

STRÖMSTAD AKADEMIS FRIA SKRIFTSERIE

Anders Gustavsson, red.



**Abstracts of papers
presented at the Scientific
Festival in Strömstad 17-20
June 2019**

Nr 11, september 2019

ISBN 978-91-86607-59-3

Strömstad akademis styrelse beslutade 24 juli 2013 att inrätta Strömstad Akademis Fria Skriftserie med följande riktlinjer:

Ledamöter i Strömstad akademi har rätt att utan granskning få manuskript publicerade elektroniskt i Strömstad akademis fria skriftserie. Det enda som gäller är att författaren ansvarar för innehållet och för att det inte strider mot svensk lag eller innehåller copyrightskyddat material. Manus skickas direkt till webansvarig.

Abstracts of papers presented at the Scientific Festival in Strömstad 17-20 June 2019

Compiled by Anders Gustavsson

Contents:

Elisabeth Ahlsén & Jens Allwood: Education in Intercultural Communication	4
Jens Allwood: Critical discussions of global culture taxonomies	4
Salah Arafa: Renewable Energy and Sustainable Living Oasis	4
Salah Arafa: Discussion of the finalization of the Proposal for holding ISREE-2020 in March in Egypt	5
Ulf Berg: Crisis in music	5
Gudmund Bergqvist, Anders Gustavsson: Health and environment. A presentation of an anthology	6
Gudmund Bergqvist, Per Urdahl & Håkan Eriksson: Towards a Koster with little use of fossil fuels	6
Lars Broman: From Viable Planets in Our Cosmic Backyard to the Galaxy Restaurant at the End of the Universe. I Also Ask: Does Such a Thing as a Cosmic Moral Exist?	7
Arne Engström: Les Misérables – slow learners in mathematics	8
Per Flensburg: Paradigm shift in social sciences	8
Peter Fritzell: Bacteria as a cause of back pain - true or false? - Should back pain be treated with antibiotics?	8
KG Hammarlund: "If we don't learn from mistakes in the past there won't be any progress." Student's preconceptions about the value of historical knowledge	9
Christina Heldner: Who is Elena Ferrante?	9
Jan Hultman: Our heart – a magnificent pump	10
Bodil Jönsson: Time and man	10
Gunnar Kullenberg: Climate related ocean changes and effects on society	11
Mats-Olof Mattsson: Novel and emerging medical uses for non-ionizing radiation	12
Åsa Morberg, Carl Olivestam, Rune Wigblad: Sweden beats the world record in school fires, but why are Swedish schools on fire?	13
Jila Mossaed	14
Carl E. Olivestam: How to determine the socio-cultural climate in the world	14
Carl Olivestam: The Academy has a specific culture of its own - it is a matter of acceptance or being trapped. How to master any unknown situation	15
Gudrun Olsson: Narratives of regret	16
Torsten Rönnerstrand: Invitations to Love in Literature	16
Myrtill Simkó: Cells meet electromagnetic fields	17
Marie-Louise Wadenberg: Management of medical products and aspects of the environment	18
Ernst van Groningen: Could humanity face the same fate as dinosaurs?	18
Rune Wigblad: How fast will the diffusion of electrical vehicles be in the transport sector?	18

Elisabeth Ahlsén & Jens Allwood

Education in Intercultural Communication

Values and norms often play an important role when people with different national or ethnic cultural background meet, since many values and norms vary between different cultures and therefore need to be made explicit in order to create possibilities for the best possible communication and most harmonious collaboration. Differences in values and norms, in this way, play an important role in intercultural collaboration. Intercultural competence and intercultural communication have therefore been put forward as means for enhancing internationalization, as instruments for enhancing intercultural insights, intercultural understanding, increasing tolerance and increasing ability to handle intercultural relations. But how can this be achieved? The paper attempts to contribute to answering this question by describing and discussing what Intercultural Communication (ICC) is, what the content of education in ICC can be and which methods can be used for teaching ICC.

The paper considers four aspects of culture, which can be focused in ICC education: ways of thinking, behavior, artefacts and traces in nature. The goals of ICC education can be (i) awareness, (ii) flexibility, and (iii) ability, in relation to different cultures. We suggest different methods for ICC education, for example, critical incidents and role play, and different aspects of the content of ICC education, such as different ways of perceiving cultural differences and their consequences. The study of communication in the form of production, interaction, understanding and context are dealt with and models for classifying and describing cultures and values are mentioned.

