



YOUTH FOR UNDERSTANDING
Intercultural Exchange Programs

Folk High School in Norway

10 reasons to attend a Folk High School in Norway

1. Experience and see what the **Norwegian nature** has to offer! We have mountains, fjords, lakes, fields and forests, you really don't want to miss out.
2. You will **get to know new people** from all over Norway and other countries. Folk High Schools are very popular among the Norwegian youth and many attend a Folk High School before entering university.
3. Folk High Schools offer more in-depth learning and hands-on experience with **the subject YOU care about**. This is a great opportunity to dedicate a year to learning more about what you are passionate about!
4. You can learn without the pressure of grades! Folk High Schools are often called **the world's freest schools**.
5. Folk High School will teach you how to be **involved and engaged** with the world around you. There are even lines solely focused on this!
6. You will have personal guidance and counselling by teachers with relevant expertise in your chosen line. You will also have the **support** of YFU throughout the year.
7. First time living in a dormitory? You will learn a lot about **independence** while still having people around you to help. This is a great opportunity to grow!
8. You will receive a **diploma** at the end of the year detailing all the subjects you took. Folk High Schools concentrate on practical experience and you will be able to show afterwards what you have learned.
9. You will be welcomed by Norwegian families to enjoy holidays with them! How do Norwegian families celebrate Christmas? What do you do during a spring holiday? You will get to see everyday life in Norwegian families.
10. You will also be able to enjoy the YFU experience by attending orientations, meeting other exchange students and engaging yourself with the **YFU spirit!**

What is a Folk High School?

Folkehøgskoler are often described as the world's freest schools. They have no grades, no exams, no strict curriculums. Instead they are places where you can learn more about a subject, you're interested in. Folk High Schools are meant to foster a learning atmosphere without pressure.

Folk High Schools are about practical learning, not just about learning the theory. You will be able to practise a lot and actively participate, rather than learning from books. In general, the classes in Folk High Schools are small, with 10-20 students and supervised and encouraged by dedicated teachers who are experts in the subject.

Norwegians generally attend Folk High Schools after graduating from high school and before attending university. Most students are between 18 years old and 25 years old, but funny enough, Folk High Schools have no upper age limits!

You can choose between a lot of different lines and subjects. More popular lines will be full faster as enrolment is on first-come-basis. You can choose between:

- outdoor activities
- culture and society
- drama and theatre
- media and communication
- arts and crafts
- dance and music
- Norwegian language and culture
- academic subjects such as history or philosophy

see
the world
up close

What if I don't speak Norwegian?

Don't worry! While most classes at a Folk High School will be taught in Norwegian, nearly all of the teachers and students speak English, which will be helpful in the beginning. Like all exchange students, you will learn Norwegian during your year/semester and will be expected to speak and understand Norwegian reasonably well after some time. How well you learn Norwegian will depend on your own efforts. In some schools, you will be able to select Norwegian as an elective subject. You can also attend a line with focus on Norwegian language and culture!

Life at a Folk High School

You will be living in a dormitory, which means that you sleep and eat at the campus. There are both single and double rooms at the dormitories, some have their own bathroom, other have communal bathrooms. Usually the dormitories also have communal rooms and a kitchen which you can use. Regular meals will be shared in a dining hall with all other students at the Folk High School. You will also be able to use the school's common rooms, classrooms, and equipment after school.

Living at a Folk High School will give you a great opportunity to learn how to share accommodation with people who are different from you. You will learn to handle problems and work together with other people which will help you to become more independent. You will also really get to know the other students attending the Folk High School! You will always find someone to spend time with.

Folk High School is not just about learning about the subject you chose but also includes a lot of social activities. There are:

- student events
- ice-breaker trips
- field trips
- study tours
- project weeks
- student shows
- after school activities
- other social events

The students are generally social at a Folk High School and there might be spontaneous outings, a volleyball game, you might have a board game evening or a birthday party in one of the common rooms. Most schools also provide after school activities such as choirs, football training, evening meetings, discussion groups etc. Rarely will you find yourself without something to do!

