



# Folk High Schools in Norway

Information in English, German, French, Spanish, and Chinese

folkehøgskolene  
www.folkehogskole.no



the year  
of a lifetime



# the year of a lifetime

## CONTACT INFORMATION:

The schools are owned and operated by different types of organizations and bodies. Each school is served by one of the two information offices, the Information Office for Folk High Schools (IF) and the Information Office for Christian Folk High Schools (IKF).

Our staff speaks English. We are sorry we cannot assist you in any other languages.

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## Experience your year of a lifetime at the Norwegian folk high schools (folkehøgskole).

Our 77 schools provide an opportunity for young adults to grow as a person, as a friend, and as a student in small learning communities. These are places where you broaden your horizon, deepen your social insights, get more confident, and learn tools for life long learning. You get to know Norwegian culture, you learn to speak the language, and you hang out with people both from Norway and from all over the world. You meet Norway in a way you never would as a tourist. You stay in the country for a year, getting on the inside of life here. And you will always associate you experiences in the country with the many exciting subjects you choose.

### Welcome to a folk high school in Norway!

The folk high school movement is a characteristically Nordic phenomenon which started in the middle of the 19th century in Denmark, followed by Norway, Sweden and Finland. The first folk high school in Norway opened its doors in 1864. Today, there are 77 schools in the country. Folk high schools provide opportunities in general education, primarily for young adults. These schools are different from secondary schools, highschools and higher education. This brochure will tell you more about what to expect from and what you learn at a folk high school.

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[www.folkehogskole.no](http://www.folkehogskole.no)



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**A year at a folk high school (folkehøgskole) in Norway gives you a unique opportunity to be part of the Norwegian culture, learn Norwegian, and participate in an exciting learning community along with other young people from Norway and the rest of the world.**

# live and learn learn to live

**The first reaction most people have when they hear about Norwegian folk high schools is “I wish I had an opportunity like that!” However, a few people react with a touch of skepticism. “A school with no tests and no degrees? What’s it good for?” is a common refrain. But to characterize folk high schools in such a way is to miss the point.**

## Folk High Schools In Brief

Folk high schools are one-year boarding schools offering a variety of exciting non-traditional and non-academic subjects, as well as academic subjects. The idea of folk high schools is learning for life, an opportunity to grow both individually, socially, and academically in small learning communities where all students live on campus in close contact with staff and their fellow students. One important part of the folk high school experience is to form a community, a common bond within the student body, in class and out of class. Learning for life happens all day long.

## The Whole Person

The folk high schools do not grant degrees or conduct exams. They are an enrichment to the regular education system, with the aim of nurturing “the whole person”. You develop knowledge in a subject you will make use of every day for the rest of your life: yourself.

## Exploring Dreams

During the year, many students discover what they want to do the rest of their life. Folk high schools encourage

students to try many different subjects, so students often discover what career they want to pursue. Folk high schools are a place for you to do things you have dreamt about, but haven’t had the opportunity to do yet. Many students leave the schools with increased confidence that they can pursue the careers and dreams they want. You will gain practical skills and experiences needed both in daily life and in a career.

## Why Are There No Grades or Exams?

How do you grade “learning for life”? How do you set an exam in “individual growth”? You don’t. Students monitor their own progress under the guidance of a teacher. By taking away the pressure of grades and exams, you learn to motivate yourself. You find topics that interest you and will often end up working harder than you would have otherwise, all because you are motivated to increase your knowledge. Learning that is crammed for an exam may soon be forgotten, but what is learned for life is always remembered.

## Why Name It Folk High School

The term “folk high school” is a literal translation of the Norwegian word *folkehøgskole*. However, this translation may give you the wrong idea. Folk high schools are not “high schools” in the sense of upper secondary school institutions designed to prepare students for college or work through exams. Folk high schools are separate from the rest of Norway’s educational system. Students can be any age and can have any level of educational experience. Indeed, these are schools for all people, all “folk”.



However, almost all students who attend folk high schools are young adults between the ages of 18 and 25. In Norway, a folk high school year is normally taken between secondary school (high school) and higher education. Most of the students are therefore 19 and 20 year olds. The folk high schools are mostly private schools, but also receive government funding. The consensus is that a year at a folk high school is beneficial to both the individual and to society. Therefore, there is no tuition fee, not even for international students. Everyone pays for room, board, study trips, and teaching materials.

## Diversity in Schools, Programs and Students

You will have many choices about where to study; there are 77 folk high schools spread throughout Norway. Each school offers a unique curriculum, a program of subjects in keeping with the profile of the school and the qualifications of the staff. You choose the topics that interest you, for instance outdoor life activities, theatre, sports, music, creative arts, media and communications, just to mention a few. Students come from all parts of Norway, and often a few international students. Diversity in the student body is highly valued, and everyone makes an effort to make international students feel welcome.

## Being a non-Norwegian Speaker

Most classes are taught in Norwegian. However, many schools will offer Norwegian courses, and nearly every one of the staff and students speak English, which can be of help in the beginning. After this year, you can expect to understand and speak Norwegian reasonably well. The level of proficiency will of course depend on your own efforts, but living in a Norwegian-speaking environment gives you great advantage for learning.

To find out about which schools offer which subjects, you will always find the most updated information on our website [www.folkehogskole.no](http://www.folkehogskole.no).



**my year** Mae Colburn  
18 years old  
The U.S.A.



I began my year with a major subject in Film/ Photography because I was keen on the subject yet had had little chance to explore it previously. This would be my chance to work in a dark room and learn a thing or two about

photography. I switched to Art after Christmas break because I wanted to begin working with new media.

I’ve been very surprised at how much I’ve gained from the experience so far. Not only is it a year of living in a foreign country, immersed in a new culture, and speaking a new language, but there’s the self-directed learning aspect of it as well. I’ve discovered how to learn without necessarily being taught, through experiences instead, and this is certainly a major part in growing up, and a skill I’ll be using for the rest of my life.

Folk high school is like living in a really worthwhile reality TV-show. You get to know your peers pretty well after a year with them, the bad, the good, and the in-between, and that’s all part of the plan. Though living this way, and with the guidance of your teachers, you figure out a good deal about how a society can function, and does function, and how you fit into it.

Norwegians are so good at English, so you really got to have the will to learn Norwegian to manage. But it works eventually, and after a short while I got to the point where I asked my friends to please, only speak Norwegian with me, and don’t answer me if I speak English. You have to find the balance between wanting to be understood, and wanting to use your Norwegian.

I would recommend a year at a folk high school but it takes a bit of getting used to. At the folk high school you are given all sorts of spare time, and you have to figure out how to fill it. For a gap year experience, it’s been very rewarding. Learning Norwegian and learning the ‘Norwegian Ethic’ has been something I’ll never regret.



The main teaching method is hands-on, to have you learn by doing. By experiencing the very things you are learning about, your knowledge and understanding become greater and more valid. And you are far more likely to remember something after you've seen it applied in real life. Classes are conducted in a free and open spirit, progressing through interactions and dialogues between students and teachers.

# experience explore

## examine express

### Develop Your Talent

The folk high school offers a host of opportunities for you to grow in self-knowledge and to develop your own talents. Through the school's many fields for learning, not only in the classroom and through the subject-matter, teachers will seek to inspire and challenge you. By "doing something different" students develop self-confidence and become self-motivated, active citizens. As an international student you are able to learn about Norway in a way you never would by being a tourist. You stay in the country for a year, getting to feel what life is like.

### Your Schedule at a Folk High School

Most schools ask you to choose one major subject. In addition, they offer electives and a few classes for all. You will see that some schools specialize in one or a few areas (i.e. music, theatre, sport, outdoor life), while others offer a wide range of subjects. On the schools' presentation pages (p. 18 - p. 33) you will find which subjects the

schools offer. These *major subjects* include music, performing arts, outdoor life, mass media, music, crafts, sports, computers, international issues, and many more. These subjects comprise 10 to 20 hours of instruction per week. Your schedule will also contain a variety of *electives* and some *compulsory classes*. Most schools have a set of required classes for all students. An important part of folk high school life is common learning experiences and shared activities, which often means that all students attend the same classes. Depending on the philosophy of the school, the shared learning may deal with subjects like literature, history, current issues, philosophy and/or Christianity, or students may sing in the school choir, take study trips and excursions together.

However, the schools are free to set aside their normal schedule for hours and days, for instance to prepare for the school trip, to look at an issue in depth, to put on a play or a musical, or to accommodate a guest speaker.

Many of the courses culminate in a performance, concert, exhibition or theme week which you and the other students have planned and organized in co-operation with your teachers.

### School Community

Life at the folk high school is about forming a community, you will have to learn many skills you will use the rest of your life. You will have tasks to solve together, but also friends to share happy moments with. One important arena for learning is the school's social life, including life in the dormitory. In fact, social life is a focus in the schools and many students say it is the most important part. It is part of the folk high school experience to form a community bond within the student body. Living with other people provides opportunities for training in cooperation and communication; creating a well-functioning community requires the ability to solve problems, and many of the activities will focus on life at the school and your fellow students. The point of this training is to develop democratic attitudes and skills in active citizenship. Through a democratic perspective students learn how to participate in society and government. One place is to participate in the school

democracy, where students have influence. Another place is to get involved in solidarity projects through the school. As an international student you are encouraged to share your own values, experiences, and culture with the rest of the school community. By creating democratic meeting points stereotypes are challenged and empathy is learned. The social life incorporates teachers as well as students. Indeed, everyone at the school is part of the community. And since the schools are small, everyone makes a difference. Schools average 80 to 90 students, but range between 40 and 150. The staff usually lives at or close to the school. They often spend time with the students outside ordinary teaching hours. This close relationship makes teaching and learning more dynamic and personal than in the case of traditional education; at the same time, you gain unparalleled social insights.

**You study, have meals and attend classes together. Dormitory rooms are frequently double rooms, but many schools offer singles as well. Living on campus, you will have access to most of the school facilities; such as gyms, darkrooms, libraries, music rooms and craft rooms, also after class hours.**



**my year**  
Luis Enrique Flores-Duran  
24 years old  
Venezuela

I wanted to experience the Scandinavian society and way of life, and to learn one of the

languages. I therefore choose Norwegian Language and Culture as my major subject. Here we have classes about the political system, how the country works and we are following an interactive language program. I also have chosen Art, where I mostly work with my interest: Photography.

I also like music, and have a band with my fellow students. This is outside class hours, but instruments and music rooms are available 24-7.

Because I am in an international class, I also have class mates from India, Ukraine and Poland, and this interaction with other cultures is a very interesting experience. As a whole folk high school is a good social experience. People are friendly and interested in learning. I have had some presentations about my country because the other students want to know about South-America and Venezuela,

and some of my class mates have decided to come and visit me there. My experience it that people is always taking care of each other here at the folk high school, both in good and bad days.

When it comes to my Norwegian I understand a lot. My fellow students speak to me in Norwegian, but I answer in English. It is difficult for me with my Spanish-tongue to speak this language. But now I have a class with 20 of the other students whom I teach Basic Spanish two hours a week.

I would recommend others to take a year at a folk high school. It is a good way of discovering one of the Scandinavian countries. Some of what I learn about this society, how the system is working, is something I will bring back to my home country.

**Who Attends Folk High Schools?**

Folk high schools are open to all, and every year about 6200 students attend the 77 folk high schools. Approximately 10% of all Norwegians have spent a year in a folk high school. Most schools admit students 18 years and older. By far the largest group of students is young adults, 19 and 20 year olds. There are international students attending almost every folk high school. In recent years, there have been students from more than 70 different countries, for example, Denmark, Germany, the Netherlands, Poland, the U.S., South Africa, India and Ecuador.

**Why Do Young People Go to Folk High School?**

Typically, folk high school students are looking for unconventional educational experiences at a place which both enlightens and trains for participation in a democratic society. The subjects taught give insight, knowledge and practice in a way that is unique. Many people need a year to consider what to do next in terms of education and occupation, a "gap year" between upper secondary (high school) and their continuing studies at a university,

or a break from a standardized curriculum and the exam pressures in the traditional school systems. By "doing something different" students develop self-confidence, and become self-motivated, active citizens. The unique social life is also an important reason for many to choose a year at a folk high school.