Jens Allwood

Critical discussions of global culture taxonomies

The Swedish concept of "value-basis" (värdegrund), derived from the English "core values" is discussed and compared to three global classification systems for the cultures and values of Earth. First some selected examples of "value-bases" that have been proposed in Sweden are discussed and some differences and similarities between these are noted. This is followed by a presentation and a critical discussion of the three selected culture taxonomies and as a part of this discussion how Sweden is described in the different taxonomies. In a final section, a critical evaluation is made both of the content and use of value-bases as well as of global culture taxonomies.

Salah Arafa

Renewable Energy and Sustainable Living Oasis

Transforming the Global Energy system to 100% renewable is part of the larger societal goal of achieving a universal sustainable living society where people are striving to live in harmony with each other and with nature.

Progress to a truly sustainable living – renewable energy world requires a strong workforce of Renewable Energy and related sustainability professionals and practitioners, and a well-informed public that supports the needed transformation.

Education for this topic is broad: in addition to providing training and education for spe-

cific work areas, it raises awareness and provides tools for people of all ages and interests to know, implement, transfer knowledge and share best practices and strategies for supporting the needed transformations.

The paper presents the main objectives of the project, how it was initiated and its progress to-date. A final site plan and design of the project is also presented. The presentation is a call for Participation and Cooperation to support the project implementation.

KEY WORDS: Renewable Energy, Sustainable Living, Education and Training Techniques, Sharing Experiences, Transfer of Knowledge

Salah Arafa

Discussion of the finalization of the Proposal for holding ISREE-2020 in March in Egypt

The main interest of ISREE is to transfer knowledge and share experience and best practices with the wider and needed stakeholders. It was proposed to hold ISREE-2020 in Egypt. Where Egypt is today becoming a center of the Middle East and an active partner in the Arab World and Africa.

The paper describes what was already made as communications with the concerned agents in Egypt and all are in Support and seeking the help of Stromstad Academy in the Process of Social, Economic, and Technological Transformations. Progress to a truly sustainable living – renewable energy world requires a strong workforce of Renewable Energy and related sustainability professionals and practitioners, and a well-informed public that supports the needed transformation.

Education for this topic is broad: in addition to providing training and education for specific work areas, it raises awareness and provides tools for people of all ages and interests to know, implement, and share best practices and strategies for supporting the needed transformations.

The paper shows the different steps taken so far and offers a few suggestions for Discussions around: Exact dates – Meeting Venue – Themes for the Call of Participation – Accommodation -Registration Fees – Invited Speakers – Members for the different Organizing Committees – Pre and Post Tours and Visits – Social Events and Evening Meetings.

KEY WORDS: Renewable Energy, Sustainable Living, Education and Training Techniques, Sharing Experiences, Transfer of Knowledge, ISREE, Egypt.

Ulf Berg

Crisis in music

Where is contemporary classical music heading? A chemical perspective.

Gudmund Bergqvist, Anders Gustavsson Health and environment. A presentation of an anthology

Health and environment are central parts of our reality. Their relation has both historically and nowadays been complex. Our present time is characterized by a strong improvement of global health with increasing life expectancy – a result of lowered child mortality and longer survival after retirement. But we also see big threats to health caused by global warming, drought, fresh water shortage, decreasing number of fish in the oceans as well as pollution and antibiotic resistance.

Strömstad Academy is an interdisciplinary institution, working broadly with popular education. It is therefore natural to highlight these topics from different directions. Eleven of our members have participated in an anthology of articles that illustrates some of the problems.

The articles in the first part deals with global perspectives on health and environment with an introduction and review of facts, a system critical perspective, religious aspects, health and the ocean, biological rhythms and finally aspects on handicaps.

The second part regarding Swedish conditions contains medical history in Bohuslän in the 19th century, health education in schools nowadays and pharmaceutical management and environment.

The third part shows both a study regarding health communication in two different countries and finally a study regarding physical activity and health recommendations. The last article is in English and originates from a medical journal. The two last articles also show different scientific methods.

The book covers for obvious reasons only part of the extremely vast subject of health and environment. It gives a suitable introduction for those interested in further and more detailed studies.

Gudmund Bergqvist, Per Urdahl & Håkan Eriksson Towards a Koster with little use of fossil fuels

At present the largest users of fossil fuels at Koster are the ferries to Strömstad as well as trawlers and tractors.

Solar energy is little used. Heating of houses is mainly done by electricity but a small amount of wood burning occurs. All electricity on Koster is “green.”

When changing to less use of fossil fuels regards must be taken to Koster National Park, ie excluding large conventional wind power installations or large solar energy parks. A change to electricity driven ferries is not possible economically because of present tax rules. An alternative is use of hydrogen. The rest product caused by burning is water.

