



3-DAYS STUDY VISIT TO STOCKHOLM, 1-3.09.2025

PARTICIPANTS:

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DAY 1 – MONDAY 1.09.2025

13:00 Arrival to Stockholm

16:00 meeting with dr Todor Stojanovski from the KTH Royal Institute of Technology - partner in FOCUSE project from KTH

After meeting: visit to the indoor vertical farm at a supermarket (Lindhagen-ICA) SweGreen: vertical farm start-up grows vegetables inside of supermarkets (<https://www.swegreen.com>)

Optional:

Afternoon City Walk in Södermalm: explore the diverse architecture of Södermalm, ranging from historic buildings to modern eco-friendly projects. Södermalm is known for creative urban designs and the revitalization of older neighborhoods.

DAY 2 – TUESDAY 2.09.2025 GREEN SPACES, PARKS & URBAN FARMING

9:00 Green Spaces, Parks & urban farming

Djurgården: a large green island in the middle of the city, featuring extensive parklands, gardens, and recreational spaces. Historically a royal hunting ground, it now plays a key role in Stockholm's green identity.

to see:

Visit to the **Rosendals Trädgård:** A biodynamic garden that combines agriculture with landscape architecture. It's a place for inspiration on urban farming and sustainability. Rosendals represents a comprehensive farm-to-fork model, integrating an orchard, vegetable fields, greenhouses, a vineyard, and a rose garden, all managed according to principles of sustainable and biodynamic agriculture. In addition to supplying high-quality organic produce to some of the city's leading restaurants, Rosendals places a strong emphasis on education and community engagement. Throughout the year, it offers workshops and hands-on training sessions for both adults and children, focusing on cooking, gardening sustainable food practices. Visitors are encouraged to explore the gardens, participate in fruit harvesting, or experience traditional Swedish culinary culture at the on-site greenhouse café, renowned for its artisanal offerings, including freshly brewed coffee and locally baked cinnamon buns (<https://www.rosendalstradgard.se/about-rosendals-tradgard/>)

12:00 Lunch in Rosendals Trädgård

After lunch optional:

- Visit to **79 & Park a block of iconic housing buildings in Gärdet** a housing district with some spectacular architecture and construction solutions.
<https://worldlandscapearchitect.com/79park-stockholm-sweden-aj-landskap/?v=288404204e3d>



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- **Visit to: Hammarby Sjöstad:** A model for sustainable urban living, this eco-friendly district is a prime example of Stockholm's urban regeneration projects. Explore the planning behind this once-industrial area, focusing on energy-efficient housing, waste recycling, and green transport systems and system of community gardens.
<https://copenhagenwater.wordpress.com/wp-content/uploads/2013/11/hammarby-sjostad.pdf>

to see

- **Henriksdalshamnen** (one of the last stage of Hammarby Sjöstad design): Sjöstadsodlarna-Community garden/Henriksdalskajen Dock, Lugnet: Lugnets terrass
- **walk along the Hammarby Sjöstad/** to see Skanskvarns koloniträdgårdsförening (one of the many of allotment sites in Stockholm) located in the Årsta Nature Reserve

DAY 3 – WEDNESDAY 3.09.2025

SOLNA DISTRICT & URBAN FARMING

9:00 Solna district & urban farming

Visit to the Ulriksdals Trädgårdscafé in Solna

Ulriksdals Trädgårdscafé, located on a 1.5-hectare agricultural plot near Stockholm, integrates sustainable gastronomy with on-site food production by cultivating much of its own fruits, vegetables, and herbs. Through localized farming and seasonal crop planning, the café reduces food miles, supports short supply chains, and promotes environmentally responsible practices. Its operations follow circular economy principles, emphasizing resource efficiency, waste minimization, and soil regeneration. Combining historic heritage with ecological innovation, it offers visitors a unique opportunity to experience farm-to-table dining within a biodiverse garden setting. Today, the café serves as both a gastronomic destination and a living model of sustainable urban agriculture.
(<https://www.rappne.se/tradgardscafe/>)