounge area before being seated at the counter bar. During the evening you will get breaks where you can stretch your legs, enjoy a drink, and relax in the lounge area,” says Kvist Bjerre.

The FoodLab dining experience is four to five hours, during which you will be served more than 30 mouthwatering servings. FoodLab is open Friday and Saturday, and reservation in advance is necessary.



Alimentum collaborates with Lille Østergaard, an organic farm in Vendsyssel. By collaborating with the farm, the restaurant is almost 100 percent self-sufficient.

Alimentum is open from Wednesday-Saturday

Alimentum FoodLab is open Friday and Saturday



Forma interiors.



Exciting flavours combine.



Playful combinations in the kitchen at Forma.

Restaurant of the Month, Sweden

Creative concoctions with an Asian influence

Looking for the next big thing on the Stockholm restaurant scene? Look no further. Forma – the city’s newest Asian-European fusion restaurant, launched in February 2023 – is already a hit with foodies. The exciting menu, defined by playful experimentation, is ever-changing – so every visit sees new flavours and combinations brought to the table.

By Nina Bressler | Photos: Petter Bäcklund

Forma, located on Södermalm, is a recent addition to the bustling restaurant scene in Stockholm. Its creative cuisine blends Asian flavours with French and Swedish traditions in playful dishes that have its inaugural diners raving.

The venture is a concoction by four experienced chefs and hospitality professionals: Anton Nilsson, Filip Åhman, Anton Lindeborg and Joel Eriksson. They’ve brought their exhaustive experience into the kitchen of Forma. “We serve a dynamic menu that changes regularly, and while the Asian cuisine with its abundance of exciting flavours is at the centre of everything we do, we mix it with French cooking traditions as well as Swedish influences. Everything we create is defined by a limit-

less search for new food revelations - it’s all about giving our guests an unforgettable dining experience and bringing unique dining combinations you wouldn’t see anywhere else,” says Lindeborg.

The food is made with local and seasonal produce where possible, and they cultivate close collaborations with their distributors. Quality is key and informs everything they do.

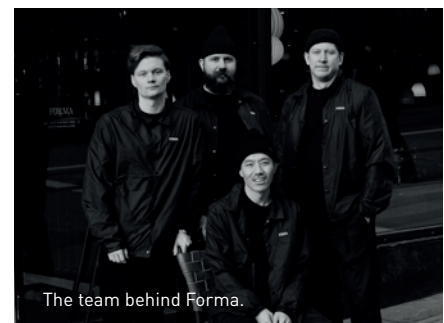
As they are open late every day of the week – and until 3AM on Friday and Saturday – their spirit shelves are always stocked with exciting brands to enjoy in the comfortable bar area. The bar has become a popular addition to the Stockholm nightlife scene, with a perfect weekend evening

vibe and popular music sessions featuring different DJs every week.

“Forma is all about great food and abundant flavours. It’s a playful space designed to spread joy and give our guests an awesome, memorable time. We love what we have created on our journey so far and we can’t wait to keep filling our restaurant with more supreme dishes, outstanding drinks, exciting encounters and brilliant memories for the future,” Lindeborg concludes.

www.restaurangforma.se

Instagram: @restaurangforma



The team behind Forma.



Restaurant of the Month, Iceland

Icelandic history, cuisine, community... and the country's best pizza

The enchanting village of Hólmavík in Strandir, north-west Iceland, is a photographer's dream. With some 400 inhabitants, the village fronts the sea and is overlooked by a beautiful old church on a high crag from which magnificent panoramic views stretch to the Steingrímsfjörður fjord. This serene outpost is home to Café Riis Hólmavík - a Parisian-café-style restaurant with an Icelandic sense of hospitality.

By Lena Hunter | Photos: Fannar Freyr Snorrason (FANNARART)



Guðrún Ásla Atladóttir.

23 year old Guðrún Ásla Atladóttir is the young restaurateur behind Café Riis. "I'm an architecture graduate, but I have worked in hospitality alongside school since I was sixteen. When the opportunity came to acquire and manage Café Riis, which my relatives had been running for the past seventeen years, I was finally able to combine my passions for hospitality and architecture," she says. "Now, I am doing what I love, running my own restaurant in a listed building from the 19th century!"

The Riis building, remarkably preserved, is the village's oldest. It was originally a trading outpost constructed by the Danish merchant Ríkharrður Riis in 1896 but has operated as a restaurant since 1996. Its interior has been carefully renovated with driftwood from nearby beaches. Skilled local artisans have handcrafted all the interior woodwork, including Café Riis' three mesmerising bars.

"We love to tell our guests the rich history of the Riis building and its impact on the surrounding area. It's almost like a free historical tour of Hólmavík's history from the Viking era to the present day!" Guðrún Ásla explains, adding that the town attracts both local visitors and international tourists looking for an authentic taste of Strandir and the Westfjords.

Parisian-café-inspired

Today, the restaurant is a beloved neighbourhood hub for conversation and relax-



ation, and a refuge for travellers refuelling for the journey ahead. "A typical Parisian café is more than a coffee shop – it has an all-day menu, bar and great wine selection. This is what Café Riis offers, so you could say that we're like a Parisian café, but with Icelandic hospitality and food," says Guðrún Ásla with a wink.

Spread across three floors, Café Riis comprises a main dining area, two halls of beautiful ambience that can be entirely sectioned off for private dining, and a top

floor boasting a cosy ale lounge and bar where guests can enjoy locally made beer, different variations of 'brennivín' (Iceland's original Aquavit spirit) and exclusive single-malts from the Scottish Highlands.

"Carrying the entrepreneurial flame at Café Riis is a privilege. My responsibility is to keep enhancing the café-style tradition through high quality food, drink and service, and to match the tranquil vibes of Hólmavík and Strandir," says Guðrún Ásla.



port any Icelander back to their grandmother's kitchen!" says Guðrún Ásla fondly. Meanwhile, new dishes like the lightly salted 'bacallá' cod complement renowned stalwarts like the Strandir fillet-of-lamb, and wines, lagers from Iceland's exciting new Galdur Brewery, and soft drinks are expertly paired throughout. To finish, the delectable locally made desserts include superb ice cream from a nearby farm, and a home-made skyr-cake.

The distinctive quality of Café Riis' menu extends to its famous pizzas. In fact, guests regularly travel to the village for these alone. Guðrún Ásla suspects their

Icelandic staples and superior pizza

Café Riis proudly serves Icelandic staples, with a focus on Strandir's authentic cuisine and ingredients sourced by local farmers and fishermen. "Our shrimp-supplier is across the road and our fresh mussels and fish come from a town fewer than 30 minutes away. We get our lamb from a farm 15 minutes away, which is the first in Iceland to achieve an EU protected designation of origin certification," Guðrún Ásla says.

Favourites on the menu include the intriguing small dish of 'hangikjöt' (lamb prosciutto) – a perfect starter before the signature butter-fried 'cod chins', or the hearty seafood soup of mussels, cod, king prawns and shrimps in lobster broth. "The soup will immediately trans-



popularity is thanks to the high-quality homemade dough, superior freshness and taste, and the generosity of the toppings: "I always tell my kitchen staff: don't be stingy with the pepperoni, put as much on as you would if you were making it for yourself at home!" Such high-quality takeaway pizza is unusual for a village of Hólmavík's size and has made Café Riis a favourite pitstop for frequent commuters between the Westfjords and other parts of Iceland.

A community hub

As the only large standalone restaurant in Hólmavík, Café Riis plays a huge role in bringing together the local community. When Guðrún Ásla took over the business two years ago, she decided to keep it open during winter. "It was important to offer a little hub for people to come to during those colder months, where you can get pizza to go, or to stay with a draft beer, or attend community events like pub quizzes and wine, beer and whisky tastings," she says. "Guests will come into Café Riis with the intention of grabbing a quick bite and end up staying much longer. When you walk through



the door, time slows down. The relaxed atmosphere allows you to leave your stresses behind."

Another jewel in the Café Riis's crown is Bragginn – the old 1946 community hall and former military barracks. Today, it seats up to 150 people for concerts, comedy and other live performances, and up to 90 for lunches and dinners.

The venue is also popular for private family gatherings and weddings. "Next year, I plan to set up a pop-up movable museum in Bragginn for guests to explore our rich history in an authentic historical setting," says Guðrún Ásla.

www.caferiis.is

Instagram: [@caferiis.hvk](https://www.instagram.com/caferiis.hvk)

Facebook: [caferiis](https://www.facebook.com/caferiis)





Restaurant of the Month, Finland

Global flavours in the heart of Helsinki

In the near decade since its opening, the Helsinki restaurant Onda has become a beloved institution in the Nordic capital's vibrant, ever-changing culinary scene. The cosy eatery, located in the trendy Kallio district, serves up some of the most delicious and innovative cuisine in the city, all in a relaxed and welcoming atmosphere.

By Julia Vihinen | Photos: Onda

Founded by a trio of friends with a shared passion for travel, Peruvian culture and South American cuisine, Onda opened its doors at a different location in 2014 and instantly became one of the city's most popular spots.