**What Do You Gain from a Folk High School Year?**

It is difficult to list what students get out of a year at a folk high school, as each student has their own experiences, challenges, frustrations, and triumphs. A common theme among former students is personal growth and development in a social setting that focuses on "learning for life". The educational program allows the student to follow his or her own interests and abilities. Students become self-motivated actors in developing their own education. Every student leaves with a broadened horizon, social insights, more confidence in themselves, and tools for lifelong learning. Undoubtedly, students are better prepared for whatever path lies ahead of them, whether it is in a university, in the workplace, or in the broader world.

**my year**

I am sharing a room with a Norwegian room-mate, which is sometimes challenging because of language difficulties, but you also learn to live together.

I knew very, very, very little Norwegian before coming to my folk high school. At first I was really nervous when in class, but the lecturers do understand my situation, and are helping out.

**Celia Lam**  
18 years old  
Australia

I wanted a year off, to do something different from ordinary school, before going to study law at a university in Australia. My mom, who is Norwegian, suggested that maybe I should take a year at a folk high school in Norway. I thought it

sounded interesting. I chose Media Studies as my major subject, and I am very happy with my classes. I did not know anything about photography before, but is now experienced in using a camera and taking pictures. I also have been shooting a decent movie.

A folk high school also gives cultural insight, and is a good social experience. For instance,

I have now been at the school for more than a half year, and get a long very well in Norwegian - or sometimes a mixture of Norwegian and English. When it comes to understand Norwegian, I have discovered that there are so many different dialects in Norway. Some of them are easy to understand, but I must admit I have problems understanding people from the north of Norway.

**What Level of Norwegian Proficiency Can You Expect?**

Immersing oneself in a Norwegian-speaking environment at a folk high school is probably the single best way of gaining first-hand and practical knowledge of Norwegian. You can expect that at the end of the year you will be able to use the language on an everyday level to communicate with native speakers. Depending on whether you choose Norwegian as a major subject or not, your level of advanced Norwegian will vary.

**What Does "Learning for Life" Mean?**

The schools offer a variety of subjects, but their common denominator is an educational program where you focus on your own interests and abilities. The folk high school experience is meant to challenge the whole person - the complete you. A central skill is the ability to pose questions and explore ideas, critical inquiry that becomes a significant part of our lives when we are actively involved and share responsibility for our own learning. A year at a folk high school will broaden your horizon. A broad



spectrum of subjects will inspire you to go on with your education and future career. Along with social insights, they are useful tools on your road ahead. The folk high schools call this "learning for life". In addition, through e.g. solidarity projects and a focus on your role as an active citizen, the schools try to expand your social perspective to incorporate outlooks from the rest of the world. In the interaction between different people, different opinions, and different values, your own opinions and values are confronted, making you more aware of the choices that you yourself make.

**A Nordic Tradition**

The folk high schools are part of a Nordic tradition of lifelong learning, endorsing equality and democracy as core values. The educational ideas that the Danish author, historian, and pastor N.S.F. Grundtvig developed in the 1840s are called the foundation of the folk high school movement. Today you will find more than 400 folk high schools in Denmark, Finland, Sweden and Norway.



**Folk High School, What It Is Not!**

It is important to emphasize that, by law, folk high schools conduct no formal examinations and issue no degrees. After finishing your school year, you will receive a diploma detailing what you have participated in. The folk high schools have different courses from the regular educational system in Norway.

International students at a folk high school who want to continue to study in Norway do not automatically qualify for enrollment as students in a Norwegian college or university; they must meet the same entry requirements as other international students.

**Entry Requirements**

The folk high schools do not require specific diplomas, previous education, or occupational experience to accept students. As an international student, you are expected to know English well or speak some Norwegian. Classes are held 6 days a week, and attendance is required in all but special circumstances. Having a job while you attend a folk high school is not feasible, as lectures and activities will also take place in the evenings and during weekends.

**The School Year**

The school year starts in middle or late August and lasts until the middle of May. A few schools offer half-year (semester) courses, starting in middle or late August or early January.

**Teaching Language**

All instruction is given in Norwegian, except classes that specifically teach "Norwegian Language". A few schools have international courses taught in English.

**How Much it Costs**

The Norwegian government covers the tuition fee for all students. Room and board, study trips and excursions, and course materials need to be covered by students. A typical year will on average cost NOK 70 000 (ca € 8 800 or \$ 13 900) in total. The final cost all depends on what programs and school trips are taken.

The expenses you will have as a folk high school student (NOK=Norwegian kroner, check the exchange rate):

- Registration fee:** ca NOK 1 150
- Room and board – average 9 mths:** NOK 46 800
- Sum total:** between NOK 52 000 and 98 000.

(The listed expenses apply to the 2008-2009 school year).



The prices differ greatly according to the major programs you choose and the study trips. Therefore, prices will vary both between students at the same school and between schools. The schools will inform you about their prices. As the cost of living is quite high in Norway, the cost of a folk high school is actually quite modest. So for experiencing a year in Norway, this is good value for money.

**Scholarships Available for International Students**

There are some scholarships available for international students:

- The Memorial Fund of May 8th provides about 20 scholarships each year for international students to attend a folk high school.
- Students from the Nordic Countries can apply for special for a folk high school year in another Nordic country.

You will find more information on page 15.

- Some schools offer free room and board to one or two international students. Contact each school individually to get information, as this may change from year to year.

Each school has its own school brochure and web-page where you can find out more about the courses offered by the school. Here you will also find an application form. You apply to each school individually. When the school has received your application form, you will receive an answer within a few weeks.

Schools start admitting students in early February, and admit students continuously until they are filled up or until the beginning of the school year. However, due to the current immigration policy of the Norwegian government, only a limited number of student places are available to foreign nationals outside the European Union (EU).

Special requirements for international students:

#### Citizens of Nordic Countries

No special requirements.

#### Citizens of EU-Countries

Citizens from EU countries need not apply for a residence permit in Norway in advance, but local police must be notified within 3 months after entering Norway.

You need social security coverage (form E – 111) and you need to carry medical insurance in your home country and insurance for your personal belongings.

#### Citizens of Other Countries

The Norwegian Directorate of Immigration (UDI) prescribes the regulations for students attending the Norwegian folk high schools:

Before coming to Norway, a residence permit to study in Norway is required. Admission to a folk high school must be ensured before you apply for a residence permit. Your application for a residence permit must be sent to the Norwegian authorities in your home country while you are still there or in the country where you have stayed during the last six months. The following three documents must be included:

- An application form for a residence permit
- The admission letter from the folk high school
- Verification of financial status.

The Norwegian Directorate of Immigration (UDI) requires that applicants from other countries pay 140% of the tuition fee (equals approximately NOK 54 600) to the school's bank account before starting to process any application for a residence permit.

#### Easy steps to enter the folk high schools:

- Get an application form from the folk high school(s) that you want to go to: the form is available from the school (or [www.folkehogskole.no](http://www.folkehogskole.no)).
- The admission process starts February 1. You may be admitted as long as there are places available and until the start of school.
- The course "Norwegian Language and Culture" usually fills up quickly, so it pays to apply early (February – April).
- If you are required to apply for a residence permit, you should allow 2-3 months to have it processed. In other words, you should apply to the folk high school no later than May.
- When the school receives your application, you will have an answer in a few weeks.
- If you are accepted, you will have a few weeks to consider the offer and pay a registration fee
- Application for the Memorial Fund has to be sent in by November 1. Check page 15 if your country is eligible to apply.
- Application for scholarship for Nordic citizens, check page 15.
- The folk high schools start in the middle or late August.

Education must be the main purpose of your stay and you must be a full-time student. You must be able to return to your home country after having completed your school year (for instance, money enough to buy a return ticket). A residence permit from the Norwegian authorities is normally issued for one year at a time. Please allow 2 - 3 months to receive the permit. You must have received the residence permit before you leave your country. All successful applicants must carry medical insurance for their period of stay in Norway.

#### Funding for Nordic Citizens

Each of the Nordic countries gives grants to its citizens if studying at a folk high school in another Nordic country.

Students from Sweden, Finland, Færøylene and Åland apply for support to its own countries authorities for Education.

Students from Denmark apply for Nordisk Højskolestipendium at Cirius Danmark. For more information: [www.ciriusonline.dk/nordisk-hoejskolestip](http://www.ciriusonline.dk/nordisk-hoejskolestip)

Students from Island apply for grants at Foreningen Norden, Iceland. For more information [www.norden.is](http://www.norden.is)

#### The Memorial Fund – scholarship for International Students (except Nordic Citizens)

The Memorial Fund provides a scholarship for one year at a Norwegian folk high school. This scholarship is established to promote cultural exchange between foreign countries and the Norwegian folk high schools. The Board of the Memorial Fund awards about 25 scholarships a year.

#### Who Can Apply?

The applicants must be between 18 and 22 years of age. The successful applicant will provide information about active participation in social, humanitarian, and cultural activities.

Citizens from some countries can apply every year. Citizens from other countries can apply less often. See list to the right. Foreign citizens who live in Norway or plan to settle in Norway, as well as Nordic citizens, are not eligible for scholarships.

#### What Does the Scholarship Funding Cover?

The scholarship will cover food, lodging and some excursions. There is no tuition in Norwegian folk high schools. Students who are accepted need to bring money for books and teaching materials. Travel expenses in part or whole to and from Norway may be provided by the Memorial Fund, based on your home country. A certain amount of pocket money can also be provided.

#### How to Apply

You will find an application form on [www.folkehogskole.no](http://www.folkehogskole.no) (look under English information.)

#### Request for more information and application forms should be addressed to:

The Memorial Fund of 8th of May 1970 NKF

Postboks 420 - sentrum, 0103 Oslo Norway

E-mail: [nkf@nkf.no](mailto:nkf@nkf.no)

Phone: + 47 22 47 43 00

- or to the nearest Norwegian Embassy

#### Application Deadline

The application deadline is November 1st. Successful applicants will hear from the Board in mid December that they have been awarded a scholarship and at which school they have been given a place. Unsuccessful applicants will be contacted by mail.

#### Important Information

Applicants who require a Memorial Fund scholarship to attend a folk high school, should not apply to a folk high school directly. The Board will place successful applicants at a Folk high school based on their hobbies and interests. Each individual student must apply for a residence permit when scholarship has been granted. Students from EU-countries do not need a residence permit.

#### List of Countries - Citizens Who Can Apply

Citizens from these countries can apply each year:

Australia (Canberra)	Ireland (Dublin)	Portugal (Lisbon)
Austria (Vienna)	Italy (Rome)	Russia (Moscow)
Belarus (Minsk)	Latvia (Riga)	Spain (Madrid)
Belgium (Brussels)	Lithuania (Vilnius)	Switzerland (Bern)
Canada (Ottawa)	The Netherlands (The Hague)	Ukraine (Kiev)
Estonia (Tallinn)	New Zealand (Wellington)	United Kingdom (London)
France (Paris)	Poland (Warsaw)	USA (Washington)

Young people from some countries can only apply every third year:

#### 2009-2010

Chile (Santiago)	Zimbabwe (Harare)	Peru
Czech Republic (Prague)	Uzbekistan (Tasjkent)	Senegal
Iran (Teheran)	Albania	Slovakia
Israel (Tel Aviv)	Bosnia-Herzegovina	Somalia
Japan (Tokyo)	Benin	Sudan
Malaysia (Kuala Lumpur)	Guinea	Togo
Pakistan (Islamabad)	Congo	Tunisia
Romania (Bucharest)	Croatia	United Arab.
Singapore (Singapore)	Madagascar	Emirates
Turkey (Ankara)	The Maldives	Palestine

#### 2010-2011

Argentina (Buenos Aires)	Syria (Damascus)	Ghana
Bangladesh (Dhaka)	Thailand (Bangkok)	Jamaica
Brazil (Brasilia)	Angola	Liberia
Cote d'Ivoire (Abidjan)	Bulgaria	Mauritania
Egypt (Cairo)	Cameroon	Panama
Hungary (Budapest)	Colombia	Surinam
Kuwait (Kuwait City)	Cyprus	Chad
Lebanon (pt. Damascus)	Ecuador	Costa Rica
Mexico (Mexico City)	Ethiopia	
Saudi Arabia (Riyadh)	Gambia	

#### 2011-2012

Algeria (Alger)	Tanzania (Dar-Es-Salaam)	Kenya
China (Beijing)	Venezuela (Caracas)	Libya
India (New Delhi)	Vietnam (Hanoi)	Mali
Indonesia (Djakarta)	Yugoslavia (Belgrade)	Mauritius
Iraq (Baghdad)	Makedonia (Skopje)	Namibia
Korea (Seoul)	Nepal (Kathmandu)	Sierra Leone
Morocco (Rabat)	Slovenia (Ljubljana)	Uganda
Nigeria (Lagos)	South Africa (Pretoria)	Zaire
The Philippines (Manila)	Zambia (Lusaka)	Serbia
Sri Lanka (Colombo)	Jordan	Montenegro

**Most schools ask you to choose one major subject. A major subject comprises 10 to 20 hours of instruction per week. Some subjects require proficiency in Norwegian.**

**WHICH SUBJECTS TO CHOOSE FOR INTERNATIONAL STUDENTS:**

For students wanting to gain a good understanding of the Norwegian language both oral and written: choose “Norwegian Language and Culture” as your major subject. You will find this program marked with **N** in the school information.

