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 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!

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, 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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Brochure updated to reflect changes by April 2008
ISBN 82-90340-34-6

This brochure is produced by IF and IKF. Information about the folk high schools in Norway is also available on www.folkehogskole.no

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:
German p. 34
French p. 36
Spanish p. 37
Chinese p. 38
Where are the Schools Located

Norway

Europe

School Index
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.

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 to the regular education system, with the aim of nurturing the whole person. You develop knowledge in a subject, 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.

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.folkehøgskole.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 hadn’t 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.
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. 

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.

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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 some 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.

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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 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 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 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.

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.

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.

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 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.

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.

What Does “Learning for Life” Mean?
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.
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.

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, Faerøyene and Åland apply for support to its own countries authorities for Education.

Students from Denmark apply for Nordisk Højskole-stipendium at Cursor Danmark. For more information: www.ciriusonline.dk/nordisk-hoejskolestip

Students from Island apply for grants at Foreningene 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 Norwegian 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 under 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

NFK
Postboks 420 - sentrum, 0103 Oslo Norway

E-mail: nkf@nkf.no

Phone: + 47 22 47 43 00
- or to the nearest Norwegian Embassy

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, Faerøyene and Åland apply for support to its own countries authorities for Education.

Students from Denmark apply for Nordisk Højskole-stipendium at Cursor Danmark. For more information: www.ciriusonline.dk/nordisk-hoejskolestip

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 school. They 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:

2009-2010

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<td>Czech Republic (Prague)</td>
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2010-2011

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2011-2012

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</tbody>
</table>
Overview Major Subjects

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 🚀 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 🏁 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:

- ARTS AND CRAFTS (e.g. painting, fashion design, sculpture, woodworking)
- COMMUNICATION (e.g. animation, journalism, video)
- COMPUTER STUDIES
- SOCIAL SERVICES
- IDEAS, CULTURE, SOCIETY
- FAMILY AND PARENTING
- EDUCATION
- PEACE AND SOLIDARITY
- MUSIC
- SPORTS AND OUTDOOR LIFE
- COMMERCE AND ADMINISTRATION
- THEATRE, DANCE AND REVUES
- THEATRE, DRAMA AND REVUES
- THEATRE, THEATER, DRAMA, BAKERY
- THEATRE, DRAMA, BAKERY
- THEATRE, DRAMA, BAKERY
- THEATRE, DRAMA, BAKERY
- THEATRE, DRAMA, BAKERY

THESE SCHOOLS OFFER NORWEGIAN LANGUAGE AND CULTURE AS A MAJOR SUBJECT:

- (10 to 20 hours of instruction per week, throughout the year)

SCHOOLS OFFERING HALF-YEAR COURSES (August – December / January – May):

- Contact the schools for more information about their half-year courses

SCHOOLS SPECIALLY ACCOMMODATED FOR DISABLED PEOPLE

- (20 to 20 hours of instruction per week, throughout the year)

VARIOUS SHORT-TIME COURSES FOR SENIOR CITIZENS

Nordnorsk Pensjonisteskole
Norsk Center for Seniorutvikling

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

SYMBOLOUS USED:

School offering “Norwegian Language and Culture” as a major subject

School offering some Norwegian instruction

Student capacity

AGDER FOLKEHØGSKOLE
www.agder.fhs.no
Hogskoleveien 3
4640 Sагге
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

Pottery
Social sciences
Jazz
Films/movies

ABDEFERBEVEGELSINS FOLKEHØGSKOLE RINGASKER
www.afr.fhs.no
Stertivegen 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

The UN Academy
International understanding
- Europe and
- language studies

BAKETUN FOLKEHØGSKOLE
www.bakketun.fhs.no
Volhaugv. 40
7650 Verdal
Phone: +47 74 04 91 00
Fax: +47 74 04 91 15
E-mail: admin@bakketun.fhs.no