Although the founders of the restaurant always had faith in their work and vision, the overwhelmingly positive response to Onda still came as a surprise to owner and manager Maya Talas. "The fact that we continue to grow in popularity still surprises us every day. We are of course deeply grateful for this and committed to



maintaining the high standards that got us here in the first place," she says.

South American inspired dishes

It is the food that truly sets Onda apart. The restaurant specialises in dairy- and gluten-free foods, but from the self-made seitan that has won over the hearts of vegans and omnivores alike to fresh and summery fish dishes that are perfect for warm weather dining, there's something on offer for everyone.

South American cuisine is an important source of inspiration in crafting the restaurant's menu, but Onda isn't married to any particular cuisine. Instead, what is on offer is an array of global flavours inspired by the owners' own travels around the world, as well as the fresh seasonal ingredients available at home in Finland.

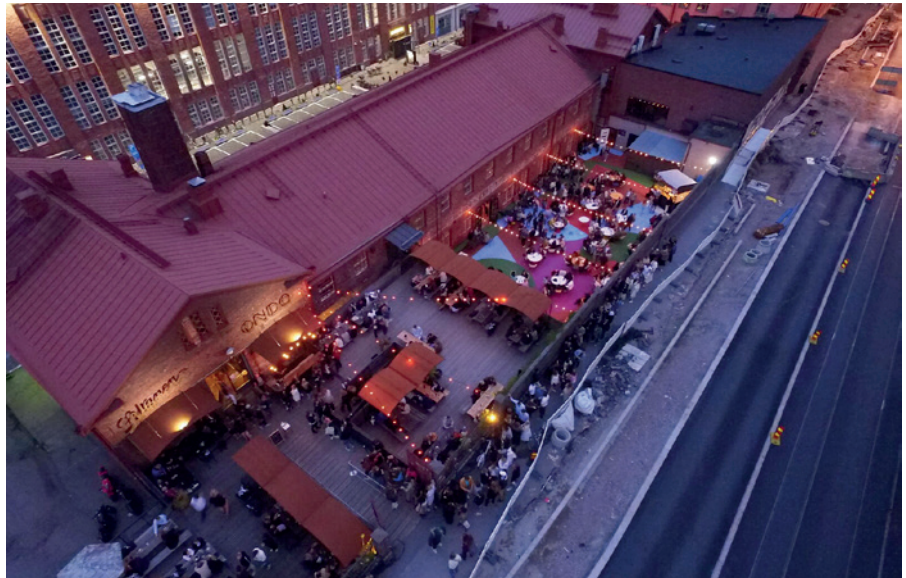
"Our excellent chefs use only the freshest and highest-quality ingredients. We make everything ourselves from scratch, down to the spice mixtures we use to season our food. You can really taste this attention to detail in our dishes," Talas explains.

The iconic lunch buffet includes different foods each day, always consisting of two stews and a large selection of salads. The à la carte dinner menu changes seasonally four times a year, with many dishes prepared on the restaurant's charcoal grill. Some of the new summer menu's highlights are the potato gnocchi with puttanesca sauce, the famous char-grilled seitan with cherry glaze, and the miso-marinated grilled cod with asparagus, potatoes and crispy garlic.

'¿Qué onda?'

Located in an old match factory, the restaurant also prides itself on its unique, laid-back atmosphere. The decor is understated but elegant, with wooden tables and chairs, exposed brick walls and soft lighting. The urban-inspired design choices – along with the loud chatter and clinking glasses – warm up the industrial space.

The name of the restaurant comes from the saying '¿Qué onda?', meaning 'what's the vibe?' in Spanish, a nod to the easy-going and happy vibe of the place as well as the owners' connection to Peru and South America. According to Talas, Onda has a tight-knit community of both



employees and regular customers. "Many team members have been with us since the restaurant's inception, a rare occurrence in the industry these days. I think this commitment to shared values as a company translates into our excellent customer service and the welcoming ambience and makes us stand out," she says.

A multi-functional space

Adding to Onda's lively atmosphere, the space also hosts one of Helsinki's most popular nightclubs, Siltanen; after the sun goes down, the restaurant tables are moved to make room for a dance floor.

In the summer, Onda's terrace stands out as one of Helsinki's most spacious and sought-after dining spots. With a seating capacity of 500, it is a prime

destination for a daytime or nighttime outing in the city.

Whether you're a seasoned foodie or simply looking for a one-of-a-kind dining experience, Onda is not to be missed. With its exceptional cuisine, warm ambience and attentive service, it's the perfect destination for those seeking the best flavours and vibes that Helsinki has to offer. Prepare to knock elbows with your neighbour, especially at the lunch buffet tables or on the bustling terrace during warm summer evenings. The packed crowd, however, only adds to the cosy conviviality of the place.

www.ravintolaonda.fi

Instagram: [@ravintolaonda](https://www.instagram.com/ravintolaonda)

Facebook: [ravintolaonda](https://www.facebook.com/ravintolaonda)





Restaurant of the Month, Norway

A small restaurant with a big heart

Restaurant Lofotmat is located in Henningsvær, a fishing village in Northern Norway made up of several islands connected by bridges, like pearls on a string. The restaurant provides a fresh, local, and culinary experience unlike no other.

By Celina Tran | Photos: Olufsen Media

Lofotmat was started in 2010 by master chef Siv-Hilde Lillehaug and her husband, Geir Robertsen, as a delicatessen with only three small tables for simple food services. Lillehaug, who is the manager and head chef at Restaurant Lofotmat, explains that the goal of the establishment was to promote and showcase, to locals and visitors alike, the amazing raw foods that Henningsvær has to offer. "Our local area is a pantry full of rich and diverse foods," she says.

With guests enjoying what Lillehaug and her delicatessen had to offer, the demand

for more space, flavours, and services rose. In 2015, five years after its launch, Lofotmat finally opened the doors to its new restaurant, Restaurant Lofotmat.



Four years later, Lillehaug explains that they wanted to take the restaurant and food to a completely new level – and they scrapped the lunch service.

"We decided that by focusing on dinner, we could further develop and better the culinary experience," she says. "By sticking to evening services only, we also hoped we'd give visitors another reason to stay an additional day or two in Henningsvær."

Today, the restaurant has become one of the top restaurants in Northern Norway, boasting excellent reviews and a great reputation. Lillehaug credits the talented staff they've had at Restaurant Lofoten over the years for the restaurant's development and success. "It's become more and more difficult to access a qualified workforce in the wake of the pandem-

ic. Because the quality of our service and food cannot be compromised, we've switched over to smaller dinner services so we can continue to offer the same excellent standard we have, even with fewer staff members," says the head chef.

Locally sourced for an international audience

A cluster of islands in Lofoten, Henningsvær bears witness to not only majestic rolling waters, but also forests brimming with berries, mushrooms, and other rich flavours. Whether it's from beneath the blue waves that softly ebb and flow, or from the trees, Restaurant Lofotmat uses the natural resources to hand to create culinary experiences with an international twist.

"We give our guests a unique experience by combining fresh, local foods with techniques from all over the world. We find inspiration from our travels, nationally and internationally, and bring them back home to our own little kitchen," says Lillehaug.

In addition to their usual menu, Restaurant Lofotmat also offers a five-course menu that is continuously updated, based on what's available. Guests are free to order the full five courses, or individual pieces. "We love spoiling our guests – sometimes with complimentary appetizers or stories about our dishes," says Lillehaug. Whether guests are from Lofoten, the rest of the country, or anywhere else in the world, they'll be welcomed with opened arms and excellent flavours. "At the res-



taurant, our customers are our guests, and we treat them to the very same experience they would get if they came to our homes – the best food, flowers, polished glasses and cutlery, and the very best service we can offer," she says.

A small restaurant with a large heart

Lillehaug says that the staff at Restaurant Lofotmat truly pride themselves on their service. Offering an almost familial relationship with its guests, the kitchen allows visitors to peer in and watch the cooking process, and spark a conversation with their chef. Despite being a small venue, the restaurant has a big, beating heart.

"We share our knowledge and experience, as well as love for the culinary art, through food and service," Lillehaug says. "We are the only ones who do what we do like we do, and I'm proud of that." She adds that she's proud of the staff's

ability to constantly strive for bigger and better, because they are fiercely loyal to their restaurant and craft, as well as their local area.

"We work with local farmers, suppliers, fishermen, and butchers. All baked goods, we bake here in our own kitchens, and we harvest a lot from local nature ourselves too," she says. Along with 'locality', Lillehaug says Restaurant Lofotmat's keywords are 'humility' and 'honesty'. Their hearts beat for their local area and their customers; they take no shortcuts in their process and all the food is being made from scratch. "And most importantly, no one leaves our premises hungry," she adds with a wink.

www.lofotmat.no

Instagram: [@restaurant_lofotmat](https://www.instagram.com/restaurant_lofotmat)

Facebook:

Restaurant Lofotmat - Henningsvær



Experience of the Month, Norway

A life-changing adventure lodge inspired by near-death

If you survived a natural disaster, would you change your life? It's rare to meet someone who has reckoned with this reality - but Svein Ørjasæter has. In 2018, he survived an avalanche and, feeling that he had been given a second chance, he decided to leave behind the stress and bustle of the city. Instead, Ørjasæter and his wife Heidi Holmlund bought a property in Stryn - a small town in Vestland in the west of Norway - and started a lodge for outdoor pursuits, right in the centre of the community.

