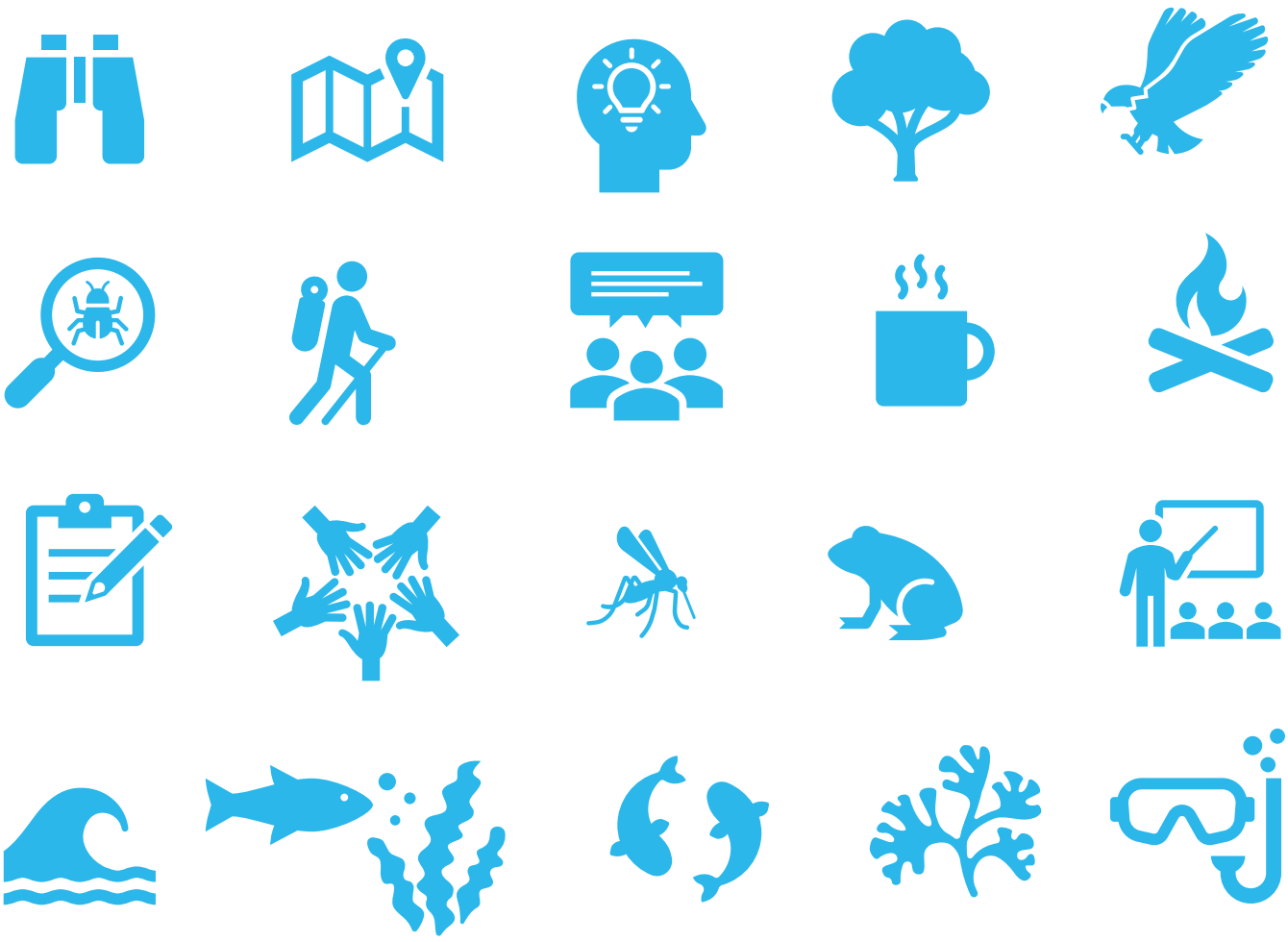
Interreg
Baltic Sea Region

Co-funded by
the European Union

SUSTAINABLE WATERS
Supported by Nature

Deliverable 1.2
Program for NBS Learning Site Activities



Content

Introduction

Deliverable 1.2 – Program for NBS learning site activities – outlines the activities to be piloted and evaluated at the learning sites, with the aim of understanding how to best use these sites as tools for building knowledge about nature-based solutions (NBS). It provides a comprehensive overview of the activities planned by project partners under WP1 during the preparation phase, including excursions, field workshops, lectures and events.

