



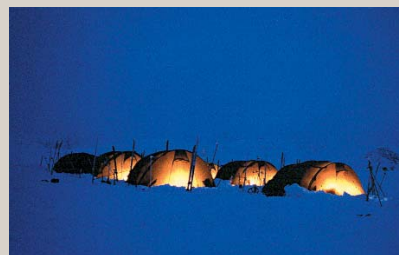
Folk High Schools in Norway

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

folkehøgskolene
www.folkehogskole.no



the year
of a lifetime



folkehøgskolene
www.folkehogskole.no

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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15. May – 15. September from 8 a.m till 3 p.m.

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

Our 78 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 lifelong 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 your experiences in the country with the many exciting subjects you choose.

Welcome to a folk high school in Norway!

folkehøgskolene

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 78 schools in the country. Folk high schools provide opportunities in general education, primarily for young adults. These schools are different from secondary schools, high schools 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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Contents

WHERE ARE THE SCHOOLS LOCATED	p. 4
SCHOOL INDEX	p. 5
WHAT IS A FOLK HIGH SCHOOL	p. 6
LEARNING BY DOING	p. 8
FACTS ABOUT FOLK HIGH SCHOOLS	p. 10
A DAY AT A FOLK HIGH SCHOOL	p. 12
PRACTICAL INFORMATION	p. 13
HOW TO APPLY	p. 14
SCHOLARSHIPS FOR INTERNATIONAL STUDENTS	p. 15
OVERVIEW MAJOR SUBJECTS	p. 16
SCHOOL INFORMATION	p. 18 - 33
INFORMATION IN OTHER LANGUAGES:	p.34
 German	p. 34
 French	p. 36
 Spanish	p. 37
 Chinese	p. 38

Norway



A		K		S	
Agder folkehøgskole	p. 18	Karmøy Folkehøgskule	p. 23	Sagavoll folkehøgskole	p. 28
Arbeiderbevegelsens Folkehøgskole Ringsaker	p. 18	Kvås Folkehøgskole	p. 23	Sandvik Folkehøgskole	p. 28
B		L		S	
Bakketun folkehøgskole	p. 18	Lofoten folkehøgskole	p. 23	Seljord Folkehøgskule	p. 28
Birkeland Folkehøgskole	p. 18	Lundheim Folkehøgskole	p. 23	Skiringssal folkehøgskole	p. 29
Bjerkely folkehøgskole	p. 18	M		Skjeberg Folkehøgskole	p. 29
Borgund Folkehøgskole	p. 19	Manger Folkehøgskule	p. 24	Skogn folkehøgskole	p. 29
Buskerud Folkehøgskole	p. 19	Møre Folkehøgskule	p. 24	Sogndal folkehøgskule	p. 29
D		N		S	
Danvik Folkehøgskole	p. 19	Namdals folkehøgskole	p. 24	Solborg folkehøgskole	p. 29
E		O		S	
Elverum folkehøgskule	p. 19	Nansenskolen	p. 24	Sund folkehøgskole	p. 30
F		P		S	
Fana Folkehøgskule	p. 19	Olavskulen Folkehøgskule	p. 26	Sunnfjord Folkehøgskule	p. 30
Fjordane Folkehøgskule	p. 20	R		Sunnhordland folkehøgskule	p. 30
Folkehøgskolen 69°Nord	p. 20	Rauma Folkehøgskole	p. 26	Sunnmøre folkehøgskule	p. 30
Follo Folkehøgskole	p. 20	Revskolen	p. 26	Svanvik folkehøgskole	p. 31
Fosen folkehøgskole	p. 20	Solbakken folkehøgskole	p. 26		
Fredly folkehøgskole	p. 21	Ringebu Folkehøgskule	p. 27		
Fredtun folkehøgskole	p. 21	Ringerike Folkehøgskole	p. 27		
G		S			
Grenland Folkehøgskole	p. 21	Sagavoll folkehøgskole	p. 28		
H		T			
Hallingdal Folkehøgskule	p. 21	Toneheim folkehøgskole	p. 31		
Hardanger Folkehøgskule	p. 21	Torshus Folkehøgskule	p. 31		
Haugetun Folkehøgskole	p. 21	Toten folkehøgskole	p. 31		
Hedmarktoppen Folkehøgskole	p. 22	Trondarnes Frilynte Folkehøgskole	p. 31		
Holtekilen Folkehøgskole	p. 22	Trøndertun Folkehøgskole	p. 32		
Hurdal Verk folkehøgskole	p. 22	V			
Høgtun folkehøgskole	p. 22	Valdres folkehøgskule	p. 32		
J		Ø			
Jeløy folkehøgskole	p. 22	Øytun folkehøgskole	p. 33		
Jæren folkehøgskule	p. 23	Å			
		Ål folkehøgskole og kurscenter for døde		p. 33	
		Åsane Folkehøgskole		p. 33	

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 78 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.



