

Welcome to Fosen Folk School!

Thank you for applying to Fosen Folkehøgskole! We hope you'll accept our offer and become a student at our school. We look forward to meeting you!

The following is general information about the coming school year. You can find more information on [our website](#). If you have any questions, don't hesitate to contact us!

Contact information

Secretary: kontor@fosen.fhs.no / [\(+47\) 40601638](tel:+4740601638) (08-15.00)

Principal: rektor@fosen.fhs.no / [\(+47\) 97976079](tel:+4797976079)

Sincerely,

Arnhild Finne
Principal

Table of Contents

- [Arrival & Start of School: 23. august.](#) p. 2
- [Covid-19](#) p. 3
- [Life at Fosen Folkehøgskole](#) p. 4
- [Dormitories, Buildings and Facilities](#) p. 6
- [Packing List](#) p. 7
- [Financials and Payment](#) p. 8
- [Visas for foreign students](#) p. 9
- [About Fosen Folkehøgskole](#) p. 10
- [Our Town, Rissa](#) p. 11



Arrival & Start of School: 23. august.

Mark your calendars! Monday, August 23rd 2021 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. We will provide lunch for those who arrive early in the day.

The school year officially starts at 18.00 with a Welcome Party and Feast.

We do not open the school before the 23rd 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 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.



Covid-19

You are likely wondering how your year at Fosen Folk School will be affected by the corona pandemic. This is a challenging time for us all, but the situation in Norway is controlled. With this in mind, we are planning to start the next school year in normal time. We will do all that is necessary to ensure a safe school year. Our action-packed fall program will start on August 23rd, we are looking forward to meeting you then!

We do not have any international trips in our curriculum, nor reasons to change our course content. However, we are ready to make small adjustments to course plans if necessary.

We have developed rules and regulations with respect to viral spread at our institution. Fosen Folk School has open communication with local communal leaders and health departments. We will continue to cooperate with both parties to ensure our practices follow national guidelines. These are some of the procedures we have in use this year, and may continue next year:

- Strict routines regarding hand hygiene and cleanliness.
- Viral testing of all symptoms and after travel.
- Grouping students into smaller bubbles at the start of the year, and after holidays.
- Local alternatives for students during holiday time, or delay of holiday time.
- Limits to the number of family, friends, and visitors welcome at the school.
- Quarantine for students with possible symptoms, and isolation for students who are known carriers.

Here in Rissa, we have had very few cases of viral infection. The school lies isolated from the local population, with a forest in our backyard. Therefore, it will not be a challenge to remain distanced from people outside of our bubble. With your cooperation and consideration of our guidelines, we are well on our way to a wonderful year! We are excited to meet you in August, and we will do our best to make next year everything you hoped for.



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 spring. 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 assembly, 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 school fee. 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! If necessary due to the corona pandemic, dorms may be kept open during holidays.



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 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)
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

Self-sufficiency

Hiking boots

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 2021/2022 school year:

The initial price is NOK 122 076,- 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 are additional costs for single rooms, special food requirements, and craft materials. There are also depositis for key/room and tools.

Specialty Food Cost

Vegetarian and vegan diets are covered by the initial school cost. Special food allergies or requirements, however, cost an addition 3500,-. If you are vegetarian or vegan, or if you have food allergies, please let the kitchen know at kjokkenleder@fosen.fhs.no

Payment

The first payment is due September 15th, and is NOK 14 960,- for students staying in double rooms. Please note that students from outside the EU/EEA need to pay most of the total fee for the year before applying for a visa.



Visas for foreign students

EU and EEA Residents

Students from EU 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 will find options for a [Study Permit](#). Your study permit should not expire before 15.06.2022.

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 108 695 NOK. In addition, you need to pay the enrolment fee. (Please note that the initial price for the year is NOK 122 076. There are also additional costs for single rooms, special food requirements, and craft materials. In addition, there are depositis for key/room and tools).

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 4213.05.10242

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 worth keeping alive
- Local, sustainable food provide nutrients for the body and soul
- 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 Trondheims-fjord 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.

Payment information

Our bank: Sparebanken Midt-Norge, 7100 Rissa, Norway

Bank account number: 4213.05.10242

IBAN number: NO50 4213.05.10242

SWIFT number: SPTRNO22

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