A sketch is presented on a switch to less use of fossil fuels as well as a *pilot project* for production of electricity by both solar panels as well as wind power using magnetic elevation turbines. These can be much smaller than the conventional ones and are thus from aesthetic and environmental aspects acceptable. Methods for energy storing will be both battery as well as hydrogen production.

Hydrogen production for the ferries needs a much larger unit which might be located in Strömstad and driven by solar energy and wind power.

Koster could as an island with little use of fossil fluids be a *small scale model island*, which makes the plan particularly interesting and a project group will be started.

In the long run it could be expanded to other forms of sustainability studies with a laboratory on the island measuring electricity, water, traffic etc in cooperation with universities and corporations. This could be a part of a plan for the islands to survive as year-round inhabited islands but can also be used as an *international model area* and in that way be supporting global sustainability.

Lars Broman

From Viable Planets in Our Cosmic Backyard to the Galaxy Restaurant at the End of the Universe. I Also Ask: Does Such a Thing as a Cosmic Moral Exist?

Viable Planets in Our Cosmic Backyard

The Universe is frequently seen in media news and we will learn more from researchers.

26 February 2017: Earth-like planets orbiting the dwarf star Trappist-1 in the constellation Aquarius.

<https://svenska.yle.fi/artikel/2017/02/22/jordliknande-exoplaneter-upptackta-vid-rod-dvargstjarna-viktigt-steg-mot-att>

Galaxy Restaurant at the End of the Universe

11 March 2017: Space dust from when the Universe was only 600 million years old in the galaxy A2744-YD4 that is 13.2 billion lightyears away.

<https://www.svd.se/forskare-finner-aldsta-rymdstoffet>.

Does Such a Thing as a Cosmic Moral Exist?

In Gregory David Roberts' novel *Shantaram* says Abdel Khader Khan:
The Universe is moving towards some kind of ultimate complexity.

The final complexity can be called God or the Universal Saint or the Ultimate Complexity.

Does Such a Thing as a Cosmic Moral Exist?

A good action is one that facilitates motion towards complexity.

An evil action is one that prevents motion towards complexity.

Finally: A thought of my own

It happens that a planet's life is crushed by e.g. a major hit by a meteorite. The complexity on that planet disappears. Would it benefit the quest for universal complexity to communicate our knowledge to other civilizations?

Similarly with humans. When a human dies a piece of complexity disappears. Would it benefit the quest for universal complexity to communicate our knowledge to other humans before we die?

Arne Engström

Les Misérables – slow learners in mathematics

Most students with low achievements in mathematics have a general cognitive ability measured by IQ between 70 and 85, often labeled as “slow learners”. According to the Education Act a student who is at risk of not reaching the knowledge requirements in the syllabus have the right to special support. But if the student, in spite of special support, does not have the cognitive abilities for reaching the requirements we have a dilemma. The student gets the grade F, not passed, at the end of the compulsory school. Neither the teacher nor the school can make any exceptions in teaching and grading this student. The student is doomed to fail from the beginning. Taking the starting point in empirical research on students with low achievements in mathematics in Sweden this dilemma will be discussed further.

Per Flensburg

Paradigm shift in social sciences

After retiring I started study history of ideas. My bachelor thesis is about a paradigm shift in information systems, taking place roughly between 1975-1985. It was about alternatives to the positivist view, more support for different parts and clear non-objective positions. In about the same time, similar things happened in sociology (Marxism), social psychology and history of idea. Perhaps in several other topics as well. My question is thus:

Why did that happen at that particular moment in these particular disciplines?

The industries were in full swing, growth was high, environmental problems were not present and the future was perceived as extremely bright. So why change a winning concept?? I have no answer to that question, but I think it is a real challenge to find one. I have some candidates: logical positivism's idea of a unitary science was questioned, the student revolution -68 which led to a tangible, Marxist domination in parts of society and universities, the labor movement demanded co-influence and co-determination, the Taylorism division of labor was abandoned and one began to doubt the technology's unambiguous salvation.

Peter Fritzell

Bacteria as a cause of back pain - true or false? - Should back pain be treated with antibiotics?

In recent years, several studies have been published which indicate that bacteria can be one cause of chronic back pain. Some researchers also argue that so-called “Modic changes” seen in vertebral bodies using MRI examinations, (usually called “magnetic X-ray” but it has nothing to do with X-ray but with magnetic fields - MR stands for Magnetic Resonance and I for Imaging), can be associated with low-grade infection in the disc/vertebral body causing back/leg pain, which could be possible to treat with antibiotics. In Denmark, Germany, Norway and England, so-called “Modic clinics” have recently been opened.

