

Åmtanke sweater

The Åmtanke sweater is a warm and caring knitting pattern that encourages creativity and personal expression. It features a distinctive stripe pattern that represents the diverse paths of life and our unique individualities. The sweater is knitted using a base color, a secondary color, and a contrast color to create visual interest and depth. The stripes are designed to intersect, symbolizing how our lives are interwoven with others'. With an intentional misspelling in its name, the Åmtanke sweater embraces perfection in imperfection and celebrates the care we can share through our handiwork.

The sweater is worked in Fritidsgarn from Sandnes on 6 mm needles. With bigger needles, the sweater can be knit quite fast, which you can give to a friend who needs a bit more warmth.



The image shows how the contrast color can be placed differently on the sweater.

DESIGN: Remi Tasc

PHOTO: Ingvild Tafjord



SIZES: S (M) L (XL) XXL

SWEATER'S MEASUREMENTS:

Circumference for women and men: 93 (101) 110 (120) 129 cm

Body length for women: 41 (42) 43 (44) 45 cm

Sleeve length for women: 47 (48) 49 (50) 51 cm

Body length for men: 43 (44) 45 (46) 47 cm

Sleeve length for men: 50 (51) 52 (53) 54 cm

This is how to find the right size:

1. Grab a sweater that fits you well.
2. Compare the measurements with the pattern.
3. Choose the size based on the circumference of the body,
4. The length of the body and sleeves can be worked longer, or shorter, depending on measurements.

YARN and AMOUNTS

Fritidsgarn from Sandnes Garn (100 % wool) ca. 70 m = 50 g or yarn that suits the gauge

Yarn amount for men's XL:

450 g main color

200 g secondary color

50 g contrast color

NEEDLE SIZE: 4.5 mm & 6 mm long circular needles and DPNs

GAUGE: 13 stitches in stockinette on 6 mm = 10 cm

REMEMBER! Check the gauge by knitting a swatch. Count the number of stitches per 10 cm. If you have more stitches per 10 cm, go up a needle size. If you have fewer stitches per 10 cm, then go down a needle size. The knitting tension should be maintained for a good result.

BODY:

Cast on 120 (132) 144 (156) 168 stitches in the main color on 4.5 mm needles. Work 7 cm in ribbing *knit 1 through the back loop, purl 1*, repeat from * - * the whole round.

Change to 6 mm needles and work the rest of the work in stockinette. Insert a marker to indicate the beginning of the round.

Continue with Chart A.

The body should measure (43) 44 (45) 46 cm for men and 41 (42) 43 (44) 45 cm for women. **Finish earlier, or extend the work with stripes in the chart, to adjust the length.** Place 7 (9) 10 (11) 12 stitches on each side onto a stitch holder for the armhole. Put the work to the side and begin the sleeves.

SLEEVES:

Cast on 34 (36) 38 (40) 42 stitches in the main color on 4.5 mm DPNs/Magic Loop, and work 7 cm in ribbing *knit 1 through the back loop, purl 1*, repeat from * - * the whole round.

Change to 6 mm needles and work the rest in stockinette. Increase 2 (4) 6 (6) 6 stitches evenly on the first round, so that the stitch count becomes 36 (40) 42 (46) 48 stitches. Insert a marker around the middle stitch under the arm (= last stitch of the round).

Continue with Chart B, and increase 1 stitch on each side of the marker every 8th round until the stitch count becomes 52 (54) 56 (60) 62 stitches.

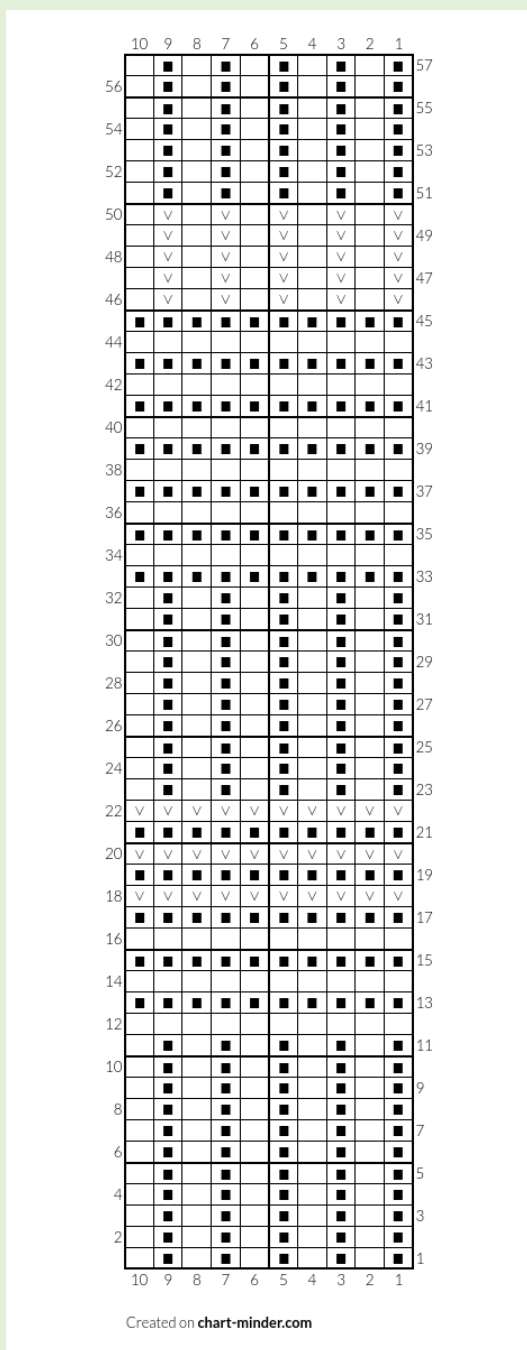
Work until the sleeve measures 50 (51) 52 (53) 54 cm for men, and 47 (48) 49 (50) 51 cm for women. **Finish earlier or extend the stripes in the chart to adjust the length.** Put 7 (9) 10 (11) 12 stitches from the middle of the underarm (= 3 (5) 5 (5) 6 stitches at the start of the round and 4 (4) 5 (6) 6 stitches at the end of the round) onto a stitch holder. Work one more sleeve the same way.