The purpose of these activities is to stimulate and foster knowledge and engagement about NBS through real-life engagement, collaboration, and communication. The learning sites - distributed across various landscapes and ecosystems - serve as living laboratories where methods are tested, experiences shared, and multiple target groups can interact with NBS in practice.

The activities presented here will be piloted as part of Group of Activities 2.2 and reviewed and refined during Group of Activities 2.5. The improved and finalized activities will subsequently be incorporated in the final output, Guide for NBS Learning Sites (O2.4).

Stakeholder Involvement in the Preparation of Learning Site Activities

Stakeholder engagement has been a key part of the preparation phase for activities at the learning sites. Across the different NBS types, project partners have worked to involve relevant target groups early in the planning process. This collaboration has helped ensure that the planned activities are locally relevant, inclusive, and aligned with stakeholder interests and expertise.

In many cases, stakeholders such as landowners, local associations, educators, and municipal actors have been engaged through consultations, meetings, or co-design sessions. Their feedback has shaped the selection of activity formats, content focus, and communication methods. Several learning sites have also drawn on existing relationships with local schools, NGOs, or interest groups to tailor the activities more effectively.

Beyond planning, stakeholders are expected to play an active role in implementation. This includes contributing technical or local knowledge, helping facilitate field-based learning, or co-hosting events. At some sites, stakeholders may even initiate or lead certain activities on their own, particularly where strong community engagement structures already exist.

Overall, this collaborative approach reinforces the central role of the learning sites as shared spaces for experimentation, knowledge exchange, and long-term engagement around nature-based solutions.

Structure of Learning Site Activities

The activities have been organized in the following categories:

1. Workshops / Seminars
2. Site Visits / Field Workshops / Excursions
3. Events
4. Citizen Science
5. Educational Activities

After each activity, the following abbreviations are used to indicate the NBS targeted, the relevant learning site, and the project partner.

MFW – Multi Functional Wetlands

WCR – Watercourse Restoration

CWH – Coastal Water Habitats

LS – Learning Site (1-17)

PP – Project Partner (1-9)

For a full list of learning sites and project partners, see Annex 1 and 2, respectively.

Image: Engagement during an outdoor activity for planning the learning site in Hedemora Municipality, Sweden. Photo: Biosphere Reserve Nedre Dalälven

1. Workshops / Seminars

Workshops and seminars are key formats for collaborative learning, strategic discussions, and capacity-building within the project. While not necessarily held at the learning sites themselves, these activities play a vital role in deepening knowledge, sharing experiences, and fostering dialogue among stakeholders. The sessions range from technical planning meetings to awareness-raising events for broader audiences and may include related field components or case-based discussions.

These activities involve a diverse set of participants — from landowners, local associations, and park staff to national experts, public authorities, and tourism operators — and they often serve to both inform and activate local and regional networks around nature-based solutions.

Image: Planning for a learning site during a workshop in Hedemora, Sweden.
Photo: Biosphere Reserve Nedre Dalälven

Knowledge Sharing and Capacity Building

- **Expert stakeholder workshop on NBS, conservation, and restoration** – Event bringing together specialists to exchange knowledge about NBS, restoration in protected areas, and conservation strategies in nature reserves. *(MFW; LS1a–1b, PP2)*
- **Workshops for visitors and local communities** – Sessions focusing on the benefits of NBS, particularly in relation to biodiversity and water retention. Activities include field classes and multimedia presentations for tourists, community members, park staff, and tour guides. *(MFW; LS5, PP4)*