The research field is presented. One interesting question is, that although some patients with back pain would be helped by antibiotics – is it justifiable in light of the fact that one of the biggest threats to treatable diseases today is resistance to antibiotics. Last year, over 30,000 individuals are estimated to have died in Europe alone as a result of infections that could not be treated with antibiotics due to resistance. In the light of the fact that back pain, second to common cold, is the world's most common ailment/disorder, the issue must be discussed from a scientific and ethical perspective.

KG Hammarlund

“If we don’t learn from mistakes in the past there won’t be any progress.” Student’s preconceptions about the value of historical knowledge

During 2018, a survey was conducted among first-year History students at the Rocky Mountain College of Art and Design, Blackwood, Colorado and Halmstad University, Sweden. The aim of the survey was to chart students’ preconceptions of history, the value of historic knowledge, and its usefulness both in a professional career and in everyday life.

Two views on the value of historic knowledge stood out among both Swedish and US students:

- the answer to the question of why the world today is what it is can be found in the past, and
- historical knowledge can help us avoid repeating past mistakes.

Short, hastily written survey answers are hard to interpret. They can be read as sophisticated conceptions of historical knowledge as a tool for gaining a deep and complex understanding of events, actions, and processes. They can, on the other hand, be read literally as expressing a view on the course of history as strictly deterministic and of history as a *magistra vitæ*: “Oh, how stupid they were – we should definitely not repeat that”.

Few, if any, historians would share such a one-dimensional view on history and the value and usefulness of historical knowledge. However, many would probably agree that the value of history does not limit itself to scholarly problem solving – it has relevance for our everyday understanding of the world in which we live.

A challenge for History teachers on all levels of the educational system, from primary school to universities, is therefore to clarify the role played by historical knowledge in processes of understanding. Knowing history is not to know a fixed narrative, giving us correct answers as well as a moral compass. It is, rather, an approach, a way of perceiving and thinking about continuity and change, causality, identity formation, and the moral issues that, unavoidable, arise from studying the past.

Christina Heldner

Who is Elena Ferrante?

My talk will be centered around the identity of the well-known Italian author Elena Ferrante, whose name is a pseudonym. After giving a short presentation of her work, the

general quality of her writing, and her quite unusual international success story, I will present a certain number of speculations as to who she might be, which have recently been discussed in public in Italy. All of these rely on various facts, research results, and circumstances that I will try to comment on. As for myself, in my choice of a solution to the enigma under examination, I have decided also to take account of a number of important aspects related to Italian history and societal analyses of this country so afflicted by corruption and organized crime. My own analyses of the contents of Ferrante's four novels consecrated to the two main characters, Elena and Lila, and the life they share with a great number of neighbors with extremely different characters, values, and ways of life - in a very poor part of Naples - will be interpreted against this background.

Jan Hultman

Our heart – a magnificent pump

In the last decades our knowledge in heart function has improved considerably with the introduction of visual techniques in assessing heart function. Already in 1904 Frank Starling published "The Law of The Heart" where he stated that the heart is a volume pump and not a pressure pump. This was a crucial insight and he stated that monitoring of blood pressures was not enough to assess heart function.

Today visual methods such as echocardiography has become a routine in the clinical setting to examine heart function which has led to major improvements in diagnosis, therapy and prognosis in all medical fields. Echocardiography is extremely important in evaluation of central hemodynamic with respect to the differences in right and left ventricular function. Also, to follow the role and interaction between the right and left side of the heart.

Bodil Jönsson

Time and man

Like all other concepts, *time* is invented by human beings. The mere concept has had (and has) a decisive influence on how we experience the existence per se as well as our fellow humans and ourselves. The eager search for answers to time related questions such as *when?*, *how long?*, *how often?* and *how old?* derives from the eternal human ambition *to get control* over the existence. Of special importance is the consecutive pair *before* (what comes first, what is the cause of a phenomenon) and *afterwards* (what comes second, what is the resulting effect).

Time makes way for a shared understanding of the world as *reasonable*. This contributes to a decent level of mental hygiene, especially important in this post factual era of fake news, blind for the disaster of a future with infinite "truths".

After recognizing *time* as a valuable thought given to humanity, the lecture goes on admitting that unfortunately the human body (in its standalone state) lacks the ability to measure time in a confident way. To compensate for that, generations of fellow beings (earlier and now living) have developed highly qualified artificial time measuring aids, for the public as well as for research purposes. By now, the precision in the definition of the second far exceeds the ones of all other units. To cope with this, the meter was redefined *via* the second in 1983 as was the kilogram in 2018, only half a year ago. By now,

the Paris meter prototype is as outdated as is the kilogram prototype. It is as if time has won over length as well as mass.

