

# Welcome to Fosen Folk School!

The following is general information about the 2020/21 school year. If you have any questions, don't hesitate to contact us!

## Contact information

Secretary: [kontor@fosen.fhs.no](mailto:kontor@fosen.fhs.no) / (+47) 40601638 (08-15.00)

Principal: [rektor@fosen.fhs.no](mailto:rektor@fosen.fhs.no) / (+47) 97976079

Sincerely,

Arnhild Finne  
Principal

## Table of Contents

- [Arrival & Start of School: 24. august.](#) p. 2
- [Life at Fosen Folkehøgskole](#) p. 3
- [Dormitories, Buildings and Facilities](#) p. 5
- [Packing List](#) p. 6
- [Financials and Payment](#) p. 7
- [Visas for foreign students](#) p. 8
- [About Fosen Folkehøgskole](#) p. 9
- [Our Town, Rissa](#) p. 10



# Arrival & Start of School: 24. august.

Mark your calendars! August 24th 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 oriented to the school. You will also get to know the staff and other students as they arrive. If you arrive early in the day, we will provide lunch.

**The school year officially starts at 1800 with a Welcome Party and Feast.**

We do not open the school before the 24th of August. If you need to arrive another day due to special circumstances, please contact us well in advance.

## Getting to the school

Most people find their way here using public transportation. 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 Trondheims fjord. The ferry crosses every half hour and schedules can be found here: [fosennamsos.no](https://fosennamsos.no).



# Life at Fosen Folkehøgskole

## Elective and Collective Courses

Around half of our instructional hours are devoted to our main courses. The additional lesson time is divided into [elective and collective courses](#).

Electives can be selected once you have started at school. Examples from past course offerings include: willow weaving, outdoor life, woodworking, plant dyeing, skin tanning, and textile creation.

Collective courses are instructional days that involve the whole student body. These days, which we call «fellesfag» meaning common lessons, are all about sharing experiences. Fellesfag is often a full day devoted to trips, lectures, or work parties on the farm.

We are proud to provide a wide range of learning opportunities!

## Open Workshops

Our workshops are always open and full of life, especially in the evenings. We have a coal forge, wood workshop, skin tanning workshop, ceramics room, boat buildery, tiny house buildery, and textiles hall available for use. We always have a small fleet of sailing boats and kayaks that you can borrow for evening trips on the lake or fjord. And, we have a forest in our backyard that is full of endless opportunity.

## Meals

All of our meals are served in the dining hall. We have a talented kitchen staff which make [healthy and hearty meals from local ingredients](#).

One week of the school year, you will have kitchen duty with some fellow students. The task includes setting the table and helping with dishes. Here, students take an active role in tasks and keeping the school tidy.





## Teacher On Duty

Even outside of the class time, we have staff on duty. The teacher on duty is available at school for your safety and comfort. They have the role of supervision, but they also arrange optional evening activities and tutorials. The teacher on duty can be contacted on the telephone: [\(+47\) 95148488](tel:+4795148488) (16.00-09.00)

## School-Wide Trips

Three times a year the whole school goes on a five-day trip. Every fall and spring we sail out into the fjord in our own open sailboats. Once we get to our island with sheep we gather those sheep all together for either slaughter in the fall, or to pluck the wool in the springs. As well as administering medicine and checking the population. The week is full of sailing, campfires, songs, and swimming in the fjord.

In winter we go out for a week to the mountains. On the menu we have cross-country skiing, ice-fishing, building igloos and quinzies, animal tracking, and just goofing around on our skis. We also take time to play cards and have campfires!

## Your address at school

«Your Name»  
Fosen Folkehøgskole  
Folkehøgskoleveien 1  
7100 Rissa  
NORWAY



# Dormitories, Buildings and Facilities

Our main building houses the dormitories, dining hall, kitchen, craft rooms, wood workshop, library, meeting rooms, common rooms, and the main office. There is free wifi in the common areas of the main building.

In the assembly room we hold morning gatherings, lectures, film showings, folk dancing, yoga, and concerts. In the main living room we have sofas, a fireplace, boardgames, and books. In this common space, students often relax, knit, read, and enjoy each other's company.

Our farm is a little ways down the main road and our mountain cabin lies across the lake, Botn. We also have a shelter in the mountains north of the school.

## Dormitories

All our students live in the dorms, and most live in double rooms. It's a wonderful way to get to know your fellow students and share the little moments in life with them. We also have dorms in the two houses behind the main building.

Student rooms are equipped with everything you will need. A bed for each student, a desk, cupboards, a sink, a heater, a window, and a closet with draws.