By Molly McPharlin | Photos: Chister Lunde Solberg



Svein Ørjasæter of Lodgen Stryn.

Lodgen Stryn is an old Swiss Villa and modern converted barn that offers comfortable accommodation, tailored guided tours, and food for groups of up to 45 visitors. They can plan for and entertain anything from intimate gatherings to lively events, often working in collaboration with other businesses in the region. Originally planning to stay for one year, Ørjasæter and Holmlund moved their three children to the region in 2019 and almost four years later are still there and thriving.

Before Lodgen Stryn, the family had no experience running a lodge. Svein worked as a teacher and ran a private activity school for children, Svein Skole. Heidi was a sports nutritionist and worked for organisations such as the Norwegian Olympic team. "I had a lot of experience in running training camps, so the Lodge benefits from this. As a couple, it was a steep learning curve to master tourism expertise, marketing, sales, booking systems and many other areas we had no knowledge of before," says Holmlund.

The lodge is a labour of familial love, with the bulk of operations managed by the family. "We have employees who are sporty and help us with the operation. We call them the Lodge crew. We don't have other guides regularly working for us," says Holmlund. "We hire internationally approved mountain and ski guides when needed. In the future, we hope to employ



Lodgen Stryn.

guides and instructors for the full range of activities we offer."

As Lodgen Stryn is open year-round, an extensive list of activities is available. Spanning mountain and summit hikes, skiing, cycling, kayaking, and even activities in the garden for purposes like team building, Lodgen Stryn has something to offer every guest. "You don't have to be in top shape to visit us," assures Holmlund. "We tailor programmes to fit individual needs and requirements. We want everyone to experience both mastery and joy." Some of the lodge's most popular experiences are summer hikes to the mountain peaks of Marsåhyrna and canoeing trips in the turquoise waters of Oppstrynsvatnet, which are close to Lodgen Stryn.

Authentically Norwegian

With Lodgen Stryn situated in some of Norway's most beautiful and dramatic natural landscapes, Holmlund feels the lodge is distinctly Norwegian at its core. "After a day out, it's good to come back to the cosy, laid-back atmosphere in the Lodge," says Holmlund. "We make sure everything is authentically Norwegian. However, we've also travelled extensively and have brought elements from our journeys here with us. For example, you'll find a Japanese chaise lounge in the tree-top cabin and interiors produced in Bali."

At the moment, Lodgen Stryn's guests are mostly from Norway but they hope to expand their international clientele. "Our visitors are from different com-



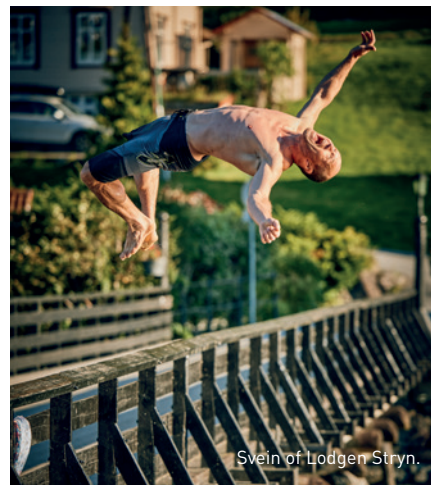
A guest room at Lodgen Stryn.



Enjoying the hot tub at Lodgen Stryn.



Dinner at Lodgen Stryn.



Svein of Lodgen Stryn.



Svein and Heidi of Lodgen Stryn. Photo: Line Møller

panies and organisations who want to experience a fun and spectacular team building or staff gathering. There are also adventurous groups of friends and family travelling together who come for magnificent nature and to be together in a great setting.”

Outstanding countryside

Holmlund feels that Stryn itself and the surrounding area also draw guests to Lodgen Stryn. “We have the most spectacular via ferrata and skylift in Norway called Loen Skylift. We also have a rock climbing and bouldering area nearby called The Beach. And a couple of hours drive away, visitors can experience Norway’s most challenging surfing waves. We organise trips there from the lodge. We also have Briksdalsbreen, a glacier that is unfortunately melting, but which is an amazing sight to take in while it’s still here.”

Lodgen Stryn respects these areas and plans trips to them that are sustainable and maintain the environment. “We don’t interfere with nature and teach our guests the same. We also try and use

food from local farmers if we can. Our goal is to become a sustainable business in adventure tourism.”

Exploration for all

Adventure means adventure for all. Lodgen Stryn wants to ensure that all kinds of visitors feel welcome and included in their many activities. “We are experts in tailoring experiences to suit all different people. We have two apartments

on the ground floor that are designed for people with disabilities. There are no restrictions here. The same goes for families with children. We love taking our own family out on trips and hope to spread our enthusiasm to other families and guests, whatever their situation.”

www.lodgenstryn.no

Instagram: [@lodgenstryn](https://www.instagram.com/lodgenstryn)

Facebook: [Lodgen Stryn](https://www.facebook.com/LodgenStryn)



Outside of Lodgen Stryn.



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www.mockberg.com



You can spot Pihlajasaari from far away because of its sandy shoreline. Photo: Omar El Mrabt



You will be able to spot many of Helsinki's monuments while travelling to Korkeasaari – including the Helsinki Cathedral.

Experience of the Month, Finland

Cruise to sandy beaches or one of the world's oldest zoos from the heart of Helsinki

One of the best ways to explore the Helsinki archipelago is with the cruise company JT-Line. In the summer, their nine cosy water busses operate a busy tour schedule from three centrally located docks. You can board their paddle-wheel vessel from next to the Market Square to head to Korkeasaari, or jump on from Ruoholahti or Merisatama to reach the sandy beaches of Pihlajasaari.

By Ester Laiho | Photos: Annika Sorjonen / Korkeasaari Zoo

Korkeasaari Zoo was established in 1889 and currently houses more than 150 different animal species. The island of animals does vital work studying and supporting endangered species: one third of their animals are classed as endangered. The zoo also takes care of its visitors with its three restaurants. You can also bring your own lunch and use their free barbecues and picnic tables.

Pihlajasaari can be reached by boat in ten minutes. The recreational island has a long history and quaint old wooden villas tell the story of days gone by. You can learn about the history of the island by embarking on a nature trail. If you'd rather soak up the sun, head to the beach for a dip in the sea.

This year marks JT-Line's thirtieth year taking customers out to sea. The company, founded and owned by Juha Tiilikainen, is run by CEO Riina Lindell-Eränen, who has been with the company for many years. "I started as a deckhand, worked my way to skipper, worked on the admin side of things and then got the position of CEO, when Tiilikainen stepped down. I love working for this company and I'm

not the only one. We have seasonal workers who come back to work for us – summer after summer," she says.

JT-Line have six year-round staff but over 60 people work for them during the season. Like Lindell-Eränen, many have trained to be deckhands and then skippers with the assistance and supervision of JT-Line.

For JT-Line, protecting the archipelago and its waters is crucial. Sustainable and local thinking are core to their practice: their fleet runs on renewable fuel oil, they have local partners and source products locally. They also support environmental causes, this year they're supporting the John Nurminen Foundation that works to protect the Baltic Sea. Their commitment to sustainability was also recognised with the Sustainable Travel Finland Certificate in 2021.



All aboard for Korkeasaari Zoo!

www.jt-line.fi
 Instagram: @jtlne
 Facebook: JtLineOy

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Photo: Thina Reppen



Destination of the Month, Norway

Apotekergaarden: fun, fruity and flavourful

In the Norwegian town of Grimstad, Apotekergaarden is taking over the South of Norway with an excellent culinary experience, a nationally acclaimed brewery, and plenty of entertainment to keep the buzz of summer alive until next spring.

By Celina Tran | Photos: Apotekergaarden

Tucked between wooden houses in the South Norwegian town of Grimstad stands a tall, white building adorned with green corners and sills. Run by a team of food and drink fanatics, including self-proclaimed culinary missionary, manager and caretaker Kjetil Røyset Jørgensen, Apotekergaarden can only be described as an institution of fun and flavours. “We just want our guests to enter the house, see the retro, charming interior, and instantly be met by a sense of calm,” says Jørgensen. “Just feel your shoulders soften, your muscles relax, and enjoy your time here.”



Apotekergaarden was established 23 years ago and is made up of several bars, salons, terraces, and a wonderful brewery on the second floor, where brewmaster Mathias Skjong has concocted all sorts of fun brews. Thanks to Skjong, Apotekergaarden has been ranked Norway’s best brewpub on *Untappd*. In addition, the house is home to a tiny kitchen run by Dawid Sekowski. Don’t be fooled by its size because the kitchen, along with the indoor charcoal grill, serves up to 700 people.

