There are manifold links tying Mecklenburg-Vorpommern to the Baltic Sea region. Particularly, there are a shared historical and cultural heritage as well as close economic ties.

The Baltic Sea region with about 150 million people is one of the most interesting regions in Europe. Since the Iron Curtain came down, our state has become a link between East and West and it also serves as a bridge between northern and southern Europe. Phrases from Mecklenburg-Vorpommern’s work in different structures and projects of Baltic co-operation to advance solutions to joint challenges, an exchange of views and the development of new ideas.

- EU programmes for cross-border and transnational co-operation,
- European Union Strategy for the Baltic Sea Region for closer co-operation to protect the Baltic, for improved links and economic growth in the region, with state-defined focal fields such as tourism and health,
- Transnational networks and organisations, such as:
  - The Baltic Sea Commission as a joint forum for co-operation and also to represent the interests vis-à-vis other regions in the Baltic Sea region,
  - the Council of the Baltic Sea States as an organisation for co-operation among Baltic Sea countries as well as an interface providing a link-up to other bodies,
  - Scandis as a „network of networks“ for the field of health care and life sciences,
  - Southern Baltic Sea Parliamentary Forum and the Baltic Sea Parliamentary Conference as forums of co-operation among parliamentarians in the region.
- All these state-based activities are assisted by the Baltic Sea - Mecklenburg-Vorpommern Forum, serving as a central contact point for Baltic Sea committed parties from the spheres of research, business, administration and from associations in the area.

Logistics/transport: Turning over 35 m. tons for sea transport every year.
- The port of Rostock provides a link to the EU-supported transport corridors, leading from Scandinavia across the Baltic towards the Mediterranean,
- easy access to metropolitan areas in the Baltic region,
- modern high-performance transport infrastructure (ports, motorways, and rail links).

Renewable energy: Mecklenburg-Vorpommern can cover its power requirements completely from renewable energy.
- Successful in providing international windfarm projects, both onshore and offshore,
- involvement of Mecklenburg-Vorpommern-based companies in cross-border projects in Poland, Denmark, Turkey, Brazil (Vietnam, the USA, and Russia),
- launching cross-border projects for a sustainable power supply to rural regions.

Regional partnerships set up on the basis of historical and cultural links represent a major element of Mecklenburg-Vorpommern’s international network.

- Western Pomerania Y手臂ofship, Poland
  - Fields of co-operation: transport, cross-border metropolitan region of Szczecin, internal security, health care, science, renewable energy, culture, tourism, education, youth, and sports.
- Leningrad Region, Russia
  - Fields of co-operation: logistics, transport, timber and wood, small and medium-sized companies, education and further education, youth, and sports.
- North Frisian, Finland
  - Fields of co-operation: technology, renewable energy, and biotechnology.
- Škåne, Sweden
  - Fields of co-operation: education and further education, health care, renewable energy, tourism, culture, and transport.
- Mecklenburger County, North Carolina, USA
  - Fields of co-operation: technology, energy, education, and culture.

Tourism: A total of 23 million overnight stays in Mecklenburg-Vorpommern a year.
- Growing interest among foreign tourists for Mecklenburg-Vorpommern Over 20 per cent coming from Poland, Denmark, the Netherlands, Switzerland, and Poland,
- growing numbers of non-European tourists abroad cruise ships,
- development of cross-border tourism marketing in the Baltic Sea area.

Science and research: World-wide contacts among scientists
- Sector-wide networks to develop future-capable products on international growth markets in maritime industries as well as in bio and medical technology,
- international co-operation among universities and research facilities in the context of partnerships between institutes of higher education, as well as exchanges of students and of scientific staff,
- EU provided funding for cutting-edge research and excellent scientists.

Health care: Mecklenburg-Vorpommern – one of the most modern European health regions with a workforce of over 100,000 people
- Top of the line medical technology from Mecklenburg-Vorpommern involving a considerable number of companies active in other countries.
- Mecklenburg-Vorpommern – an active member of the Baltic-wide Scandis sector network,
- extension of a telemedicine network and of newly born child screening with the Western Pomerania partnering region,
- an annual national health care conference – international experts meet in Mecklenburg-Vorpommern,
- participation in the Arab Health Fair in Dubai every year.

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Vibrant co-operation underpinned by regional partnerships