For students wanting to get an introduction to the Norwegian language, but mainly want to study another major subject: choose a school with “Some Norwegian instruction”. This program will often be taught only in the autumn term, or just as an intensive introduction in the start of the school year. You will find this program marked with **n** in the school information.

It is possible for international students to choose other major subjects than Norwegian Language and Culture. However, some subjects require skills in the Norwegian language. Contact your school of interest to get more information about requirements.

**THE FOLK HIGH SCHOOLS OFFER MAJOR SUBJECTS WITHIN THESE AREAS:**

<p><b>ARTS AND CRAFTS</b> <i>(i.e. painting, fashion design, drawing, boat building)</i></p> <p>Agder Buskerud Elverum Fana Fjordane Follo Fosen Fredtun Grenland Hardanger Hedmarkstoppen Holtekilen Hurdal Verk Høgtun Jæren Karmøy Lundheim Møre Namdals Nansenskolen Nordhordland Olavskulen Bømlo Peder Morset Revyskolen Solb. Ringsbu Ringerike Risøy Romerike Rødde Rønningen Sagavoll Seljord</p>	<p>Skiringssal Skogn Solborg Soltun Sund Sunnhordland Torshus Trondarnes Trøndertun Voss Ål Åsane</p> <p><b>BIBLE STUDIES - ETHICS</b></p> <p>Hedmarkstoppen Sandvik</p> <p><b>COMPUTERS AND IT</b></p> <p>Arbeiderbevegelsens Bakketun Birkeland Jeløy Karmøy Lundheim Molde Skjeberg Voss Ål</p> <p><b>COOKING AND BAKERY</b></p> <p>Karmøy Lundheim Olavskulen Bømlo</p>	<p>Rødde Trondarnes</p> <p><b>CREATIVE WRITING</b></p> <p>Buskerud Danvik Nansenskolen Nordiska Revyskolen Solb. Åsane</p> <p><b>DANCE</b></p> <p>Follo Manger Numedal Revyskolen Solb. Rønningen Sagavoll Sunnfjord Sunnhordland Sunnmøre Trøndertun</p> <p><b>IDEAS, CULTURE, SOCIETY</b></p> <p>Nansenskolen</p> <p><b>INTERNATIONAL STUDIES</b> <i>(including peace studies, social studies, solidarity studies, travel courses )</i></p> <p>Fana Follo Fredtun</p>	<p>Grenland Hallingdal Hardanger Haugetun Holtekilen Hurdal Verk Jeløy Karmøy Lundheim Møre Namdals Nansenskolen Nordhordland Nordiska Olavskulen Bømlo Ringsbu Ringerike Risøy Rønningen Sagavoll Skjeberg Solborg Soltun Sund Toten Valdres Åsane</p> <p><b>MEDIA AND COMMUNICATION</b> <i>(i.e. animation, journalism, video)</i></p> <p>Agder Arbeiderbevegelsens Buskerud Danvik Fana Hallingdal Holtekilen Jæren Lundheim Namdals Nordiska Møre Nordiska Pasvik Peder Morset Rødde Sagavoll Sandvik Skiringssal Skjeberg Solborg Voss</p> <p><b>MOTORS AND ENGINES</b></p> <p>Birkeland Rødde</p> <p><b>MUSIC</b></p> <p>Agder Bakketun Birkeland Buskerud Elverum Fana</p>	<p>Follo Fredtun Haugetun Hedmarkstoppen Holtekilen Hurdal Verk Høgtun Jæren Karmøy Lundheim Manger Namdals Nordhordland Nordiska Nordmøre Olavskulen Bømlo Revyskolen Solb.</p>
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<p>Voss Åsane</p> <p><b>ORGANIC FARMING/ ECOLOGY</b></p> <p>Fosen Sund</p> <p><b>PHOTOGRAPHY</b></p> <p>Arbeiderbevegelsens Bjerkely Buskerud Elverum Fana Jæren Lofoten Lundheim Namdals Nordhordland Nordmøre Sandvik Skjeberg Sogndal Solborg Soltun Sund Sunnfjord Øytun</p>	<p><b>RESCUE, SECURITY AND STAND-BY DUTY</b></p> <p>Fredly Karmøy Risøy</p> <p><b>RIDING AND HORSE CARE</b></p> <p>Fjordane Folkehøgskolen 69°N Fosen Hardanger Hurdal Verk Høgtun Manger Pasvik Peder Morset Soltun Torshus</p> <p><b>SIGN LANGUAGE</b></p> <p>Ål</p> <p><b>SOCIAL SERVICES</b> <i>(i.e. school and kindergarten, health and caregiving, psychology)</i></p> <p>Birkeland Fana</p>	<p>Haugetun Holtekilen Jæren Jeløy Karmøy Namdals Nordhordland Peder Morset Rønningen Sunnfjord Torshus Toten Trondarnes Vestoppland</p> <p><b>SOUND ENGINEERING AND STAGE DESIGN</b></p> <p>Bakketun Manger Romerike Rønningen Revyskolen Solb. Sunnhordland Trøndertun Vefsn Viken</p> <p><b>SPORTS AND OUTDOOR LIFE</b></p> <p>Agder</p>	<p>Bakketun Birkeland Bjerkely Borgund Elverum Folkehøgskolen 69°N Fosen Fredly Fredtun Grenland Hallingdal Hardanger Haugetun Hedemarkstoppen Høgtun Holtekilen Hurdal Verk Jæren Jeløy Karmøy Lofoten Lundheim Molde Møre Møre Namdals Nordfjord Nordhordland Nordmøre Numedal Pasvik</p>	<p>Peder Morset Ringsbu Ringerike Risøy Rødde Rønningen Sagavoll Seljord Skiringssal Skogn Skjeberg Sogndal Solborg Soltun Sund Sunnfjord Sunnmøre Torshus Toten Trondarnes Valdres Vefsn Vestoppland Voss Øytun Ål Åsane</p> <p><b>STORYTELLING</b></p> <p>Ringerike</p>	<p><b>THEATRE, DRAMA AND REVUES</b></p> <p>Bakketun Buskerud Danvik Elverum Fana Fjordane Follo Fredtun Hallingdal Hedmarkstoppen Karmøy Lundheim Nordiska Nordmøre Olavskulen Bømlo Ringerike Romerike Sandvik Seljord Skiringssal Revyskolen Solb. Solborg Soltun Sunnhordland Trondarnes Vefsn Viken Åsane</p>
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**THESE SCHOOLS OFFER NORWEGIAN LANGUAGE AND CULTURE AS A MAJOR SUBJECT:**  
*(10 – 20 hours of instruction per week, throughout the year)*

- Agder
- Birkeland
- Elverum
- Follo
- Fredtun
- Haugetun
- Høgtun
- Jeløy
- Nordmøre
- Pasvik
- Rønningen
- Soltun
- Trondarnes
- Ål (sign language)

**SCHOOLS OFFERING HALF-YEAR COURSES (August – December/ January – May)**  
*Contact the schools for more information about their half-year courses*

- Agder
- Namdals
- Nordfjord
- Nordiska
- Sund
- Øytun

**SCHOOLS SPECIALLY ACCOMMODATED FOR DISABLED PEOPLE**

- Bakketun
- Bjerkely
- Fjordane
- Fredly
- Lundheim
- Nordhordland
- Olavskulen
- Pasvik
- Peder Morset
- Risøy
- Soltun

**VARIOUS SHORT-TIME COURSES FOR SENIOR CITIZENS**

- Nordnorsk Pensjonistskole
- Norsk Senter for Seniorutvikling

Applies for the school year 2007/2008 – changes in the schools’ program may occur.

## SYMBOLS USED:



School offering  
"Norwegian Language and Culture"  
as a major subject



School offering some  
Norwegian instruction



Student capacity



### AGDER FOLKEHØGSKOLE

[www.agder.fhs.no](http://www.agder.fhs.no)

Høgskoleveien 3  
4640 Søgne

**Phone:** +47 38 16 82 00  
**Fax:** +47 38 16 82 01  
**E-mail:** kontor@agder.fhs.no

**Norwegian language and culture**  
Painting/drawing  
**Outdoor life**

MAJOR SUBJECTS

Pottery  
**Social sciences**  
Jazz  
**Films/movies**



### ARBEIDERBEVEGELSENS FOLKEHØGSKOLE RINGSAKER

[www.afr.fhs.no](http://www.afr.fhs.no)

Stertevegen 26  
2390 Moelv

**Phone:** +47 62 35 73 70  
**Fax:** +47 62 35 73 99  
**E-mail:** afradm@afr.fhs.no

**Journalism**  
Photo journalism  
**Photography**  
Graphic design

MAJOR SUBJECTS

**The UN Academy**  
International understanding  
- Europe and  
- language studies



### BAKKETUN FOLKEHØGSKOLE

[www.bakketun.fhs.no](http://www.bakketun.fhs.no)

Volhaugvn. 40  
7650 Verdal

**Phone:** +47 74 04 91 00  
**Fax:** +47 74 04 91 15  
**E-mail:** adm@bakketun.fhs.no

**Music**  
Sound engineering  
**Theatre**  
Travels Australia/  
Thailand

MAJOR SUBJECTS

**Exploring Bolivia/ Brasil**  
Network /  
Programming  
**Sport extreme**  
**Australia**



### BIRKELAND FOLKEHØGSKOLE

[www.birkeland.fhs.no](http://www.birkeland.fhs.no)

Sentrum  
4760 Birkeland

**Phone:** +47 37 28 11 00  
**Fax:** +47 37 28 11 01  
**E-mail:** birkeland@birkeland.fhs.no

Computing  
**Creative arts**  
Outdoor life  
(hunting and  
fishing)  
**Sports**

MAJOR SUBJECTS

International  
solidarity  
**The car engine**  
Children and  
youths  
**Music live**



### BJERKELY FOLKEHØGSKOLE

[www.bjerkely.fhs.no](http://www.bjerkely.fhs.no)

Bjerkely  
2266 Arneberg

**Phone:** +47 62 95 65 00  
**Fax:** +47 62 95 65 01  
**E-mail:** bjerkely@bjerkely.fhs.no

**Photography**  
- Action  
- Digital  
- Classic  
- Advanced

MAJOR SUBJECTS

Global Image  
**Sports**  
- Skiing



### BORGUND FOLKEHØGSKOLE

[www.borgund.fhs.no](http://www.borgund.fhs.no)

Hatleholen  
6012 Ålesund

**Phone:** +47 70 17 76 00  
**Fax:** +47 70 17 76 01  
**E-mail:** admin@borgund.fhs.no

**Travel:**  
- South America  
- USA  
- Canada  
- Thailand and  
Vietnam

MAJOR SUBJECTS

- Africa  
- Himalaya  
- Australia  
- Sport Kenya



### BUSKERUD FOLKEHØGSKOLE

[www.buskerud.fhs.no](http://www.buskerud.fhs.no)

Kongsbergveien  
3322 Darbu

**Phone:** +47 31 90 96 90  
**Fax:** +47 32 75 04 80  
**E-mail:** postmaster@buskerud.fhs.no

**Rock and metal**  
Art and pictures  
**Film and video**  
Theatre  
**Photography**

MAJOR SUBJECTS

**Creative writing**  
Fashion  
and design  
**Singer/songwriter**



### DANVIK FOLKEHØGSKOLE

[www.danvikfhs.no](http://www.danvikfhs.no)