All these efforts to elaborate the concept of time and its effects have been outstandingly beneficial century after century. Now the setback is here, not in the scientific world but in our every day life where far too many conceive time mostly as a depressing concepts and clocks and calendars as stressing rather than supportive and structuring. In spite of its absurdity, a new "axiom" has evolved: everybody is *short of time*? How come that our contemporary world has missed the fact that this is impossible? Time *does* arrive, time is notwithstanding *given to you*, with exactly the same speed as it disappears.

After some delving in the above, my lecture will circle around three issues:

1. how has our relations to time changed during *the last twenty years*?
2. are there any revealing eye openers in sight that could challenge the existing brain ghost that makes us believe time is a scarce commodity?
3. how can the Stromstad Academy and all of us benefit from and further elaborate the ongoing changes in the human aging? As convincingly documented in the H70-study at the University of Gothenburg, since 1970 we have added not only more years to life but also more life to the years (a 70-year-old today has a health, wellbeing and quality of life like the one a 50-year-old had 50 years ago). Of special value to the Academy is also the ongoing scientific shift in its approach to elderly people's learning abilities.

The lecture held in Swedish will be freely exemplified and illustrated, documented for publication on the website of the Academy.

Gunnar Kullenberg

Climate related ocean changes and effects on society

Climate change is with us. The warm period around 800-1250 led to developments in Iceland and southern Greenland. It was followed by a cold period, Little Ice Age, about 1300-1850 which caused much calamity in Europe. The current warming period started around 1850-1870. The sediment cores from the Albatross expedition 1947-48 could indicate next ice age in time scale of 10000 years; surprises may still emerge in the climate system. Presently it is, however, the increased rate of change since 1950 that leads to serious consequences for environment, ecosystem, biodiversity, resources and human society. Many effects are due to changes in the ocean with its large heat capacity, taking up about 90 % of the additional heat caused by our release of greenhouse gases. The water conserves heat input long, and carries it over basin-wide scales. We know the ocean is getting warmer. The influence of the Baltic on the climate of bordering states provides an example. During 1900 the surface temperature rose about 0.8 degrees, in areas of the Southern Ocean up to 1 degree. In the Baltic it has risen 1.4, and in high latitudes 0.6 to 1 degree over 25 years. The heat input has reached at least 3000 meters. The warming leads to more evaporation, changes in precipitation and hydrological cycle, resulting in changes of salinity. High latitudes get less salty, tropical and subtropical more. The circulation is changing. The warmer inflow to the Arctic influences the ice coverage from below. The ice decreases about 3 % per decade, and 7-8 % in summer periods since 1970-80. In some areas the Antarctic ice is also eroded from below by warmer upwelling water. The ocean has absorbed 35-40 % of the carbon dioxide re-

leased from our society. The uptake leads to acidification. The warmer ocean takes up less, presently in the range 25-30 %. This mirrors the development of uptake of forests. The ocean uptake varies with latitude: the Southern Ocean is the main sink, the tropical and sub-tropical areas release carbon dioxide (out-gassing), and northern ocean areas are sinks. Acidification is serious for the ecosystem, in particular for coral reefs and shell-formation by crustaceans. The warmer ocean has less oxygen, and oxidation of organic material in deep and bottom water goes faster, in combination with weakened vertical exchange leading to a de-oxygenation of the ocean. Areas with low or no oxygen are increasing in number and size, as in the Baltic. The ocean expands due to warming and increasing runoff from melting glaciers and the continental ice over Greenland and Antarctica. Sea level rise was about 20 cm during 1900; the rate has later increased and is now in the range of 3-5 mm per year; we could expect at least one meter rise during this century. The rise has very serious consequences for coastal areas, leading to increased erosion, more flooding and storm floods, losses of land areas and ecosystem services, implying needs for more protection at great costs.

Combined effects on our society are profound. Intensity, amount and distribution in time and space of precipitation with augmented or reduced flows, influence water supply, ground water levels, irrigation, river flows, flooding, river transport, dams, floods and land runoff, all with great implications for uses, security and management. Low flows and shallower rivers make transport and irrigation difficult and lead to oxygen depletion in more stagnant water resulting in changed production and fish kills. This is happening in Europe, Asia, America and Australia with large socio-economic effects. The opposite with increased flooding occurs as well. Sea food production, fisheries and aquaculture is affected by changed fish migration, primary and secondary production due to warmer water, seasonal changes, altered nutrient supplies, more persistent algal blooms with changing composition and possibly more toxicity, as is the case in the Baltic. The biodiversity is changed, some species disappearing, replaced by invasive and new species. The coastal land area is about 10 % of the total but home to 50-75 % of the population, in some countries up to 100 %. The effect on these areas is very large, on industrial uses, tourism and recreation by the local population, their health and quality of life. The changing flows and stronger winds lead to more pollution and debris with consequences for food security and other uses of the water, for instance desalination to obtain fresh water. Fisheries employ about 55 million people and provide protein for up to 3 billion, but 90 % of fish stocks are depleted or close to. There is a strong need for more action to achieve a more sustainable fisheries and use of coastal areas. In particular large coastal megacities are threatened, with up to 800 million people at risk. Several of the Sustainable Development Goals of the 2030 Agenda will address these problems, and the UN Ocean Science Decade 2021-2030 aims to provide further scientific and technological motivations for actions including hopefully some science-based solutions.