- **Wetland management and restoration workshops** – Practical workshops covering restoration techniques and the value of NBS in agriculture and climate adaptation, targeted at land managers and stakeholders. *(**MFW**; LS6, PP5)*
- **Training for local interest groups on reef ecosystems** – Awareness-raising workshops for fishermen, tourism operators, municipalities and other coastal stakeholders to highlight the importance of reefs and promote sustainable practices. *(**CWH**; LS7, PP5)*
- **Stone reef communication seminars** – A series of sessions to share knowledge and communicate restoration efforts and ecological value of stone reefs to wider audiences. *(**CWH**; LS8–9, PP6)*
- **Public lecture on coastal NBS** – During Hanö Bay Week in May 2025, a public lecture will be arranged to present planned NBS efforts, including stone reefs and structural plates. The session is organized in collaboration with NGOs involved in the project. *(**CWH**; LS12, PP8)*
- **Dialogue meetings with local and regional authorities** – A series of meetings at the Mjöån River, focusing on knowledge sharing around restoration techniques, streamside ecology, and collaborative planning. *(**WCR**; LS11, PP8)*

Stakeholder Engagement and Collaborative Planning

- **Stream restoration planning meetings** – A series of in-person or digital meetings on key aspects of stream restoration: planning, permitting, funding, biology, hydrology, and evaluation. These sessions aim to connect interested actors and foster future collaboration around restoration projects. *(**WCR**; LS17, PP9)*

2. Site Visits / Field Workshops / Excursions

These activities support learning through real-life engagement at the project's learning sites. They promote knowledge exchange and practical understanding of NBS by bringing together stakeholders, practitioners, and the public in on-site sessions that include demonstrations, hands-on work, guided tours, and ecosystem monitoring.

Image: Explanation of water level management to optimize wetland functionality at Rinkaby wetland, Sweden during a field trip with participants from Rügen, Germany. Photo: Martina Adenholm

Field Demonstrations and Restoration Activities

These sessions are focused on showcasing or actively involving participants in restoration measures and landscape interventions. The aim is practical, place-based learning through observation or participation.

- **Field excursions along the Mieån and Mörrumsån rivers** – Excursions exploring ecosystem services, restoration functions, streamside ecology, and fluvial processes. Target groups include anglers and watercourse managers. *(**WCR**; LS15, PP1)*
- **Reed cutting and birdwatching tower demonstration** – Landowners, residents, and other local stakeholders will be invited to follow wetland restoration actions throughout 2025. *(**MFW**; LS2, PP2)*

- **Wetland restoration and management session** – Practical restoration of wetlands to improve water retention, reduce pollution runoff, and boost biodiversity. Participants learn hands-on about aquatic ecosystem management. *(**MFW**; LS5, PP4)*
- **Beach hike to explore shoreline biodiversity** – Educational hike showing coastal structures (rocky areas, sandy bottoms, vegetation) and discussing the ecological role of stone reefs and structural variation in the coastal zone. *(**CWH**; LS12, PP8)*

Ecosystem Monitoring and Analysis

These activities involve data collection and scientific observation to evaluate ecological conditions and the effectiveness of NBS.

- **Water quality and fish monitoring** – Participants conduct water quality assessments and ichthyofauna analysis to assess ecosystem health and restoration outcomes. *(**MFW**; LS5, PP4)*
- **Baseline ecological survey of the Mjöån stream** – A consultant-led nature value assessment will be conducted around the learning site starting May 7. The results will establish a baseline for evaluating the impact of future restoration measures. *(**WCR**; LS11, PP8)*
- **Installation of a fish camera for migration monitoring** – A camera will be deployed in the lower part of the Mjöån stream to monitor sea trout migration, particularly the downstream movement of smolt. Data collection will begin mid-May and will support improved understanding of fish behavior and targeted conservation efforts. *(**WCR**; LS11, PP8)*
- **Excursions with ecological monitoring** – Exploratory outings with specialists including fish fry searches, insect indicator studies, and visits to restored sites. Designed to inform and build social networks among engaged stakeholders. *(**WCR**; LS17, PP9)*

Guided Excursions and Educational Tours

This type of activity includes structured visits where guides interpret the ecological and social benefits of NBS interventions, often in a storytelling or walk-and-talk format.