You can also do activities with your friends outside the Folk High School. If the school is near a city centre, you can go shopping, sightseeing etc. While Folk High Schools do have rules, they are not as strict as you might fear.

School year – start until the end

The year at a Folk High School starts in August and lasts until late May. A few schools offer semester lines starting either in August or January. Timetables may vary throughout the year and during the week. You most likely will have classes in your major subjects and electives as well as mandatory all school joint classes. Your timetable and schedule will depend on how many electives you choose and what your line is.

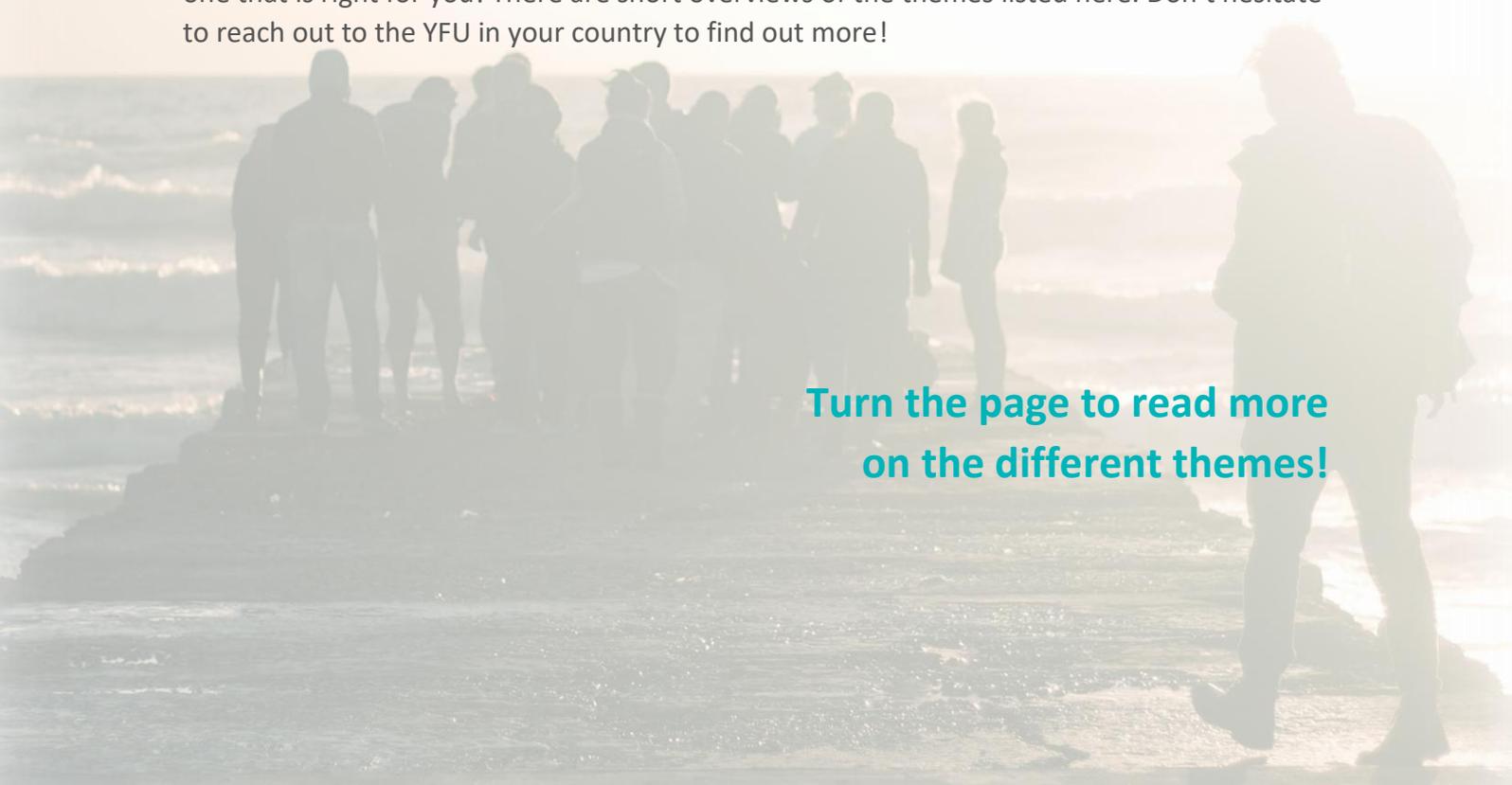
Folk High Schools are generally closed for four holidays during the year: autumn, Christmas, winter and Easter holidays. During these you will be staying with a Norwegian family. You will maybe get to go to a cabin, see how Norwegian families celebrate Christmas and experience a bit of daily life in Norwegian families.