Mats-Olof Mattsson

Novel and emerging medical uses for non-ionizing radiation

The potential for using non-ionizing electromagnetic fields (EMF; at frequencies from 0 Hz up to the THz range) for medical purposes has been investigated since many dec-

ades. A number of established and familiar methods are in use all over the world. These include magnetic resonance imaging (MRI), electro-surgery, and diathermy treatment of muscle pain. There are, however, many less well known applications that already play some clinical role, or are in earlier stages of development. Such methods include modalities used for bone healing, cancer treatment, and neurological conditions. Certain other potential clinical areas are also investigated. Most of the technologies deal with therapy, whereas just a few diagnostic approaches are available. None of the methods discussed in this lecture are having such a strong impact in their field of use that they would be expected to replace conventional methods. Partly this is due to a knowledge base that lacks mechanistic explanations for EMF effects at low intensity levels, which often are used in the applications. Thus, the possible optimal use of EMF approaches is restricted. Other reasons for the limited impact include a scarcity of well-performed randomized clinical trials that convincingly show the efficacy of the methods, and that standardized user protocols are mostly lacking. Presently, it seems that some EMF-based methods can have a niche role in treatment and diagnostics of certain conditions, mostly as a complement to or in combination with other, more established, methods. Further developments and a stronger impact is needed for a better understanding of the interaction mechanisms between EMF and biological systems at lower intensity levels, and an elucidation of the importance of the different physical parameters of the EMF exposure.

Åsa Morberg, Carl Olivestam, Rune Wigblad

Sweden beats the world record in school fires, but why are Swedish schools on fire?

This question we would all like to have a straight answer to. Unfortunately there is no simple answer to the question, but you can examine the facts and analyze them.

Statistics show that in 2000 the number of school fires grew and reached a peak in 2005-2009. Thereafter, a decline was noted, only to increase again recently. It has mainly been about fires in the larger towns and so-called vulnerable areas. An interesting observation is that Gothenburg during 2011-2014 had much more fires than other cities in Sweden. But in 2015 this relationship had changed.

It is about the overall pattern of respect for the general public as well as our common or public sector. The public's rating of the public sector has declined over time. The public sector's popularity is not so high among some young people. There is a need for efforts to improve young people's appreciation of public recourses, such as school buildings, etc. It is important to shape an ethically defensible model to consistently reconquering the respect for the values that strengthen our society and stimulates a personal sense of morality.

What can we do to improve the situation? As mentioned above, Gothenburg managed to reverse a negative trend and "normalize" the situation. Thus, there are positive experiences at some schools. It is possible, therefore, to find role models and start a learning process for improvement. The systematic method that has been called bench learning. It is such a systematic learning process that is widely needed in our schools.

Our seminar will provide a short background and analysis of shared values and constant improvement work.

Jila Mossaed

My name is Jila Mossaed. I left my country Iran during the war in 1986 and have been living in Sweden for 32 years now. I am a poet and writer actively writing in both Persian and Swedish.

If someone had told me during the 70-s that in my future life I would live in Sweden and write in Swedish, I would have laughed.

Because everything was calm and we had no idea that soon the whole system would collapse.

It was not my will to leave my country, it was the circumstances of war and a religious system where one started to arrest and jail the people.

After ten years I decided to change language and started to write poems in Swedish.

I wanted to testify my existence far from my cradle.

I decided to be the voice of my sisters and mothers who lost their freedom.

I like to be a critical voice against religious power over people's lives. A voice against any war in the world.

I must say that my poems in Swedish are totally different from those in Persian. I have a lot of memories, experience and knowledge from my past life in Iran and I also get daily updates on the country information by reading but I live in Sweden and I am surrounded by voices, events, nature, people, music and so on.

Being forbidden to have a voice in my own country, I sing my agony and my wishes in another language.

This is the language of exile.

I have learned how to play a new instrument to tell my story. I have found my real voice without fear.

One foot on ice and another on thorn. Now I am used to it. It is like a triumph writing in a language which I learned when I was over 38 years old.

Right now I am working on my new book, the eighth one in Swedish.

