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# THE UPSHOT

**Interreg**  
North Sea Region  
European Regional Development Fund



## Programme updates



### Welcome to nine new regions in the future programme

We are delighted to announce that new regions in France, Flanders and the Netherlands are set to join our future programme > [Learn more](#)



## Call 12 in the pipeline

Information about the call is currently being prepared and will be available shortly >  
[Learn more](#)



## Updated Brexit Q&A

The transition period is ending on December 31. We have updated our Brexit Q&A with the latest information > [Learn more](#)

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# Events



## Save the dates: First Level Control Seminars

Germany, Sweden and the Netherlands are all planning online first level control seminars at the start of 2021 > [Learn more](#)

# Project highlights



## Reframing loneliness during lockdown

The I2I project is tackling social isolation amid the pandemic, which has led the partners to reframe the problem and come up with new solutions > [Learn more](#)



## Helping startups to brave the pandemic

Inno-Quarter has festivals at its core and was extremely hard hit by the Covid-19 restrictions. This is how the project is overcoming the challenge > [Learn more](#)



## CANAPE wins gold!

CANAPE received The Green Apple Environment Award for their ground-breaking work on peatland restoration and sustainable management > [Learn more](#)



## 5 reasons why projects should work together

Eight of our projects share how cooperating with other projects has benefitted them. Check out their best tips for cooperation between projects. [> Learn more](#)

# Fancy a winter dip?



Believe it or not, winter swimming is practiced throughout the North Sea Region and especially on or around New Years Eve. From Scheveningen near The Hague to ice swimming off the coast of Norway, bathers are hopping in claiming that it serves as a mood booster during the long, dark winters and fosters a sense of community.

The North Sea does not exactly offer tropical temperatures for swimming enthusiasts. During winter, the water of the North Sea is about 6 °C and it warms up to about 17 °C during summer.

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