YFU will organise a one-day arrival orientation when you arrive to Norway and invite you to a mid-year orientation! You will also have an end-of-the-year orientation organised by YFU. At these orientations you will meet other exchange students, both those attending a Folk High School and those attending regular high schools in Norway. YFU will check up on you during the year and you can always reach out to us if you have questions.

Tuition costs range from 8,100 USD to 16,800 USD for the year. The tuition is generally all inclusive and might even include trips abroad. The tuition covers the room at the dormitory and food for the whole year. Depending on the school the tuition might also include field trips and social activities during the year organised by the Folk High School. During your acceptance process and enrolment to a Folk High School, the specifics of the program will be discussed with YFU. Folk High School program in Norway is generally for those 18+ but there are some lines available for those 16+.

There are many different themes and lines available all over Norway, we will for sure find one that is right for you! There are short overviews of the themes listed here. Don't hesitate to reach out to the YFU in your country to find out more!

**Turn the page to read more
on the different themes!**





Outdoor Activities

Are you active? Do you have a particular sport you would like to dedicate more time for? Do you want to try new activities? Are you interested in winter sports? Then this might be the correct theme for you! Folk High Schools offer winter sports or even lines for specific sports such as football, skiing, cycling, volleyball, surfing, hiking, martial arts etc.

Culture and Society

Are you interested in traveling and learning about other cultures? Do you have a passion for volunteering? Culture and society lines generally include longer periods spent abroad outside Norway and immersing yourselves in cultural understanding and learning about the local culture. If this sounds like the adventure you want to embark on, then this is a good theme for you!





Drama and Theatre

Do you want to improve your acting? Want to learn about theatre production, musical theatre, or even circus? Then this theme suits you very well! Drama and theatre lines are very popular and fill up fast, so be quick!

Media and Communication

There are a lot to choose from! Have a dreamed of learning about animation or film? Are you an aspiring photographer? Do you enjoy writing? Do you want to host your own radio show or podcast? Folk High Schools gives you a great opportunity to learn in depth about your chosen passion!