Music
Sound engineering
Theatre
Travels Australia/Thailand

Exploring Bolivia/Brasil
Network/
Programming
Sport extreme
Australia

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

Computing
Creative arts
Outdoor life (hunting and fishing)
Sports

International solidarity
The car engine
Children and youths
Music live

BJERKELY FOLKEHØYSKOLE
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

Global Image
Sports
Skiing

JOR SUBJECTS

N

Trondheim

Oslo

Bergen

Sogndal

Ålesund

Tromsø

FOR MORE INFORMATION ABOUT A SCHOOL:
Contact the school or check out www.folkehogskole.no
20 School Information

SYMBOLS USED:

- N: School offering "Norwegian Language and Culture" as a major subject
- N: School offering 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: fhskule@online.no

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

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

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

FREDLY FOLKEHØGSKOLE
www.fredly.fhs.no
7355 Bara
Phone: +47 72 86 29 90
Fax: +47 72 86 29 91
E-mail: kontor@fredly.fhs.no

FREDTUN FOLKEHØYSKOLE
www.fredtun.no
Helgeroa veien 102
3294 Stavern
Phone: +47 33 15 68 00
Fax: +47 33 15 68 01
E-mail: post@fredtun.no

GRENLAND FOLKEHØGSKOLE
www.grenland.fhs.no
Tveitanveien 58
3946 Porsgrunn
Phone: +47 35 55 04 50
Fax: +47 35 51 11 73
E-mail: info@grenland.fhs.no

HALLINGDAL FOLKEHØGSKOLE
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

HARDANGER FOLKEHØGSKOLE
www.hardanger.fhs.no
5781 Lofthus
Phone: +47 53 67 14 00
Fax: +47 53 67 14 01
E-mail: kontor@hardanger.fhs.no

HAUGETUN FOLKEHØYSKOLE
www.haugetun.fhs.no
Solvin. 64 a
1667 Rohsvå
Phone: +47 69 36 27 20
Fax: +47 69 33 70 07
E-mail: kontor@haugetun.fhs.no

FOR MORE INFORMATION ABOUT A SCHOOL:
Contact the school or check out www.folkehogskole.no
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

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

Student capacity: 110

HOLTEKILEN FOLKEHØYSKOLE
www.holtekilen.no
Michieletts vei 55
1368 Stabekk
Phone: +47 67 51 80 40
Fax: +47 67 51 80 61
E-mail: post@holtekilen.no

MAJOR SUBJECTS
Fashion/design
South Africa
Urban sports

Student capacity: 75

HURDAL VERK FOLKEHØYSKOLE
www.hvf.no
2090 Hurdal
Phone: +47 63 92 06 00
Fax: +47 63 92 06 01
E-mail: post@hvf.no

MAJOR SUBJECTS
Snowboard
Ball sports
Outdoor life
Outdoor sports
Music

Student capacity: 95

HØGTUN FOLKEHØYSKOLE
www.hogtun.no
Torkvikbukt
6639 Torkvikbukt
Phone: +47 71 29 37 02
Fax: +47 71 29 38 20
E-mail: kontor@hogtun.no

MAJOR SUBJECTS
Outdoor life
Sports, food
and Health
Multiarts
Music
Diving

Student capacity: 96

JELØY FOLKEHØYSKOLE
www.jeloy.fhs.no
Noklaveien 30 B
1516 Moss
Phone: +47 69 91 10 70
Fax: +47 69 91 10 80
E-mail: office@jeloy.fhs.no

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

Student capacity: 90

JÆREN FOLKEHØYSKOLE
www.jarenfhs.no
Seren Øvreåttveit 9
4352 Kjøppestad
Phone: +47 51 78 51 00
Fax: +47 51 78 51 01
E-mail: admin@jarenfhs.no

MAJOR SUBJECTS
Photography
Music – pc. rock
Social services

Student capacity: 95

KARMØY FOLKEHØYSKOLE
www.karmoy.fhs.no
Postboks 264
4291 Kopervik
Phone: +47 52 84 61 60
Fax: +47 52 84 61 61
E-mail: admin@karmoy.fhs.no

