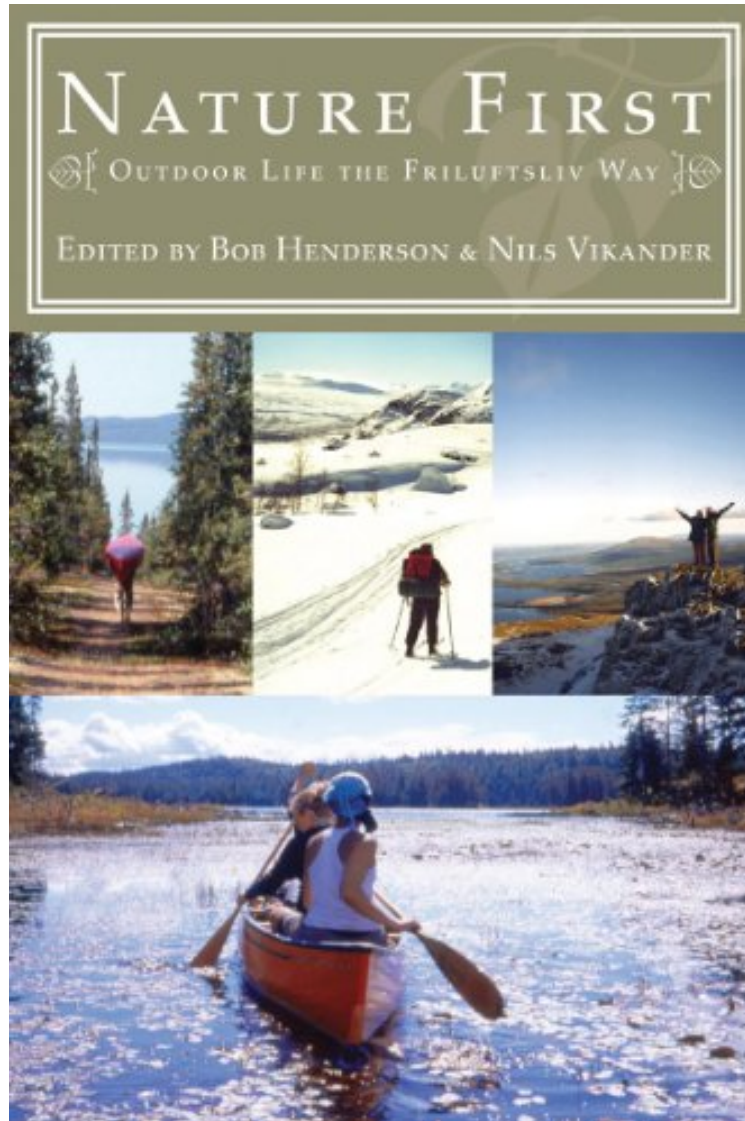


(Get free) Nature First: Outdoor Life the Friluftsliv Way

## Nature First: Outdoor Life the Friluftsliv Way

*From Natural Heritage*

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**From Natural Heritage : Nature First: Outdoor Life the Friluftsliv Way** before purchasing it in order to gage whether or not it would be worth my time, and all praised Nature First: Outdoor Life the Friluftsliv Way:

9 of 9 people found the following review helpful. Heritage LostBy Thomas M. LindbladeHeritage LostA Review of Nature First (Outdoor Life the Friluftsliv way)Edited by Bob Henderson and Nils Vikanderby Tom LindbladeTrees growing in the middle of cross county ski trails, hiking trails long abandoned or turned over to ORVs, silent sports a thing of the past. This nightmare could happen as our children become increasingly ensnared by the seductive call of the keyboard and the adrenalin rush of high speed. Are our children increasingly forgoing the primary experience of

nature in favor of the secondary manufactured thrill? An increasing number of people think so. And if they are right, the scenario above could become a reality, and not in the distant future, but as early as the next decade or two. Richard Louve in *Last Child in the Woods* coined the term Nature Deficit Disorder to describe what is happening to large numbers of our children. Louve says that "Healing the broken bond between our young and nature is in our self-interest, not only because aesthetics or justice demand it, but also because our mental, physical, and spiritual health depend upon it." All of us who participate in Silent Sports or just enjoy being in nature have experienced that bond and know what a powerful experience it is, but somehow, we have failed to communicate that to our youth, and things have gotten to the point that alarm bells are beginning to go off. What to do? I was recently given a copy of a new book called *Nature First, Outdoor life and the Friluftsliv way* by a friend of mine who is one of its editors, Bob Henderson. I believe that this book may point us in the direction of a way out. Many of us in the Midwest have strong Scandinavian ties, and as we look at those Midwestern states that are heavily influenced by the Scandinavian out-migration of the last century, we can see in many small ways, that they do seem to have a greater appreciation for the outdoor life. What most of us third or fourth generation Scandinavians do not know is that our forbears brought that appreciation for nature with them, and that it has a long and distinguished history in Scandinavia (largely Norway) where it is called *Friluftsliv* (translated as free air life). Don't ask me, I don't know the proper pronunciation, and maybe it is because the word does look so strange in our English limited view, that the philosophy and traditions that the word *friluftsliv* represents has only made it across the cultural and language barrier in a very limited way. What the twenty five essays in the book do, is to give some of us back an important and neglected piece of our heritage. The essays make it clear that there is no magic bullet, but for all of us, whether of Scandinavian heritage or not, a rediscovery of the traditions of *Friluftsliv* might provide enough validation for change, so that there might never be a "last child in the woods". Maybe it is time for us to recognize that reacting to each individual threat can only be a stop gap unless we find a way to more effectively frame the problem. I recommend *Nature First* which is published by Natural Heritage Books, a member of the Dundurn Group in Toronto