Alongside various culinary experiences, the staff at Apotekergaarden can promise a good time, service, and great fun. Warmer summer days bring the promise of live entertainment, and wine tastings overseen by Apotekergaarden’s very own sommelier.

An explosion of local and imported flavours

From homemade Sicilian pizzas to local cider-steamed mussels, there are plenty of dishes to try out this summer. The establishment sources its raw foods from local, southern fishermen and farms, ensuring strong, fresh flavours at all times.

"From Østre Fiære farm, 5 km away, we get lamb and beef. Fish and shellfish are bought from the nearby town, and mussels come from Arnevik. Fresh shrimp with garlic and chili is always a hit," says Jørgensen. "We work with many local treasures, including Norske Brenneri and Homborsund Bryggeri." And if that's not enough, Apotekergaarden's very own brewery and imported wine collection elevates both the experience and tastebuds. "For those looking for a non-alcoholic beverage, we also produce the world's best soda with Grimstad Brusfabrikk, namely the Grimstad soda. It's not overly sweet, rather it's a fresh beverage with natural fruit juice," adds Jørgensen.

To top off the whole experience, come around when the grill is hot and the air is thick - the barbecue smell, the sharp sounds of sizzling, and the rich flavours from the Josper charcoal grill will have your stomach rumbling in no time. While you wait for your glass of wine or Singa-



porean black pepper crab, enjoy a live show underneath the gigantic yellow parasol in the courtyard, which houses up to 300 people.

"The biggest performance the Grimstad scene has ever seen."

Apotekergaarden is home to both good food and good times. Live entertainment has been a summer tradition at Apotekergaarden for the past 20 years, and this year's show is a musical comedy by none other than Norwegian actor, musician and comedian, Jon Niklas Rønning.

"I'm really excited. My show at Apotekergaarden in Grimstad is called *Tilbake til Nåtiden*, or *Back to the Present* in English, and will be filled with parodies and other comedic songs and numbers," says Rønning.

Rønning anticipates that it will be the biggest performance the Grimstad scene has ever seen, and he cannot wait to take the stage with the talented musical crew of Pernille Øiestad, Ole M Aagenæs, Andreas Haga and Lise Voldsdal. "Grimstad is the world's best summer audience, and I look forward to giving them our everything," Rønning says, adding that Grimstad is a city so beautiful that no Instagram filter is needed, nor would do it justice.

If you somehow can't make it up to Apotekergaarden, however, no worries. Jørgensen explains that they'll be adding an extension down by the docks this summer. "We'll be making our own little southern Europe by the water this summer," he says. "Street food, concerts, lots of fun!" Whether you want a homemade burger, some locally made fizzy drinks, or just a lot of fun, Apotekergaarden has something for you.

www.apotekergaarden.no

Instagram: @Apotekergaardengrimstad

Facebook: Apotekergaarden





Man in hammock.

Artist of the Month, Norway

The artist who gave up the dream job to live the dream

Ståle Gerhardsen is an artist in every sense of the word. There is no point trying to put him in a box, he is in all of them and none of them. He is not bound by one medium or genre. "I have only one rule," he says. "If it is fun, I'll do it!"

By Hanna Margrethe Enger | Photos: Amanda Gerhardsen Vollen

Art has always been a part of his life. But for a very long time it was a hobby, a passion project. Not that he was not being creative; he worked in the design and advertising industry for 15 years. But in 2016 he gave up his day job – his dream job – to turn his passion into a living.

It is all about art

At the age of 17, he spent time as an exchange student in Barcelona. This opened his eyes to the vast potential of art. Picasso and Dali, who defied conventions and established their own unique styles, played a big part in this. From nine in the morning until nine in the evening, he would devote his time to painting at Can Serrat's studio.

Gerhardsen finds inspiration everywhere – like the bright blue bicycle riding past the window of his studio, or how an elderly woman packs her shopping at the



Ståle Gerhardsen.
Photo: Mathias Johnsen Vinje

supermarket. Just like Picasso and Dali, he is doing what he wants and doing things his own way.

By 2016 he already had one big exhibition under his belt; it was at Trondheim Art Museum and was a collaboration with the Norwegian University of Science and Technology and Tate Modern. Since then, he has presented two sold out solo shows in 2017, and a record-breaking solo show in Trondheim in 2018, both in terms of audience and sales. He went on to set another audience record in 2019 as Olsok Artist of the Year at Stiklestad National Cultural Center.

Hope

His latest exhibition is on at Galleri SG from 25 May 2023 until 18 June 2023. No, it is not his gallery – although the initials do match. In fact, it's named after its owner Sissel Giæver. It is fitting, however, that his first exhibition in his home town

of Trondheim in five years is at a gallery that shares his initials.

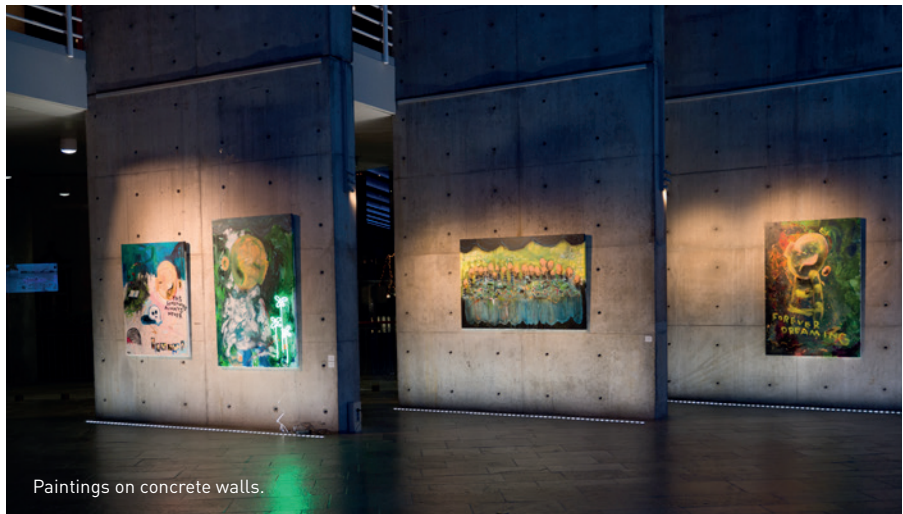
The collection on display is a mix of some 35 new paintings and sculptures, and it is called *Håp/los*. The title is a play on the Norwegian word 'håpløs', meaning hopeless. Changing the second half of the word gives an entirely new meaning. The word 'los' means pilot, the kind that guides ships and helps them navigate coastal waters. Hope is important to him. "Nothing is hopeless," Gerhardsen says. "Even the word hopeless has hope in it."

Gerhardsen aims to bring some joy to the world with his art, and fill it with good things. With his street art, he is doing just that. Many of his murals can be found in Trondheim and in cities and towns all over Norway, and in other spots from London to Los Angeles.

He breaks the norm in other ways too. "I have a graphics series called *Unseen* where people can buy prints unseen for half price before they are launched," Gerhardsen says. "The last few times I've done it, the entire print run of 100 has been sold out in less than a day."

Reaching a broader audience

While galleries are open to the whole public, not just paying customers, street art is even more accessible. It is free, it



Paintings on concrete walls.

never closes and it springs upon you unexpectedly. You can be sitting on the bus to work and suddenly you drive past a large mural covering an entire wall.

With this kind of art, people rarely stop to admire it. To tempt the audience to pause, it needs to be more stylised and thematic. A canvas painting in a gallery may have more layers to it that the viewer can spend more time discovering. But whether it is a wall or a canvas, some things are always the same. "It has to be real and honest, no gimmick," Gerhardsen explains. "People see through that."

Just like he expresses himself through paint, he also likes to express himself

through words. A lot of thought goes into the title of every art work. In 2016 he combined words and illustrations in a book called *Pappaperm* about paternity leave. He was interviewed on Norway's biggest breakfast show on a Tuesday, to talk about his book, and the following Friday the book was completely sold out. He wrote a follow up a year later, called *Hva som helst?*, which won a prize in 'The Most Beautiful Books of the Year Awards' in Oslo in 2018. It is about Thea who wonders what a pencil holds. The answer is 'anything'. If you can imagine it, the pencil can draw it.

www.staalegerhardsen.com

Instagram: [@staalegerhardsen](https://www.instagram.com/istaalegerhardsen)

Facebook: [Fritidenmin](https://www.facebook.com/fritidenmin)



Figures painting a pictures.



Neon sign.