Fagerlibakken 1  
3046 DRAMMEN

**Phone:** +47 32 26 76 00  
**Fax:** +47 32 26 76 01  
**E-mail:** info@danvikfhs.no

**Newspaper journalism and photo**  
Radio journalism

MAJOR SUBJECTS

**Method acting**  
Writing  
**Film**  
Studio production



### ELVERUM FOLKEHØGSKOLE

[www.elverumfhs.no](http://www.elverumfhs.no)

Strandbygdvien 143  
2408 Elverum

**Phone:** +47 62 43 52 00  
**Fax:** +47 62 43 52 01  
**E-mail:** post@elverumfhs.no

**Norwegian language and culture**  
Outdoor life  
**Backpacker/ extreme sport**

MAJOR SUBJECTS

Arts  
**Music**  
Snowboard  
**Solidarity work**  
Theatre  
**Photo, activities**



### FANA FOLKEHØGSKOLE

[www.fana.fhs.no](http://www.fana.fhs.no)

Mildevegen 190  
5259 Hjellevad- Bergen

**Phone:** +47 55 52 63 60  
**Fax:** +47 55 52 63 61  
**E-mail:** fana@fana.fhs.no

**Italian language and culture**  
Arts/painting and  
drawing  
**Theatre**

MAJOR SUBJECTS

**Media – film – photography**  
Psychology  
**Folk music, Norwegian and international**



## SYMBOLS USED:

**N** School offering "Norwegian Language and Culture" as a major subject

**n** School offering some Norwegian instruction

**100**  Student capacity



### FJORDANE FOLKEHØGSKULE

[www.fjordane.fhs.no](http://www.fjordane.fhs.no)

Postboks 130  
6771 Nordfjordeid

**Phone:** : +47 57 88 98 80  
**Fax:** +47 57 86 16 30  
**E-mail:** ffhskule@online.no

**MAJOR SUBJECTS**  
Horse care  
**Circus artist**  
Art/glass design/  
Interior decorating

**90** 



### FOLKEHØGSKOLEN 69° NORD

[www.69nord.no](http://www.69nord.no)

9056 Mortenhals

**Phone:** +47 77 72 72 71  
**Fax:** : +47 77 72 72 08  
**E-mail:** kontakt@69nord.no

**MAJOR SUBJECTS**  
**Dog mushing and outdoor life**  
Horses and outdoor life

**50** 



### FOLLO FOLKEHØGSKOLE

[www.follo.fhs.no](http://www.follo.fhs.no)

Østbyeien 3  
1540 Vestby

**Phone:** : +47 64 98 30 50  
**Fax:** : +47 64 98 30 60  
**E-mail:** post@follo.fhs.no

**Norwegian language and culture**

**MAJOR SUBJECTS**  
**Choir and vocal**  
Arts  
**Travel**  
Music theatre

**N**  
**100** 



### FOSEN FOLKEHØGSKOLE

[www.fosen.fhs.no](http://www.fosen.fhs.no)

Rissa  
7100 Rissa

**Phone:** : +47 73 85 85 85  
**Fax:** +47 73 85 85 86  
**E-mail:** kontor@fosen.fhs.no

**Outdoor life**  
Sailing  
**Boat building**

**MAJOR SUBJECTS**  
Handicraft and design  
**Organic farming**  
Horsemanship

**n**  
**60** 



### FREDLY FOLKEHØGSKOLE

[www.fredly.fhs.no](http://www.fredly.fhs.no)

7353 Børsa

**Phone:** +47 72 86 29 90  
**Fax:** : +47 72 86 29 91  
**E-mail:** kontor@fredly.fhs.no

**Outdoor life:**  
- Alpine  
- Sports  
- Wind and water  
- Boarding

**MAJOR SUBJECTS**  
- Climbing and bouldering  
**Security**  
Fitness instructor

**110** 



### FREDTUN FOLKEHØYSKOLE

[www.fredtun.no](http://www.fredtun.no)

Helgeroaveien 102  
3294 Stavern

**Phone:** +47 33 15 68 00  
**Fax:** +47 33 15 68 01  
**E-mail:** post@fredtun.no

**Sports with outdoor life**  
Solidarity work  
**Music**  
Water sport and outdoor life  
**Theatre**  
Art

**MAJOR SUBJECTS**  
**Sewing and dressmaking**  
Furniture and design  
**Norwegian language and culture**

**N**  
**100** 



### GRENLAND FOLKEHØGSKOLE

[www.grenland.fhs.no](http://www.grenland.fhs.no)

Tveitanveien 58  
3946 Porsgrunn

**Phone:** +47 35 56 04 50  
**Fax:** +47 35 51 11 73  
**E-mail:** info@grenland.fhs.no

**Clothes, graphic design and interior decorating**  
Independent living skills

**MAJOR SUBJECTS**  
**Football (soccer)**  
Handball  
**Travel and tourism**  
Beach-volley  
**Backpacker**

**99** 



### HALLINGDAL FOLKEHØGSKULE

[www.hallingdal.fhs.no](http://www.hallingdal.fhs.no)

Skaga  
3550 Gol

**Phone:** : +47 32 07 96 70  
**Fax:** +47 32 07 96 71  
**E-mail:** post@hallingdal.fhs.no

**Athletics**  
Outdoor life  
**Art**  
Drama  
**Travel**

**MAJOR SUBJECTS**  
Climbing  
**Film/photo**  
Switch (trick-skiing)

**n**  
**92** 



### HARDANGER FOLKEHØGSKULE

[www.hardanger.fhs.no](http://www.hardanger.fhs.no)

5781 Lofthus

**Phone:** +47 53 67 14 00  
**Fax:** : +47 53 67 14 01  
**E-mail:** kontor@hardanger.fhs.no

**Hunting and fishing**  
Clothes, design and handicrafts  
**Solidarity work**

**MAJOR SUBJECTS**  
Outdoor life  
**Football and sports**  
Handling and care of horses

**n**  
**88** 



### HAUGETUN FOLKEHØYSKOLE

[www.haugetun.fhs.no](http://www.haugetun.fhs.no)

Solvn. 64 a  
1667 Rolvsøy

**Phone:** : +47 69 36 27 20  
**Fax:** : +47 69 33 70 07  
**E-mail:** haugetun@haugetun.fhs.no

**Norwegian language and culture**  
Song Scene Studio  
**Football (soccer)**  
Expeditions & adventures  
**Leadership and coaching**


**MAJOR SUBJECTS**  
Destination Latin-America  
**Health, psychology, and social participation**  
Experience Greece

**N**  
**102** 

**SYMBOLS USED:**

**N** School offering "Norwegian Language and Culture" as a major subject

**n** School offering some Norwegian instruction

**100**  Student capacity



**HEDMARKTOPPEN FOLKEHØYSKOLE**

[www.hedmarktoppen.no](http://www.hedmarktoppen.no)

Boks 1070  
2305 Hamar

**Phone:** : +47 62 51 93 70  
**Fax:** +47 62 53 44 99  
**E-mail:** post@hedmarktoppen.no

**Theatre**  
Sports and outdoor life  
**Snowboard, skating, surfing**

**MAJOR SUBJECTS** Art and creativity  
**Global Mission**  
Team Action on the Road  
**Music**

**110** 



**JELØY FOLKEHØYSKOLE**

[www.jeloy.fhs.no](http://www.jeloy.fhs.no)

Nokiaveien 30 B  
1516 Moss

**Phone:** : +47 69 91 10 70  
**Fax:** +47 69 91 10 80  
**E-mail:** office@jeloy.fhs.no

**Tourism**  
Football  
**Bible studies**  
Scuba diving and sea sports  
**Web and graphic design**

**MAJOR SUBJECTS** Music  
**Psychology and social work**  
Norwegian language and culture

**N**  
**90** 



**HOLTEKILEN FOLKEHØGSKOLE**

[www.holtekilen.no](http://www.holtekilen.no)

Michelets vei 55  
1368 Stabekk

**Phone:** : +47 67 51 80 40  
**Fax:** +47 67 51 80 61  
**E-mail:** holtekilen@holtekilen.no

Social services  
**Music/studio**  
Film /video

**MAJOR SUBJECTS** Fashion/design  
South Africa  
**Urban sports**

**75** 



**JÆREN FOLKEHØGSKULE**

[www.jarenfhs.no](http://www.jarenfhs.no)

Søren Øvretveitsv. 9  
4352 Kleppe

**Phone:** +47 51 78 51 00  
**Fax:** +47 51 78 51 01  
**E-mail:** admin@jarenfhs.no

**Surfing**  
Interior design  
**VideoOnline**

**MAJOR SUBJECTS** Photography  
**Music – pc. rock**  
Social services

**95** 



**HURDAL VERK FOLKEHØGSKOLE**

[www.hvf.no](http://www.hvf.no)

2090 Hurdal

**Phone:** : +47 63 92 06 00  
**Fax:** +47 63 92 06 01  
**E-mail:** post@hvf.no

**Snowboard**  
Ball sports  
**Outdoor life**  
Outdoor sports  
**Music**

**MAJOR SUBJECTS** Adventure  
**Horseback riding**  
Arts and crafts  
**Mountain biking**

**n**  
**95** 



**KARMØY FOLKEHØGSKULE**

[www.karmoy.fhs.no](http://www.karmoy.fhs.no)

Postboks 264  
4291 Kopervik

**Phone:** : +47 52 84 61 60  
**Fax:** +47 52 84 61 61  
**E-mail:** adm@karmoy.fhs.no

**Textile art**  
Amateur theatre  
**Baker and confectioner**  
Life-saving service – stand-by duty  
**Data – internet**  
Music – singing  
**Psychology – care**

**MAJOR SUBJECTS** Development aid – travel - mission  
**Outdoor life**  
Outdoor life – sea  
**Outdoor life – extreme**  
Tourism – Spanish  
**Tourism – service**

**90** 



**HØGTUN FOLKEHØGSKOLE**

[www.hogtun.no](http://www.hogtun.no)

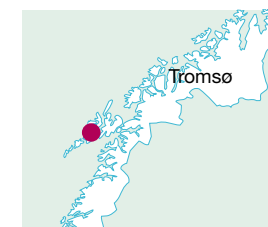
Torvikbukt  
6639 Torvikbukt

**Phone:** : +47 71 29 37 02  
**Fax:** +47 71 29 38 20  
**E-mail:** kontor@hogtun.no

**Outdoor life – extreme**  
Outdoor life – allround  
**Sports – ball**  
Sports – H2O  
**Sports – Pulse**  
Diving

**MAJOR SUBJECTS** Climbing  
Sports, food and Health  
**Multiarts**  
Music – band and songwriter  
**Horse riding**

**n**  
**96** 



**LOFOTEN FOLKEHØGSKOLE**

[www.lofoten.fhs.no](http://www.lofoten.fhs.no)

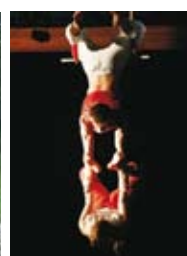
Finnesveien 24  
8310 Kabelvåg

**Phone:** +47 76 06 98 80  
**Fax:** +47 76 06 98 81  
**E-mail:** post@lofoten.fhs.no

**Deep sea diving**  
Outdoor life  
- Mountaineering  
- Skiing/Climbing  
Canada

**MAJOR SUBJECTS** Photography  
- Nature  
- Pro

**90** 



**LUNDHEIM FOLKEHØGSKOLE**

[www.lundheim.fhs.no](http://www.lundheim.fhs.no)

Lundheimsveien 29  
4460 Moi

**Phone:** : +47 51 40 92 00  
**Fax:** : +47 51 40 92 01  
**E-mail:** office@lundheim.fhs.no

**Rock band**  
Digital video  
**Arts basic**  
Creative computer science  
**"All round"**  
Theatre and dance

**MAJOR SUBJECTS** Sport  
**Photography**  
Fitness  
**Beachvolleyball**  
Media  
**Happy food**

**n**  
**70** 

**SYMBOLS USED:**

**N** School offering "Norwegian Language and Culture" as a major subject

**n** School offering some Norwegian instruction

**100**  Student capacity



**MANGER FOLKEHØGSKULE**

[www.manger.fhs.no](http://www.manger.fhs.no)

