



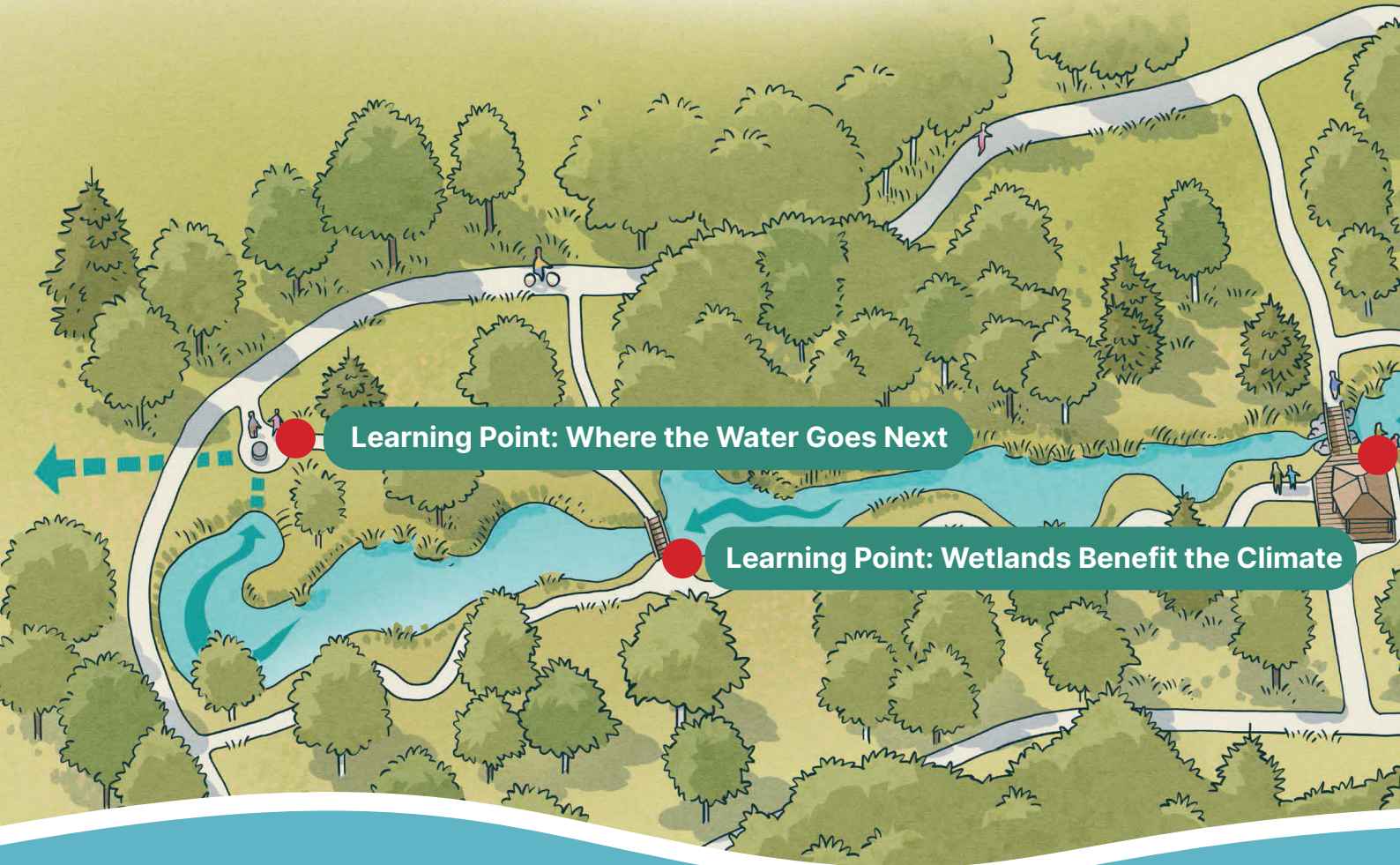
Biosfärområde

NEDRE DALÄLVEN

PROSTMYRAN LEARNING SITE

A wetland for water, nature and learning – in the heart of Hedemora



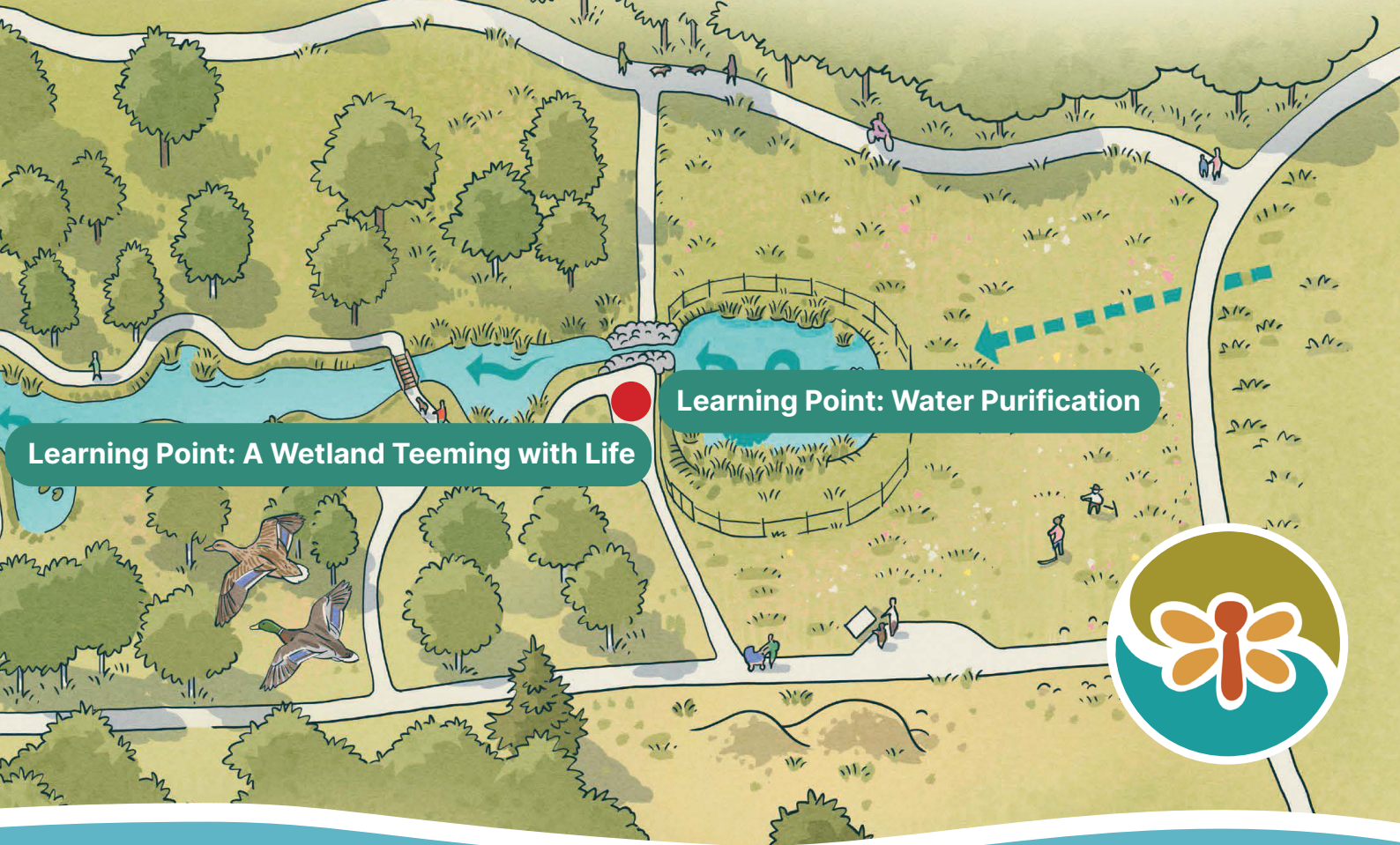


Prostmyran is a restored wetland in central Hedemora. Here, stormwater is slowed down and purified, while the wetland provides habitats for plants and animals, as well as opportunities for learning, recreation and outdoor activities.

THE PROSTMYRA

The learning site makes the functions of the wetland visible and possible to explore at close range. The site has four learning points along the water, as well as paths and bridges, an outdoor classroom and places where pupils and other visitors can investigate life in the wetland.





N LEARNING SITE

A learning site in everyday life

Prostmyran is also a place to walk through, stop for a while and experience. Its location close to the town centre is an important part of the idea. Several schools are nearby, and people pass through the area in their everyday lives. Learning therefore does not have to begin with a planned visit – it can happen simply because you are already there.





BEFORE | The stormwater ditch through Prostmyran.

ONE PLACE – MANY FUNCTIONS

From a straight stormwater ditch to a meandering wetland. Here, the water has more space and more time to pass through the area. At the same time, habitats are created for plants and animals, as well as a place where people can experience and learn about water and wetlands.

The wetland receives stormwater from central Hedemora. The water is slowed down, allowing particles to settle before it flows onwards. Ponds, floodplains and the meandering watercourse also create a more varied environment than the former straight ditch.

NATURE DOES THE WORK

A nature-based solution uses or mimics natural processes to address challenges facing society.

The same place can provide multiple benefits at the same time
– for nature and for people.



AFTER | The wetland after the work in autumn 2025.

THE MANY BENEFITS OF THE WETLAND



WATER IS PURIFIED ALONG THE WAY

When the water is slowed down in the wetland, particles and pollutants can settle before the water flows onwards.



MAKES ROOM FOR MORE LIFE

Water, wetlands, meadows and other habitats support a greater variety of plants and animals.