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

Student capacity: 90

LOFOTEN FOLKEHØYSKOLE
www.lofoten.fhs.no
Finsnesveien 24
8310 Kabelvåg
Phone: +47 76 06 98 80
Fax: +47 76 06 98 81
E-mail: post@lofoten.fhs.no

MAJOR SUBJECTS
Deep sea diving
Outdoor life
Mountaineering
Skiing/Climbing
Canada

Student capacity: 90

LUNDHEIM FOLKEHØYSKOLE
www.lundheim.fhs.no
Lundheimveien 29
4460 Mol
Phone: +47 51 40 92 00
Fax: +47 51 40 92 01
E-mail: office@lundheim.fhs.no

MAJOR SUBJECTS
Rock band
Digital video
Arts basic
Creative computer science
“All round”
Theatre and dance

Student capacity: 70

FOR MORE INFORMATION ABOUT A SCHOOL: Contact the school or check out www.folkehogskole.no

SYMBOLS USED:
Norwegian language and culture
as a major subject
Norwegian instruction
School offering
School offering some
Trondheim
Oslo
Bergen
Tromsø
www.hogtun.no
HøGTUN FOLKEHØGSKOLE
www.holtekilen.no
HOLTEKILEN FOLKEHØYSKOLE
www.hvf.no
HURDAL VERK FOLKEHØYSKOLE
www.hogtun.no
HØGTUN FOLKEHØYSKOLE
www.jeloy.fhs.no
JELØY FOLKEHØYSKOLE
www.jarenfhs.no
JÆREN FOLKEHØYSKOLE
www.karmoy.fhs.no
KARMØY FOLKEHØYSKOLE
www.lofoten.fhs.no
LOFOTEN FOLKEHØYSKOLE
www.lundheim.fhs.no
LUNDHEIM FOLKEHØYSKOLE
Trondheim
Oslo
Bergen
Tromsø
Sogndal
Ålesund
FOR MORE INFORMATION ABOUT A SCHOOL: Contact the school or check out www.folkehogskole.no
SAMPOLENTS USED:

School offering

“Norwegian Language and Culture”
as a major subject

School offering some
Norwegian instruction

NUMEDAL FOLKEHØGSKOLE IDRETTSKOLE

www.idrettskolen.com

3626 Rollag

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

OLAVSKULEN BØMLO FOLKEHØGSKOLE

www.olavskulen.fhs.no

5437 Finnås

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

PASVIK FOLKEHØGSKOLE

www.pasvik.fhs.no

9925 Svanvik

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

PEDER MORSET FOLKEHØGSKOLE

www.pedermorset.no

7584 Selbustrand

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

REVY SKOLEN 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

RINGEBU FOLKEHØGSKOLE

www.ringebu.fhs.no

Vekkomsgaten 13
2630 Ringebu

Sports and outdoor life
Travel - Tourism
Creative arts and travelling

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

RINGERIKE FOLKEHØGSKOLE

www.ringerike.fhs.no

Askveien 26
3510 Hanefoss

Arts and crafts
Music and theatre
Sports
Global solidarity

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

RISØYA FOLKEHØGSKOLE

www.risoy.fhs.no

4912 Gjeving

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

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

ROMERIKE FOLKEHØGSKOLE

www.romerike.fhs.no

2052 Jessheim

Costumes and make-up
Stage design
Sound design and music

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

RØDDE FOLKEHØGSKOLE

www.rodde.fhs.no

7224 Melhus

Adventure sports
Cross downhill
Freestyle freeride
Backcountry
Jibbing
Cooking

Phone: +47 72 85 29 10
Fax: +47 72 85 29 29
E-mail: rodde@rodde.fhs.no
School offering
“Norwegian Language and Culture”
as a major subject

SYMBOLS USED:

N  School offering
Norwegian instruction

RØNNINGEN FOLKEHØGSKOLE
www.ronningen.fhs.no
Skiringssalveien 160
3232 Sandefjord
Phone: +47 33 42 17 90
Fax: +47 33 45 96 70
E-mail: skiringssal@vfk.no

