



**SUSTAINABLE CITIES DELEGATION TO
DENMARK AND SWEDEN
Sept. 09 to Sept 14, 2018
DRAFT Itinerary**

Sunday, Sept. 09, Copenhagen, Denmark

For general and cultural information, go to:

<http://www.aok.dk/english> and <http://www.visitdenmark.com/denmark/tourist-frontpage>

Check into Scandic Copenhagen (Conveniently located near Copenhagen's central train station. Address: Rådhuspladsen 57)

5:00 pm - Meet in the hotel lobby for introductions

6:30 pm - Leave the hotel lobby for the welcome dinner at TBD

7:00 pm - Welcome dinner at TBD

Monday, Sept. 10, Copenhagen, Denmark

9:00 am to 12:00 pm - Bike Tour of Copenhagen with Copenhagenize

Highlights of the tour include an introduction to Copenhagen's bike culture and infrastructure, bicycle parking, bike bridges, bike paths, elevated cycle lanes and innovative bike projects, including suburban-urban commuting. This is a great opportunity to experience the city.

12:00 pm to 2:00 pm - Lunch on your own in the neighborhood of Refshaleøen and tour of the area

Refshaleøen island is an old industrial area that was once home to one of the world's largest shipyards, B&W. Refshaleøen is today owned by the property company Ejendomsselskabet Refshaleøen. The site is about 115 acres. In 2013, Refshaleøen entered into a collaboration with the energy company SE Big Blue and the Energy Academy on the island of Samsø, planning a climate-friendly neighborhood. Refshaleøen is home to cozy restaurants, cool bars, creative office spaces, activity centers, and music festivals. Only about a 15-minute-bike ride away from the city centre, this place is like a peaceful, undiscovered island in the middle of bustling Copenhagen.

2:30 pm to 4:00 pm - Tour of Amager Bakke, CHP, Waste to Energy Plant and Recreational Facility Address: Vindmøllevvej 6

Amager Bakke (Amager Hill) also known as Amager Slope or Copenhill, is a combined heat and power waste-to-energy plant. It opened in 2017 and partially replaced the nearby old incineration plant. It has a 279 ft sloped roof that doubles as year-round artificial ski slope, hiking slope and climbing wall. It is designed to change between operating modes, producing 0-63 MW electricity and 157-247 MW district heating, depending on the local heat demand and power price. It produces more clean water than it uses. Because of filtration and other technologies, sulphur emission is to be reduced by 99.5% and NOx by about 90%, making it the cleanest incineration plant in the world. A special feature of this facility will be that the chimney is intended to not emit its exhaust continuously, but instead in the form of "smoke" rings consisting of water vapor rather than actual smoke.

4:30 pm - Back at the hotel for a bit of rest or to explore Copenhagen on your own.

6:30 pm - Leave the hotel for dinner at Restaurant Silo. Before eating, we will be with Cobe, architect of the grain silo conversion who will give us a building tour. Address: Helsinggade 29, Floor 17. The former grain silo, the largest of the industrial buildings in the redevelopment of a new district, Nordhavn, contains 38 apartments, Restaurant Silo and an event space.

Tuesday, Sept. 11, Copenhagen/Växjö, Sweden

8:30 am - Leave the lobby for Copenhagen Central Station.

9:07 am - Catch the train to Växjö.

11:47 am - Arrive in Växjö.

12:00 pm to 1:30 pm - Walk to City Hall. Lunch at city hall and brown bag lunch presentation on the background, current work and plans for the future with regard to sustainable development.

1:45 pm - 6:30 pm - Tours and site visits

7:10 pm - Catch the train to Copenhagen

9:48 pm - Arrive in Copenhagen

Get a good night's sleep because it's another busy day tomorrow.

An interesting tidbit about Växjö. Because Spokane is such a sports-oriented city, i-SUSTAIN thought it would be interesting for participants to know that Växjö has been crowned the sport city of Sweden many times. In 2013, Växjö won the title for the first time and for all subsequent years has been in the top six of Swedish cities. In 2017, Växjö once again achieved #1. Växjö has received this accolade so many times because of its focus on public health, child-and youth athletics, gender equality, integration and elite sport. **The city has developed a unique event strategy by organizing sporting events within socioeconomic weak areas and has created a correlation between sport, infrastructure, academics and industrial areas in the city.**

Here's what we will experience in Växjö.

- The modern wooden city. Introduction to Växjö's wood building strategy and its implementation. Also discussed will be the cooperation between the city, various companies and the university. The visit will include both strategic and practical aspects, and tours of some of the existing high-rise wooden buildings such as Limnologen's 8-story residences and construction sites, including Trummens Strand, which when completed will have 150 apartments and a preschool.
- BoKlok housing by IKEA+Skanska. BoKlok consists of pre-fabricated modules for single family and multi-family wooden homes that are more affordable than traditional housing.
- A quick stopover at VEAB, Sandviksverket, Combined Heat and Power Plant (CHP), which uses forestry biomass as the fuel source.
- Lake restoration. Seminar and study visit about restoration of eutrophicated lakes through sludge dredging, vegetation restoration, fish reduction, stormwater treatment, and inactivation of phosphorus in lake sediment.