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.

my year

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.

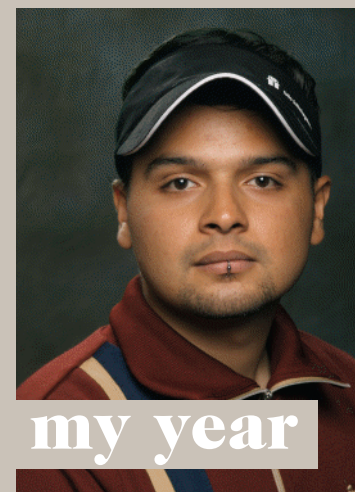
Many of the courses culminate in a performance, concert, exhibition or theme week which you and the other students have planned and organized in co-operation with your teachers.

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 6500 students attend the 78 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



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 choose 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 am sharing a room with a Norwegian room-mate,

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 spec-



trum 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 68500 (8630 or \$ 10500) 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 1050
- Room and board: from NOK 41 500
- Course-related expenses, materials, excursions: from NOK 8 600 – 41 000
- Sum total: between NOK 51 100 and 90 000.

(The listed expenses apply to the 2006-2007 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 the 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)
- 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 Ciriur Danmark. For more information www.ciriusonline.dk/nordisk-hoejskolestip

Students from Island apply for grants at Foreningen Norden, Iceland. For more information 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 (look under English information.)

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

The Memorial Fund of 8th of May 1970
 c/o IKF, Grensen 9a
 N-0159 Oslo
 Norway
 E-mail: ikf@ikf.no
 Phone: + 47 22 39 64 50
 - 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)
Belgium (Brussels)	Italy (Rome)	Russia (Moscow)
Canada (Ottawa)	Latvia (Riga)	Spain (Madrid)
Estonia (Tallinn)	Lithuania (Vilnius)	United Kingdom (London)
France (Paris)	The Netherlands (The Hague)	USA (Washington)
Germany (Berlin)	Hague)	
Greece (Athens)	Poland (Warsaw)	

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

2007-2008		
Argentina (Buenos Aires)	Switzerland (Bern)	Ethiopia
Bangladesh (Dhaka)	Syria (Damascus)	Gambia
Brazil (Brasilia)	Thailand (Bangkok)	Ghana
Cote d'Ivoire (Abidjan)	Ukraine (Kiev)	Jamaica
Egypt (Cairo)	Angola	Liberia
Hungary (Budapest)	Bulgaria	Mauritania
Kuwait (Kuwait City)	Cameroon	Panama
Lebanon (pt. Damascus)	Colombia	Surinam
Mexico (Mexico City)	Cyprus	Chad
Saudi Arabia (Riyadh)	Ecuador	Costa Rica
2008-2009		
China (Beijing)	Tanzania (Dar-Es-Salaam)	Mauritius
India (New Delhi)	Venezuela (Caracas)	Namibia
Indonesia (Djakarta)	Yugoslavia (Belgrade)	Nepal
Iraq (Baghdad)	Algeria	Sierra Leone
Korea (Seoul)	Jordan	Slovenia
Morocco (Rabat)	Kenya	South Africa
Nigeria (Lagos)	Libya	Uganda
The Philippines (Manila)	Mali	Zaire
Sri Lanka (Colombo)		Zambia
2009-2010		
Austria (Vienna)	Romania (Bucharest)	New Zealand
Bosnia-Herzegovina	Singapore (Singapore)	Peru
Chile (Santiago)	Turkey (Ankara)	Senegal
Czech Republic (Prague)	Zimbabwe (Harare)	Slovakia
Iran (Teheran)	Albania	Somalia
Israel (Tel Aviv)	Guinea	Sudan
Japan (Tokyo)	Congo	Togo
Malaysia (Kuala Lumpur)	Croatia	Tunisia
Pakistan (Islamabad)	The Maldives	United Arab Emirates
	Madagascar	

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.

Students with some knowledge of Norwegian can choose Advanced Norwegian as an elective. This program is marked with **AN** in the school information.