- **Field excursion on wetland restoration and management** – A guided visit focused on the motivations for wetland restoration and the role of NBS in agriculture, forestry, and climate adaptation. The session is aimed at officials, land managers, and landowners. *(**MFW**; LS14, PP1)*
- **Field excursion on restoration techniques and NBS for conservation** – A site-based excursion highlighting wetland restoration methods and the value of NBS in biodiversity and climate resilience. Target audiences include nature conservation organisations, birdwatching groups, and the general public. *(**MFW**; LS14, PP1)*
- **Field excursion on watercourse restoration and management** – A practical session on stream restoration and NBS for nature conservation and climate adaptation. Participants include anglers, folk high school students, public officials, and watercourse managers. *(**WCR**; LS15, PP1)*
- **Wetland tour highlighting restoration benefits** – Guided visit focusing on the wetland's role in improving water quality, soil health, and biodiversity. *(**MFW**; LS6, PP5)*

- **Underwater species and habitat discovery** – Guided exploration of aquatic habitats with ecological interpretation of species roles and biodiversity value. *(CWH; LS7, PP5)*
- **Snorkeling tours at the stone reef** – Participants learn about the ecological function of the reef and its restoration through immersive, guided snorkeling trips. *(CWH; LS8–9, PP6)*
- **Field walks along the Mjöån stream** – Interactive walks for landowners, local associations and residents, highlighting streamside ecology and landscape features. *(WCR; LS11, PP8)*
- **Wetland tour showcasing ecosystem functions** – A guided visit demonstrating the wetland's contribution to improved water quality, flood prevention, increased biodiversity and educational opportunities. *(MFW; LS16, PP9).*

Public Engagement and Outreach Events

These sessions are tailored to a broader audience and use interactive, accessible formats to raise awareness and involvement in NBS.

- **Public snorkeling sessions with NBS introduction** – Hosted by naturum Öresund, these events combine introductory lectures with guided reef snorkeling to engage the public. *(CWH; LS10, PP7)*

3. Events

Events are a vital way to connect the project with wider audiences — from local communities to interest groups and schools. These activities are designed to inspire, inform, and involve people in nature-based solutions. Some are centered on celebrating milestones or observing restoration in action; others invite participants to take part in hands-on ecological work. Events may be held at the learning sites or in local communities, depending on their focus and audience.

Public Awareness and Community Participation

- **Explore** wetland restoration efforts during a municipality-wide open day, showcasing NBS to a broad public audience *(**MFW**; LS1a, PP2)*
- **Celebrate** the completion of the new pike wetland with public gatherings and guided visits *(**MFW**; LS1a–1b, PP2)*
- **Walk and learn** along a planned nature path, with themed activities exploring biodiversity and wetland functions *(**MFW**; LS1a, PP2)*
- **Connect** with specific community groups through tailored activities following wetland construction *(**MFW**; LS1b, PP2)*
- **Join** bird enthusiasts during a spring gathering held in the early stages of site planning *(**MFW**; LS2, PP2)*
- **Observe** restored bird habitats during guided birdwatching outings held post-intervention *(**MFW**; LS2, PP2)*
- **Take part** in public sessions highlighting eelgrass-saving actions and marine biodiversity *(**CWH**; LS10, PP7)*
- **Watch** the reef construction process up close through guided public access and on-site interpretation *(**CWH**; LS12, PP8)*
- **Bring a stone** – an engaging family activity inviting children to contribute a rock from home to the growing reef *(**CWH**; LS12, PP8)*

Hands-On Restoration and Ecological Action

- **Help remove** invasive wetland plants during public volunteer days focused on biodiversity and ecosystem health *(**MFW**; LS16, PP9)*
- **Restore a stream** – join local workshops that blend ecological theory with hands-on tasks like adding spawning gravel, placing dead wood, and rewilding side channels *(**WCR**; LS17, PP9)*

Image: Hands-on restauration of a watercourse in Biosphere Reserve Nedre Dalälven.
Photo: Biosphere Reserve Nedre Dalälven

4. Citizen Science

Citizen science activities invite members of the public to contribute directly to scientific research by collecting or analyzing ecological data. These activities foster environmental stewardship while expanding the data collection capacity of the project. Volunteers may include school groups, interested individuals, or visitors to the learning sites. Using tools such as guided observation, mobile apps, or simple field protocols, citizen science strengthens community involvement and raises awareness of biodiversity and ecosystem change.