Major Subjects
Music, sound and film
Elite sports
Radio and TV-journalism
Drama
Clothes and costumes

SKIRINGSSAL FOLKEHØYGSKOLE
www.skiringssal.fhs.no
Oldtidsveien 35
1747 Skjeberg
Phone: +47 69 16 81 04
Fax: +47 69 16 87 82
E-mail: skiringssal@vfk.no

Major Subjects
Music
Electronic and film
Sewing and design
Drama
Global issues

SKJEBERG FOLKEHØYGSKOLE
www.skjeberg.fhs.no
7620 Skogn
Phone: +47 74 08 57 20
Fax: +47 74 09 60 85
E-mail: skjeberg.fhs@ostfold-f.kommune.no

Major Subjects
Handball (team)
USA – outdoor life and film
Vocal & drama
Music
Clothes and costumes

SKOGN FOLKEHØYGSKOLE
www.skogn.fhs.no
7620 Skogn
Phone: +47 74 08 57 20
Fax: +47 74 09 60 85
E-mail: skoghnrm@online.no

Major Subjects
Music
Drama
Drama
Music and film
Sewing and design

SOGNAL FOLKEHØGSKOLE
www.sogndal.fhs.no
Helgeimsvn,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
Outdoor life
Mountaineering
Adventure

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
Multisports
Music
Outdoor life
Sewing and design
Adventure

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

Major Subjects
Dance
Fix - outdoor life/
Outdoors
Outdoor life with
Outdoor life
Clothes and interiors

SANDVIK FOLKEHØGSKOLE
www.sandvik.fhs.no
8664 Mosjøen
Phone: +47 75 11 50 00
Fax: +47 75 11 50 01
E-mail: post@fhs.vk.f.kommune.no

Major Subjects
Working with
children
Digital photo
Drama
Leadership

SELJORD FOLKEHØGSKOLE
www.seljord.fhs.no
Jakob Naadalndesvåg 33
3840 Seljord
Phone: +47 35 05 80 40
Fax: +47 35 05 80 41
E-mail: kontor@seljord.fhs.no

Major Subjects
Music
Drama
Music
Drama

FOR MORE INFORMATION ABOUT A SCHOOL: Contact the school or check out www.folkehogskole.no
**SYMBOLS USED:**

- N: School offering "Norwegian Language and Culture" as a major subject
- II: School offering some Norwegian instruction
- 100: Student capacity

### SOLTUN FOLKEHØGSKOLE
- Website: www.soltun.fhs.no
- Location: 9440 Evenskjer

- Activities: Backpack Arctic, Backpack Photo, Backpack Surprise, Outdoor life for the disabled, Peacebuilding, Impro theatre, Program for learning Norwegian, Independent living skills and versatility

### SUND FOLKEHØGSKOLE
- Website: www.sund.fhs.no
- Location: Flagvegen 95, 7670 Idreøy

- Activities: UN ambassador, Photography, Art and ethical design, Football (soccer), Peace Corps Youth Development studies (Central America)

### SUNNFJORD FOLKEHØGSKULE
- Website: www.sunnfjord.fhs.no
- Location: Solvang, 6800 Færde

- Activities: Travel and tourism, Photography, SOS: Solidarity, Care - Self-development, Dance, Beach-and volleyball, Volleyball & music, Sport & adventure

### SUNNHORDLAND FOLKEHØGSKULE
- Website: www.sunnhordland.fhs.no
- Location: 5455 Halsnøy Kloster

- Activities: Art, Dance, Music, Theatre, Sound

### SUNNMØRE FOLKEHØGSKULE
- Website: www.sufh.no
- Location: 6065 Ulsteinvik

- Activities: Dancing, Dancing and drama, Music and dancing, Music and outdoor life

### TONEHEIM FOLKEHØGSKOLE
- Website: www.toneheim.fhs.no
- Location: Marmøve 15, 2322 Ridabu

- Activities: Music, (Students are enrolled on the basis of their main instrument), Horse and stable, Health and caregiving, Product design