Carl E. Olivestam

How to determine the socio-cultural climate in the world

World Values Survey is the result of investigations that have been made since the 1990s based at the Institute for Future Studies in Stockholm. The last one was published in 2015. Here, the researchers focused on identifying people's values in the industrialized countries in the world. The different measurement occasions have developed a stable recurring pattern: Deposit patterns are the result of answers to questions about how participants see the family, work, religion, politics, society, science, security, safety, violence and the future.

At Stromstad Academy's annual celebration in 2016 we discussed this value map as a unifying theme for another anthology.

Carl Olivestam

The Academy has a specific culture of its own - it is a matter of acceptance or being trapped. How to master any unknown situation

A new culture is always a challenge. To handle you need to know who you are and what you want. What's most important to know? What's in it for you?

The American psychologist Fritz Riemann assumes that the primary thing for all people is that they have a constant experience of **anxiety**: If so you need to control your sensibility.

On the contrary, the German psychoanalyst Carl Gustaf Jung offers a different starting point to handle your career. Jung assumes all people's need of being **free of worries** and threatening phenomena.

The American religious scientist Christian Davis has identified a person's **believes** as essential to his career.

Neuroscience shows that **security** – close to Jung - is an essential basis for all learning, essential for an academic career. Anxiety means that the amygdala prevents the hippocampus from developing an openness to utilizing the capacity of thinking, using intuition and possibility for being visionary.

Moreover, how to prepare yourself to become the most successful scholar?

Next anthology from Strömstad Academy

We want to help and support those who want to move forward in the career development as a researcher. We will share stories about experiences, good or bad, with subjective personal reflections from members of the Strömstad Academy. How have you gotten support in your research career yourself? If not, how did you experience and manage it? What events have helped you in your career?

Get in touch with us about your contribution or ideas.

Why an academic career

Please answer these questions:

1. Why did you choose an academic career - or did you choose?
2. Did your choice of an academic career also include a lifestyle or just a career?
3. There are different career paths within the academy, mainly: administration, education, social relations. Which one did you choose and why?
4. An academic degree at various levels also opens career paths outside the academy. Did you choose one? Which one and why?
5. What was your motivation: Money, status, curiosity, self-esteem, or? (Please rank if you specify more than one subject, the most important first.)

Gudrun Olsson

Narratives of regret

To regret something we have said or done is part of the human existence. We also tend to regret what we did not say or do, remaining passive and silent. As regret is strongly associated with mistakes, the regrettable situation can easily be denied or warded-off. The overall purpose of this study is to capture the essence of regret. What does it mean to regret something? To illustrate the phenomenon of regret I turned to a psychotherapeutic context. Psychotherapists in psychoanalytically oriented training on advanced level were asked the following: "Would you tell me in a written form about a situation in your psychotherapeutic work with a patient, where you afterwards got to regret something". In this way I got access to 90 written narratives to analyze. This paper is based on the whole material but only one narrative is used as illustration. The method used in the analysis of the narratives is a phenomenological hermeneutic method.

To regret something is loaded with painful emotions. Guilt and shame are the most prominent emotions, but also anxiety, fear, disgust, sadness and anger towards the patient and towards both private and professional self are frequent. Often emotions are expressed in terms of metaphors of destruction, which can be seen as a way to distancing oneself to the painful experience and still remain in touch with it. For example a therapist could "bite herself in the tongue" after she had made an intervention. Typically regret situations are characterized by surprise, suddenly feeling overwhelmed or puzzled. "It did not exist in my world of imagination", as a therapist expressed it. Patients may cause this surprise but therapists may also be surprises to themselves. They may start to cry in the session, laugh in an uncontrolled manner, making slips of the tongue or fall asleep. Furthermore, each narrative of regret contains a silent negotiation about roles. Patients cast themselves in a particular role and they cast the therapist in a complementary role as an invitation to the therapist to become a co-actor in the patient's drama. A pressure is thus exerted on the therapist. Therapists regret that they were caught up in the roles imposed upon them by their patients. Finally, regret can be observed as a process going from suffering to recovery. Initially one is grabbed by regret; it gets hold on you from the inside. Regrets are illuminations that come too late. The feeling of nakedness and inadequacy can however give way to reconciliation and recovery. Reflection may be of crucial importance contributing to recovery. Questions are asked: How could this happen? How can I deal with similar situations in the future? One's own patterns of mistakes can be revealed and reflected upon. Narratives and metaphors have both the function of bridging gaps. Narratives bridge gaps between the normal, expected and the extraordinary, puzzling. Metaphors are bridges between a concrete, known world and an abstract, unknown world. By narrating and by finding metaphorical expressions of the regret experiences a door is opened towards reconciliation and recovery.

