



Fosen Folkehøgskole

Folkehøgskoleveien 1, 7100 Rissa  
(+47) 40601638

## Dear Students 2023/2024

It is with great excitement we have been planning our school year start up this fall. In this letter you will find a school plan, packing list, practical information, and free online resources to help you start learning Norwegian at home.

You can find more information on [our website](#). If you have any questions, don't hesitate to contact us!

### Welcome!

We are excited for your arrival and to get to know each and every one of you.

Sincerely, Tora Heide  
Media & Communications



## Remember:

- If you have food allergies or intolerances that you need the kitchen staff to accomodate, or if you choose to eat vegetarian/vegan, please send a message to [kjokkenleder@fosen.fhs.no](mailto:kjokkenleder@fosen.fhs.no) well in advance. Special requirement meal plans cost just NOK 3 500,- extra. Vegetarian and vegan meal plans are included in the school fee.
- Check public transport routes to Fosen before you buy your train or plane tickets.
- Mark all of your belongings clearly with your full name.
- If you come from outside of the EU/EEA, make sure you have a student visa. Please contact us if you have any trouble getting a visa.

## Do you have any questions?

Do not hesitate to contact our secretary Eli, at [kontor@fosen.fhs.no](mailto:kontor@fosen.fhs.no) or [\(+47\) 40601638](tel:+4740601638)

Eli's office hours are Monday, Tuesday and Friday 08.00-15-00.

During the summer holiday there might not always be someone by the phone, but we are always available by email.



# Learning Norwegian

Norwegian is the main language spoken at school in both formal and informal settings. You will also be exposed to other Scandinavian languages such as Danish and Swedish. **We encourage you to learn as much Norwegian as possible before you come here, both for social, practical and educational reasons.**

Below is a list of free online resources to get you started learning Norwegian.

During the fall semester we will arrange some study group sessions, where Norwegian-learners gather to study the language together, sometimes with the support of a teacher. There is also the expectation of individual study and engagement in the learning of the Norwegian language. We encourage students to work with their peers and practice in any school setting to improve their Norwegian.

We strongly emphasize that it is in your best interest to make a continued effort to learn Norwegian, otherwise this can be a quite overwhelming experience.

But, all teachers speak English as a second language (to varying degrees) and will give you an English summary of the key points of lectures or instructions upon request. Just let us know!

## Free online resources for learning Norwegian

We encourage all language learners to channel their excitement for the fall into practicing Norwegian as much as possible before your arrival at school! Here are some online resources to help you get started:

### Learn Now

[LearnNow](#) is one of the best free Norwegian courses available online.





## CALST

[CALST](#) is an online language training platform for improving your pronunciation, which covers 1000 Norwegian words and phrases. Here you can hear how Norwegian is spoken, and the best thing is that you can choose between various dialects.

## Loecsen

[This course](#) is exactly what a beginner needs to know. Easy and accessible!

## Duolingo

Smartphone app (and [website](#) version) for learning multiple languages, including Norwegian Bokmål and Danish.

## YouTube

If you prefer video, check out [Norsklærer Karene](#) and [Norwegian Teacher Karin](#) on youtube.

## Book: Sett i gang

If you prefer books to online resources, we recommend buying and working through the book *Sett i gang 1: An Introductory Norwegian Curriculum* by Kari Lie Dorer & Nancy Aarsvold.

## Grammar

[Grammatikk.com](#) offers you short and clear explanations on everything that has to do with Norwegian grammar. A range of grammatical exercises can be found at [IGIN](#) and [Exploring Norwegian Grammar](#). From [here](#) you can download a short overview of Norwegian grammar in English.

## Other ideas

Other fun ways to familiarize yourself with Norwegian language include watching movies with subtitles, listening to podcasts, and writing down common words and phrases.