5936 Manger

**Phone:** +47 56 34 80 70  
**Fax:** +47 56 34 80 71  
**E-mail:** kontor@manger.fhs.no

**Music** (specializing in brass band)  
Horses

MAJOR SUBJECTS

Sound recording studio  
Scandinavian folk dancing

**n**  
**60** 



**MOLDE FOLKEHØGSKOLE**

[www.molde.fhs.no](http://www.molde.fhs.no)

Raumaveien 2  
6411 MOLDE

**Phone:** +47 71 25 94 70  
**Fax:** +47 71 25 94 99  
**E-mail:** admin@molde.fhs.no

Multimedia/ computing  
**Fitness instructor/ Fitness/Health**  
Marine sports/ offroad/snowboard  
**Football (soccer)/ sports**

MAJOR SUBJECTS

Outdoor life/ activities/Africa  
**Outdoor life/ diving/sea**  
Outdoor life/ rock climbing

**n**  
**95** 



**MØRE FOLKEHØGSKULE**

[www.more.fhs.no](http://www.more.fhs.no)

Postboks 14  
6151 Ørsta

**Phone:** +47 70 04 19 99  
**Fax:** +47 70 04 19 98  
**E-mail:** adm@more.fhs.no

**China**  
Adventura - Egypt  
**Adventura - water**  
Explore Africa  
**Animation**

MAJOR SUBJECTS

TV/film  
**Norwegian language and culture**

**N**  
**90** 



**NAMDALS FOLKEHØGSKOLE**

[www.namdals.fhs.no](http://www.namdals.fhs.no)

7870 Grong

**Phone:** +47 74 33 20 00  
**Fax:** +47 74 33 18 99  
**E-mail:** kontor@namdals.fhs.no

**Music - band/studio**  
Winter sport and nature  
**Photo/video/media**  
Health and alternative life styles

MAJOR SUBJECTS

**Europe**  
Hunting/fishing  
**Freeride with video production**  
Arts

**n**  
**75** 



**NANSENSKOLEN**

[www.nansenskolen.no](http://www.nansenskolen.no)

Bjørnstjerne Bjørnssonsgt. 2  
2609 Lillehammer

**Phone:** +47 61 26 54 00  
**Fax:** +47 61 26 54 40  
**E-mail:** administrasjon@nansenskolen.no

MAJOR SUBJECTS

Ideas - culture - society  
**Creative writing**  
Creative arts

**70** 



**NORDFJORD FOLKEHØGSKULE**

[www.friluftslivskulen.no](http://www.friluftslivskulen.no)

Vereide  
6823 Sandane

**Phone:** +47 57 86 80 40  
**Fax:** +47 57 86 80 50  
**E-mail:** kontor@friluftslivskulen.no

**Outdoor life:**  
- Ski and surf  
- Activity  
- Mountaineering and glacier  
- Counselling

MAJOR SUBJECTS

- Expedition  
- Hunting and fishing  
- Wind and water  
- KRIK

**n**  
**115** 



**NORDHORDLAND FOLKEHØGSKULE**

[www.nordhordland.fhs.no](http://www.nordhordland.fhs.no)

Holtermannsveien  
5918 Frekhaug

**Phone:** +47 56 17 43 00  
**Fax:** +47 56 17 43 01  
**E-mail:** skolen@online.no

**Third world focus**  
Fashion and design  
**Health care**  
Travel and tourism  
**Music**  
Football (soccer)

MAJOR SUBJECTS

Sport and outdoor life  
**Sport and health**  
Photo, DV and graphic design

**155** 



**NORDISKA FOLKHØGSKOLAN**

[www.nordiska.fhsk.se](http://www.nordiska.fhsk.se)

Olof Palmes väg 1  
44231 Kungälv  
Sweden

**Phone:** +46 303 206 200  
**Fax:** +46 303 648 31  
**E-mail:** info@nordiska.fhsk.se

**Journalism**  
Nordic horizon:  
society and culture  
**Singing and stage training**  
Theatre  
**Writing workshop**

MAJOR SUBJECTS

You must speak/ understand one of these languages to participate in our program:  
Norwegian, Swedish or Danish

**250** 



**NORDMØRE FOLKEHØGSKULE**

[www.nordmore.fhs.no](http://www.nordmore.fhs.no)

Høgskolebakken 2  
6650 Surnadal

**Phone:** +47 71 65 89 00  
**Fax:** +47 71 65 89 19  
**E-mail:** nofoadm@nordmore.fhs.no

**Norwegian language and culture**  
Theatre  
**Media and photo**

MAJOR SUBJECTS

Outdoor education  
**Sports and film**  
Music  
**Taekwon-Do (NTN)**

**N**  
**84** 



**NORDNORSK PENSJONISTSKOLE**

[www.nordnorsk-pensjonistskole.no](http://www.nordnorsk-pensjonistskole.no)

8920 Sømna

**Phone:** +47 75 02 92 80  
**Fax:** +47 75 02 90 36  
**E-mail:** nnpsadm@online.no

MAJOR SUBJECTS

Courses for groups from overseas may be arranged

**75** 



**NORSK SENTER FOR SENIORUTVIKLING**

[www.seniorutvikling.no](http://www.seniorutvikling.no)

3159 Melsomvik

**Phone:** +47 33 33 55 00  
**Fax:** +47 33 33 55 55  
**E-mail:** post@seniorutvikling.no

MAJOR SUBJECTS

Courses for groups from overseas may be arranged

## SYMBOLS USED:

**N** School offering "Norwegian Language and Culture" as a major subject

**n** School offering some Norwegian instruction

**100** Student capacity



### NUMEDAL FOLKEHØGSKOLE IDRETTSSKOLEN

[www.idrettsskolen.com](http://www.idrettsskolen.com)

3626 Rollag

**Phone:** : +47 31 02 38 00  
**Fax:** : +47 32 74 68 00  
**E-mail:** kontor@idrettsskolen.com

**MAJOR SUBJECTS**  
Football (soccer)  
Xtreme outdoor life  
Sports and health  
Dance, sports and aesthetics  
Adventure

**92**



### OLAVSKULEN BØMLO FOLKEHØGSKULE

[www.olavskulen.fhs.no](http://www.olavskulen.fhs.no)

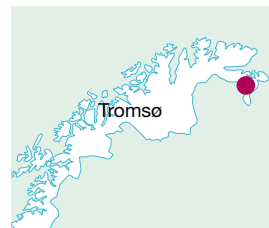
5437 Finnås

**Phone:** +47 53 42 56 50  
**Fax:** +47 53 42 56 51  
**E-mail:** olavskulen@online.no

**International**  
Institutional cooking  
Theatre

**MAJOR SUBJECTS**  
Musical  
The environment and creativity  
Music

**90**



### PASVIK FOLKEHØGSKOLE

[www.pasvik.fhs.no](http://www.pasvik.fhs.no)

9925 Svanvik

**Phone:** +47 78 99 50 92  
**Fax:** +47 78 99 51 25  
**E-mail:** pasvik@ffk.no

**Norwegian language and culture**  
Hunting and fishing  
Horseback riding  
In the zone – outdoor activities

**MAJOR SUBJECTS**  
Film and photo  
Dog sleighing  
International course, focus: Russia  
Backpacking east

**N**

**60**



### PEDER MORSET FOLKEHØGSKOLE

[www.pedermorset.no](http://www.pedermorset.no)

Selbustrand  
7584 Selbustrand

**Phone:** : +47 73 81 20 00  
**Fax:** +47 73 81 20 70  
**E-mail:** pmf@pedermorset.no

**Social studies**  
Horseback riding  
Outdoor life and sports

**MAJOR SUBJECTS**  
Media  
Arts and craft  
Flexi  
Work training

**n**

**64**



### REVYSKOLEN SOLBAKKEN FOLKEHØGSKOLE

[www.revyskolen.no](http://www.revyskolen.no)

Solbakken gård  
2100 Skarnes

**Phone:** +47 62 96 70 70  
**Fax:** : +47 62 96 70 89  
**E-mail:** info@revyskolen.no

**MAJOR SUBJECTS**  
Revues and variety shows  
(sketch shows)

**54**



### RINGEBU FOLKEHØGSKULE

[www.ringebu.fhs.no](http://www.ringebu.fhs.no)

Vekkomsvengen 13  
2630 Ringebu

**Phone:** +47 61 28 43 60  
**Fax:** : +47 61 28 43 61  
**E-mail:** ringebufhs@oppland.org

**MAJOR SUBJECTS**  
Sports and outdoor life  
Travel - Tourism  
Creative arts and travelling

**MAJOR SUBJECTS**  
Photo, silver, glass, and clay  
Interiors, art, and products

**73**



### RINGERIKE FOLKEHØGSKOLE

[www.ringerike.fhs.no](http://www.ringerike.fhs.no)

Askveien 26  
3510 Hønefoss

**Phone:** +47 32 17 99 00  
**Fax:** +47 32 17 99 09  
**E-mail:** rf@ringerike.fhs.no

**MAJOR SUBJECTS**  
Arts and crafts  
Music and theatre  
Sports  
Global solidarity

**MAJOR SUBJECTS**  
International questions and media

**103**



### RISØYA FOLKEHØYSKOLE

[www.risoy.fhs.no](http://www.risoy.fhs.no)

4912 Gjeving

**Phone:** : +47 37 19 93 50  
**Fax:** +47 37 16 63 04  
**E-mail:** post@risoy.fhs.no

**MAJOR SUBJECTS**  
Diving  
Sailing  
Seasport and outdoor life  
Arts and creativity  
Travel and tourism  
Rescue, security and stand-by duty

**MAJOR SUBJECTS**  
Interior design  
Training and life styles  
Music  
Independent living training, activities, horseback riding

**120**



### ROMERIKE FOLKEHØGSKOLE

[www.romerike.fhs.no](http://www.romerike.fhs.no)

Trondheimsveien 176  
2050 Jessheim

**Phone:** +47 63 97 09 10  
**Fax:** +47 63 97 34 10  
**E-mail:** post@romerike.fhs.no

**MAJOR SUBJECTS**  
Costumes and make-up  
Stage design  
Sound design and music

**MAJOR SUBJECTS**  
Technique and design of performance lighting  
Theatre  
Music and theatre

**108**



### RØDDE FOLKEHØGSKOLE

[www.rodde.fhs.no](http://www.rodde.fhs.no)

7224 Melhus

**Phone:** : +47 72 85 29 10  
**Fax:** +47 72 85 29 29  
**E-mail:** rodde@rodde.fhs.no

**MAJOR SUBJECTS**  
Adventure sports  
Cross downhill  
Freestyle freeride  
Backcountry jibbing  
Cooking

**MAJOR SUBJECTS**  
Fashion design  
Multimedia design  
Music  
- Voice  
- Band

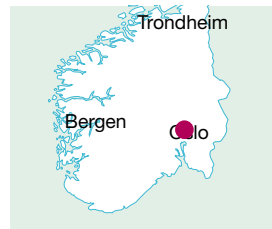
**100**

**SYMBOLS USED:**

**N** School offering "Norwegian Language and Culture" as a major subject

**n** School offering some Norwegian instruction

**100**  Student capacity



**RØNNINGEN FOLKEHØGSKOLE**

[www.ronningen.fhs.no](http://www.ronningen.fhs.no)

Myrerskogveien 54  
0495 Oslo

**Phone:** +47 21 02 36 00

**Fax:** +47 21 02 36 01

**E-mail:** [post@ronningen.fhs.no](mailto:post@ronningen.fhs.no)

**Vocal**  
Band  
**Social services in action**  
Art  
**Sound and picture**  
Dance

**MAJOR SUBJECTS**  
**Elite sports**  
Sports –ball games  
**Global issues**  
International Class (Norwegian language and culture)

**N**  
**110** 



**SAGAVOLL FOLKEHØGSKOLE**

[www.sagavoll.fhs.no](http://www.sagavoll.fhs.no)