THE FOLK HIGH SCHOOLS OFFER MAJOR SUBJECTS WITHIN THESE AREAS:

ARTS AND CRAFTS (i.e. painting, fashion design, drawing, boat building)	Ringerike Risøy Romerike Rødde Rønningen Agder Sagavoll Sandvik Seljord Skiringssal Skogn Solborg Soltun Sund Sunnhordland Torshus Trondarnes Trøndertun Hardanger Hedmarktoppen Holtekilen Hurdal Verk Høgtun Jæren Karmøy Kvås Lundheim Møre Namdals Nansenskolen Nordhordland Olavskulen Peder Morset Revyskolen Solbakken Ringebru	Lundheim Rauma Rødde Sandvik Skjeberg Voss Ål COOKING AND BAKING Karmøy Kvås Olavskulen Rødde Svanvik Trondarnes CREATIVE WRITING Buskerud Danvik Nansenskolen Nordiska Revyskolen Solbakken Åsane DANCE Follo Manger Numedal Revyskolen Solbakken Sagavoll Sunnfjord Sunnhordland	Sunnmøre Trøndertun Viken IDEAS, CULTURE, SOCIETY Nansenskolen INTERNATIONAL STUDIES (including peace studies, social studies, solidarity studies) Agder Bakketun Birkeland Bjerkely Borgund Elverum Fana Follo Fredtun Grenland Hallingdal Hardanger Haugetun Holtekilen Hurdal Verk Jeløy Karmøy Kvås Lundheim Møre Nordhordland	Nordiska Olavskulen Ringebru Ringerike Risøy Rønningen Sagavoll Skogn Solborg Soltun Sund Sunnfjord Svanvik Toten Trondarnes Valdres Åsane LEADERSHIP TRAINING Sandvik MEDIA AND COMMUNICATION (i.e. animation, journalism, video) Agder Arbeiderbevegelsens Bjerkely Buskerud Danvik Fana Fredly Møre Hallingdal Holtekilen	Hurdal Verk Jæren Kvås Lundheim Møre Namdals Nordiska Peder Morset Rauma Ringerike Rønningen Sagavoll Skiringssal Skjeberg Solborg Sunnfjord Svanvik Voss Ål MOTORS AND ENGINES Birkeland Nordhordland Rødde MUSIC Agder Bakketun Buskerud Elverum Fana Follo Fredly Fredtun
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Hugetun Hedmarktoppen Holtekilen Hurdal Verk Høgtun Jeløy Jæren Karmøy Kvås Lundheim Manger NamdalsNordhordland Nordiska Nordmøre Olavskulen Rauma Revyskolen Solbakken Ringerike Romerike Rødde Rønningen Sagavoll Sandvik Seljord Skiringssal Skjeberg Skogn Solborg Sund Sunnhordland Sunnmøre Toneheim	Trondarnes Trøndertun Vefsn Viken Voss Åsane ORGANIC FARMING Fosen PHOTOGRAPHY Arbeiderbevegelsens Bjerkely Buskerud Fana Jæren Lofoten Lundheim Nordhordland Nordmøre Sandvik Skjeberg Sogndal Sund Sunnfjord Øytun Ål RESCUE, SECURITY AND STAND-BY DUTY Fredly Karmøy Risøy
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RIDING AND HORSE CARE Fjordane Folkehøgskolen 69°Nord Fosen Hardanger Hurdal Verk Høgtun Peder Morset Soltun Svanvik Torshus SIGN LANGUAGE Ål SOCIAL SERVICES (i.e. school and kindergarten, health and caregiving, psychology) Birkeland Fana Hardanger Haugetun Holtekilen Jeløy Jæren Karmøy Namdals Nordhordland Peder Morset
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Risøy Rønningen Toten Vestoppland Torshus Trondarnes SOUND ENGINEERING AND STAGE DESIGN Bakketun Manger Revyskolen Solbakken Romerike Sunnhordland Trøndertun Vefsn Viken SPORTS AND OUTDOOR LIFE Bakketun Birkeland Borgund Elverum Folkehøgskolen 69°Nord Fosen Fredly Fredtun Grenland Hallingdal Hardanger
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Haugetun Hedmarktoppen Hurdal Verk Høgtun Jeløy Jæren Karmøy Lofoten Lundheim Møre Namdals Nordfjord Nordhordland Nordmøre Numedal Peder Morset Rauma Ringebru Ringerike Risøy Rødde Rønningen Sagavoll Sandvik Seljord Skiringssal Skjeberg Skogn Sogndal Solborg Sund Sunnfjord Sunnmøre Svanvik Torshus Toten Valdres Vefsn Vestoppland Voss Øytun Ål Åsane THEATRE, DRAMA AND REVUES Bakketun Buskerud Danvik Elverum Fana Fjordane Follo Fredtun Hallingdal Hedmarktoppen Karmøy Lundheim Nordiska Nordmøre Olavskulen Revyskolen Solbakken Romerike Skiringssal Solborg Soltun Sunnhordland Vefsn Viken Åsane
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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
Jeløy
Møre
Nordmøre
Ringerike
Rønningen
Soltun
Svanvik
Trondarnes
Ål (sign language)