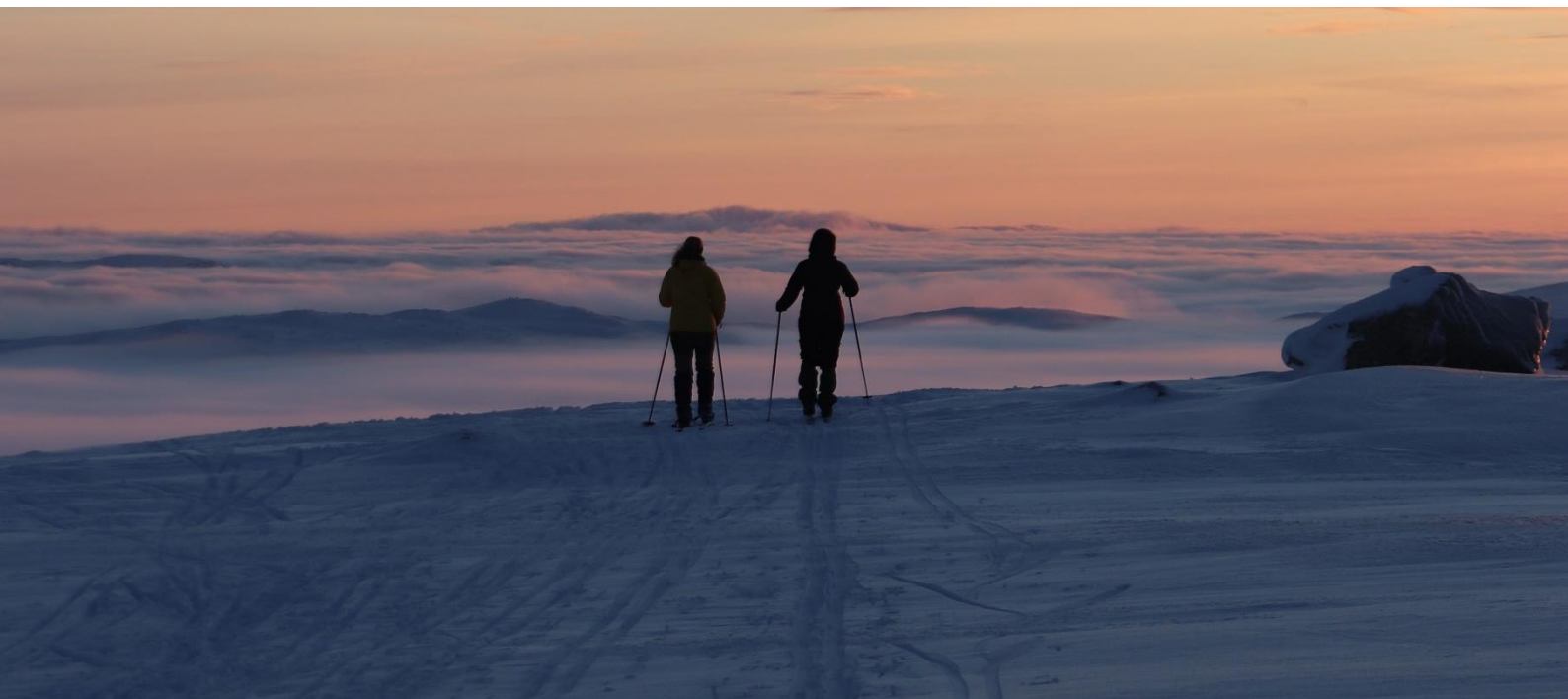


# How much money will you need during the year?

The initial of **NOK 136 750,-** covers lessons, lodging in a shared room, meals, trips with your class and our two school-wide trips. Unlike other Norwegian folk schools which run for only 33 weeks, our school year is 36 weeks long and this cost is reflected in the total price.