*Nature First* combines the Scandinavian approach to creating a relationship with nature (known as *friluftsliv*) with efforts by Canadian and international educators to adapt this wisdom and apply it to everyday life experiences in the open air. The word *friluftsliv* literally refers to "free-air life" or outdoor life. A word saturated with values, the concept can permeate deeply and playfully into one's cultural being and personal psyche, thus influencing the way one perceives and interacts with nature on a daily basis. For centuries, the North American approach has been one of domination and bringing nature under control, in many cases abusing our natural environment in the process. The *friluftsliv* way of being on "talking terms with nature," developing an "insider's" relationship with nature, offers the rich potential of allowing us as cohabiters on the Earth to recreate, rejuvenate and restore the balance among all living things. *Nature First* is the first English-language anthology to bring together the perspectives and experiences of North American, Norwegian, Swedish and other international outdoor writers, all *friluftsliv* thinkers and doers. Here, the thirty contributors' use of history, sociology, psychology, philosophy and outdoor education writings blend to provide an understanding of how *friluftsliv* applies to everyday life. The book presents an alternative to much of the personal growth/adventure-based literature that tends to dominate our current approach to the outdoor activity. Folklore, heritage, adventure travel, crafts, place-based education and the daily outings of families all have a role to play in promoting an understanding of both the ordinary and the mystical importance of this Nordic tradition. Dedicated to parents, travel guides, educators and generally to participants in the outdoors, *Nature First* provides a compellingly fresh approach to life in the out-of-doors.

"I found *Nature First* to be a breath of 'free air' as a practical resource that brings together a multiplicity of scholars and practitioners under one sky, and as an inspiration to continue to pursue the 'open-air life' the *Friluftsliv* way both professionally and personally." (W. Scott McCormack) *Nature First* combines the Scandinavian approach to creating a relationship with nature (known as *friluftsliv*) with efforts by Canadian and international educators to adapt this wisdom and apply it to everyday life experiences in the open air. The word *friluftsliv* literally refers to "free-air life" or outdoor life. A word saturated with values, the concept can permeate deeply and playfully into one's cultural being and personal psyche, thus influencing the way one perceives and interacts with nature on a daily basis. For centuries, the North American approach has been one of domination and bringing nature under control, in many cases abusing our natural environment in the process. The *friluftsliv* way of being on "talking terms with nature," developing an "insider's" relationship with nature, offers the rich potential of allowing us as cohabiters on the Earth to recreate, rejuvenate and restore the balance among all living things. *Nature First* is the first English-language anthology to bring together the perspectives and experiences of North American, Norwegian, Swedish and other international outdoor writers, all *friluftsliv* thinkers and doers. Here, the thirty contributors' use of history, sociology, psychology, philosophy and outdoor education writings blend to provide an understanding of how *friluftsliv* applies to everyday life. The book presents an alternative to much of the personal growth/adventure-based literature that tends to dominate our current approach to the outdoor activity. Folklore, heritage, adventure travel, crafts, place-based education and the

daily outings of families all have a role to play in promoting an understanding of both the ordinary and the mystical importance of this Nordic tradition. Dedicated to parents, travel guides, educators and generally to participants in the outdoors, Nature First provides a compellingly fresh approach to life in the out-of-doors. From the Inside Flap Friluftsliv is an approach to creating a relationship between humans and nature. Nature First explores ways of applying this wisdom to everyday out-of-doors life. About the Author Bob Henderson of McMaster University in Hamilton, Ontario, and Nils Vikander of North Troendelag University College in Levanger, Norway, are the co-editors. Both are practitioner-based outdoor educators. Bob Henderson teaches Outdoor Education at McMaster University, Hamilton, Ontario. Starting as a camper and canoe tripping staff member at Camp Ahmek in Algonquin Park, he has developed a lifelong interest in Canadian travel heritage and travel guiding. Beginning in 1994, he continues to write a regular heritage travel feature for Kanawa Magazine. In 1995 Bob completed his Ph.D. concerning approaches to travel guiding from the University of Alberta. He takes pride in baking a golden brown bannock and leading a spirited campfire singsong. Bob is the author of Every Trail Has a Story: Heritage Travel in Canada, published by Natural Heritage Books in 2005, and co-editor of the forthcoming Nature First: Outdoor Life the Friluftsliv Way, which will be released in June 2007. Nils Vikander has taught friluftsliv since 1991 at North Troendelag University College in Levanger, Norway. Starting his all-weather explorations of the outdoors as a child in Sweden, he followed his family to Canada where he became an academic roamer from east to west, interspersed with years of work/play in cross-country skiing. The latter took him yet further afield-to the US Midwest and Montana, and to the farthest reaches of the Canadian Arctic. In the late 1980s his curiosity took him back to Scandinavia, this time to Norway, where his teaching and outdoor immersion brought him many deep nature experiences, taking advantage from time to time of the nearness to Sweden and Finland. From 2003 to 2005 he returned to Canada as a visiting scholar at Brock University and found deeply intriguing comparative teaching experiences in the outdoors. Nils delves deeply into the philosophy of the nature experience. His greatest passion is to search familiar or unknown vistas with paddle or ski, simply, intimately and tracelessly.