



Interreg North Sea



Co-funded by the European Union



FREIIA



Høgskolen i Østfold

BACHELOR'S THESIS B25IPL01



JENNY LOUISE HELT Process Leader



SOFIE GULDBERG GRETLAND Project Manager



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Main Goal: Identify possibilities for strengthening resilience and adaptability on each island through sustainable innovation.

Our findings in the FREIIA project show that young entrepreneurial initiatives can help initiate processes that strengthen small island communities in facing future challenges.

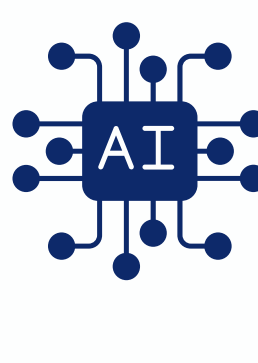
Not by offering ready-made solutions, but by initiating development, through asking questions, facilitating collaboration, and helping stakeholders see their own resources in a new light. The findings point directly to how this type of initiative can trigger reflection, collaboration, and action.



6 islands | 2022-2025 Hvaler, Schiermonnikoog, Bornholm Koster, Groix, Ouessant



148 interviews Semi-structured interviews with local stakeholders



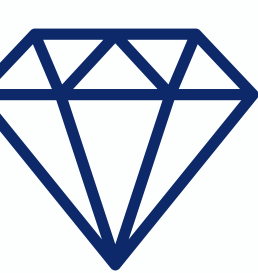
AI analysis using CustomGPT Qualitative data analysis and pattern recognition



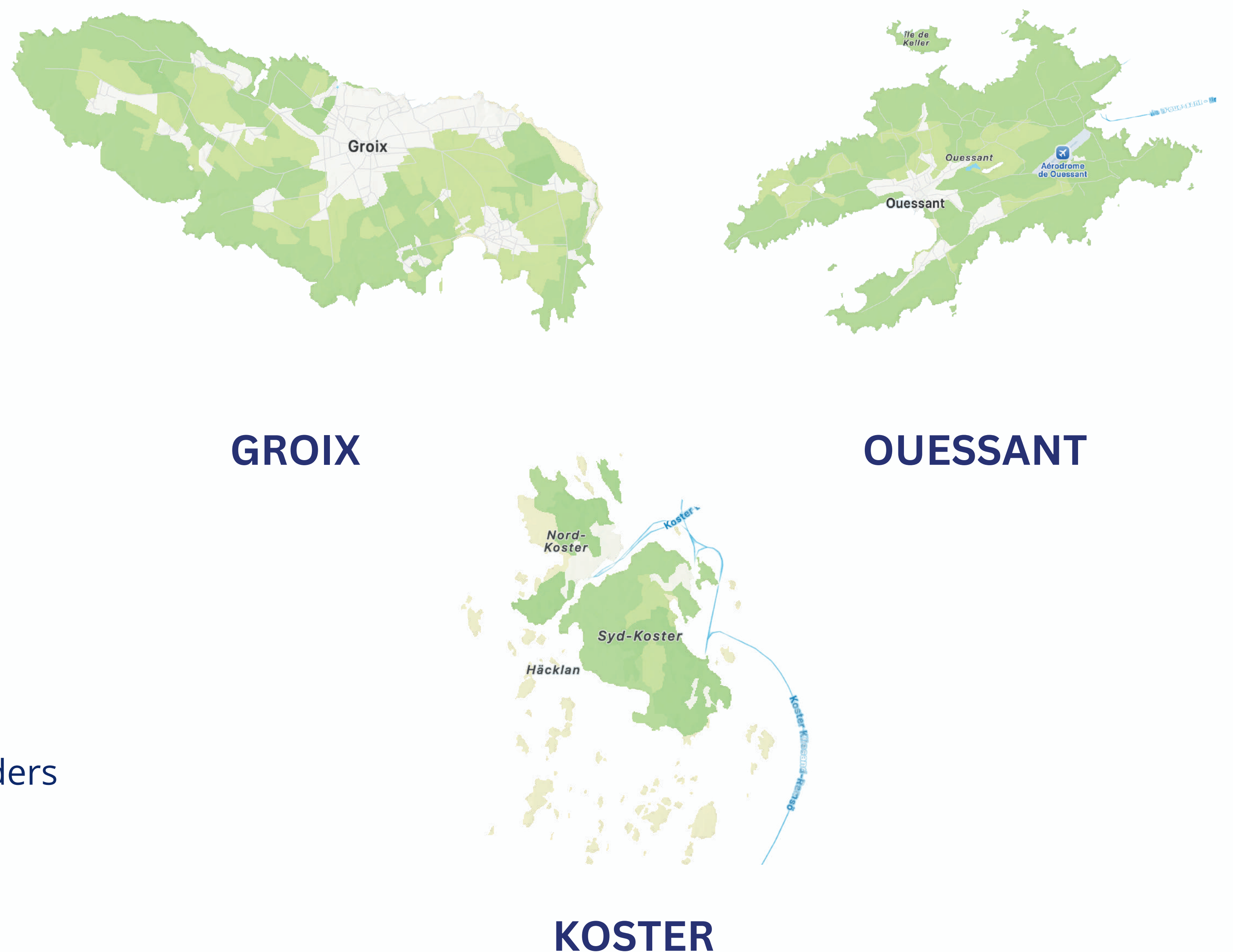
Problem framing Student interaction and approval based on AI analysis



Design Thinking workshops Collaboration between students and local stakeholders



Double Diamond model Discover · Define · Develop · Deliver



		Hvaler		Schiermonnikoog		Bornholm		Koster		Groix		Ouessant		Sum Participants
FREIIA PARTICIPANTS		InnovationGap	Design Thinking	InnovationGap	Design Thinking	InnovationGap	Design Thinking	InnovationGap	Design Thinking	InnovationGap	Design Thinking	InnovationGap	Design Thinking	
Students	Norwegian	21	49	12	15	12	12	18	17	15	15	15	15	216
	Dutch			10	4									14
	Belgian		9						19					28
	Danish					3	4							7
	Swedish							7	4					11
	French											2	2	4
<b>SUM</b>		<b>21</b>	<b>58</b>	<b>22</b>	<b>19</b>	<b>15</b>	<b>16</b>	<b>25</b>	<b>40</b>	<b>15</b>	<b>15</b>	<b>17</b>	<b>17</b>	
<b>Total participating students</b>														<b>280</b>
Stakeholders	Norwegian	20	20											40
	Dutch			23	9									32
	Danish					17	6							23
	French									13	4	30		47
	Swedish							46	3					49
<b>Total participating stakeholders</b>														<b>191</b>
<b>TOTAL ACTORS</b>														<b>471</b>

FREIIA has a total of 471 participants involved. These are students and stakeholders from various countries. This highlights the international dimension of the project, and how youth initiatives are brought together across national borders to co-create solutions.

EU Interreg approved reports from FREIIA WP4.