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

Elverum
Nordfjord
Nordiska
Nordmøre
Seljord
Sogndal
Sund
Torshus
Øytun

SHORT-TIME COURSES FOR SENIOR CITIZENS

Nordnorsk Pensjonistskole
Norsk Senter for Seniorutvikling

SCHOOLS ADAPTED FOR THE DISABLED

Bakketun
Bjerkely
Fjordane
Fredly
Lundheim
Nordhordland
Olavskulen
Peder Morset
Risøy
Soltun

SYMBOLS USED:

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

AN School offering Advanced Norwegian as an elective

n School offering some Norwegian instruction

100 Student capacity



AGDER FOLKEHØGSKOLE

www.agder.fhs.no

Høgskoleveien 3
4640 Søgne

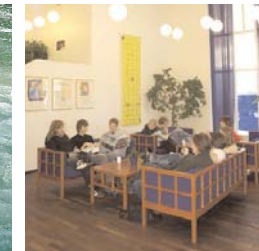
Phone: +47 38 16 82 00
Fax: +47 38 16 82 01
E-mail: kontor@agder.fhs.no

Norwegian language and culture
Painting/drawing

MAJOR SUBJECTS

Pottery
Social sciences
Jazz
Film/movie

N
100



BORGUND FOLKEHØGSKOLE

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
- North-America
- Thailand
- Cockpit

MAJOR SUBJECTS

- Africa
- Sailing Europe
- Australia
- The Alps

90



ARBEIDERBEVEGELSENS FOLKEHØGSKOLE RINGSAKER

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

95



BUSKERUD FOLKEHØGSKOLE

www.buskerud.fhs.no

Kongsbergveien
3322 Darbu

Phone: +47 32 75 06 16
Fax: +47 32 75 04 80
E-mail: postmaster@buskerud.fhs.no

Rock and metal
Art and picture
Film and video
Theatre

MAJOR SUBJECTS

Photography
Creative writing
Fashion and design

90



BAKKETUN FOLKEHØGSKOLE

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
Costumes
Travels

MAJOR SUBJECTS

Outdoor life (hunting and fishing)
Network programming
Sport extreme

n
70



DANVIK FOLKEHØGSKOLE

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
Radio journalism
Method acting
Writing

MAJOR SUBJECTS

Documentaries and news
Arts management
Film
Studio production

130



BIRKELAND FOLKEHØGSKOLE

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

Norwegian language and culture
Computing
Health
Creative arts
Sports

MAJOR SUBJECTS

The car engine
Outdoor life (hunting and fishing)
International solidarity
School and kindergarten

N
124



ELVERUM FOLKEHØGSKOLE

www.elverum.fhs.no

Strandbygdveien 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

MAJOR SUBJECTS

Arts
Music
Snowboard
Solidarity work
Theatre

N
100



BJERKELY FOLKEHØGSKOLE

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
- Journalism
- Mission

MAJOR SUBJECTS

Global image
Film and video

90



FANA FOLKEHØGSKOLE

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

MAJOR SUBJECTS

Media – film – photography
Psychology
Ethnomusic
Theatre

100

SYMBOLS USED:

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

AN School offering Advanced Norwegian as an elective

n School offering some Norwegian instruction

100 Student capacity



FJORDANE FOLKEHØGSKULE

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 artistry
Art and glass design
Interior decorating

90



FOLKEHØGSKOLEN 69° NORD

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
Horse and outdoor life

45



FOLLO FOLKEHØGSKOLE

www.follo.fhs.no

Østbyveien 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 and tourism
Music theatre

N
100



FOSEN FOLKEHØGSKOLE

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

Wilderness and outdoor life
MAJOR SUBJECTS
Sailing
Boat building
Handicraft and design
Organic farming
Horse training

n
60



FREDLY FOLKEHØGSKOLE

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
Fitness instructor
Music and drama
Security