In the laundry room with have washing machines and a drying room where you can hang your items to dry. The cost of laundry is included in the schools price. And, we have the supplies you'll need to clean your room.

## Holidays

The dorms are closed during fall, Christmas, and Easter holidays. It is possible to arrange staying at the farm during the holidays, but you'll be expected to earn your keep!



# Packing List

Here are some packing tips! The follow 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 seasons is a good idea)  
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)  
Skis, poles & shoes. (We suggest mountain skis, but cross country skis work well too!)

## Sailing:

Life vest (100-150 N)

## Tiny House and Boat Building:

Steel toed shoes

## Farming:

Overalls

## Textile and Handcraft:

Fabric scissors  
Measuring tape

## Further Suggestions

Bike  
Bathing suit  
Axe  
Dry bags  
Hiking shoes  
Musical Instrument

If you have other outdoor equipment like a tent, thermos, hammock, life jacket etc, feel free to bring it!





# Financials and Payment

## Loans and Stipends

In some cases, foreign students can receive a stipend from the national student fund for education, [Statens Lånekasse](#). This applies to candidates for family immigration, spouses of Norwegian citizens, or those who have lived and worked in Norway for two years.

Students from Sweden, Finland, Åland and the Faroe Islands can apply for financial support with their homeland's government.

There are also some private organizations that offer stipends for cultural growth and understanding in Norway, like [Sons of Norway](#) in USA.

## Cost of the 2020/2021 school year:

The initial price is NOK **119 600,-** This covers lessons, lodging, meals, trip with your class and our three 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 is additional costs for single rooms, special food requirements, and craft materials.

## Specialty Food Cost

Vegetarian and vegan diets are covered by the initial school cost. Special food allergies or requirements, however, cost an addition 3500,- divided over the whole school year.

## Deposits

(paid back at the end of the school year)

- Key & room for all 1 200,-
- Tools for Boat Builders 700,-
- Tools for Tiny House Builders 700,-
- Tools for Textile & Handcrafters 450,-



# Visas for foreign students

## EU and EEA Residents

Students from EEC and EEA countries 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.

## Non-EU Residents

For students outside EU and 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 may find options for a [Folk High School Student Residence Permit](#). Your residence permit should not expire before 09.06.2020.

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 106.510 NOK. In addition, you need to pay the enrolment fee. 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 will not be returned.

## Payment Information

The school's bank: Sparebanken Midt-Norge, 7100 Rissa Norge  
Kontonummer: 4213.05.10242  
IBANnr: NO50  
SWIFTnr: SPTRNO22





# About Fosen Folkehøgskole

At Fosen folkehøgskole you will meet students and staff with warm hearts, skilled craftsmanship and aspirations for a sustainable world.

## Here, we believe that:

- Everyone has potential for growth
- Traditions are alive and worth maintaining
- Real, healthy food is grown sustainably
- Humans and nature have a symbiotic relationship
- Critical reflection is an essential aspect of learning

## We invite you to experience:

- An inspiring and inclusive community
- A creative campus with workshops available around the clock
- Personal development
- Talented teachers with unique wealths of knowledge
- Three school-wide adventures
- A healthy, hearty, homemade menu made with local ingredients
- An diverse, international school community

## Political and Religious Independence

Fosen Folk High School is an independent school. That means we're not connected to any religious organisations and believe that everyone deserves to decide that for themselves. We are also politically independent. We want to be freethinkers, open, and prejudice-free.



# Our Town, Rissa

## Our Local Community

Fosen Folk School is located in Rissa, on the Fosen Peninsula in Trøndelag, Norway. The school sits snugly between mountain and fjord only an hour's bus ride from Trondheim.

In Rissa you'll find a sports store, a pharmacy, a public library, a gym, medical and dental clinics, grocery stores, a post office, restaurants, and a well stocked yarn store with a knowledgeable owner, plus much more, just a short walk from the school.

## Outdoor Landscape

The school has a great view over the tidal lake, Botn, which has good fishing and sailing opportunities, as well as room for rowing, kayaking, and ice skating in winter.

Just behind the school is a rich forest just waiting to be explored, and the Trondheimsfjord is just a short bike ride away. With surroundings like this everything is in place for getting outdoors, summer and winter.

We have kayaks and wooden boats that can be borrowed, as well as a cabin in the hills and a Sami shelter not too far from the school that can be great places to relax on the weekends.

PS: Keep up with us on social media! Follow our [facebook](#) and [instagram](#)!