### TORSFUS FOLKEHØGSKULE
- Website: www.torshus.com
- Location: 7320 Fannrem

- Activities: Horse and stable, Health and caregiving, Product design, Sports, outdoor life and dog sledding, Hang gliding, diving and outdoor life

### TOTEN FOLKEHØGSKOLE
- Website: www.toten.fhs.no
- Location: 2850 Lena

- Activities: Travel and tourism, Psychology, pedagogy and leadership, Explore – Latin America

### TRONDARNES FOLKEHØGSKOLE
- Website: www.trondarnes.fhs.no
- Location: Trondenesvnr. 110, 9404 Harstad

- Activities: Fashion and design, Music, Football (soccer), Norwegian language and culture, Theatre, Social service/ kindergarten, Gourmet cooking and tourism
FOR MORE INFORMATION ABOUT A SCHOOL: Contact the school or check out www.folkehogskole.no

SYMBOLS USED:

- N: School offering "Norwegian Language and Culture" as a major subject
- N: School offering some Norwegian instruction
- 100: Student capacity

MAJOR SUBJECTS

TRØNDELTUN FOLKETEACHING
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

VALDRES FOLKETEACHING
www.vofehogskole.no
2920 Leira i Valdres
Phone: +47 61 35 95 00
Fax: +47 61 35 95 01
E-mail: valdres@vofehogskole.no

Major Subjects:
- Golf – action – skiing
- Dog sleighing – Adventure – Alaska
- Sports and development aid
- African
- Spanish and Latin America

VEFSEI FOLKETEACHING - TOPPEN
www.vofhs.no
Odin Berums vei 21
8665 Mosjøen
Phone: +47 75 17 24 11
Fax: +47 75 17 24 46
E-mail: toppen@vefhs.no

Major Subjects:
- Band
- Sound/light/stage
- Theatre
- Volleyball
- Sports
- Outdoor life

VESTOPPLAND FOLKETEACHING
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

VIKEN FOLKETEACHING
www.viken.fhs.no
Ostera 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

VOSS FOLKETEACHING
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

ØYTUN FOLKETEACHING
www.oytun.no
9518 Alta
Phone: +47 78 44 91 40
Fax: +47 78 44 91 70
E-mail: oytun@oytun.no

Outdoor life:
- Hunting and fishing
- Flow
- Photography

ÅL FOLKETEACHING OG KURSSEN FOR DØVE
www.al.fhs.no
Bakkeleigen
3570 Ål
Phone: +47 32 09 26 00
Fax: +47 32 09 26 02
E-mail: al.folkehogskole@al.fhs.no

Major Subjects:
- Fashion and design
- Information technology
- Culture and history of the deaf
- Solidarity
- Sign language

ÅSANE FOLKETEACHING
www.aasane.fhs.no
5109 Hylke, 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

ory and theatre

Sports and development aid

Major Subjects:
- Aikido and Eastern philosophy
- Self development
- Health and wholeness
- Martial Art and Zen

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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 aufreagenden Lerngemeinschaft teilzunehmen.

Über die Folkehøgskolen


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 Schülerenschaft wird sehr Wert gelegt und jeder bemüht sich, den internationalen Schulen das Gefühl zu geben, willkommen zu sein.

Lemmethode: Learning by Doing


Was hast du von einem Jahr an einer Folkehøgskole?
Das Bildungsprogramm ermöglicht den Schülern, den eigenen Interessen und Fähigkeiten nach-zugehen und die Persönlichkeit des Einzelnen so zu entwickeln, dass er auf seinen weiteren Lebensweg vorbereitet ist.

Das ist die Folkehøgskole nicht!

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

Information in German

Dies ist eine kurze Zusammenfassung über die norwegischen Folkehøgskolen in Deutsch.

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 kennenlernen.