110



FREDTUN FOLKEHØYSKOLE

www.fredtun.no

Helgeroaveien
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
Band
Theatre with film
Art
MAJOR SUBJECTS
Sewing and dressmaking
Furniture and design
Norwegian language and culture

N
100



GRENLAND FOLKEHØGSKOLE

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 decoration
MAJOR SUBJECTS
Football
Handball
Tourism
Beach-volley
Backpacker

99



HALLINGDAL FOLKEHØGSKULE

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

n
92



HARDANGER FOLKEHØGSKULE

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
Outdoor life
MAJOR SUBJECTS
Football and sports
Handling and care of horses
Children and nature

n
88



HAUGETUN FOLKEHØYSKOLE

www.haugetun.fhs.no

Solivn. 64
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
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

AN School offering Advanced Norwegian as an elective

n School offering some Norwegian instruction

100 Student capacity



HEDMARKTOPPEN FOLKEHØYSKOLE

www.hedmarktoppen.no

Boks 1070
2305 Hamar

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

Drama
Sports and outdoor life
Music

MAJOR SUBJECTS

Art and creativity
Global Mission
Team Action on the Road

110



HOLTEKILEN FOLKEHØGSKOLE

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

MAJOR SUBJECTS

Social services
Music/studio
Film /video
Fashion/design
South Africa

70



HURDAL VERK FOLKEHØGSKOLE

www.hvf.no

2090 Hurdal

Phone: : +47 63 98 71 08
Fax: +47 63 98 71 09
E-mail: post@hvf.no

Telemark/snowboard
Ball sports
Outdoors
Outdoor sports

MAJOR SUBJECTS

Music
Adventure
Horse riding
Arts and crafts
Free Film

n
95



HØGTUN FOLKEHØGSKOLE

www.hogtun.no

Torvikbukta
6639 Torvikbukta

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 - KRIK

MAJOR SUBJECTS

Sports, food and Health
Multiarts
Music
Diving
Horse riding

n
96



JELØY FOLKEHØYSKOLE

www.jeloy.fhs.no

Nokiaveien 30 B
1516 Moss

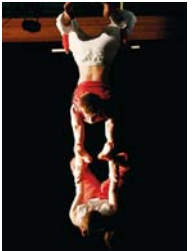
Phone: : +47 69 91 10 70
Fax: +47 69 91 10 80
E-mail: office@jeloy.fhs.no

Tourism
Football
Bible studies
Scuba diving and outdoor life
Web and graphic design

MAJOR SUBJECTS

Music
Psychology and social work
Norwegian language and culture

N
90



JÆREN FOLKEHØGSKULE

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
Media

MAJOR SUBJECTS

Photography
Music
Social services

95



KARMØY FOLKEHØGSKULE

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



KVÅS FOLKEHØGSKOLE

www.kvas.fhs.no

4588 Kvås

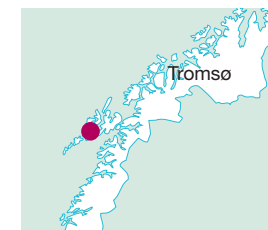
Phone: +47 38 33 20 00
Fax: +47 38 33 20 01
E-mail: post@kvas.fhs.no

Soundtrack
Animation

MAJOR SUBJECTS

Food
Trend and design
South-America

60



LOFOTEN FOLKEHØGSKOLE

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
- Telemark/climbing
- Lofoten

MAJOR SUBJECTS

Photography
- Natur
- Pro

90



LUNDHEIM FOLKEHØGSKOLE

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 and crafts
Creative computer science
"All round"
Theatre and dance

MAJOR SUBJECTS

Sport
Photography
Fitness
Woodwork and ceramics
Global perspective
Web

70

SYMBOLS USED:

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

AN School offering Advanced Norwegian as an elective

n School offering some Norwegian instruction

100 Student capacity



MANGER FOLKEHØGSKULE

www.manger.fhs.no

Prestbrekka 3
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)
MAJOR SUBJECTS Sound recording studio
Scandinavian folk dancing

n
60



MØRE FOLKEHØGSKULE

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
Creative arts
Sports and outdoor life
Explore Africa
MAJOR SUBJECTS Animation
TV/film
Norwegian language and culture

N
90



NAMDALS FOLKEHØGSKOLE

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
MAJOR SUBJECTS Hunting/fishing
Freeride with video production
Arts

n
85



NANSENSKOLEN

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 Idea - culture - society
Creative writing
Creative arts