3810 Gvarv

**Phone:** : +47 35 95 91 00

**Fax:** +47 35 95 91 01

**E-mail:** [sfadmin@sagavoll.fhs.no](mailto:sfadmin@sagavoll.fhs.no)

**Dance**  
FBI - outdoor life,  
Bible and initiative  
**FIX - outdoor life/ extreme**  
Outdoor life

**MAJOR SUBJECTS**  
**Intercultural focus**  
KRIK  
**TV-production**  
Music  
**Textiles, clothes and interiors**

**n**  
**124** 



**SANDVIK FOLKEHØGSKOLE**

[www.sandvik.fhs.no](http://www.sandvik.fhs.no)

Sandvik  
8664 Mosjøen

**Phone:** +47 75 11 50 00

**Fax:** +47 75 11 50 01

**E-mail:** [post@sandvik.fhs.no](mailto:post@sandvik.fhs.no)

**Working with children and young people**  
Digital photo and design

**MAJOR SUBJECTS**  
**Music, sound and lighting**  
Drama  
**Leadership training**

**80** 



**SELJORD FOLKEHØGSKULE**

[www.seljord.fhs.no](http://www.seljord.fhs.no)

Jakob Naadlandsveg 33  
3840 Seljord

**Phone:** +47 35 05 80 40

**Fax:** +47 35 05 80 41

**E-mail:** [kontor@seljord.fhs.no](mailto:kontor@seljord.fhs.no)

**Hunting and fishing**  
Outdoor life  
**Visual arts**  
Singer/songwriter  
**Musical**

**MAJOR SUBJECTS**  
Theatre  
**Textiles and design**  
Ceramics, wood, smithy and sculptures  
**Multisport**

**n**  
**90** 



**SKIRINGSSAL FOLKEHØYSKOLE**

[www.skiringssal.fhs.no](http://www.skiringssal.fhs.no)

Skiringssalveien 160  
3232 Sandefjord

**Phone:** +47 33 42 17 90

**Fax:** +47 33 45 96 70

**E-mail:** [skiringssal@vfk.no](mailto:skiringssal@vfk.no)

**Film and TV**  
Outdoor life with sports  
**Interior decorating**

**MAJOR SUBJECTS**  
Clothes and costumes  
**Music**  
Theatre  
**Drawing and painting**

**95** 



**SKJEBERG FOLKEHØYSKOLE**

[www.skjeberg.fhs.no](http://www.skjeberg.fhs.no)

Oldtidsveien 35  
1747 Skjeberg

**Phone:** +47 69 16 81 04

**Fax:** +47 69 16 87 82

**E-mail:** [skjeberg.fhs@ostfold-f.kommune.no](mailto:skjeberg.fhs@ostfold-f.kommune.no)

**Music and music production**  
Newspaper journalism  
**Graphic design**

**MAJOR SUBJECTS**  
Radio and TV-journalism  
**Sports and journalism**  
Visual communication

**n**  
**91** 



**SKOGN FOLKEHØGSKOLE**

[www.skogn.fhs.no](http://www.skogn.fhs.no)

7620 Skogn

**Phone:** +47 74 08 57 20

**Fax:** +47 74 09 60 95

**E-mail:** [skognfnn@online.no](mailto:skognfnn@online.no)

**Handball (team)**  
USA – outdoor life and film  
**Vocal & drama**  
Hunting and fishing in Norway and USA

**MAJOR SUBJECTS**  
**Music**  
Ceramics and glass  
**Sewing and design**

**n**  
**79** 



**SOGNDAL FOLKEHØGSKULE**

[www.sogndal.fhs.no](http://www.sogndal.fhs.no)

Helgheimsvn.9, PB 174  
6851 Sogndal

**Phone:** +47 57 62 75 75

**Fax:** +47 57 62 75 70

**E-mail:** [sogndal@sogndal.fhs.no](mailto:sogndal@sogndal.fhs.no)

**Sports**  
Photography  
**Nature photography**

**MAJOR SUBJECTS**  
Outdoor life  
**Mountaineering with climbing**  
Steep and smooth

**n**  
**80** 



**SOLBORG FOLKEHØGSKOLE**

[www.solborg.fhs.no](http://www.solborg.fhs.no)

Tjensvollveien 44  
4021 Stavanger

**Phone:** +47 51 51 01 00

**Fax:** +47 51 51 01 01

**E-mail:** [solborg@solborg.fhs.no](mailto:solborg@solborg.fhs.no)

**Variety show**  
Multisports  
**Film and media**  
**Ceramics, drawing, and painting**

**MAJOR SUBJECTS**  
**Adventure**  
Global village  
**Fashion, design and art**

**n**  
**140** 



## SYMBOLS USED:

**N** School offering "Norwegian Language and Culture" as a major subject

**n** School offering some Norwegian instruction

**100** Student capacity



### SOLTUN FOLKEHØGSKOLE

[www.soltun.fhs.no](http://www.soltun.fhs.no)

9440 Evenskjer

**Phone:** +47 77 08 99 30  
**Fax:** +47 77 08 99 40  
**E-mail:** [www.soltun.fhs.no](mailto:www.soltun.fhs.no)

**Backpack Arctic**  
**Backpack Photo**  
**Backpack Surprise**  
Riding and horsecare  
**Outdoor life for the disabled**

**MAJOR SUBJECTS** Peacebuilding  
**Impro theatre**  
Program for learning Norwegian  
**Independent living skills and versatility**

**n**

**70**



### SUND FOLKEHØGSKOLE

[www.sund.fhs.no](http://www.sund.fhs.no)

Flagvegen 95  
7670 Inderøy

**Phone:** +47 74 12 49 00  
**Fax:** +47 74 12 49 10  
**E-mail:** [info@sund.fhs.no](mailto:info@sund.fhs.no)

**UN ambassador**  
Photography  
**Art and ethical design**  
Football (soccer)

**MAJOR SUBJECTS** Jazz music  
Peace Corps Youth  
**Development studies (Central America)**

**n**

**105**



### SUNNFJORD FOLKEHØGSKULE

[www.sunnfjord.fhs.no](http://www.sunnfjord.fhs.no)

Solvang  
6800 Førde

**Phone:** +47 57 82 99 60  
**Fax:** +47 57 82 99 61  
**E-mail:** [kontor@sunnfjord.fhs.no](mailto:kontor@sunnfjord.fhs.no)

**Travel and tourism**  
Photography  
**SOS: Solidarity - Care - Self-development**

**MAJOR SUBJECTS** Dance  
Beach- and volleyball  
**Volleyball & music**  
Sport & adventure

**n**

**90**



### SUNNHORDLAND FOLKEHØGSKULE

[www.sunnhordland.fhs.no](http://www.sunnhordland.fhs.no)

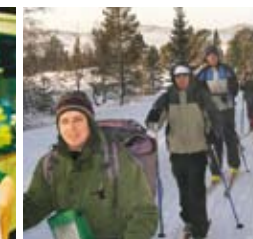
5455 Halsnøy Kloster

**Phone:** +47 53 47 01 10  
**Fax:** +47 53 47 01 11  
**E-mail:** [sunnfolk@sunnfolk.no](mailto:sunnfolk@sunnfolk.no)

**MAJOR SUBJECTS** Art  
**Dance**  
Music  
**Theatre**  
Sound

**n**

**90**



### SUNNMØRE FOLKEHØGSKULE

[www.sufh.no](http://www.sufh.no)

6065 Ulsteinvik

**Phone:** +47 70 00 96 00  
**Fax:** +47 70 00 96 01  
**E-mail:** [post@sufh.no](mailto:post@sufh.no)

**Dancing**  
Dancing and drama  
**Dancing and sports**  
Music and dancing  
**Music and outdoor life**

**MAJOR SUBJECTS**

**Music and sports**  
Multisport  
**Sports: Ball games**  
Sea and snow  
**Sports: Coaching**

**90**



### TONEHEIM FOLKEHØGSKOLE

[www.toneheim.fhs.no](http://www.toneheim.fhs.no)

Marmorvn. 15  
2322 Ridabu

**Phone:** +47 62 54 05 00  
**Fax:** +47 62 54 05 55  
**E-mail:** [toneheim@toneheim.fhs.no](mailto:toneheim@toneheim.fhs.no)

**MAJOR SUBJECTS** Music  
(Students are enrolled on the basis of their main instrument)

**n**

**156**



### TORSHUS FOLKEHØGSKULE

[www.torshus.com](http://www.torshus.com)

7320 Fannrem

**Phone:** +47 72 47 98 52  
**Fax:** +47 72 47 98 51  
**E-mail:** [torshus@torshus.com](mailto:torshus@torshus.com)

**Horse and stable**  
Health and caregiving  
**Product design**

**MAJOR SUBJECTS**

Sports, outdoor life and dog sledging  
**Hang gliding, diving and outdoor life**

**73**



### TOTEN FOLKEHØGSKOLE

[www.toten.fhs.no](http://www.toten.fhs.no)

2850 Lena

**Phone:** +47 61 14 27 00  
**Fax:** +47 61 14 27 15  
**E-mail:** [totenfhs@oppland.org](mailto:totenfhs@oppland.org)

**Travel and tourism**  
Psychology, pedagogy and leadership  
**Explore - Latin America**

**MAJOR SUBJECTS**

Sports  
**Spanish language and culture**  
China studies  
**Stay healthy (cooking)**

**66**



### TRONDARNES FOLKEHØGSKOLE

[www.trondarnes.fhs.no](http://www.trondarnes.fhs.no)

Trondenesvn. 110  
9404 Harstad

**Phone:** +47 77 04 00 77  
**Fax:** +47 77 04 00 78  
**E-mail:** [trofo@trofo.no](mailto:trofo@trofo.no)

**Fashion and design**  
Music  
**Football (soccer)**  
Norwegian language and culture

**MAJOR SUBJECTS**

**Theatre**  
Social service/ kindergarten  
**Gourmet cooking and tourism**

**N**

**73**

## SYMBOLS USED:

**N** School offering "Norwegian Language and Culture" as a major subject

**n** School offering some Norwegian instruction

**100** Student capacity



### TRØNDERTUN FOLKEHØGSKOLE

[www.trondertun.no](http://www.trondertun.no)

7227 Gimse

**Phone:** +47 72 85 39 50  
**Fax:** +47 72 85 39 51  
**E-mail:** info@trondertun.no

**MAJOR SUBJECTS**  
Rock  
Jazz  
Sound engineering  
Dance  
Art

**122**



### VALDRES FOLKEHØGSKULE

[www.vintereventyr.no](http://www.vintereventyr.no)

2920 Leira i Valdres

**Phone:** +47 61 35 95 00  
**Fax:** +47 61 35 95 01  
**E-mail:** valdres@vintereventyr.no

**MAJOR SUBJECTS**  
Golf – action – skiing  
Sports  
Dog sleighing – Adventure – Alaska  
Sports and development aid – Africa  
Spanish and Latin-America  
Sports and outdoor life  
Outdoor life – adventure  
Independent living skills  
Adventure Race  
Fair trade  
– Nicaragua – Out

**n**  
**100**



### VEFSN FOLKEHØGSKOLE - TOPPEN

[www.vefsn.fhs.no](http://www.vefsn.fhs.no)

Odin Benums vei 21  
8665 Mosjøen

**Phone:** +47 75 17 24 11  
**Fax:** +47 75 17 24 46  
**E-mail:** toppen@vefsn.fhs.no

**MAJOR SUBJECTS**  
Band  
Sound/light/stage  
Theatre  
Volleyball  
Sports  
Outdoor life

**n**  
**90**



### VESTOPPLAND FOLKEHØGSKOLE

[www.vofhs.no](http://www.vofhs.no)

2760 Brandbu

**Phone:** +47 61 33 96 00  
**Fax:** +47 61 33 96 01  
**E-mail:** vestoppland@vofhs.no

**MAJOR SUBJECTS**  
Aikido and Eastern philosophy  
Self development  
Health and wholeness  
Martial Art and Zen

**75**



### VIKEN FOLKEHØGSKOLE

[www.viken.fhs.no](http://www.viken.fhs.no)

Østre Totenvei 120  
2816 Gjøvik

**Phone:** +47 61 13 15 00  
**Fax:** +47 61 13 15 90  
**E-mail:** viken@viken.fhs.no

**Instruction in a self-selected main instrument:**  
- Big band  
- Classical  
- Church music  
**MAJOR SUBJECTS**  
- Jazz/pop/rock  
- Musical  
- Music therapy  
- Sound  
- Vocal