These activities often take place at the learning sites and focus on biodiversity monitoring, species identification, and habitat observations — with contributions feeding into long-term datasets on the health and impact of nature-based solutions.

- **Student-led BioBlitz** – High school students take part in a biodiversity survey led by the organization Nature and Youth Sweden, identifying species and documenting observations within the wetland area *(**MFW**; LS16, PP9)*
- **Public BioBlitz** – A biodiversity survey open to all, where participants help catalogue flora and fauna over a set time period *(**MFW**; LS16, PP9)*
- **Ongoing species monitoring through permanent plots** – Volunteers help collect data on plant and animal populations, including amphibians, birds, and insects. Citizen science platforms and mobile apps (e.g. Multibase CS) will be used to share and track results *(**MFW**; LS6, PP5)*
- **Snorkeling-based reef monitoring** – Recreational snorkelers contribute to simple monitoring protocols by documenting visual changes to the reef structure and marine biodiversity *(**CWH**; LS7, PP5)*

5. Educational Activities

Education is a core part of the project's outreach and long-term impact strategy. Activities are designed for learners of all ages — from early education to university level — and often combine field-based exploration with structured programs The aim is to foster environmental awareness, ecological understanding, and practical engagement with NBS across formal educational settings.

University and Folk High School

These activities support higher education through field-based learning, academic integration, and collaboration with researchers. They range from site visits and course-linked projects to practical restoration training and scientific monitoring.

- **Field classes and excursions on watercourse restoration** – Folk high school students use the learning site to explore fluvial processes, restoration techniques, and stream management through on-site teaching and applied fieldwork. *(**WCR**; LS15, PP1)*
- **Learning site visits for university students** – Structured excursions linked to academic programs. *(**MFW**; LS1, PP2)*
- **University-level student camps and workshops** – Multi-day educational programs with practical and theoretical components. *(**MFW**; LS3, PP3)*
- **Field classes and presentations on biodiversity and water retention** – University-level educational programs with field trips and hands-on components. *(**MFW**; LS5, PP4)*
- **Wetland restoration as a living lab** – University of Gdańsk students take part in restoration activities and ecosystem management. *(**MFW**; LS5, PP4)*
- **Water quality and ecosystem monitoring for science students** – Data-driven fieldwork in restored wetland areas. *(**MFW**; LS5, PP4)*
- **Wetland ecology programs for university students** – Focus on hydrology and biodiversity, with water testing and species identification. *(**MFW**; LS6, PP5)*
- **University reef programs** – Include site visits and hands-on conservation work. *(**CWH**; LS7, PP5)*
- **Course-integrated reef studies and NBS projects** – Combines lectures, field visits, assignments, and student presentations/exhibitions. Stakeholders: Swedish University of Agricultural Sciences. *(**CWH**; LS10, PP7)*
- **Tree planting for aquatic habitat improvement** – Students from Önnestad Upper Secondary School will plant trees upstream of the learning site to support improved water quality and enhance habitat conditions for aquatic species. *(**WCR**; LS11, PP8)*
- **Youth forum learning site visit** – Participants from the Youth for Baltic network will visit the learning sites to explore NBS and take part in hands-on conservation activities. *(**WCR**; LS11, PP8; **CWH**; LS12, PP8)*

Elementary, Middle and High School

These activities target school-aged children and youth, as well as their teachers, through a range of age-appropriate formats. They focus on hands-on learning, storytelling, site visits, and thematic programs that highlight wetlands and reefs as living classrooms for biodiversity, sustainability, and climate resilience.