Wednesday, Sept. 12, Copenhagen/Kalundborg/Samsø Island

9:00 am - Leave the lobby for the Copenhagen Solutions Lab

9:30 am - 10:30 pm - Meet with the Copenhagen Solutions Lab

Address: Fæstningens Materialgård, Bygning C, Frederiksholms Kanal 30

Copenhagen Solutions Lab, which is part of the Technical and Environmental Administration of Copenhagen Municipality, identifies and coordinates smart city needs in the municipality's departments and matches them with existing knowledge and available market solutions. In this way, Copenhagen Solutions Lab acts as a bridge between external partners and Copenhagen Municipality's smart city initiatives. Through collaborations with the research community and the market, from the small and innovative actors to the large corporations, Copenhagen Municipality accesses the innovation power that is needed to create new and effective urban solutions. Smart city themes are: 1) People and Flows; 2) Digital Services; 3) Data Driven Operation and Supervision; 4) Environment and Climate and 5) Lighting and Urban Life.

10:30 am - Return to the hotel to get your luggage and get lunch on your own. If you want to eat on the train, MAD Cooperative in the train station has good food to go.

Meet up at Copenhagen Central Train Station at the platform for Kalundborg (now you should be familiar with the train station).

11:43 am - Train from Copenhagen to Kalundborg.

Train takes 1.5 hours.

1:10 pm - Arrive Kalundborg; walk to Symbiosis Center

2:00 pm - 5:00 pm - Presentation at the Symbiosis Center and tour of various partner sites

Address: Rynkevangen 13

The municipality of Kalundborg has created jobs and economic development by attracting corporations to the area who can use each others waste as a resource. Kalundborg Eco-Industrial Park is an industrial symbiosis network, in which companies in the region collaborate to use each other's by-products and otherwise share resources. The Kalundborg Eco-Industrial Park today includes nine private and public enterprises, some of which are some of the largest enterprises in Denmark. The enterprises are:

- Novo Nordisk - Danish company and largest producer of insulin in the world
- Novozymes - Danish company and largest enzyme producer in the world
- Gyproc - French producer of gypsum board
- Kalundborg Municipality
- Dong Energy - owner of Asnaes Power Station, the largest power plant in Denmark
- RGS 90 - Danish soil remediation and recovery company
- Statoil - Norwegian company which owns Denmark's largest oil refinery
- Kara/Novoren - Danish waste treatment company

Kalundborg Forsyning A/S - water and heat supplier, as well as waste disposer for Kalundborg citizens

5:25 pm: Take the Ferry to Ballen on Samsø Island

6:55 pm: Arrive Ballen

Check into hotel

7:30 pm: Dinner in the hotel restaurant.

Thursday, Sept. 13, Samsø Island/Copenhagen

9:00 am - Leave the lobby for the Energy Academy

Address: Strandengen 1

In 2007 Samsø Island, Denmark, became a carbon-negative island producing more renewable energy than it consumes. This 10-year effort, led by Søren Hermansen, maximized community engagement and economic rejuvenation. Before this effort, Samsø faced many problems; its farming and fishing industries were in decline, fuel costs were rising and its young people were leaving and not returning. Through the island's renewable energy efforts, Samsø was able to reinvent itself, bring jobs and energy tourism to the island and become a world leader in community energy strategies.

In this workshop participants will see first hand how the transformation created opportunities for both individuals and businesses. We will explore how the successes of Samsø can be translated to a different context given social, economic and political differences.

Following the workshop a tour of the island will include the following:

- Visit to the straw-based district heating plant in Ballen/Brundby
- Visit to a wind turbine owned by local farmer
- Visit to the Solar PV (photo voltaic) and electrical cars owned by Samsø municipality
- Visit to Mårup local district heating plant based on 75 % woodchips and 25 % solar thermal collectors

For in depth background information, download the 10 year status report at their website: <http://energiakademiet.dk/en/vedvarende-energi-o/>

3:30 pm - Take ferry to Kalundborg

5:00 pm - Arrive Kalundborg

5:46 pm - Train to Copenhagen

7:15 pm - Arrive Copenhagen; return to hotel

8:00 pm - Meet in the lobby to go to the farewell dinner at The Olive.

Nørregade 22

Friday, Sept. 14, Copenhagen, Denmark

9:00 am to 12:00 pm: Meet in the hotel conference room for facilitated discussion led by City of Spokane and Center for Sustainable Infrastructure

12:00 pm: Program is complete. Congratulations, you survived!

2 simple i-SUSTAIN RULES

- We always try to leave on time. In other words, we won't wait for you if you are late. We will have addresses on the final itinerary, so that you can meet us at the destination if you are late.
- Wine, beer, coffee and tea are provided at every group dinner. If you prefer something else like a different wine or a cocktail, please let the wait staff know that you will be paying for these items yourself.