70



NORDFJORD FOLKEHØGSKULE

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:
- Expedition
- Ski
- Activity
- Mountaineering and glacier
MAJOR SUBJECTS - Hunting and fishing
- Wind and water
- KRIK

n
115



NORDHORDLAND FOLKEHØGSKULE

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
MAJOR SUBJECTS Sports and outdoor life
The car engine
Photo, DV and graphic design
Golf and sports

155



NORDISKA FOLKHÖGSKOLAN

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
Sing- and song writing
Theatre
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

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-pensjonistkole.no

Vik
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

Melsomvikveien 79
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

AN School offering Advanced Norwegian as an elective

n School offering some Norwegian instruction

100 Student capacity



NUMEDAL FOLKEHØGSKOLE IDRETTSSKOLEN

www.idrettsskolen.com

3626 Rollag

Phone: : +47 32 74 67 60
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
Multisports

92



OLAVSKULEN FOLKEHØGSKULE

www.olavskulen.fhs.no

5437 Finnås

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

International perspective: Guatemala/Kenya
Institutional cooking

MAJOR SUBJECTS Music
Theatre
Musical
Costume and fashion design

90



PEDER MORSET FOLKEHØGSKOLE

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
Horse back riding
Outdoor life and sports

MAJOR SUBJECTS Media
Arts and craft
Flexi
Work training

n
64



RAUMA FOLKEHØGSKOLE

www.rauma.fhs.no

Raumaveien 2
6411 MOLDE

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

Media/journalism/press photography
Music/band
Music/dance
Multimedia/computing
Scuba diving/rock climbing/sailing

MAJOR SUBJECTS Football (soccer)/sports
Marine sports/offroad/snowboard
Marine sports/offroad/telemark
Safari adventure

n
95



REVYSKOLEN SOLBAKKEN FOLKEHØGSKOLE

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

Vekksveien 13
2630 Ringebu

Phone: +47 61 28 43 60
Fax: : +47 61 28 43 61
E-mail: post@ringebu.fhs.no

MAJOR SUBJECTS Sports and outdoor life
Tourism
Practical – aesthetic classes

73



RINGERIKE FOLKEHØGSKOLE

www.ringerike.fhs.no

Askveien 26
3510 Hønefoss

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

Arts and crafts
Music and theatre
Sports

MAJOR SUBJECTS International questions and media
Global solidarity
Norwegian Roots

N
103



RISØY FOLKEHØYSKOLE

www.risoy.fhs.no

Risøya
4912 Gjeving

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

Diving
Sailing
Seasport and outdoor life
Social work

MAJOR SUBJECTS Golf and sports
Arts and creativity
Travel and tourism
Rescue, security and stand-by duty
Interior design

120



ROMERIKE FOLKEHØGSKOLE

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

Costumes and make-up
Stage design
Sound design and music

MAJOR SUBJECTS The technique and design of performance lighting
Theatre
Music and theatre

108



RØDDE FOLKEHØGSKOLE

www.rodde.fhs.no

7224 Melhus

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

Adventure sports
Cross downhill
Freestyle freeride

MAJOR SUBJECTS Arts design
Multimedia design
Creative music
Cooking

100

SYMBOLS USED:

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

AN School offering Advanced Norwegian as an elective

n School offering some Norwegian instruction

100 Student capacity



RØNNINGEN FOLKEHØGSKOLE

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

Vocal Band
Film and photography
Social services

MAJOR SUBJECTS Sports and ball
Global issues International Class (Norwegian language and culture)

N
100



SAGAVOLL FOLKEHØGSKOLE

www.sagavoll.fhs.no

3810 Gvarv

Phone: +47 35 95 91 00
Fax: +47 35 95 91 01
E-mail: 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 interior design

n
124



SANDVIK FOLKEHØGSKOLE

www.sandvik.fhs.no

Mjåvatn
8664 Mosjøen

Phone: +47 75 11 50 00
Fax: +47 75 11 50 01
E-mail: post@sandvik.fhs.no

Outdoor life sea and mountain Digital photo and design

MAJOR SUBJECTS Trend and design
Vocal and band Youth politicians
Data basic Leadership training