YOKE with DECREASES

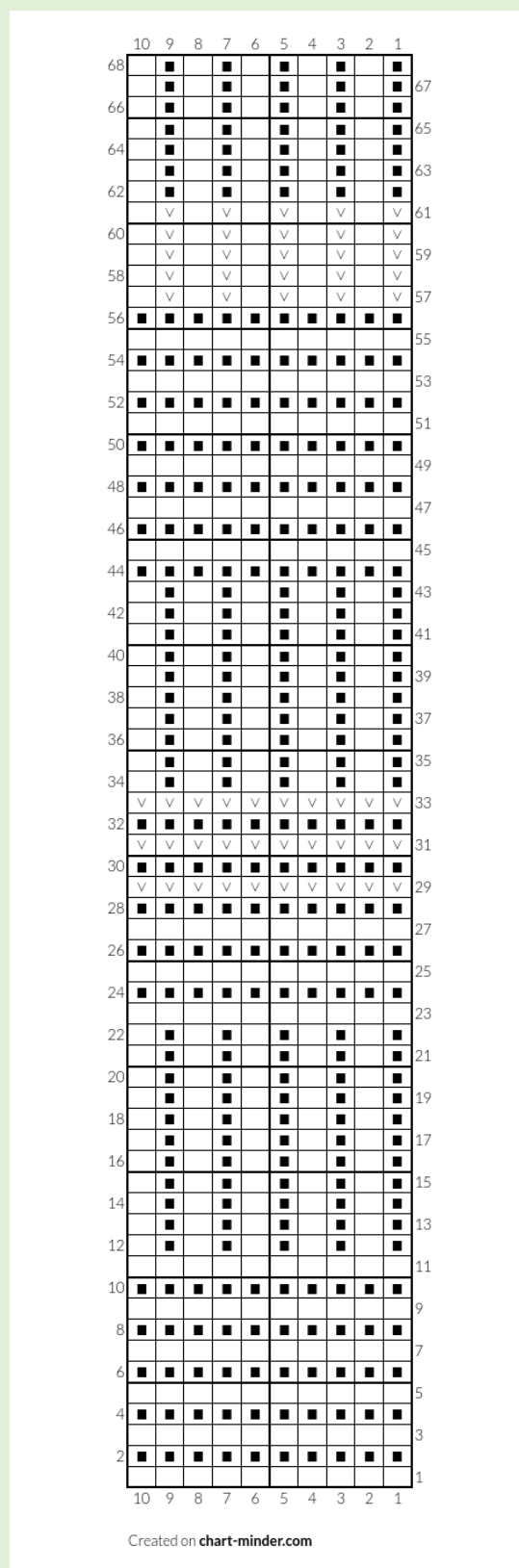
Join the sleeves onto the same circular needles as the body. Insert a marker where the work is first joined, to indicate the beginning of the round. The rest of the sweater is worked with the main color. Adjust the stitch count to 198 (204) 216 (234) 246 sts on the first round. Work 13 rounds for S (M) L, or 15 rounds for (XL) XXL.

Decreasing round: *knit 4, knit 2 together*.





BODY



SLEEVES

Finish earlier or extend the stripes in the chart to adjust the length.

The Åmtanke project is a heartfelt initiative that transcends the traditional boundaries of knitting by infusing it with a deeper purpose of compassion and community care. Conceived by Remi Tasc Moen, a Norwegian pattern designer, Åmtanke—which deliberately misspells the Norwegian word for ‘consideration’ to signify ‘nobody is perfect’—is more than just a knitting pattern; it’s a movement that encourages knitters to create and gift warm garments to those in need of extra care and warmth. At the core of this project lies the Åmtanke sweater, a garment that embodies the spirit of thoughtfulness. Its design features an interplay of stripes in varying colors, each stripe crossing paths with another, much like the intertwining journeys of individuals. This pattern is not only a metaphor for the interconnectedness of human experiences but also serves as a reminder that our unique traits and imperfections are what make us who we are. The project invites participants to knit with intention, choosing colors that resonate with them and dedicating their craft to someone who might be facing challenges or simply could use a gesture of kindness. The act of giving an Åmtanke sweater is symbolic of wrapping someone in warmth, both physically and emotionally, creating a tangible expression of support and solidarity. Åmtanke extends beyond individual knitting projects; it fosters a sense of community among knitters who share their creations and stories online, further spreading the message of empathy and unity. The project has inspired many to pick up their needles for a cause, knitting not just for leisure but with a mission to bring comfort to others. In essence, the Åmtanke project is about more than yarns and needles; it’s about weaving compassion into every stitch, crafting not just sweaters but also bonds between people. It’s an invitation to reflect on the warmth we can bring into others’ lives through simple acts of kindness—a true embodiment of care in every loop, knot, and pattern.

www.tascideas.com

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