- **Field excursions along the Mieån and Mörrumsån rivers** – Excursions for students, exploring ecosystem services, restoration functions, streamside ecology, and fluvial processes. *(**WCR**; LS15, PP1)*
- **Educational collaboration on wetland ecosystem services** – Support for educators to integrate knowledge of wetland restoration, ecosystem services, and NBS into both classroom lessons and outdoor teaching activities. *(**MFW**; LS14, PP1)*
- **Educational collaboration on stream ecosystems and restoration** – Assistance for schools in incorporating stream ecology, fluvial processes, and restoration into teaching content and field-based learning. *(**WCR**; LS15, PP1)*
- **School engagement and visit information** – Interaction with kindergartens and schools, supported with tailored info to facilitate visits. *(**MFW**; LS1, PP2)*
- **Secondary school programs on wetland ecology** – Focus on hydrology and biodiversity, including activities such as water sampling and species identification. *(**MFW**; LS6, PP5)*
- **Creative exploration of wetlands for younger students** – Games, art, and storytelling to engage children in conservation themes. *(**MFW**; LS6, PP5)*
- **Teacher training on reef ecosystems** – Support for educators to incorporate reefs and NBS into classroom teaching. *(**CWH**; LS7, PP5)*
- **School programs with site visits to the reef** – Practical conservation-focused sessions for school classes. *(**CWH**; LS7, PP5)*
- **Field walks along the Mjöån stream** – Interactive walks for students highlighting streamside ecology and landscape features. *(**WCR**; LS11, PP8)*
- **Stone-placing activity at the reef** – Pupils contribute to reef-building by bringing stones from home. *(**CWH**; LS12, PP8)*
- **Wetland site activities for schools and kindergartens** – Includes exploring ecosystem services, controlling invasive species, insect studies, tree identification, and water life exploration. *(**MFW**; LS16, PP9)*
- **High school students sampling wetland water quality** – Hands-on learning with real data collection. *(**MFW**; LS16, PP9)*

Annex 1 - List of Learning Sites

1. Taalintehdas Pike Wetlands (Finland) – Multifunctional Wetlands
2. Brattnäs Reed Wetland (Finland) – Multifunctional Wetlands
3. Hiiumaa Wetlands (Estonia) - Multifunctional Wetlands
4. Nuutri River Restoration (Estonia) - Watercourse Restoration
5. Słowiński National Park Wetlands (Poland) - Multifunctional Wetlands
6. Nadelitz Wetland Restoration (Germany) - Multifunctional Wetlands
7. Neuendorf Coastal Habitat (Germany) – Coastal Water Habitats
8. Stone Reef Restoration on Møn (Denmark) – Coastal Water Habitats
9. Harbor Structures on Møn (Denmark) – Coastal Water Habitats
10. Marine Education Center (Sweden) – Coastal Water Habitats
11. Mjöån River Restoration (Sweden) – Watercourse Restoration
12. Äspet Stone Reef (Sweden) – Coastal Water Habitats
13. Åhus Harbor Structures (Sweden) – Coastal Water Habitats
14. Karlshamn and Brunnsparken Wetlands (Sweden) – Multifunctional Wetlands
15. Mieån and Mörrumsån River Restoration and Landscape forming processes (Sweden) - Watercourse Restoration
16. Urban Wetland (Sweden) – Multifunctional Wetlands
17. Olsbäcken Creek and Jönshytteån Stream Restoration (Sweden) – Watercourse Restoration

Annex 2 - List of Project Partners

PP1 Ronneby Municipality, Sweden
PP2 Turku University of Applied Sciences, Finland
PP3 Estonian University of Life Sciences, Estonia
PP4 Slowinski National Park, Poland
PP5 Administration of the Southeast Rügen Biosphere Reserve, Germany
PP6 Vordingborg Municipality, Denmark
PP7 Marine Education Center in Malmö, Sweden
PP8 Kristanstads Municipality, Sweden
PP9 Nedre Dalälven Association, Sweden