

# No-one Fikas Alone

*Can adopting the Swedish concept of Fika help make UK HE fit for future?*

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# AUA International Study Tour - Sweden, May 2018

- ▶ Offered colleagues/AUA members the chance to visit HE institutions across the country. We were able to learn and share best practice in HE in a global context, enabling us to implement new practices and procedures learned from our overseas counterparts.
- ▶ In this group discussion we will share the key lessons learned, encourage session participants to consider how global engagement can help make HE fit for future, and introduce you to Fika!

# Learning Objectives

- ▶ You will be able to recognise the benefits of global engagement within the HE context
- ▶ You will be able to understand how learning and applying new concepts to our working lives can help build a resilience culture
- ▶ You will be able to understand how working with colleagues outside of our immediate networks can help develop ones professional profile

# Which of the AUA CPD Framework does the session address?

- ▶ Developing self and others
- ▶ Embracing change
- ▶ Engaging with the wider context
- ▶ Finding solutions
- ▶ Managing self and personal skills
- ▶ Using resources effectively
- ▶ Working together

# The AUA Study Tour Team



6 UK Delegates from:

**University of Portsmouth, BPP University, De Montfort University, Anglia Ruskin University, University College London, Bournemouth University**

# Swedish Establishments

We visited:

- ▶ Stockholm Business School
- ▶ Swedish Higher Education Authority (UKÄ)
- ▶ Uppsala University
- ▶ Linköping University
- ▶ Chalmers University of Technology



# The AUA Research Questions:

- ▶ Making the most of resources (efficiency and effectiveness)
- ▶ How do HE administrators make a positive difference/play a positive part in the student
- ▶ How can we continue to collaborate with our European/British partners post-Brexit?

# The Report & Reflections

*“I coordinated the Uppsala visit and spent the day with the group. Thanks to the clear research questions and objectives from the AUA delegation, my colleagues and I were able to plan a suitable programme for our guests. We wanted the UK group to see the various perspectives of student life and to engage with discussions around the different HE systems and views on the future of international academic partnerships and collaborations given the political climate.”*



*“It was clear to me that this trip was good for the group not only in terms of getting to know HE in another country but also to discuss the topics with each other. It certainly was a good learning experience for the Uppsala representatives as well.”*

**Anna Liv Jonsson, Project Manager, Uppsala University**



# What is Fika?



fika

(n.) a social coffee break with one's colleagues, friends, date or family, usually accompanied with sweet, baked goods

- ▶ **Fika** is a concept, a state of mind, an attitude and an important part of Swedish culture. Many Swedes consider that it is almost essential to make time for **fika** every day
- ▶ Most Swedes combine their break with some pastry, called *fikabröd*. Among the most popular are kanelbullar (cinnamon buns), chokladbollar (chocolate balls) and biscuits.

# Why Fika?



- ▶ Among the consensus-oriented Swedes, *fika* is a great way to exchange knowledge, opinions about what's going on in the company, and generally bond with your colleagues.
- ▶ Fika time takes place everyday at 10am and 3pm, for 10-30 minutes.
- ▶ Indirectly it helps with staff morale, the feeling of community on campus, the work/life balance, and overall wellbeing.

# Discuss and Explore

- ▶ Do you take regular breaks on campus with others?
- ▶ Do you think this would help you and your team?
- ▶ What would be the advantages, what would be the disadvantages?



# Fika in action. And now what?



- ▶ Faith will share her personal account of implementing Fika with her team and the impact made.
- ▶ The real question; what will YOU take away from today?

# Additional Resources

- ▶ [Introduction to fika:](https://www.youtube.com/watch?v=oRleytEXGhQ)  
<https://www.youtube.com/watch?v=oRleytEXGhQ>
- ▶ <https://hejsweden.com/en/have-coffee-breaks-called-fika-swedish/>

**THANK YOU**



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