

RUDBECKS-
GYMNASIET

ALL ABOUT SWEDEN

CULTURE, TRADITIONS & SPORT

Stefan Co-funded by
the European Union

ICONS FROM DALARNA

- Dalecarlian horse – Dalahäst
- Blue, green, white variegats
- Wood, carving & falu red paint
- Sybolizes Sweden



HOLIDAYS & CELEBRATIONS



THE GÄVLE GOAT

- Assembled annually since 1966
- Christmas tradition

VALBORG

- Spring festival for students
- Choral singing around the fire



IMPORTANT DATES

- 1600: Dalahäst
- 1922: First Vasaloppet
- 1964: First Vätternrundan
- 1966: First Gävle Goat
- 1970: Valborg becomes major student party



THE SWEDISH CLASSIC

VANSBROSIMMET

- 3 km swimming in open water in Vansbro
- Wetsuits needed: summer, 15°–20°C

VASALOPPET (cross-country skiing)

- 90 km from Sälen to Mora
- Oldest ski race
- Bluberry soup

VÄTTERNROUNDAN (cycling)

- 315 km around lake Vättern –one of the largest cycling events

LIDINGÖLOPPET (running)

- 30 km cross-country at Island of Lidingö; known for neven terrain and elevation

FIKA

- Between lunch and dinner
- Sweets, cakes, pastries, coffee
- Far beyond just having a coffee break
- Meeting point, you spend time together with people and eat fika, can be with work, family, friends
- Sometimes a part of your workday
- Promotes balance and well-being, in a busy world, fika encourages people to pause, reduce stress, and enjoy the present moment
- It also strengthens social connections at work and in personal life

