

MALMÖ STUDY TOUR

27-29 SEPTEMBER 2021



DÉLICE

PROGRAM

MONDAY, SEPTEMBER 27

Individual arrivals at MJ's hotel.

13:30 - Sightseeing of Malmö

Meet and greet with Karin & Caroline in the hotel lobby.
Guided Tour by coach & foot: Western Harbour, Lernacken, City Center with English speaking guide Anna Töörn.

15:30 - "Fika" & lecture at [Yalla Trappan](#)

Over a coffee, discover Yalla Trappan, a social work integration enterprise, and women's cooperative. Managers Christina and Therese will tell their story and share the principles, methods, and practices that they believe are key to Yalla Trappan's success.

16:45 - Return to MJ's Hotel by coach- Free Time

19:30 - Dinner at [Ruth's Restaurant](#)

Dine at the nearby all-day restaurant, bakery, and deli, which was previously the popular Bastard restaurant.

TUESDAY, SEPTEMBER 28

9:30 - Departure to [Botildenborg](#).

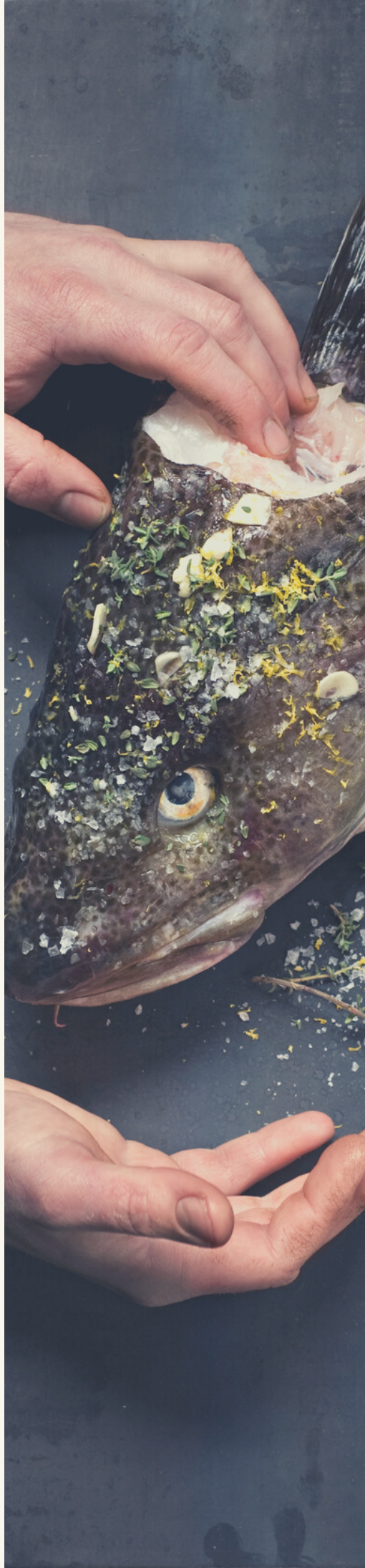
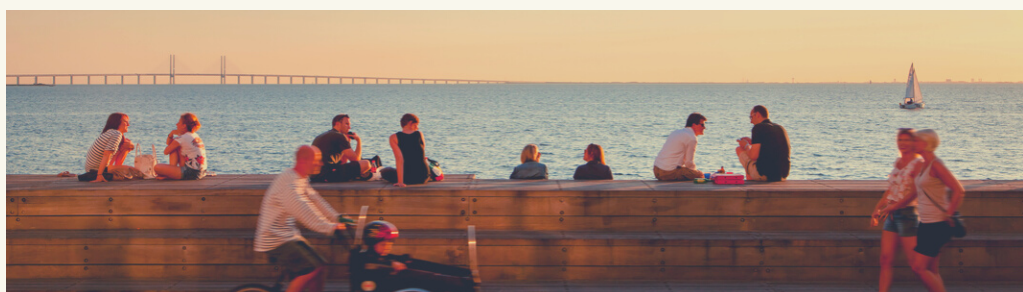
Meet with Karin & Caroline in the hotel lobby.
Coach to Botildenborg Sustainable Innovation Center.