Mind Your Step (2019), Art Museum of Einar Jónsson. Photo: Patrik Ontkovic



From the exhibition *SewingClub*. Photo: Sunna Ben

Artist of the Month, Iceland

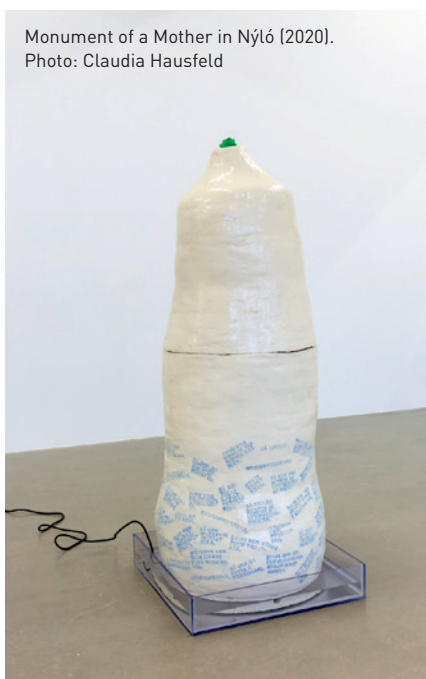
Sorry about all the children

Sísí Ingólfssdóttir is an Icelandic artist and a mother of five. Her art takes inspiration from her personal life and expresses feminism and motherhood, often from a humorous perspective.

By Malin Norman

Reykjavík based Sísí Ingólfssdóttir is currently exhibiting at Safnasafnið, the Icelandic Folk and Outsider Art Museum, until September this year. The exhibit *Home Decorations* includes her embroidery pieces with excuses and statements by a mother in dialogue with traditional Icelandic crafts about gender roles. Historically, women were only allowed to do handcrafts and arts in their free time and if the end product was a useful. This is a topic close to Sísí's heart, and she often plays around the invisible line of arts and crafts as well as product design and art.

The artist's personal life as a mother and a sexual being influences her art.



Monument of a Mother in Nýló (2020). Photo: Claudia Hausfeld

Over the years, she has held exhibitions and initiated art collectives with the purpose of giving women space and empowering female artists to take space. For example, Sísí creates a limited collection of modern prints on porcelain plates which depict different aspects of women caring.

Sísí has a bachelor's degree in art history and theory as well as a Master of Arts degree in fine arts. As part of her dissertation at the Iceland University of the Arts, she held a solo exhibition called *I am sorry I dragged you here* at Rýmd. It consisted of a performance and an installation in the form of a long tablecloth embroidered with apologies. "Many of these apologies are sentences I myself, as well as the women around me, have said out loud in an unconscious attempt to fit into a gendered system where women have to ask for forgiveness."

Monument of Mother

The Icelandic artist has been inspired by for instance British artist Tracey Emin, creator of *Everyone I Have Ever Slept With 1963–1995*, a tent decorated with the names of everyone the artist had ever shared a bed with. On *Monument of a Mother*, a water fountain that she sculptured out of clay, Sísí wrote sentences about people she has been with emotionally or sexually. The text is very personal but not with the purpose of identifying anyone, rather for the audience to connect with.

Men also feature in her installations, such as in *Mind Your Step* from 2019, an exhibition with penises laid out in a path on the floor that the audience had to navigate. And the paintings in *Not a Boys Club* exhibited earlier this year feature typical middle-aged white men in suits, together with proud, naked women.

It becomes clear that in all her work, whether installations or sculptures, drawings or paintings, plates or embroidery that Sísí has a clear idea and a distinct style: figurative and often in one or a few colours with simple, perfectly drawn lines. "I always draw things a couple of times, then I make it bigger and use a light table to make the lines perfect. Bigger is usually better, it's like going to the theatre and getting the full-on experience."

Heartbreak and what-ifs

In June, her new solo show *What if...?* opens at SÍM gallery in downtown Reykjavík. It will feature paintings and works connected to the subject of miscarriage and termination of a pregnancy - for instance, a drawing showing ultrasounds of an empty uterus and sculptures of various stages.

"I feel a strong desire to get this subject off my chest and hopefully open up a discussion about the heartbreak of losing a baby, but also how the world is changing in terms of women's rights to their body. Of course, they should get to decide what they do with their own body without any apologies." Sísí is fully aware that this is a sensitive topic, but hopes to stimulate an active conversation.



Mother, Lover, Maid (2018).

Over the years, Sísí's work has received positive reactions from the audience and in the press, and she is a highly popular and sought after artist with a constant waiting list. "I'm rather polite in my art even though it can sometimes be controversial," she reflects and concludes, "I don't scream the message on the top of my lungs, I simply draw attention to certain things that are important in my life."

www.ingolfsdottir.is

Instagram: @sisiingolfsdottir

If in Iceland, take the opportunity to see some of Sísí's work:

Home Decorations (Heimilisprýði)
showing at Safnasafnið, the Icelandic Folk and Outsider Art Museum
Open 10-17 everyday until 10 September 2023
www.safnasafnid.is

What if...? (Hvað ef...?) showing at SÍM gallery
Opens 15 June (18-21), then open every weekday 13-15 and weekends 14-17 until 29 June
www.sim.is

Various embroidery works showing at Listval @ HARPA
Wednesday to Friday 12-17, Saturday 12-16
www.listval.is

Sísí Ingólfssdóttir.





Sustainable Profile of the Month, Iceland

Living the sustainable dream: Brúnastaðir Farm & Guesthouse

Iceland is a wonderful place to visit for children and adults alike. Beyond exploring stunning landscapes, a vibrant capital city, and a famous lagoon, travellers should venture north to Brúnastaðir, a farm surrounded by beautiful nature and free-roaming animals. This unique place is true tonic for the soul, and is guaranteed to leave you feeling restored in heart and mind.

By Trine Ejlskov Jensen-Martin | Photos: Brúnastaðir

Stefanía Hjördís Leifdóttir runs Brúnastaðir with her husband Jóhannes Helgi Ríkharðsson and their four children. It was a big decision for the family to take over the farm from Jóhannes' father in 2000. "This is far away from everything, so we had to make a plan for how we were going to live," says Stefanía.

Initially they kept up an hour-long commute to and from work every day. Eventually this became too much. Their children were growing and they felt the pull towards a different kind of life, so they

made the farm both their permanent home and full-time work.

It's a family-farm affair

Stefanía and Jóhannes' children are all involved in the business during breaks from school and studies, from running a little shop and the petting zoo, to developing the guesthouse and food products at Brúnastaðir. This is a family affair, and they oversee every aspect of the business together. "We always have three foster children living with us and have been foster carers for 27 years," Stefanía

says. "And all these children have taught us so much over the years." Stefanía and Jóhannes have both the physical space and the genuine drive to nurture to include and care for all who come here.

From sheep farm to guesthouse to cheese making

Brúnastaðir is a working farm with a day-to-day focus on livestock. Every year, they host an apprentice from the agricultural college in Greenland, supporting young sheep farmers and strengthening links between the two cultures. Greenland's sheep originate from Iceland, and there are between 60 and 70 sheep farms there.

"It is wonderful to have the young farmers here and to support our neighbours in Greenland," says Stefanía. Brúnastaðir was originally a sheep farm, but today they now count horses, goats, ewes, cats,

dogs, and chickens, alongside 750 sheep. "Our livestock is unique," she says, and describes that it was the Vikings who originally brought the sheep to Iceland. These animals have adapted to the conditions of the island and become a part of the landscape, which they roam freely from mid-May to September.

"We keep adding to our farm little by little," says Stefanía, explaining how the business has developed over time. Ten years ago, they branched into the tourist trade with cabins for travellers, hikers, and families, and in 2020 they started food production. "We are the first farm in Iceland to make our own goats' cheese," she says. Working with a local cheesemaker they focus on artisan cheesemaking, and their product is exclusive to the island.

The family business has been hugely successful. In the past two years alone, it has received awards and recognition for both cheese production and tourism, such as the 'Incentive Award' from the Marketing Office of Northern Iceland, recognition as an 'Excellent Project in the Field of Innovation' from the Associations of Municipalities, and a nomination for the 'Embla Nordic Food Awards'.

Living the sustainable dream

"We have a few families who return every year from the UK, Iceland and all over Europe," says Stefanía. "Brúnastaðir is particularly popular with nature-loving families." An ideal stay is 2-3 days, and



it might take a moment or two to get used to the different pace here. "We have a beautiful lake where you can fish or go kayaking, and the snowy mountains attract skiers in winter," she explains. Besides skiing and hiking, you can visit the farm's small petting zoo or simply choose to switch off in the beautiful, unspoiled surroundings.

"What we do does not make us rich, but we are happy. The nature here is like nowhere else," continues Stefanía. The appeal of Brúnastaðir is both this incredible nature and the success the family has made of their lives and their business. They live in harmony with nature and livestock, growing a family and a business side by side. For them, sustainability is not a conscious choice they have made, but a

brilliant by-product of how they run their farm and business, how they produce food and how they live their lives. The family simply appreciates and enjoys the wonderful farm and landscape, and they want to share their joy with others. Sharing and caring are at the very heart of Brúnastaðir.

www.brunastadir.is

Instagram: @brunadyr

Facebook:

Brúnastaðir Guesthouse and Farm
Brúnastaðir Ostavinnsla
Húsdýragarðurinn Brúnastöðum
Icelandic Farm Animals

Brúnastaðir's recent acknowledgements and awards:

Incentive Award from the Marketing office of North Iceland

Excellent Projects in the Field of Innovation

Embla Nordic Food Award 2022 in the Nordic Food Artisan Category



Green city-building: Architect Henry Glogau on innovation in Copenhagen

By Miriam Gradel

As summer sweeps across the Nordics, Copenhagen is getting ready to welcome a global audience of designers, architects and urban environment experts. The Danish capital has been awarded the title of *World Capital of Architecture* in 2023 and, according to architect and winner of the 2021 Lexus Design Awards, Henry Glogau, when it comes to architecture, this small country has a lot of sway.