**100**



### VOSS FOLKEHØGSKULE

[www.voss.fhs.no](http://www.voss.fhs.no)

Eskelandsvegen 28  
5700 Voss

**Phone:** +47 56 52 90 40  
**Fax:** +47 56 52 90 41  
**E-mail:** admin@voss.fhs.no

**MAJOR SUBJECTS**  
Music  
Sports and outdoor life  
Arts and crafts  
Film and photo  
Computing and internet

**124**



### ØYTUN FOLKEHØGSKOLE

[www.oytun.no](http://www.oytun.no)

9518 Alta

**Phone:** +47 78 44 91 40  
**Fax:** +47 78 44 91 70  
**E-mail:** oytun@oytun.no

**MAJOR SUBJECTS**  
Outdoor life:  
- Hunting and fishing  
- Flow  
- Photography  
- Arctic  
- Off piste  
- Guiding  
- Dogmushing

**n**  
**112**



### ÅL FOLKEHØGSKOLE OG KURSSENTER FOR DØVE

[www.al.fhs.no](http://www.al.fhs.no)

Bakketeigen  
3570 Ål

**Phone:** +47 32 08 26 00  
**Fax:** : +47 32 08 26 02  
**E-mail:** aal.folkehogskole@al.fhs.no

**MAJOR SUBJECTS**  
Fashion and design  
Information technology  
Culture and history of the deaf  
Football (soccer)  
Norwegian Sign Language for deaf foreigners  
Sign language

**N**  
For deaf foreigners

**45**



### ÅSANE FOLKEHØGSKOLE

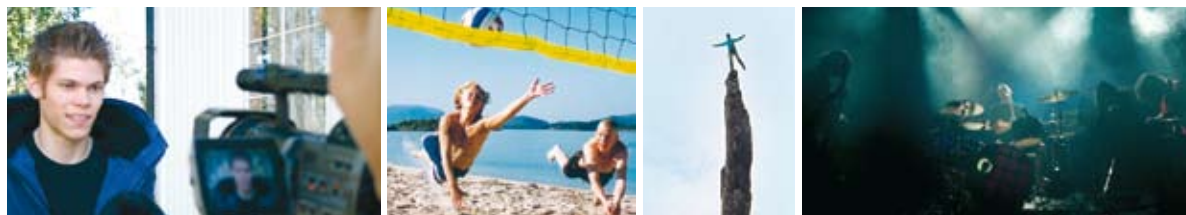
[www.aasane.fhs.no](http://www.aasane.fhs.no)

5109 Hylkje, Bergen

**Phone:** +47 55 39 51 90  
**Fax:** +47 55 39 51 99  
**E-mail:** aasane@online.no

**MAJOR SUBJECTS**  
Art and design  
Literature and writing  
Independent living skills  
Music and theatre  
3rd world solidarity  
Outdoor life  
The art of the stage

**82**



Dies ist eine kurze Zusammenfassung über die norwegischen Folkehøgskolen in Deutsch. Eine vollständige Einführung findest du bei unseren englischen Informationen.

Ein Jahr an einer Folkehøgskole in Norwegen gibt dir die einmalige Gelegenheit Land und Leute kennen zu lernen, Norwegisch zu sprechen und mit anderen jungen Menschen aus Norwegen und der ganzen Welt an einer aufregenden Lerngemeinschaft teilzunehmen.



## Über die Folkehøgskolen

### Folkehøgskole, was ist das?

Die Folkehøgskolen sind Einjahres-Internatsschulen, die eine Vielzahl interessanter, moderner und oft auch etwas andere Fächer anbieten. Der Gedanke hinter den Folkehøgskolen ist für das Leben zu lernen und als Mensch persönlich, sozial und geistig in kleinen Lerngemeinschaften zu wachsen. Alle Schüler wohnen auf dem Campus und bilden eine Gemeinschaft mit Mitschülern und Personal auch ausserhalb des Unterrichts. Man lernt für das Leben.

### Für wen?

Angenommen werden Schüler jeden Alters und mit jedem Bildungsstand. Die meisten Schüler, die eine Folkehøgskole besuchen, sind junge Erwachsene im Alter von 18 bis 25, wobei die meisten zwischen 19 und 20 Jahre alt sind. Fast an jeder Folkehøgskole gibt es internationale Schüler.

### Viele Schulen

Wähle zwischen 77 Folkehøgskolen, die auf ganz Norwegen verteilt sind. Die Schüler kommen aus allen Teilen Norwegens. Die Schulen haben durchschnittlich 80 bis 90 Schüler, die Zahl kann aber zwischen 40 und 150 liegen. Auf Vielfalt in der Schülerschaft wird sehr viel Wert gelegt und jeder bemüht sich, den internationalen Schülern das Gefühl zu geben, willkommen zu sein.

### Lernmethode: Learning by Doing

Seien wir uns doch einig, man lernt am Besten durch Erfahrung in dem man die Dinge praktisch und gemeinsam angeht. Interaktion zwischen Schülern und Lehrern in einer Atmosphäre von Offenheit und Toleranz machen das möglich. Dazu gehören auch Studienreisen in andere Länder.

### Wenn du kein Norwegisch sprichst....

Der Unterricht findet hauptsächlich in Norwegisch statt. Du hast jedoch die Möglichkeit einen Sprachkurs in Norwegisch zu belegen, der von der Schule angeboten wird. Zudem spricht fast jedes Mitglied des Personals und der Schülerschaft Englisch, wodurch dir der Einstieg erleichtert wird. Du kannst davon ausgehen, dass du am

Ende des Jahres recht gut Norwegisch kannst. Jedoch ist zum Erlernen der Sprache deine eigene Motivation sehr wichtig, aber das Leben in einem Norwegisch sprechenden Umfeld wird dir dabei sehr hilfreich sein. An einigen Schulen kannst du die norwegische Sprache und Kultur als Hauptfach oder als Wahlfach belegen. Im letzteren Fall hast du die Möglichkeit, zwischen den anderen Hauptfächern zu wählen.

### Was hast du von einem Jahr an einer Folkehøgskole?

Das Bildungsprogramm ermöglicht den Schülern, den eigenen Interessen und Fähigkeiten nachzugehen und die Persönlichkeit des Einzelnen so zu entwickeln, dass er auf seinen weiteren Lebensweg vorbereitet ist.

### Das ist die Folkehøgskole nicht!

Es ist wichtig hervorzuheben, dass es den Folkehøgskolen gesetzlich nicht gestattet ist, formelle Prüfungen durchzuführen und Noten zu vergeben. Nachdem du dein Schuljahr beendet hast, erhältst du ein Zeugnis, in dem ausführlich beschrieben wird, an welchen Aktivitäten du teilgenommen hast. Obwohl die Folkehøgskolen finanzielle Unterstützung vom Staat erhalten, sind sie unabhängig vom regulären Bildungssystem in Norwegen.

Internationale Schüler, die weiterhin in Norwegen studieren möchten, qualifizieren sich nicht automatisch nach Abschluss der Folkehøgskole für die Einschreibung als Student an einer norwegischen Hochschule oder Universität. Sie müssen die gleichen Zugangsvoraussetzungen erfüllen wie andere internationale Studenten.

### Zugangsvoraussetzungen

Die Folkehøgskolen fordern keine besonderen Diplome, vorherige Schulbildung oder Arbeitserfahrung. Als internationaler Schüler wird von dir erwartet, dass du gut Englisch oder etwas Norwegisch sprichst. Die Kurse werden an sechs Tagen in der Woche abgehalten und eine Anwesenheitspflicht gilt immer, mit Ausnahme von besonderem Umständen. Es ist nicht möglich, dass du während der Zeit an der Folkehøgskole einer Arbeit nachgehst, da die Vorlesungen und Aktivitäten auch an den Abenden und am Wochenende stattfinden.



## mein Jahr

Elisabeth Schwerdtfeger  
19 Jahre alt  
Deutschland

Nach der Schule wollte ich auf jeden Fall erst einmal ins Ausland gehen, weg von zu Hause, neue Menschen, andere Kulturen und Sprachen kennen lernen.

Innerhalb von 9 Monaten bieten die Folkehøgskolen die Möglichkeit so viel Neues kennen zu lernen: Menschen, Städte, Freunde, Natur, Sprache, Hobbies und Interessen. Meiner Meinung nach die beste Möglichkeit um Norwegisch zu lernen! Außerdem hat mich gereizt, dass es so eine große Auswahl an Fächern gibt!

Bevor ich nach Norwegen kam habe ich kein einziges Wort Norwegisch gekonnt. In den ersten Monaten hatte ich Abends eine Stunde Norwegischunterricht, zusammen mit zwei anderen Mädchen, um mich erst einmal mit der Sprache vertraut zu machen und um Fragen stellen zu können. Stück für Stück habe ich die Sprache gelernt. Dadurch dass den ganzen Tag Norwegisch um einen herum gesprochen wird, muss und will man die Sprache viel schneller lernen als im Schulunterricht.

Ich bin in der "danselinje" (Fach Tanz). Ich habe mich dafür entschieden, weil ich meine Tanzerfahrungen in Moderne, Ballett, Jazz und Improvisationstanz erweitern und herausfinden wollte, was meine Stärken und Schwächen sind. Da das Fach sehr praktisch orientiert ist, fühlt man sich bei mangelhaften Sprachkenntnissen (besonders am Anfang) nicht fehl am Platz.

Ich habe in dieser Zeit viele neue Bekanntschaften geschlossen und bin selbstständiger und verantwortungsvoller geworden. Ich habe interessante Dinge über mich herausgefunden und Erfahrungen über das Zusammenleben mit Menschen gesammelt. Ich habe gut norwegisch gelernt und kann mich in fast allen Situationen in der Sprache verständigen. Außerdem habe ich meine Tanztechnik verbessert, viel Inspiration in der Natur gefunden und neue Interessen, wie das Filmen, gefunden.

Die Folkehøgskole ist für alle offen, die mit der Schule fertig sind. Niemand ist ausgeschlossen, so trifft man alle Arten von Menschen. Man kann seine Interessen, Begabungen und Ideen in den Schulalltag und darüber hinaus einbringen. Es gibt keine Prüfungen, alleine die Motivation zählt.

Es ist ein Jahr voller spannender Erlebnisse und Erfahrungen!

Voici un bref descriptif des écoles supérieures populaires de Norvège en français. Pour une présentation complète, veuillez lire nos informations fournies en anglais.



En passant une année au sein d'une école supérieure populaire en Norvège, vous pourrez alors découvrir la culture norvégienne, apprendre le norvégien, et participer à une communauté pédagogique attrayante aux côtés de jeunes gens provenant de Norvège et des quatre coins de la planète.

## À propos des écoles supérieures populaires

### Folkehøgskole ou École supérieure populaire, de quoi s'agit-il?

Les écoles supérieures populaires sont des internats d'une année proposant tout un panel de nouvelles activités attrayantes et péri-universitaires, ainsi que des matières universitaires. Le principe de base des écoles supérieures populaires réside dans l'enseignement de la vie, à savoir la possibilité d'évoluer tant sur le plan personnel, social qu'universitaire au sein de petites communautés où tous les étudiants vivent sur le campus en contact étroit avec le personnel enseignant et leurs camarades étudiants. Un des volets importants de l'expérience des écoles supérieures populaires consiste à former une communauté, des liens étroits avec la communauté étudiante, pendant les cours et en dehors des cours. L'apprentissage de la vie se fait tout au long de la journée.

### À qui s'adressent ces écoles

Il n'existe pas d'âge limite ni de niveau d'éducation requis pour rejoindre une école supérieure populaire. La plupart des étudiants qui intègrent les écoles supérieures populaires sont de jeunes adultes ayant entre 18 et 25 ans. La tranche d'âge la plus nombreuse est celle des 19 - 20 ans. Dans presque chacune des écoles supérieures populaires se trouvent des étudiants étrangers.

### Un vaste choix d'écoles

Vous aurez également la possibilité de choisir le lieu où étudier; les écoles supérieures populaires sont au nombre de 77, disséminées à travers toute la Norvège. Les étudiants proviennent des quatre coins de la Norvège. Les écoles accueillent en moyenne entre 80 et 90 étudiants, mais peuvent parfois varier entre 40 et 150 étudiants. La diversité parmi la communauté étudiante est hautement valorisée, et tout le monde s'attache à ce que les étudiants étrangers se sentent bien accueillis.