Torsten Rönnerstrand

Invitations to Love in Literature

In this talk I will present a book I just published: *Kärleksinvider i litteraturen – från Bibeln till Millenium* (Invitations to Love in Literature), Carlssons Förlag. This book is a historical study, inspired by Erich Auerbach's wellknown *Mimesis. The Representation of Reality in Western Literature* (1946). Based on a broad selection of examples I want to show that pickup lines, proposals and courtships often can be seen as mirrors of their time.

The forty-nine chapters include examples from Ancient Greece, Rome and the Middle Ages like Homer, Sappho, Herodotos/Herod, Euripides, Plato, Ovidius/Ovid, Beatrice de Dia, Dante and Giovanni Boccaccio. I also discuss the great names from the period 1500-1700, e. g. Pierre de Ronsard, William Shakespeare, Miguel de Cervantes, Molière, Jean Racine, Henry Fielding, Voltaire, Carl Michael Bellman and Johann Wolfgang von Goethe. The last two centuries are represented by Jane Austen, Honoré de Balzac, Charlotte Brontë, Carl Jonas Love Almqvist, Auguste Flaubert, Richard Wagner, August Strindberg, Selma Lagerlöf, Hjalmar Söderberg, Marcel Proust, Ernest Hemingway, Bertolt Brecht, Irène Némirovsky, Nikos Kazantzakis, Ian Fleming, Evert Taube, Harry Martinson, Tove Janson, Marguerite Duras, Bob Dylan, Leonard Cohen, Lars Norén, Lars Gustafsson, P.O. Enquist, Aris Fioretos, Theodor Kallifatides, Stieg Larsson, Maja Lundgren and David Lagercrantz.

Myrtill Simkó

Cells meet electromagnetic fields

Extremely low frequency electromagnetic fields (ELF-EMF) are produced to a large extent both by modern technologies and by power lines (50 Hz). These anthropogenic EMFs have evolved through urbanization, and numerous studies have been carried out to investigate possible negative effects of ELF-EMF on human health since early epidemiologic studies suggested a connection between EMF-exposure and childhood leukemia. So far, however, in vivo and in vitro studies have failed to identify or demonstrate the molecular and cellular mechanism of action behind the investigated effects that are caused by low flux densities of the fields. On the other hand, numerous studies have shown that specific (therapeutic) ELF-EMF have both stimulatory and inhibitory effects on the immune system, demonstrated positive effects in wound and bone healing, as well as in neural regeneration. Of course it has to be mentioned that ELF-EMF exposure to power lines and ordinary household appliances are different in duration (longer), field intensity (weaker), and frequency compared with therapeutic applications. Since it is known that these fields have too low energy to break molecules, but biological reactions have been identified, the question remains how these interactions occur.

Numerous investigations have shown the release of moderate amounts of free radicals after ELF-EMF exposure, and such radical release is often connected to other investigated effects. These free radicals seem to be key measurable responses to the exposure, leading to further (secondary) effects, whereby the interaction can possibly be via heat development in the form of intracellular “hot spots”. There are certain cell-membrane proteins (receptors) able to sense such intracellular local heat changes and react to them by different biological processes depending on the cell type and status.

Taking together, a better understanding of the biological mechanisms underpinning ELF-EMF exposure effects of living matter allows the targeted use of the fields in medical applications.

Marie-Louise Wadenberg

Management of medical products and aspects of the environment

Environmental aspects and risks around the production, use and handling of pharmaceutical drugs are currently front and center for investigations and regulations. Previously the Author has given an oral presentation on this topic at the Stromstad Academy's Academic Ceremony in 2016, as well as following up with a brief article on the subject in the, by the Academy, recently published anthology entitled Health & Environment. The focus so far has been mainly on Swedish aspects of the issue and current regulations. The present oral presentation will serve as a follow up on current progress and with a broadened focus extending also to some aspects currently discussed internationally.

Ernst van Groningen

Could humanity face the same fate as dinosaurs?

Rune Wigblad

How fast will the diffusion of electrical vehicles be in the transport sector?

We have an energy revolution around the corner with lower and lower prices on renewable energy sources. The problem is however storage of electricity. We have to meet the challenges of energy over-abundance and imbalance in time between power generation and consumption. In 2018 new electric cars in Norway had a 35% market share and hybrid-cars 19%. This situation is based on battery electric vehicles but Norway is also investing in infrastructure for hydrogen-based fuel cell vehicles which is the most low-carbon drive technology. A third option is an internal combustion engine based on decarbonized fuels. The government needs to make long term commitments and invest in all these technologies. Sweden should also follow the Norwegian example.