An aerial photograph of a modern building with a distinctive red facade and a large rooftop playground. The playground features red safety mats, red metal railings, and various play structures including slides and climbing frames. People are seen playing on the rooftop. The building is situated near a harbor with a large body of water, a dock with boats, and other urban buildings in the background. The sky is overcast.

Konditaget Lüders is a car parking facility doubling up as a public leisure space via the outdoor playground and exercise space on the rooftop. According to JAJA Architects, the firm behind the construction, says that "car parks of the future should contribute to life in the city." Photo: Rasmus Hjortshøj - COAST Studio



This summer, Copenhagen will become a major stage for architecture, hosting numerous talks, exhibitions and installations as part of two distinct festivals: *The Copenhagen Architecture Festival* and the *UIA World Congress of Architects*. Common to both is a sharp focus on examining the role of architects in shaping the future of urban living, and how architecture and urban design contribute to meeting the 17 United Nations Sustainable Development Goals.

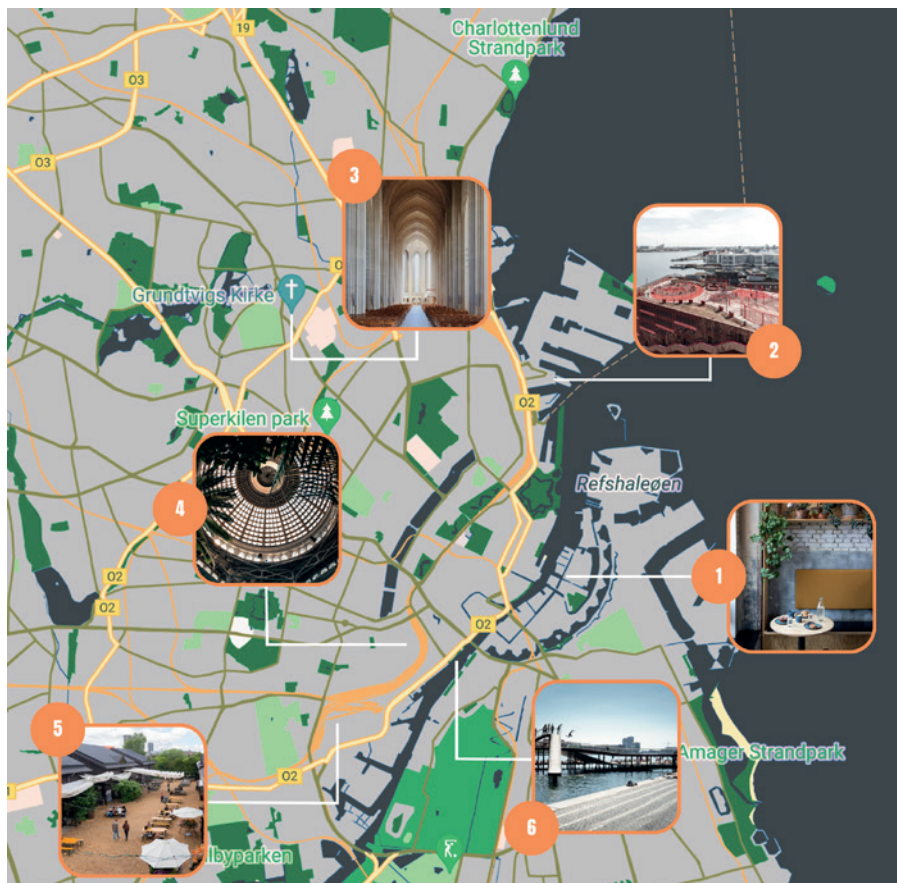
The built environment, which accounts for roughly 39 per cent of global energy-related carbon emissions according to the World Green Building Council, is vital to the success of the Paris Agreement goal of halving emissions by 2030.

But in spite of growing political and financial support for energy efficient construction, CO2 emissions from building operations reached an all-time high in 2022, according to the United Nations Environment Programme (UNEP), and the path towards actionable solutions remains paved with little more than good intentions.

In step with the rapid population rise, the planet's surface is becoming increasingly urbanised. Yet, as hybrid work and a lack of affordable housing drive community activities from the

Henry Glogau, 27, is an award-winning architect currently working for 3XN/GXN, a Danish architecture firm with offices around the world that combines research and design thinking in its projects. Photo: Henry Glogau





Copenhagen - an architect's must-see sights

1. Hart Bageri, Holmen. Photo: Michael Gardenia via Visit Copenhagen
2. Konditaget Lüders. Photo: Ramsus Hjortsjø, COAST studio via Visit Copenhagen
3. Grundtvigs Kirke. Photo: Kirill Zakharov via Unsplash
4. Ny Carlsberg Glyptoteket. Photo: Kevin Angelsøe via Unsplash
5. Banegaarden. Photo: Daniel Rasmussen via Visit Copenhagen
6. Kalvebod Bølge. Photo: Wikimedia Commons

city centre to the suburban residential neighbourhoods, the pull of the city and its high-rise buildings is fading. This begs the question: how should cities reinvent themselves in the digital age?

In nearly five decades, Copenhagen has transformed itself into one of the world's most liveable cities, and has become a driver of the global conversation on sustainable architecture. From conceptualising international icons like the Sydney Opera House, to making Times Square in New York fully pedestrian, Danish names like Utzon, Jacobsen and Gehl have paved the way in sustainable urban innovations around the world.

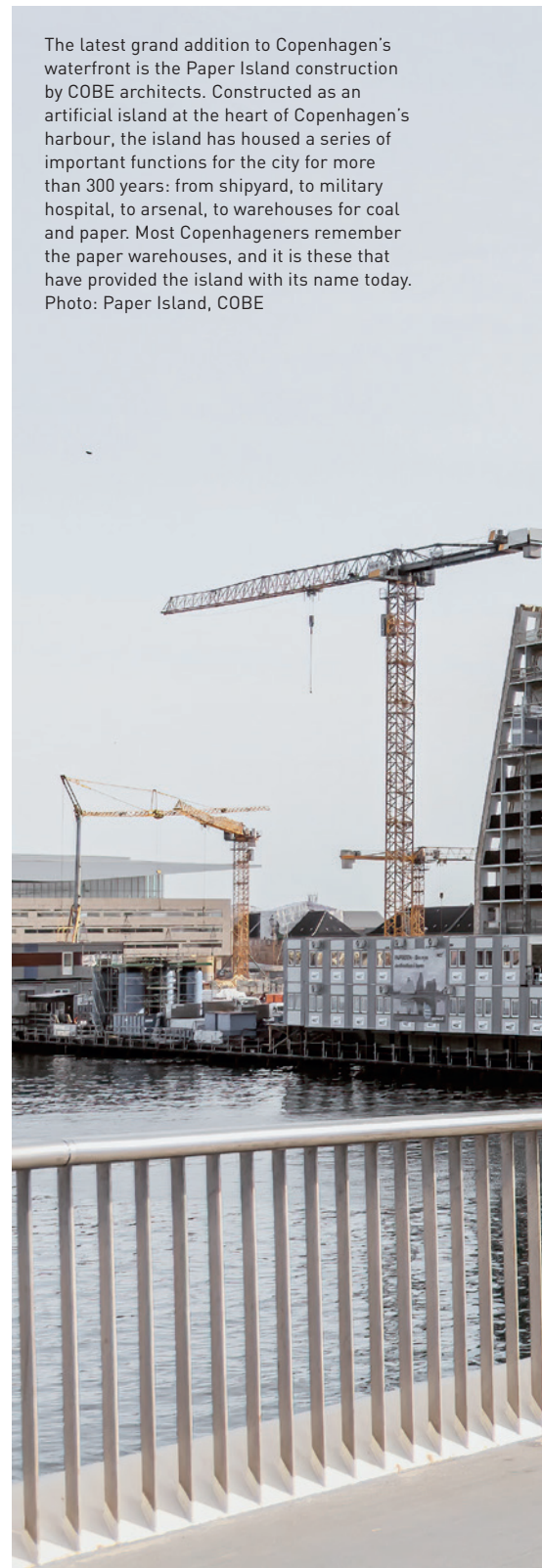
In this time of climate emergency, the emphasis on local materials and functionality at the centre of Danish design tradition, coupled with the country's

ambitious goal of becoming the world's first climate-neutral nation are resonating with the new generation of architects tasked with (re)building the future.

Henry Glogau, 27, is one such architect. Five years ago, he moved from New Zealand to Denmark to study a Masters in Architecture and Extreme Environments at the Royal Danish Academy in Copenhagen, a unique degree aimed at making a positive impact by responding to present and future global challenges. His Portable Solar Distiller, a low-tech solution that purifies water through solar energy, won him the Lexus Design Award in 2021, and the Young Talent Award at the 2022 Danish Design Awards. "From an educational point of view, Denmark is highly progressive," says Glogau, adding that moving to Denmark has been pivotal in shaping his thinking around architec-

ture. "In New Zealand, we have an appreciation for connecting with nature, but perhaps we don't see the city dynamics in the same way," he says.