10:00 - Botildenborg tour and conference

Meet, among others, **Lena Friblick**, CEO and founder, for a site visit and an inspiring talk: **"Social gastronomy: what is it and how did we do it and finance it?"**

12:00 - Participatory lunch

We will harvest, cook, and enjoy our own lunch with Botildenborg's own pros in their beautiful kitchen!



13:30 - Meet Frida Nilsson & Zeenath Hasan

The lunch will be followed by a meeting with [Chef Frida Nilsson](#), one of Sweden's best-known female chefs, and **Zeenath Hasan**, the founder of [Rude Food Malmö](#) – a waste catering service.

14:30 - Return to the MJ's hotel by coach

15:30 - Délice Monthly Treat : Malmö's recovery plan

This special session will be streamed live from Malmö to all the Délice Network Cities, Karin Tingstedt will present the ambitious recovery plan for the hospitality sector, launched for the destination.

16:30 - Free Time

19:30 - Dinner at MJ's restaurant

At MJ's, they're all about maximizing the experience. The same goes for the restaurant. They serve delicious food but it's also about the music, the flowers, and even the chairs you're sitting on.

WEDNESDAY, SEPTEMBER 29

Individual check-outs. Luggages to be stored at the hotel.

9:45 - [Disgusting Food Museum](#)

Meet in the lobby for a short walk to the museum. Meet up with Director **Andreas Ahrens** to learn about the history of the Museum. Will you dare to have a few tastings?

11:00 - Indoor market [Malmö Saluhall](#).

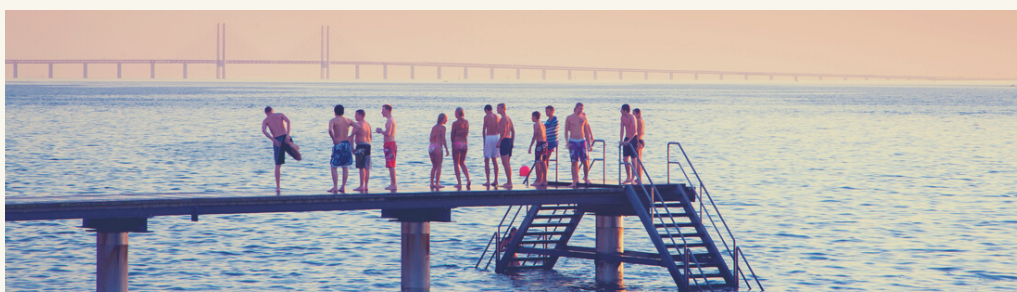
On our way to the Spill Restaurant (2.2 km), we will make a short stop at the Malmö Saluhall Indoor Market..

12:00 - Lunch at [Spill](#)

Meet with chef and founder **Erik Andersson**, who combines his passion for cooking with responsibility for the environment, by using raw ingredients meant to be thrown.

13:00 - End of program & Individual departures

Return to the hotel by foot (+/- 30 min) or by pre-paid taxi (5 min) for luggage pickup.





PRACTICAL INFORMATION

ARRIVAL & TRANSFER

The easiest way to get to **Malmö (Sweden)** is to arrive at **Copenhagen Airport (Denmark)** and then take the train.

Trains from the airport to **Malmö Central Station** every 20 min. It takes 25 minutes and costs SEK 129 (€ 13). The hotel is located 5 minutes walk from the station.

COVID RESTRICTIONS

The Malmö Study Tour is dependant on the evolution of the global COVID pandemic. The organizers will inform ASAP participants of any changes in the program.

Participants must comply with travel restrictions in **Denmark** (if arrival through Copenhagen) & **Sweden**, and notify Délice as soon as possible of any issues regarding their arrival.

ACCOMMODATION

The City of Malmö covers the two nights from 27 to 29/09. Contact Délice ASAP if you need to book extra nights at your own charge (about 130€).

MJ's Hotel

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