

Amsterdam Public Health – Health Behaviors & Chronic Diseases
Travel Grant 2024



li.u LINKÖPINGS
UNIVERSITET



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TO: LINKÖPING UNIVERSITY, SWEDEN
DEPARTMENT OF BEHAVIOURAL
SCIENCES AND LEARNING
DIVISION OF PSYCHOLOGY
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Amy is an assistant professor at the department of Health Sciences, VU University. She went to Linköping University in August 2024 to visit Professor Sally Wiggins Young, who is professor of discursive psychology and a leading researcher in the field of interactional approaches to eating together and shared mealtimes.

Collaborative activities in Linköping

Our main collaborative activities during the visit were threefold:

[1] Our joint research with colleagues from Italy, in which we examine how ‘finishing the plate’, i.e. ‘eating up’, is constructed in family mealtime interactions. Insights from our research shed light on the interactional organisation of socialising children into specific eating practices (such as finishing the plate), and how this process is collaboratively achieved in child-parent interaction. We continue to work on this research and expect a (first) paper on the results early next year.

[2] Data analysis sessions. We use video recordings of family meals and highly detailed transcripts thereof as research data. As such, analysing data together works much better together in a room than via online platforms. Thus, we made optimal use of this opportunity to analyse a lot data (video clips) together.

[3] Development of a joint project proposal, that resulted in a grant application. We intend to organize two scientific meetings in 2025, with the purpose of establishing an international and interdisciplinary network for researchers deploying interactional approaches to collaborative

eating practices.

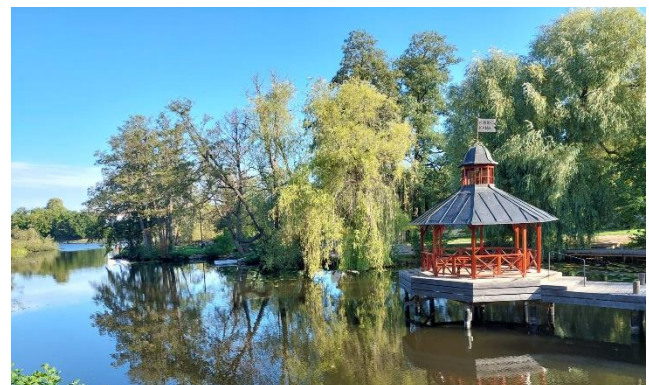
Furthermore, I presented data to international colleagues from the research field and expanded my professional network as I met various researchers from Linköping University, at the division of Psychology and beyond, which might lead to more collaborations in the future.

Nature, culture and *fika*

A research visit abroad would not be complete without exploring the area! I very much enjoyed the architecture and green surroundings (lots of forests!) in Linköping and the neighbouring town Norrköping, where another part of the university campus is located. I learnt about the history of Linköping at the open air museum *Gamla Linköping*, and we also took a trip to the *Arbetets museum* (museum of working life history in Sweden). Furthermore, we frequently enjoyed *fika*, the Swedish afternoon coffee break. During *fika*, one takes a moment to put their mind at ease and enjoy coffee with a sweet treat. *Kanelbulle med kaffe* (cinnamon rolls with coffee) are very popular on these occasions – and indeed, very tasty!



In sum, this visit to Linköping University in Sweden has greatly enhanced my collaboration with Professor Wiggins Young, and boosted our research project and new project proposals. The opportunity also enabled major professional and personal development. It was a wonderful experience, and I am very grateful to APH for providing this opportunity!



Pictures:

- (1) Amy at her temporary desk at LiU Campus Valla (Linköping)
- (2) "Studenthuset", iconic building at LiU Campus Valla
- (3) Kanelbulle med kaffe under fika
- (4) Stångån canal (Linköping)
- (5) Arbetets museum (Norrköping)
- (6) Linköping city centre by night