Coming from New Zealand's relatively new cityscapes, what blew Glogau's mind was more than just seeing a city with hundreds of years of preserved ar-



The latest grand addition to Copenhagen's waterfront is the Paper Island construction by COBE architects. Constructed as an artificial island at the heart of Copenhagen's harbour, the island has housed a series of important functions for the city for more than 300 years: from shipyard, to military hospital, to arsenal, to warehouses for coal and paper. Most Copenhageners remember the paper warehouses, and it is these that have provided the island with its name today. Photo: Paper Island, COBE

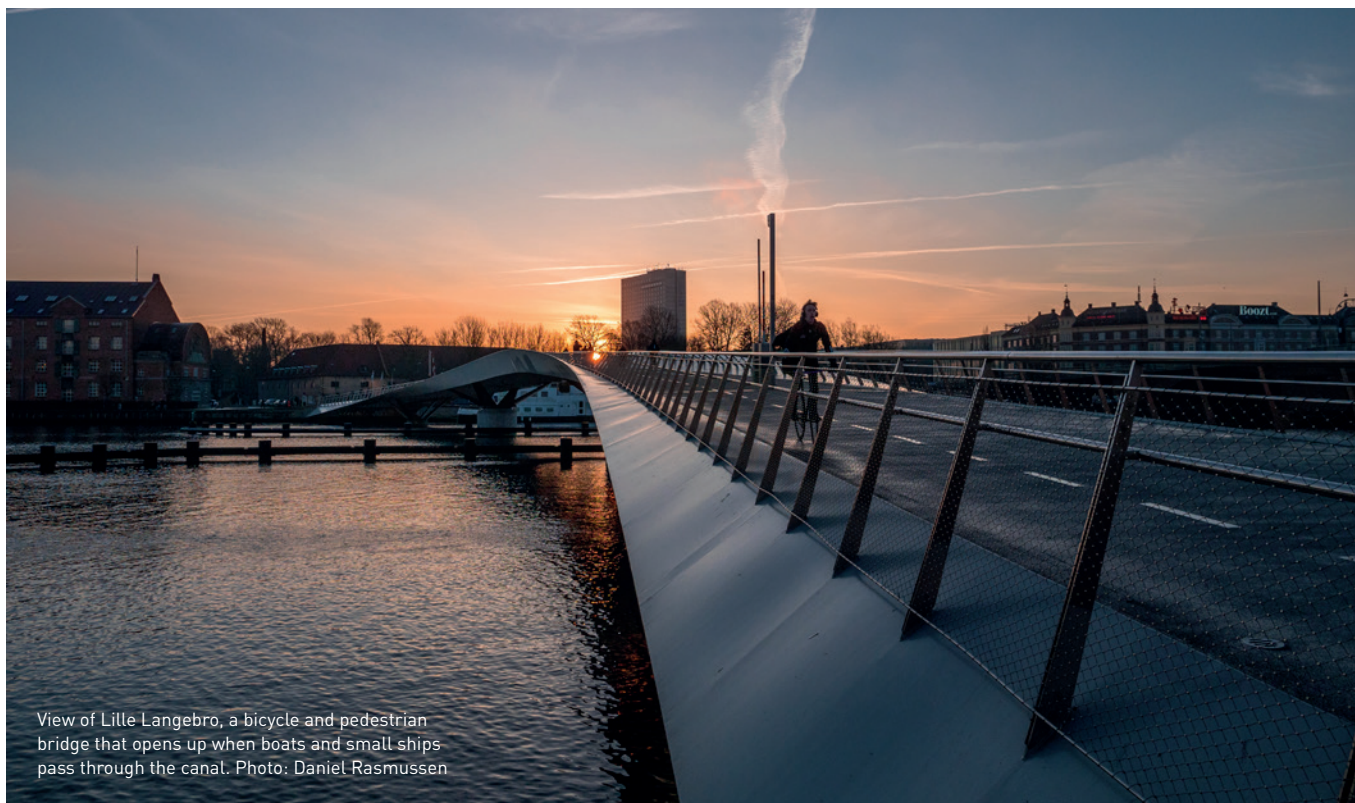
chitectural history. "There is an element of experimentation and a willingness to challenge conventions," he says. One of Glogau's preferred urban spaces that showcases this is Glyptoteket, a museum and research institution that houses the private collection of brewer and philanthropist, Carl Jacobsen (1842-1914). "It is nice to see how progression

merges into the museum space," says Glogau.

Intended as a daytime museum, Glyptoteket's original design aimed to capture the natural light and create an all-year art escape for city dwellers. The Winter Garden at the heart of the museum, a domed greenhouse atrium filled with palm trees

and housing a small cafe, is covered in honey-coloured glass that creates a warm glow. In 1906, a classical-inspired extension was added to house sculptures and, in 1996, the Henning Larsen building and rooftop was added to welcome modern paintings to the collection. As Glogau puts it, Glyptoteket exhibits "three distinct styles harmonising with each other."





View of Lille Langebro, a bicycle and pedestrian bridge that opens up when boats and small ships pass through the canal. Photo: Daniel Rasmussen

Rather than just being destinations for work, cities that can combine unique social amenities with excellent residential options will be the most successful in the long term. “We are seeing that the work and thinking in Copenhagen is an attractive model for these larger cities to consult,” says Glogau. “They are interested in what makes a Danish working environment and understanding how big cities can have much more diversity, which comes down to health and wellbeing and having liveable and loveable spaces.”

Simultaneously, smaller-scale design practices are being adopted by larger institutions and governments via legislation, education and research. Denmark’s sustainable approach includes a focus on mobility and connectivity – both in terms of transport and in terms of connecting citizens with the city and surrounding nature. Emphasis is on creating “moments of intimacy” explains Glogau, as well as “the flexibility of public spaces and how they can adapt and change to the programmatic needs of the city dwellers.”

This is what makes Copenhagen rich in diverse, multipurpose spaces. As Glogau

puts it, “it’s about giving the community a lease on life in the city.” One of Glogau’s favourite examples of this is Kalvebod Bølge, or Kalvebod Wave, a year-round harbour bath and waterfront extension that brings citizens closer to the water through wavy and bendy surfaces. During the summer period, the platform is lively with DJs, street food vendors and citizens tanning in the sun. As one Tripadvisor reviewer puts it, “summer at Kalvebod Bølge is all you need to fall in love with Copenhagen.”

“I am a big believer in looking to nature for inspiration, and that is something you see here in Denmark,” says Glogau. Though there might be more room for ideas in Denmark, the space for innovation still has certain limits. “There is a lot of demolition and deconstruction of social housing projects, and it’s increasing the carbon footprint of the city hugely,” says Glogau. Arguably, turning trash into treasure is an area where Denmark could do more. According to Glogau, “this is an opportunity for Denmark to be at the forefront of retaining and up-cycling architecture with the smallest footprint possible.”

The upcoming festivals, however, might provide the platform for Denmark to seize the opportunity. As Glogau puts it, “with these types of events, we can critique, have open discussions and expand local learnings globally.” In addition, visitors to Copenhagen during this period will be able to enjoy walking tours of the city, join hands-on exhibitions and enjoy the city as it comes alive in the summer months.

Henry Glogau’s highlights at the World Congress on Architecture, 2-6 July:

Sessions:

Behavioural Design As The Key To The Green Transition

Architecture And Health In Low Income Countries

Indigenous Views On Sustainable Design From Around The Planet

Interactive Session: Turning Waste To Architecture

Pavillions to visit:

Living Places Copenhagen
(P)recast

Best new Scandi music in June

By Karl Batterbee

Swedish pop superstar Zara Larsson is out with a brand-new single and video. On *End Of Time*, she presents us with a pop concoction that merges eerie strings with a taste for the theatrics, and super-charged snare drums straight out of the '80s. Over the top of this multi-layered production, we have Zara delivering some suitably Scandi melancholy. One of her most ambitious creations to date, it bodes well for what September's album number-three has in store for us.

Icona Pop have hooked up in the musically-speaking sense with fellow Swedish pop queen Yaeger – on a brand-new track they've put out ahead of the release of their forthcoming album. *Shit We Do For Love* has been inspired by the '90s rave scene – and it's pretty evident that the trio have done their homework here. This

is peak-time night-out stuff. And their invigorating vocal performances are sharing the spotlight equally with those nostalgic trance beats.

Danish artist Dophya has blessed us with a rather smashing new tune that goes big where it matters most – the chorus! It's her new single *Whatever*. The song is an ode to wishing you'd adopted that laidback and carefree attitude a little bit earlier in life. There's learnings to be had here, kids, if you listen carefully enough!