80



SELJORD FOLKEHØGSKULE

www.seljord.fhs.no

Jakob Naadlandsveg
3840 Seljord

Phone: +47 35 05 80 40
Fax: +47 35 05 80 41
E-mail: kontor@seljord.fhs.no

MAJOR SUBJECTS Music
Hunting and fishing Outdoor life
Arts Chess

n
90



SKIRINGSSAL FOLKEHØYSKOLE

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

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

Oldtidsveien 35
1747 Skjeberg

Phone: +47 69 16 81 04
Fax: +47 69 16 87 82
E-mail: skjeberg.fhs@ostfold-f.kommune.no

MAJOR SUBJECTS Radio - and TV-journalism
Music and music production Newspaper journalism
Webjournalism

AN
Sports and journalism Text and communication
Visual communication

91



SKOGN FOLKEHØGSKOLE

www.skogn.fhs.no

Småland
7620 Skogn

Phone: +47 74 08 57 20
Fax: +47 74 09 60 95
E-mail: skognfnn@online.no

MAJOR SUBJECTS Handball USA
Vocal & drama Music
Ceramics and glass Sewing and design

n
79



SOGNDAL FOLKEHØGSKULE

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

MAJOR SUBJECTS Sports
Photography Nature photography
Outdoor life Mountaineering with climbing

n
80



SOLBORG FOLKEHØGSKOLE

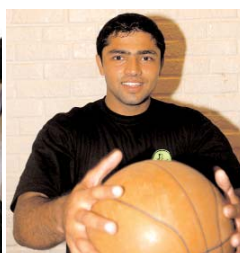
www.solborg.fhs.no

Tjensvollveien 44
4021 Stavanger

Phone: +47 51 51 01 00
Fax: +47 51 51 01 01
E-mail: solborg@solborg.fhs.no

MAJOR SUBJECTS Variety show
Multi Media Spotlight
Adventure Global village
Fashion, design and art

140



SYMBOLS USED:

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

AN School offering Advanced Norwegian as an elective

n School offering some Norwegian instruction

100 Student capacity



SOLTUN FOLKEHØGSKOLE

www.soltun.fhs.no

Trøssen
9440 Evensker

Phone: +47 77 08 99 30
Fax: +47 77 08 99 40
E-mail: www.soltun.fhs.no

Backpack Nordic
Backpack surprise
Riding and horsecare
Peacebuilding

MAJOR SUBJECTS Photo, art and video
Impro theatre
Program for learning Norwegian

N
70



SUND FOLKEHØGSKOLE

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

Social work in North/South
Development studies
(Central America)

MAJOR SUBJECTS Football (soccer)
Jazz music
Peace Corps Youth
Art and ethical design
Photography

n
105



SUNNFJORD FOLKEHØGSKULE

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

Travel and tourism
Black and white photography
Photojournalism

MAJOR SUBJECTS SOS: Solidarity - Care - Self-development
Dance
Beach- and volleyball

n
90



SUNNHORDLAND FOLKEHØGSKULE

www.sunnhordland.fhs.no

5455 Halsnøy Kloster

Phone: +47 53 47 01 10
Fax: +47 53 47 01 11
E-mail: sunnfolk@sunnfolk.no

MAJOR SUBJECTS Art
Dance
Music
Theatre
Sound

n
90



SUNNMØRE FOLKEHØGSKULE

www.sunnmore.fhs.no

Osbergv.1
6065 Ulsteinvik

Phone: +47 70 00 96 00
Fax: +47 70 00 96 01
E-mail: post@sufh.no

Dancing
Dancing and drama
Music and dancing

MAJOR SUBJECTS **Music and outdoor life**
Multisport
Sport.football
Sea and Snow

90



SVANVIK FOLKEHØGSKOLE

www.svanvik.fhs.no

9925 Svanvik

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

Norwegian language and culture
Hunting and fishing
Horse riding

MAJOR SUBJECTS Film and photo
Dog sleighing
International course, focus: Russia
Arctic kitchen

N
60



TONEHEIM FOLKEHØGSKOLE

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

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

156



TORSHUS FOLKEHØGSKULE

www.torshus.com

7320 Fannrem

Phone: +47 72 47 98 52
Fax: +47 72 47 98 51

E-mail: torshus@torshus.com

Horse and stable
Health and caregiving
Arts and aesthetics

MAJOR SUBJECTS Sports, outdoor life and dog sledding
Hang gliding, diving and outdoor life