EVENS OUT WATER FLOWS

By slowing down water, the wetland can help reduce the risk of flooding downstream during periods of heavy rainfall.



MAKES NATURE'S FUNCTIONS VISIBLE

Here, visitors can see and investigate how water, plants and other parts of the wetland interact.

A LEARNING SITE TAKES SHAPE TOGETHER

Prostmyran has taken shape through the knowledge, ideas and work of many people. Teachers, pupils, local residents, local associations, experts and others have all helped shape the site in different ways.

**"NOT EVERYTHING
CAN BE LEARNED
FROM BOOKS – IT HAS
TO BE EXPERIENCED."**



"I based my design on the existing contour lines, but much had to be adapted on site to the terrain, the trees and what the ground actually looked like once we started digging."
*Peter Sennblad, Landscape Strategist
Hedemora Municipality*



"Natural environments spark pupils' curiosity and make learning more relevant and exciting."
*Ulrika Janbjör Olsson,
Teacher, Fyrklöverskolan*



THE IDEAS TOOK SHAPE

The work began by bringing together different perspectives on what a learning site at Prostmyran could be. Teachers from five schools and representatives of local associations took part in a workshop where ideas about learning, activities and the design of the site began to take shape.

THE SITE WAS EXPLORED

Prostmyran became a place for learning even before it was finished. Pupils investigated species and water, while landscape architecture students developed a design proposal for the learning site as their degree project. Their work also took into account how the site was used and what teachers wanted to be able to do there.

DIALOGUE SHAPED THE WORK

As the plans became more concrete, questions and concerns also arose, particularly about mosquitoes. Information meetings, newsletters and conversations with local residents therefore became an important part of the process. Along the way, an advisory group was formed, bringing together the municipality, teachers and local residents.

MANY CONTRIBUTED ALONG THE WAY

From developing ideas and carrying out species surveys to planting aquatic plants, training in outdoor education and constructing paths and outdoor classrooms. The site has taken shape step by step.



"If you have helped build something or actively contributed to making a place better, you often feel a sense of pride in it. You also become part of it."

*Magnus Pamp,
Nedre Dalälven Biosphere Reserve*



There is much to discover at Prostmyran. Here, pupils can investigate water, plants and animals at close range and find answers for themselves to questions about the wetland. Things that would otherwise be found in books and classrooms can be seen, touched and investigated here in real life.

NATURE BECOMES THE CLASSROOM

INVESTIGATE AND DISCOVER

Water sampling, pond dipping, species surveys and observations allow pupils to investigate the wetland with their own hands and senses.

LEARNING ON SITE

Four learning points are located along the water. Together with the outdoor classroom and opportunities to get close to the water, the learning points support teaching about water, wetlands and biodiversity, among other topics.

CONFIDENT TEACHING OUTDOORS

A learning site only becomes useful when teachers feel confident using it. Teachers and other educators in Hedemora have therefore received training in outdoor education and had the opportunity to try out activities that can be used with a whole group or class.



"The aim is for teachers to feel confident and inspired to use the site in their teaching."

*Stina Lindblad,
Outdoor Education Specialist*



**OPENED –
BUT NOT
FINISHED**

PROSTMYRAN CONTINUES ...

A learning site comes alive when it is used, tested and changed over time. Experiences from those who use Prostmyran become part of its continued development.

THE SITE

The outdoor classroom, accessibility and opportunities to use the site can continue to be developed.

LEARNING

More opportunities to investigate life in the water and develop activities for teaching.

**WANT TO KNOW MORE?
GET IN TOUCH!**

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THE WETLAND

Plants become established,
wildlife changes and our
knowledge of how the
wetland works grows.



TOGETHER

Teachers, pupils, local
associations, local
residents and others
can contribute their
experiences and ideas.

PART OF SOMETHING BIGGER

The Prostmyran Learning Site is part of Supported by Nature, where biosphere reserves and others around the Baltic Sea are developing and testing nature-based solutions and learning sites.

17 learning sites are being developed, focusing on multifunctional wetlands, coastal water habitats and watercourse restoration.



A VERY WARM THANK YOU TO

Kristallen • Stureskolan • Fyrklöverskolan • Vasaskolan • Martin Koch Upper Secondary School • Building and Construction Programme • All local residents • Scouts • Swedish Society for Nature Conservation • Nature and Youth Sweden • Natursnokarna • Hovran Ornithological Association • the Mini Maxi team • Hagadals Entreprenad • DGF Bygg Biological Mosquito Control • Per Bengtson, Swedish Centre for Nature Interpretation, SLU Stina Lindblad, Outdoor Education Specialist • Tilda Elveskog and Mira Åhlén, Landscape Architecture Programme, SLU • Oskar Jonsson/Naturskylt

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HEDEMORA
KOMMUN



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Interreg
Baltic Sea Region



Co-funded by
the European Union

SUSTAINABLE WATERS

Supported by Nature