From Denmark, Bathsbeba is out with an absolute beaut of a track. Her first single of 2023 is *Rain*. A mid-tempo, melody-driven pop tune, it sounds like it could have been a drive-time staple of '90s radio in another life. And whether you're old enough that this evokes pleasant memories for you, or



young enough that you merely know that it's a pretty good reference point for a song to have, this is a must-listen.

www.scandipop.co.uk

Monthly Illustration

By Gabi Froden

A better time, or just different?

While I was growing up, we were lucky enough to have a garden. The street we lived on bordered a woodland, and we spent no time in playgrounds as they were basically just a swing and a small box of sand – no fun compared to the unsupervised forest near the house. We also never went to cafés. My parents drank coffee at home and treats were in short supply. Cakes were only for birthday parties. My own children confidently peruse a café menu and order treats right left and centre. I will have the carrot cake, with a side order of doughnuts, thanks – and keep the frothy milks coming.

I didn't know how to order anything until I was old enough to order alcohol. I feel like I am raising my children, not only in a different culture, but also in a very different time. My British friends have confessed their childhood was like mine. It was a time of playing on the street, and parents not paying attention to your whereabouts until



it was dinner and they called for you from a window to come inside and wash your hands and for goodness' sake, look at you, you need a bath tonight, did you EAT dirt?

I am not saying it was a better time, just different. Maybe it is nice that we are made

to spend more time with our children. But sometimes I have a burning desire to torch every playground within a three-mile radius so I don't have to stand there cheering my children on while they do the monkey bars in the freezing rain for the millionth time, followed by a trip to the café where they spend all my money on frothy milk and cakes – money I thought I might spend on a garden near a woodland.

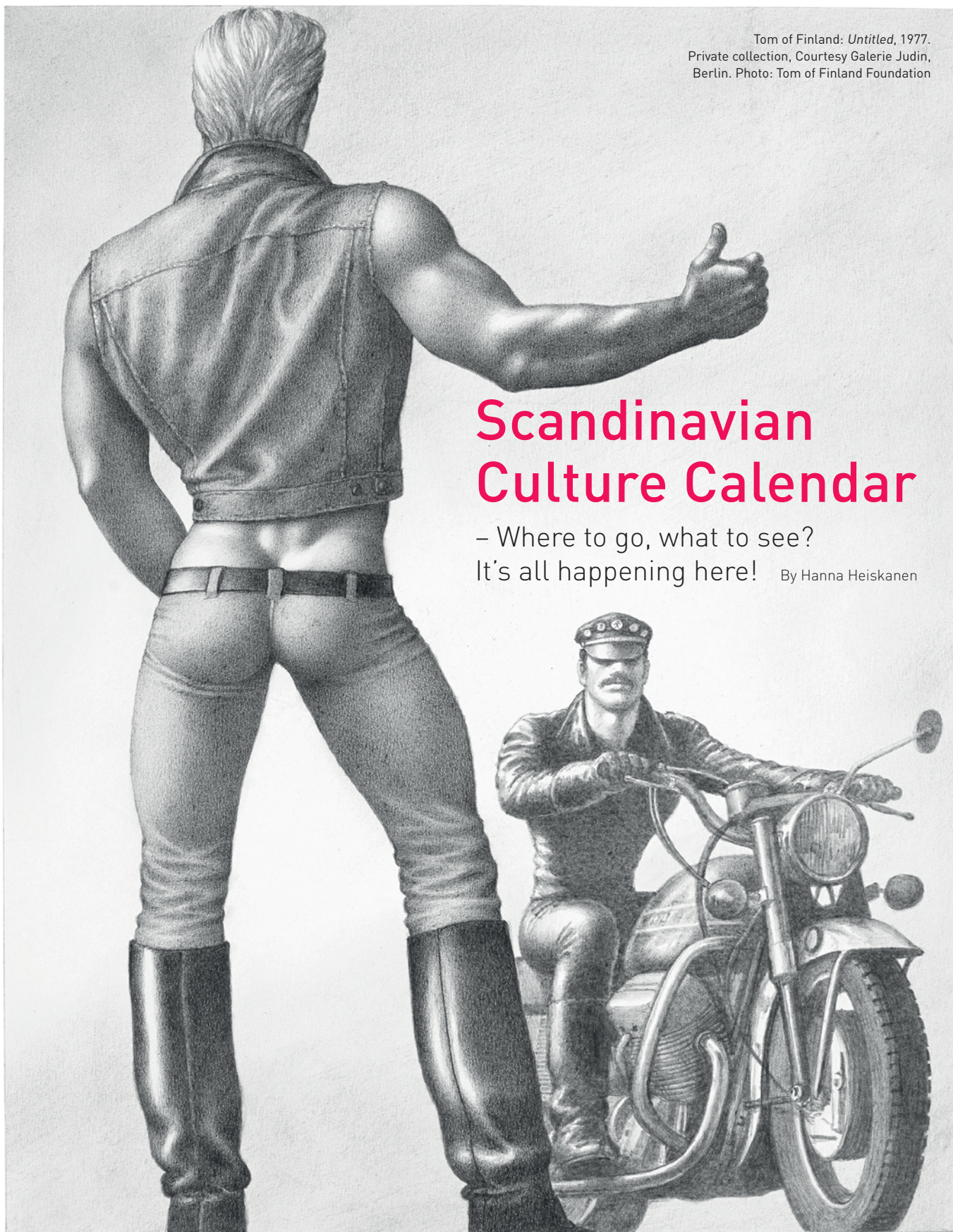
Gabi Froden is a Swedish illustrator and writer, living in Glasgow with her husband and two children. Her children's and YA books are published in Sweden by Bonnier Carlsen and Natur&Kultur. www.gabifroden.com



Tom of Finland: *Untitled*, 1977.
Private collection, Courtesy Galerie Judin,
Berlin. Photo: Tom of Finland Foundation

Scandinavian Culture Calendar

– Where to go, what to see?
It's all happening here! By Hanna Heiskanen





Tom of Finland: Bold Journey in Kiasma.
Photo: National Gallery / Petri Virtanen

Stockholm film festival: Drive-In-Bio (14 to 18 June)

The largest drive-in cinema in the Nordics can be found in Stockholm this summer. Over five days, you'll have the opportunity to see beloved classics, from *The Shining* to *Casablanca*, and modern favourites, such as the recent Oscar winner *Everything Everywhere All at Once* and *The Dark Knight*. Bring your own snacks or buy them on location.

Solvalla, Stockholm
www.stockholmfilmfestival.se

Oslo Pride (23 June to 1 July)

No summer without Pride! You can find one in every Nordic country, but this year we recommend checking out the one in Oslo. In addition to the colourful parade, there will be cinema, theatre, picnics, roller skating, and even a business event focused on promoting inclusivity and diversity in the workplace.

Venues around Oslo
www.oslopride.no

Tivoli: Jazzy Wednesdays (until 2 August)

Copenhagen's Tivoli is always a lovely visit, but it's especially nice with a soundtrack of jazz. Jazzy Wednesdays



Rauha Mäkilä: *It Is What It Is*,
2020. Photo: Jussi Tiainen

sees world-class performers taking the open-air stage in the Orangery at 7, 8 and 9 pm. Afterwards, take a ride in the merry-go-round or have a meal in one of the restaurants.
Vesterbrogade 3, Copenhagen
www.tivoli.dk



Zero City. Photo: Anna Gerdén / Tekniska Museet

Rauha Mäkilä: Momo (until 17 September)

Can oil and acrylic paintings have street cred? If you ask Rauha Mäkilä, the answer will be a resounding yes. Born in 1981, Mäkilä is one of Finland's best known young artists, depicting scenes of urban life and friendships in colourful works. While there, check out Aboa Vetus/Ars Nova's other exhibitions, including one on medieval life in Turku.
Itäinen Rantakatu 4-6, Turku
www.avan.fi

Tom of Finland: Bold Journey (until 29 October)

Most of our recommendations are appropriate for the whole family, but this one makes an exception. Touko Laaksonen (1920-1991), better known as Tom of Finland, made his career in advertising

but is today remembered for his homoerotic drawings. The exhibition maps his six-decade career, which went on to inspire Robert Mapplethorpe and others.
Mannerheiminaukio 2, Helsinki
www.kiasma.fi

Zero City (until 31 December)

What does an emission-free city of the future look like? How will people and goods be moved around sustainably? Some answers to this question can be found in the interactive exhibition at Stockholm's Museum of Technology, which will make for a fun day out for both the young and the old. You will get to try out loading a container as efficiently as possible and discover what happens in a city's sewers.
Museivägen 7, Stockholm
www.tekniskamuseet.se



No summer without Pride! Photo: Kari Helena Kvandal / Oslo Pride

Carl Eldh Studio Museum Stockholm



Ingela Ihrman
May 11 – October 1

www.eldhsatelje.se



Zero City. Photo: Anna Gerdén / Tekniska Museet

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Restaurant Tegelbacken is right on the waterfront in the center of Stockholm, a stone's throw from the central station, with views of the iconic Vasabron and the parliament house.

With servings of unpretentious, tasty and innovative medium-sized dishes which enables you to enjoy more of the menu while you soak up the vibrant atmosphere.