**There are also some additional costs that you should be aware of:**

- **Material costs:** In some of our courses and electives, you need to cover your own craft material expenses. Depending on what course and electives you take, the cost of craft materials varies quite a lot. **Expect to spend somewhere between 1 000 and 6 000 NOK on craft materials, depending on what you choose to make and do.** Students at Textile & Traditional Handcraft usually spend the most. An advanced payment of 1000,- NOK is paid at the start of the year (3,500,- NOK for Textile students). Any unused amount will be refunded at the end of the year. We always make sure to have some electives that are completely free, like sailing and outdoor education.
- **Deposits for room and tools.** Upon arrival, you must pay a NOK 1200,- deposit for your room, its furniture, and key. The deposit will be returned to you at the end of the year, granted that the room is in order. In some courses there are also deposits for tools that you borrow from the school through the year. The tool deposit in the Boatbuilding and Tiny House classes is NOK 700,-. In the Textile & Traditional Handcraft class, the deposit is NOK 450,-
- There are also additional costs for single rooms, special diets and renting duvet and pillow.
- Remember to also budget for travelling during school holidays, and personal items like toiletries, fruit and snacks during the year.





# Practical Information:

## Arrival & Start of School: 28. august

Mark your calendars! Monday, August 28<sup>th</sup> 2023 is our official Welcome Day at school. Please let us know when you will be arriving so that we can welcome you and show you to your new room.

During the day you will have time to settle in, unpack and get to know the school. You will also get to know the staff and other students as they arrive.

**The school year officially starts at 17.00 with a dinner and Welcome Party.**

There will be some snacks available trough the day, but the first meal is dinner at 17.00. So if you arrive early, please bring your own lunch.

We do not open the school before the 28<sup>th</sup> of August. If you need to arrive another day due to special circumstances, please contact us well in advance.

## Code of Conduct

We believe students have a valuable voice in the discussion regarding policy and social dynamics at school. We support students' freedoms and seek to create a safe space for all. Therefore, our Student Code of Conduct consists of the following rules:

- Students must participate actively in the lessons and learning opportunities provided at school.
- Consumption and possession of alcohol, and being under the influence of alcohol, is forbidden on school premises.
- No possession or use of drugs is allowed.





## Getting to the school

Most people find their way here using public transport. We are just one bus ride away from Trondheim. Use the trip planner on [atb.no](https://atb.no) to find the correct departure time, and set Rissa as your destination. **Remember to check the bus timetable before you buy your flight tickets.** And remember to account for the bus ride from the airport to Trondheim Central Station.

It is only 1 kilometer from the bus stop in Rissa to the school. Let us know when your bus arrives and if you need help with heavy luggage, we can come and meet you! Or tell the bus driver you are coming to the school and they might drop you off even closer to our campus.

If you are planning to drive from the south, you can take the ferry over the Trondheim fjord. The ferry crosses every half hour most of the day and schedules can be found here: [atb.no](https://atb.no).

Choose from: *Flakk ferjekai (Trondheim)* and to: *Rørvik ferjekai (Indre Fosen)*.

Please keep in mind that Norway is pretty much closed on Sundays. Very few shops are open, and there is less public transport.

## Facebook group

If you are keen to get a head start on contacting your peers, you can join the Facebook group for next year: [Fosen Folkehøgskole 2023-2024](#)



# Packing List

Here are some packing tips! The following list consists of equipment you'll need to bring along and some suggestions from previous students. We encourage you to buy used or bring items you already own. **Remember to label your personal items with your full name!**

## Must Haves

Camping mat  
Sleeping bag (3 or 4 seasons)  
Hiking backpack (50-100 litres)  
Knife  
Headlamp  
Work clothing  
Rubber boots  
Substantial raingear (oilskins)  
Towel  
Sunglasses  
Indoor shoes  
Windproof pants  
Windproof jacket  
Gaiters  
Wool sweater  
Woolen socks  
Woolen long underwear (min. 2 pairs)  
Lunch box  
Camping cutlery, cup & bowl  
Woolen hat/beanie  
Scarf  
Mittens (woolen and windproof over mittens)  
Duvet and pillow (or rent from the school, 600,-)  
Skis, poles & shoes. (We suggest Nordic touring skis, but cross country skis work well too! We often ski in varied terrain, with no prepared tracks.)

## Sailing:

Life vest  
Bike  
Dry bag

## Tiny House and Boat Building:

Steel toed shoes

## Farming:

Overalls  
Bike

## Textile and Handcraft:

Fabric scissors  
Measuring tape

## Self-sufficiency

Hiking boots

## Further Suggestions (if you already own)

Bike, bathing suit, axe, dry bags, hiking boots, musical Instrument.  
Knitting needles, sewing equipment, embroidery hoops, sewing machine  
If you have other outdoor equipment like a tent, thermos, hammock, life jacket etc, feel free to bring it!