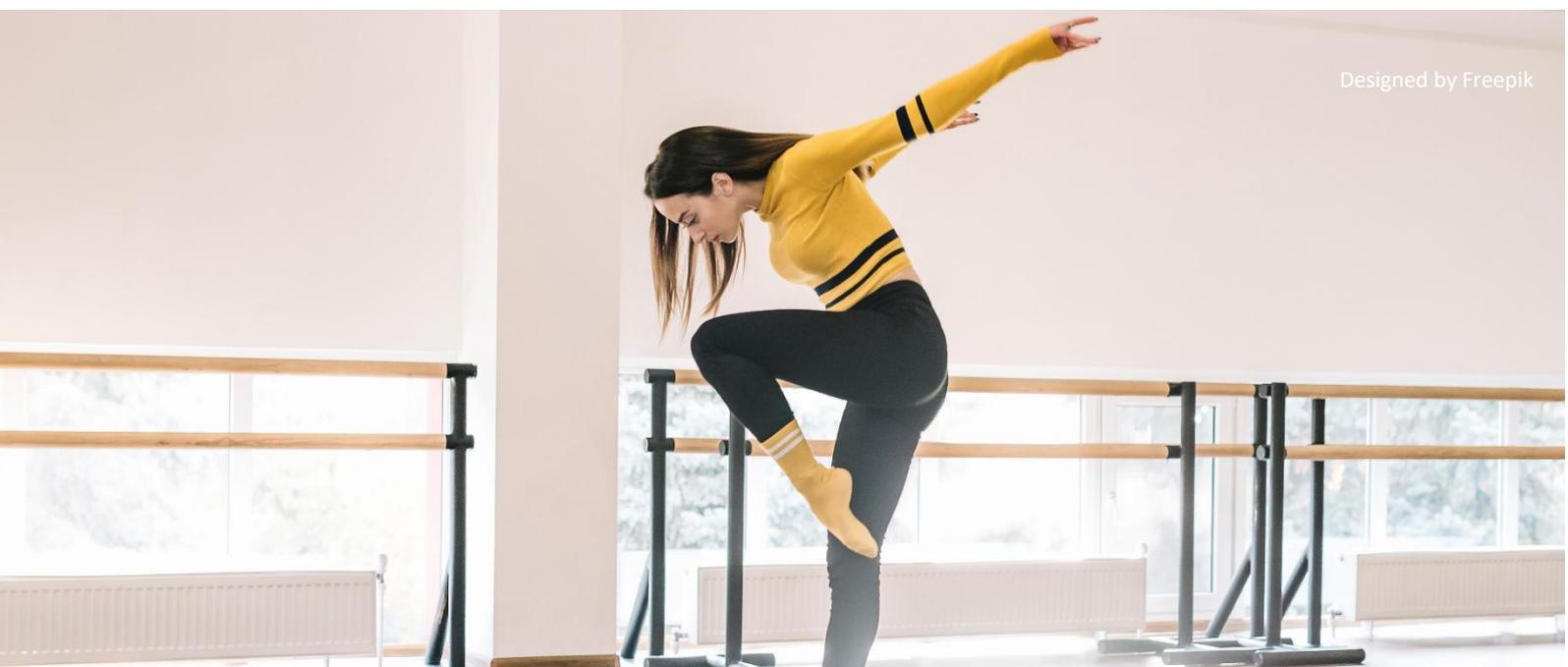


Arts and Crafts

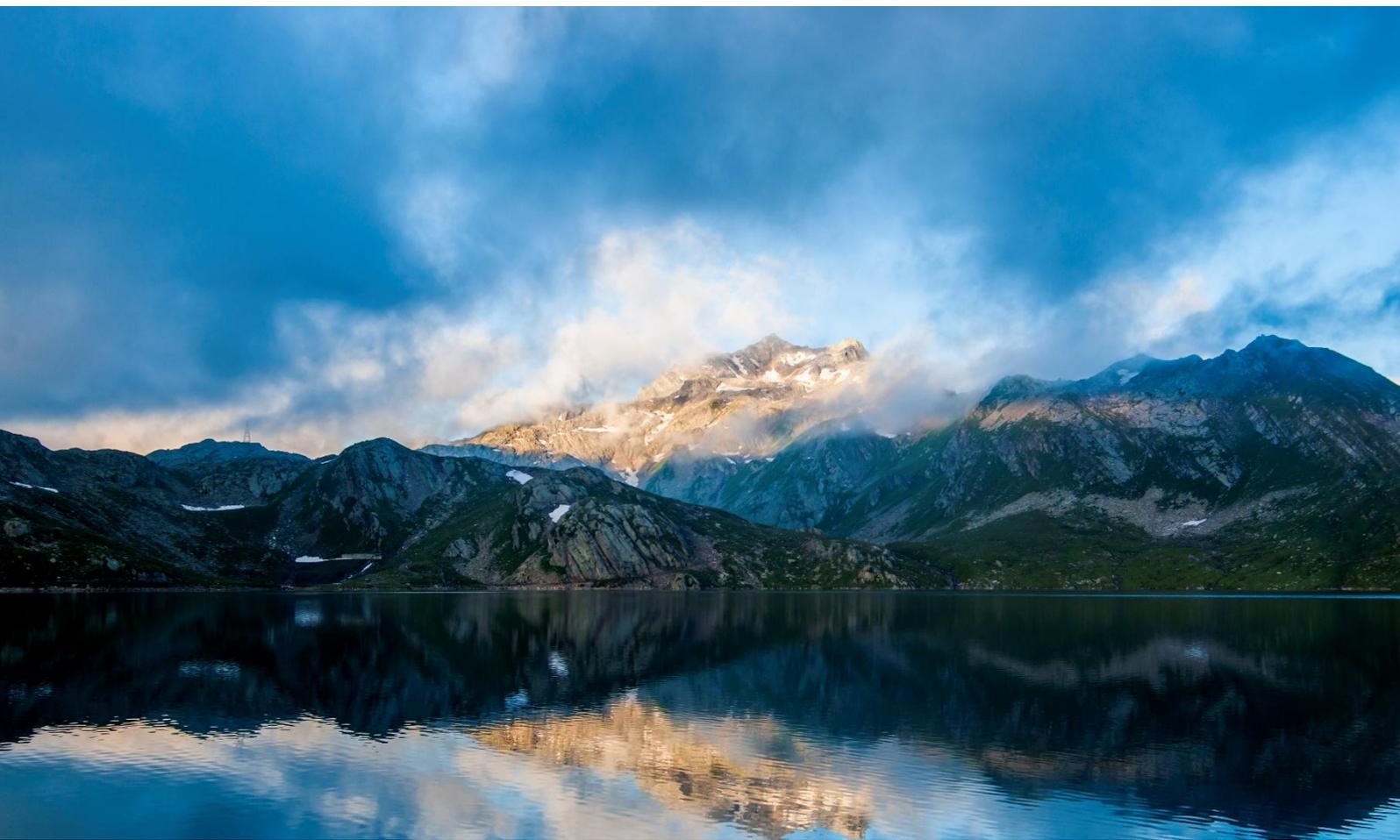
If you're artistic, then this theme is for you! You can choose between architecture, graphic design, product design, costume design etc. If it's difficult to choose you can attend general craft line or if you want to go very specific you can choose a drawing line specifically about manga!

Dance and Music

If dance or music is your passion, why not dedicate a year for it? Folk High Schools offer lines specifically for classical, jazz, rock and pop music. There are also new lines such as a line launched for K-pop dances started 2 years ago!



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Norwegian language and Culture

You can also select a line made specifically for learning the Norwegian language and about Norwegian culture! These lines usually include study trips around Norway and activities which ensure that learning the language is fun.

Academic

There are academic lines available at Folk High Schools as well. You can choose psychology, languages, technology, history, philosophy etc. These are great lines for example if you're preparing to enter university and want to broaden your knowledge about the subject beforehand.





What is YFU?

Choosing a program through YFU offers you support, a global network of friends and years of experience. Traveling and living in another country is an adventure that will help you to grow and enable you to make friendships that will change your view of the world forever. If you want to know more about exchange or Folk High Schools in Norway, ask the YFU in your country!

YFU advances intercultural understanding, life-long learning, global competencies, mutual respect, and social responsibility through transformational educational exchanges for generations of youth, families, and communities, supported by dedicated volunteers and professional staff.

The global YFU network, consisting of Member Organizations in more than 50 different countries, is united by the belief that full cultural immersion is the most effective means to gain the skills needed to thrive in an increasingly multicultural, interconnected and competitive global society. Youth For Understanding - YFU has remained a trusted leader of intercultural student exchange programs for more than 70 years because of its commitment to safety, reputation for quality, and exceptional support services.

***make
the world
your home***