73



TOTEN FOLKEHØGSKOLE

www.toten.fhs.no

Lenagata
2850 Lena

Phone: +47 61 14 27 00
Fax: +47 61 14 27 15

E-mail: totenfhs@oppland.org

Travel and tourism
Psychology, pedagogy and leadership

MAJOR SUBJECTS Sports
Spanish language and culture
China studies

66



TRONDARNES FRILYNT FOLKEHØGSKOLE

www.trondarnes.fhs.no

Trondenesvn. 110
9404 Harstad

Phone: +47 77 04 00 77
Fax: +47 77 04 00 78
E-mail: trofo@c2i.net

Norwegian language and culture
Music
Football (soccer)

MAJOR SUBJECTS Social service/ kindergarten
Gourmet cooking and tourism
Arts and crafts

N
73

SYMBOLS USED:

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

AN School offering Advanced Norwegian as an elective

n School offering some Norwegian instruction

100 Student capacity



TRØNDERTUN FOLKEHØGSKOLE

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.valdres.fhs.no

2920 Leira i Valdres

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

Golf – action – skiing
Sports
Sports and development aid – Africa
MAJOR SUBJECTS Spanish and Latin-America
Sports and outdoor life
Outdoor life – adventure

n
100



VEFSN FOLKEHØGSKOLE - TOPPEN

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

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

n
90



VESTOPPLAND FOLKEHØGSKOLE

www.vofhs.no

Agedalsveien
2760 Brandbu

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

Aikido and Eastern philosophy
Energy and consciousness
MAJOR SUBJECTS Health and wholeness
Martial Art and Zen
Selfdevelopment

75



VIKEN FOLKEHØGSKOLE

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
- Dance
MAJOR SUBJECTS - Church music
- Jazz/pop/rock
- Musical
- Music therapy
- Sound
- Vocal

100



VOSS FOLKEHØGSKULE

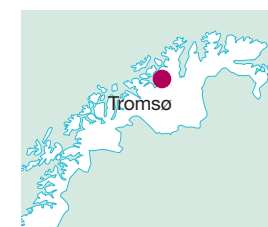
www.voss.fhs.no

Eskelandsvegen 28
5700 Voss

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

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

124



ØYTUN FOLKEHØGSKOLE

www.oytun.no

9518 Alta

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

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

112



ÅL FOLKEHØGSKOLE OG KURSSENTER FOR DØVE

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

Fashion and design
Information technology
Sports and outdoor life
MAJOR SUBJECTS Photo and video
Football (soccer)
Norwegian Sign Language for Deaf Foreigners

N
For deaf foreigners

45



ÅSANE FOLKEHØGSKOLE

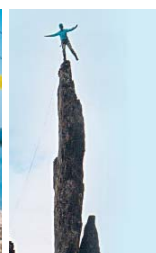
www.aasane.fhs.no

Hylkjeneset 108
5109 Hylkje, Bergen

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

Art and design
Literature and writing
MAJOR SUBJECTS Music and theatre
3rd world solidarity
Psychology and outdoor life

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 78 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 besonderen 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 gekannt. 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 "danseninje"(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 78, 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 expérimental 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 78 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.

关于民间高级教育学校 (Folkehøgskole)



以下为关于挪威民间高级教育学校的中文简介。欲获完整介绍，请阅读我们的英语信息。

在挪威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，使您成为挪威文化的一部分，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丰富多彩的学习团体中来。

究竟什么是 Folkehøgskole 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，还提供丰富多彩的非传统和非学术科目教育。民间高等教育学院的宗旨在于为生活而学习，提供在小型学习团体内获得个人化、社会化和学术化成长的机遇——团体内的学生均在校园生活以保持与教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就是形成一个作为学生之间、课堂之间和课堂之外的公共纽带的团体。所以，从早到晚，学生都在为生活而学习。

招生对象

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大多数学生为 18 到 25 岁之间的年轻人；19 岁和 20 岁的年轻人尤为普遍。几乎每所民间高级教育学校都收有国际学生。

数量众多的学校

关于想在何处学习，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。同时，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，但其具体数字可在 40 到 150 之间。学生内的多样性得到了极高的重视，而且每一个人都努力使国际学生感到宾至如归。

教学方法：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。通过亲身体验正在学习的事物，您的知识和理解会变得更加透彻和有效。并且，当亲眼见过您所学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。课程的教授是本着自由开放的精神、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经验式教学通过学校组织的到其他国家的学习旅行而得以加强。

不会说挪威语，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课程，并且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。本学期过后，您的挪威语的理解和听说能力应该已经相当好了。当然，您对这门语言的掌握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这门语言提供了有利条件。

在不同的学校里，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。