# We asked former students ...

In a question round with former students, we asked what they wished they had remembered to bring to Fosen. The following items were mentioned by many:

- Rubberboots! Wellies! Totally essential.
- More normal clothing, not just outdoor gear & work clothes.
- A bike! Having two wheels to ride opens up so many opportunities here. You can explore the local landscape on a bike and travel more efficiently to the boat house, cabin in the hills, and farm.
- More wool. You will need more wool clothing and underlayers that you think!

## Remember:

You do not need to have all your equipment at arrival, it is possible to get something after you arrive. But a sleeping bag, sleeping mat, warm clothes and hiking boots or rubber boots are a good things to have from the start.

## PS:

You are not required to bring your own bed sheets and duvet covers. You will be provided with fresh bed linens every 14 days.



# Student visas

## Students from EU/EEA countries:

As a member of the EU or EEA you can get a residence permit from the local police after you have arrived here at school. You will need to bring two passport-size photos, an E111 insurance form, your letter of admission, and proof of school fee payment.

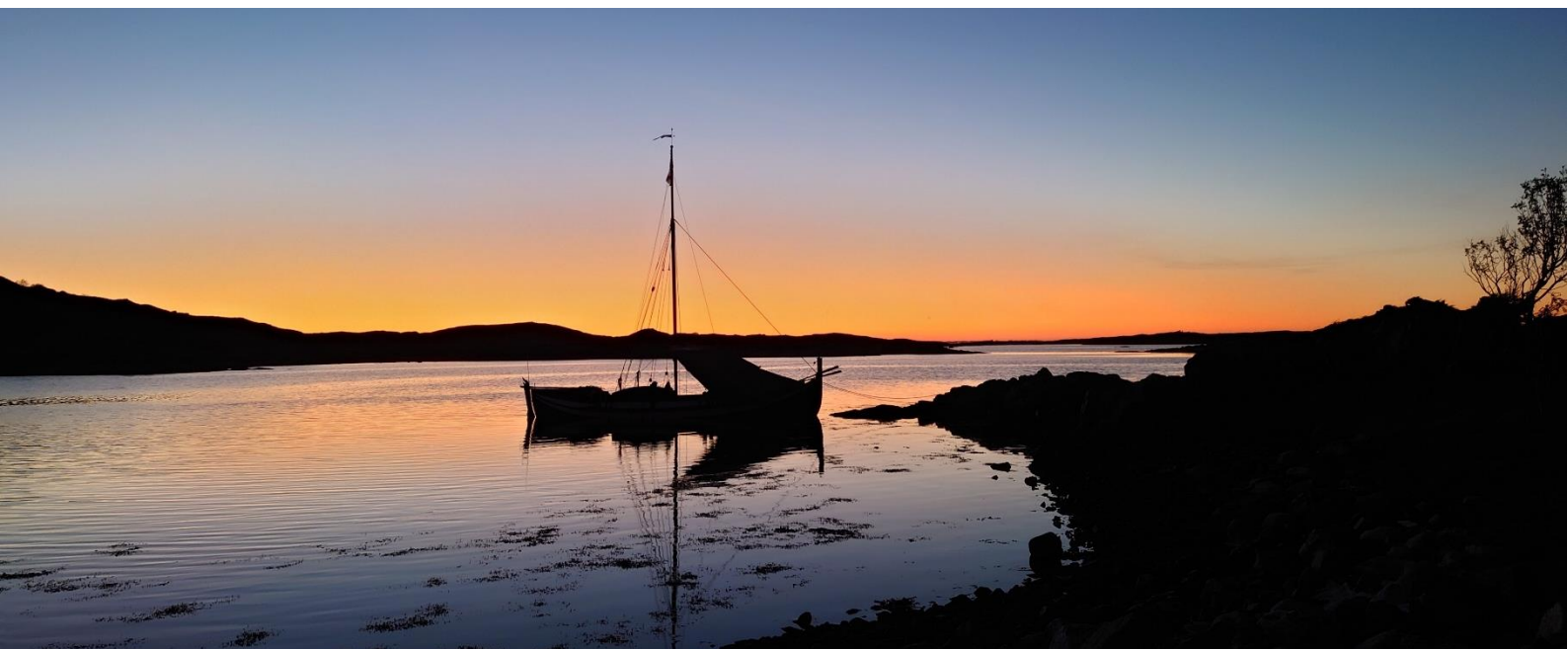
## Students from outside EU/EEA, who do not have Norwegian citizenship:

We recommend that you apply for a residence permit as soon as possible. Contact the Norwegian embassy or consulate in your country. On the UDI website you will find options for a [Study Permit](#). Your residence permit should not expire before 15.06.2024.

The Norwegian Directorate of Immigration, UDI, requires a part of the school fee to be transferred to the school's bank account before your application is processed. **The advance payment required is NOK 110 989,- in addition to the enrollment fee of NOK 2 600,-.** Enclose receipts of both payments with your application to the embassy or consulate.

If for any reason your application should be denied, the pre-paid school fee will be returned. The enrollment fee (NOK 2 600,-) will not be returned.

**Please note that the initial price for the year is NOK 136 750, so the advance payment does not cover the entire year.** There are also additional costs for single rooms, special food requirements, and craft materials. In addition, there are deposits for key/room and tools.





# School Calendar

The plan may be subject to changes, but start and end days, as well as holidays, are certain.

## Explanation

B: Your chosen course

V: Electives

F: Collective courses

Days marked yellow: Holidays. The school is closed.

## Høst 2023 – Fosen Folkehøgskole

Elevversjon

Oppdatert 03.05.2023

Uke	Dato	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag	Søndag
35	28/8	Arrival from 0900 and onwards Opening party at 17.00	S	B	B	B	B	
36	4/9	F	B	B	B	B	F	
37	11/9	V	V	B	B	B	fri	
38	18/9	V	S	B	B	B	D	
39	25/9	forb.	høstuttfart					
40	2/10	rydd	F	B	B	D	School closes 11.00 (AM)	
41	9/10							
42	16/10	School opens 09.00	nøstuke					
43	23/10	F	V	B	B	D	fri	
44	30/10	kursuke 1						
45	6/11	V	V	B	B	B	M	
46	13/11	V	V	B	B	B	fnyf	
47	20/11	V	B	B	B	B	F	
48	27/11	fnyf					fri	
49	4/12	V	F	B	B	B	F	
50	11/12	V	M	B	B	B	F	
51	18/12	V	juleverksted		F	School closes 11.00 (AM)		

## Important dates:

Arrival / start of school: 28. august

Fall break: 7.-16. oktober

Christmas break: 22. december - 8. januar

Easter break: 23. march – 3. april

Departure: 13. june

## Vår 2024

2	8/1	School opens 09.00	F	B	B	B	F		
3	15/1	kursuke 2							
4	22/1	V	V	B	B	B	F		
5	29/1	fnyf							
6	5/2	B	B	B	B	B	fri		
7	12/2	V	F	B	B	B	M		
8	19/2	V	F	3dagerskurs					
9	26/2	F	B	B	B	B	B		
10	4/3	forb.	vinterutfart						
11	11/3	V	V	B	B	B	fri		
12	18/3	kursuke 3						School closes 11.00 (AM)	
13	25/3								
14	1/4			School opens 0900	V	V	D		
15	8/4	V	D	B	B	B	F		
16	15/4	V	B	B	B	B	F		
17	22/4	V	V	B	B	B	F		
18	29/4	gjøk		1.mai	B	B	fri		
19	6/5	P	P	P		P	fri		
20	13/5	P	P	P	P	17.mai	fri		
21	20/5		P	P	P	P	fri		
22	27/5	P	fri	S	mininøst				
23	3/6	forb.	vårutfart						
24	10/6	D	fri	S	heimreise skolen stenger kl 15				