Was hast du von einem Jahr an einer Folkehøgskole?
Das Bildungsprogramm ermöglicht den Schülern, den eigenen Interessen und Fähigkeiten nach-zugehen und die Persönlichkeit des Einzelnen so zu entwickeln, dass er auf seinen weiteren Lebensweg vorbereitet ist.

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Zugangsvoraussetzungen


Ich bin in der “danselinge“(Fach Tanz), Ich habe mich dafür entschieden, weil ich meine Tanzerfahrungen in Moderne, Ballett, Jazz und Improvisationstanz weiterhin 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 fühl an Platz.

Ich habe in dieser Zeit viele neue Bekanntschaften geschlossen und bin selbstständiger und verantwortungsvoller geworden. Ich habe interessante Dinge über mich heraus gefunden und Erfahrungen und neue Erlebnisse! mein Jahr
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 attractante 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 intendants d’une année proposant tout un panel de nouvelles activités attractives et pédagogiques, ainsi que de manières 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 des jeunes adultes ayant entre 18 et 25 ans. Le tranchée d’âge la plus fréquente 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 où apprendre et que l’étudiant qui souhaite intègre les écoles supérieures populaires doit être au moins de 18 ans. 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 ce que vous apprenez, vous développez et valides vos connaissances et votre savoir. Étés-vous bien plus à même de vous souvenirs des choses après avoir vues mises en pratique pour des raisons. Les cours sont divisés dans un espace d’ouverture et de liberté, en metant 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 n’est pas un obstacle car la plupart des cours sont dispensés 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 essayer de 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 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 option. Dans ce cas, vous pourrez alors faire votre choix parmi les autres matières principales présentées.

Que peut m’appartenir cette année passée dans une école supérieure populaire?

Le programme éducatif permet à l’étudiant de suivre ses propres cours en libre d’excursion et ses études, et d’obtenir un diplôme de l’université. Chaque étudiant est libre d’aller à l’université, d’autre part, ses études sont préparées pour affronter la vie et les chemins qu’il 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 par la loi les écoles supérieures populaires n’imposent aucune condition, ils ne délivrent aucun diplôme universitaire. Après avoir terminé une année universitaire, vous serez délivré un diplôme décrivant les cours suivis. Bien que le but d’une école populaire est d’acquérir des compétences et de lenumer interdisciplinaire, 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 enseigner en Norvège. Les étudiants qui désirent poursuivre un enseignement professionnel et qui désirent enseigner en Norvège 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, ni 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, hors circonstances spécifiques. Vous ne pouvez combiner 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.

Sobre las Escuelas Superiores Populares de Adultos

Folkehøgskole o Escuela Popular – ¿Qué es?

Las escuelas populares son colegios internacionales 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 ciuadrada 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 y cuerpo de profesores. 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 encontrarás 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 valoran mucho la diversidad entre 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 comprensión y comprensión serán mayores y más vívidas. 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 los juegos entre estudiantes y profesores. Las escuelas superiores populares robustecen la educación práctica mediante viajes de estudios a otros países.

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

El programa educativo le permite al estudiante dedicarse a sus propios intereses y destrezas. Los estudiantes se convierten en actores responsables por su propia vida 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!

El importante recalar 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 el apoyo financiero del gobierno, las escuelas superiores populares son independientes del sistema noruego.

Los estudiantes internacionales que desean continuar sus estudios en Noruega no reciben automáticamente el reconocimiento por acudir a las escuelas superiores populares. Los estudiantes internacionales que desean continuar sus estudios a nivel de educación superior deben completar los mismos requisitos de matrícula como los demás estudiantes internacionales.

Requisitos 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 todos los cursos desde el primer día. No puede trabajar mientras asiste a la escuela popular, ya que las clases y actividades se llevan a cabo también durante las noches y fines de semana.
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CONTACT INFORMATION:

E-mail: ikf@ikf.no
Fax: +47 22 39 64 51

Monday to Friday, from 8 a.m till 3.45 p.m (Central
Office hours:

Schools (IKF).

European Time)

Christian Folk High Schools

E-mail: if@folkehogskole.no
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