### Méthode d'enseignement: Apprendre par la pratique

La méthode principale d'enseignement est centrée sur la pratique, à savoir apprendre à travers la pratique. En appliquant au quotidien tout ce que vous apprenez, vous développez et validez vos connaissances et votre savoir. Et vous êtes bien plus à même de vous souvenir des choses après les avoir vues mises en pratique pour de vrai. Les cours sont divulgués dans un esprit d'ouverture et de liberté, en misant sur l'interaction et le dialogue entre étudiants et enseignants. Les écoles supérieures populaires renforcent leur enseignement expérientiel à travers des voyages d'études menés au sein d'autres pays.

### Le fait de ne pas parler norvégien

La plupart des cours sont divulgués en norvégien. Cependant, nombreuses sont les écoles à proposer des cours de norvégien et presque tous les étudiants et membres du personnel enseignant parlent anglais, chose pouvant s'avérer utile au début. Après une

année passée au sein d'une école supérieure populaire, vous pourrez escompter comprendre et parler tout à fait correctement le norvégien. Votre maîtrise de la langue dépendra bien sûr de vos propres efforts mais le fait de vivre dans un environnement linguistique exclusivement norvégien ne peut que vous vous être profitable pour apprendre la langue. Dans les différentes écoles, vous aurez la possibilité de choisir la langue et la culture norvégiennes comme matière principale ou bien comme option. Dans ce cas-ci, vous pourrez alors faire votre choix parmi les autres matières principales présentées.

### Que peut m'apporter cette année passée dans une école supérieure populaire?

Le programme éducatif permet à l'étudiant de suivre ses propres centres d'intérêts et ses aptitudes. Les étudiants sont amenés à devenir les moteurs de leur propre éducation. Chaque étudiant repart avec un horizon élargi, des idées sociales étendues, une plus grande confiance en lui et des outils pour son apprentissage de la vie. Indubitablement, les étudiants sont mieux préparés pour affronter la vie et les chemins qu'ils vont ensuite emprunter, que ce soit au sein d'une université, du marché du travail ou du monde au sens large.

### L'école supérieure populaire, ce qu'elle n'est pas!

Il est important de souligner que de par la loi les écoles supérieures populaires n'imposent aucun examen officiel et ne délivrent aucun diplôme universitaire. Après avoir finalisé une année universitaire, il vous sera délivré un diplôme décrivant les cours suivis. Bien que recevant des fonds de l'état, les écoles supérieures populaires sont des établissements privés en marge du système éducatif classique de Norvège.

Les étudiants étrangers qui désirent continuer d'étudier en Norvège ne sont pas automatiquement habilités à pouvoir s'inscrire en tant qu'étudiants pour intégrer un établissement d'enseignement supérieur norvégien, ou une université après l'école supérieure populaire; ils doivent répondre aux mêmes critères d'entrée que ceux appliqués aux autres étudiants étrangers.

### Critères d'entrée

Les écoles supérieures populaires ne requièrent pas de diplôme particulier, ni un niveau scolaire précédent, ou une expérience professionnelle. En tant qu'étudiant étranger, vous devez maîtriser l'anglais ou bien avoir des notions de norvégien. Les cours ont lieu six jours par semaine et la présence est requise dans presque tous les cas de figure, hormis circonstances spécifiques. Vous ne pouvez conjuguer travail et présence au sein d'une école supérieure populaire, des cours magistraux et activités ayant également lieu les soirs et pendant les fins de semaine.

A continuación incluimos un resumen corto de las escuelas superiores populares noruegas en español. Si desea leer una introducción completa, por favor lea nuestra información en inglés.

Un año en una escuela superior popular en Noruega le brinda una oportunidad única de formar parte de la cultura noruega, de aprender noruego y de participar en una comunidad de aprendizaje emocionante junto a otros jóvenes de Noruega y del resto del mundo.



## Sobre las Escuelas Superiores Populares de Adultos

### Folkehøgskole o Escuela Popular – ¿Qué es?

Las escuelas populares son colegios internados de un año que ofrecen una variedad de materias emocionantes no tradicionales y no académicas al igual que materias académicas. La idea de las escuelas superiores populares es aprender para la vida, es decir que es una oportunidad para crecer individual, social y académicamente en pequeñas comunidades de aprendizaje en donde todos los estudiantes viven en la ciudad universitaria en contacto cercano con los profesores y sus compañeros. Una parte importante de la experiencia de la escuela superior popular es formar una comunidad, es decir una unión estrecha con el resto de estudiantes tanto fuera del aula como en ésta. El aprendizaje para la vida ocurre todo el día.

### A quienes van dirigidas estas escuelas

Los estudiantes pueden ser de cualquier edad y tener cualquier nivel de experiencia educativa. La mayoría de estudiantes que asiste a las escuelas superiores populares son adultos jóvenes cuyas edades fluctúan entre los 18 y los 25. Muchos de ellos son de 19 y 20 años. Existen estudiantes internacionales que asisten a casi todas las escuelas superiores populares.

### Varias escuelas

También tendrá muchas opciones para escoger en donde desea estudiar, ya que hay 77 escuelas superiores populares en toda Noruega. También encontrará estudiantes de todas las regiones de Noruega. En general en promedio las escuelas tienen de 80 a 90 estudiantes, pero pueden tener de 40 a 150 estudiantes. Se valora mucho la diversidad en los estudiantes y todos se esfuerzan para lograr que los estudiantes internacionales se sientan a gusto.

### Métodos de Enseñanza: Se Aprende al Hacer

El principal método de enseñanza es la práctica directa. Se aprenden las cosas al hacerlas. Al tener experiencias directas de lo que aprende, su conocimiento y comprensión serán mayores y más válidos. Y también será mucho más probable que recuerde algo después de aplicarlo en la vida real. Se llevan a cabo las clases en un ambiente libre y abierto, avanzando gracias a las interacciones y diálogos entre estudiantes y profesores. Las escuelas superiores populares robustecen la educación práctica mediante viajes de estudios a otros países.

### ¿Qué pasa con estudiantes que no hablan noruego?

La mayoría de clases se enseña en noruego. Sin embargo, muchas escuelas ofrecerán cursos de noruego y casi todos los profesores, administradores y estudiantes hablan inglés, que puede ayudar al inicio. Después de este año, puede esperar

entender y hablar noruego razonablemente bien. El nivel de conocimientos dependerá claro de sus propios esfuerzos pero al vivir en un ambiente en donde se habla noruego, tendrá una gran ventaja en el momento de aprender.

En las diversas escuelas puede escoger el noruego y la cultura noruega como su especialización o como una especialización adicional. En el segundo caso, tendrá la oportunidad de escoger entre las diferentes especializaciones que se ofrecen.

### ¿Qué podrá lograr gracias a un año de Escuela Superior Popular?

El programa educativo le permite al estudiante dedicarse a sus propios intereses y destrezas. Los estudiantes se convierten en actores motivados por su propia cuenta en el desarrollo de su propia educación. Cada estudiante logra ampliar su horizonte, conseguir conocimientos específicos sociales y obtendrá una mayor confianza en sí mismo, al igual que herramientas para el aprendizaje durante toda su vida. Sin lugar a dudas, los estudiantes estarán mejor preparados para cualquier camino que sigan, sea la universidad, el sitio de trabajo o un mundo más amplio.

### Escuela Superior Popular – ¡Lo que no es!

Es importante recalcar que para cumplir las leyes, las escuelas superiores populares no pueden tomar exámenes formales ni otorgar títulos. Después de terminar el año, usted recibirá un diploma que indique su participación. A pesar de que recibe apoyo financiero del gobierno, las escuelas superiores populares son independientes del sistema normal educativo noruego.

Los estudiantes internacionales que deseen continuar sus estudios en Noruega no reciben automáticamente la aprobación para matricularse como estudiantes en una universidad noruega después de seguir la escuela superior popular. Ellos deben cumplir los mismos requerimientos de matrícula como los demás estudiantes internacionales.

### Requerimientos para la Matrícula

Las escuelas superiores populares no requieren de diplomas específicos, ni educación previa ni tampoco experiencia laboral. Como estudiante internacional, se espera que sepa hablar inglés bien o hablar algo de noruego. Se llevan a cabo las clases 6 días por semana y se requiere la asistencia a todas excepto bajo condiciones especiales. No puede trabajar mientras asiste a la escuela superior popular, ya que las clases y actividades se llevan a cabo también durante las noches y fines de semana.



民间高级教育学校一年的学习会给您提供一个独特的机会，使您成为挪威文化学习挪威语，并且和来自挪威及世界其他地方的年轻人一起参与到一个学习团体中来。

### 民间高级教育学校？

民间高级教育学校是学期一年的寄宿制学校，不仅教授学术科目，还提供丰富多彩的学术科目教育。民间高等教育院校的宗旨在于为生活而学习，提供在小型团体中获得个人化、社会化和学术化成长的机遇——团体内的学生均在校园生活，职员和学友间的紧密接触。在民间高级教育学校学习生活的一个重要部分是一个作为学生之间、课堂之间和课堂之外的公共纽带的团体。所以，从早到晚都在为生活而学习。

民间高级教育学校招收任意年龄、拥有任意先前教育等级的学生。参加民间高级教育学校的学生为 18 到 25 岁之间的年轻人；19 岁和 20 岁的年轻人尤为普遍。民间高级教育学校都收有国际学生。

### 学校

无论身处何处学习，您也有众多的选择；挪威的 78 所民间高级教育学校遍布全国各地。学生也是来自挪威的各个地方。每所学校平均大约有 80 到 90 个学生，但规模可在 40 到 150 之间。学生内的多样性得到了极高的重视，而且每一个学生都感到宾至如归。

### 学习来自于实干

民间高级教育学校的主要教学方式是亲自实践式的，即通过亲自实干而学习知识。通过正在学习的事物，您的知识和理解会变得更加透彻和有效。并且，当亲眼看到您的知识运用于实际生活后，您将更有可能将这项知识牢记于心。课程的教学由开放的精神、在学生和老师之间的互动及对话中进行的。民间高级教育学校的教学通过学校组织的到其他国家的学习旅行而得以加强。

### 不会挪威语，怎么办？

民间高级教育学校的大多数课程都以挪威语教授。不过，许多学校会提供挪威语学习。几乎所有的教职员和学生都会说英语——这在学习的开始可能会有所帮助。经过一段时间后，您的挪威语的理解和听说能力应该已经相当好了。当然，您对这门语言掌握的程度取决于您自身的努力，但是生活在这样一个说挪威语的环境里给您学习提供了有利条件。

在学校里，您可以选择将挪威语言和文化作为主修科目或选修科目。如果将其作为选修科目，您就有机会在其他主修科目中进行选择。

### 一年的民间高等学院学习会让您有何收获？

民间高级教育学校的教学安排允许学生按照他或她自身的兴趣和能力进行发展。学生们在开发其自身教育中成为具有自我能动性的演员。每个学生离校时，其视野和社会洞察力都得以拓广，对自身拥有更多的自信，并且掌握了终身受用的学习工具。毫无疑问，学生们都将对其面前的道路做好更充分的准备，无论这条道路是通向大学、工作场所还是更广阔的世界。

### 民间高级教育学校的特别注意事项！

需要特别强调的是，民间高级教育学校法律上不进行任何正式考试，也不颁发任何学位。完成您的学年后，您将收到一份详细记载您所参与学业的毕业证书。虽然民间高级教育学校接受来自国家的财政支援，但是却独立于挪威的正规教育系统。

在民间高级教育学校学习后，想要在挪威继续学习的国际学生不会自动获得挪威的学院或大学的入学资格；他们必须像其他国际学生一样满足入学要求。

### 入学要求

入学民间高级教育学校不需要特别的文凭、先前的教育水平或职业经验。作为国际学生，您最好有相当程度的英语水平或者会说一些挪威语。每星期有 6 天的授课时间，除了特殊情况，所有的课程均须出席。在民间高级教育学校学习的同时兼做一份工作是不可行的，因为讲课和教育活动也会在晚上和周末进行。

