

Welcome to Fosen Folk School

Thank you for applying to Fosen Folkehøgskole!

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 (08-15.00)

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

Sincerely,

Arnhild Finne
Principal

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Arrival & Start of School: 22. august.

Mark your calendars! Monday, August 22nd 2022 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 Welcome Party and Feast.

There will be some snacks available through 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 22nd 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 transport. 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 the Trondheim fjord. The ferry crosses every half hour and schedules can be found here: fosennamsos.no.

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



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 22nd, 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 health authorities. 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 if necessary:

- Strict routines regarding hand hygiene and cleanliness.
- 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 limited 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 years include: willow weaving, outdoor life, woodworking, plant dyeing, skin tanning, weaving and sewing.

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 forge, wood workshop, skin tanning workshop, ceramics room, textile hall, and a boat and tiny house workshop 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 four times a day, at set times. If you need to eat outside of these times, or have very specific food wishes, you should expect to spend some money on food outside the school. We have a talented kitchen staff who make [healthy and hearty meals from local ingredients](#).



Kitchen Duty and Farm Duty

We all help in getting the food on the table, and share the workload. All students have a few weeks of kitchen duty and farm duty throughout the year.

On kitchen duty you will prepare breakfast and the light evening meal (“kveldsmat”), and do the dishes after all meals.

Farm duty feeds and tends to the animals morning, afternoon and evening.

Getting up before dawn on a crisp fall morning and biking down to the farm, being met in the barn door by the warmth from the animals, tending to them, and then biking home as the sun slowly rises – that’s a pretty good start to the day.

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, to an island where we keep the school’s sheep. We gather the sheep all together for either slaughter in the fall, or to pluck the wool in the spring. We also administer medicine and check the population. The week is full of sailing, campfires, songs, and swimming in the fjord.

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



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 way down the main road and our mountain cabin lies across the nearby 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.

Living so closely is great, if everyone makes sure to be considerate of each other. Common areas like the living room, workshops, student kitchen and green sofa are used a lot, and if everyone leaves just a few things lying around, it gets messy.

This will be your home, so let's make sure it is inviting and cozy for everyone by keeping common areas tidy. Three days a week we all help cleaning the common areas for 30 minutes, whether it is mopping the hallways or tidying the wood workshop.

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 drawers.

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.



Wi-Fi

We do not have wi-fi in the dorms, but in some of the common areas. This means less time on the phone and more time social face to face, whether you are doing activities or just relaxing.

If you would like to facetime your friends and family often, and want to do it in the privacy of your own room, you should consider getting a phone plan with a lot of data included.

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.

Your address at school

«Your Name»
Fosen Folkehøgskole
Folkehøgskoleveien 1
7100 Rissa
NORWAY



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. Some things can be bought after you arrive at school, but a sleeping bag and warm clothes are essential to have from the start.

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 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:

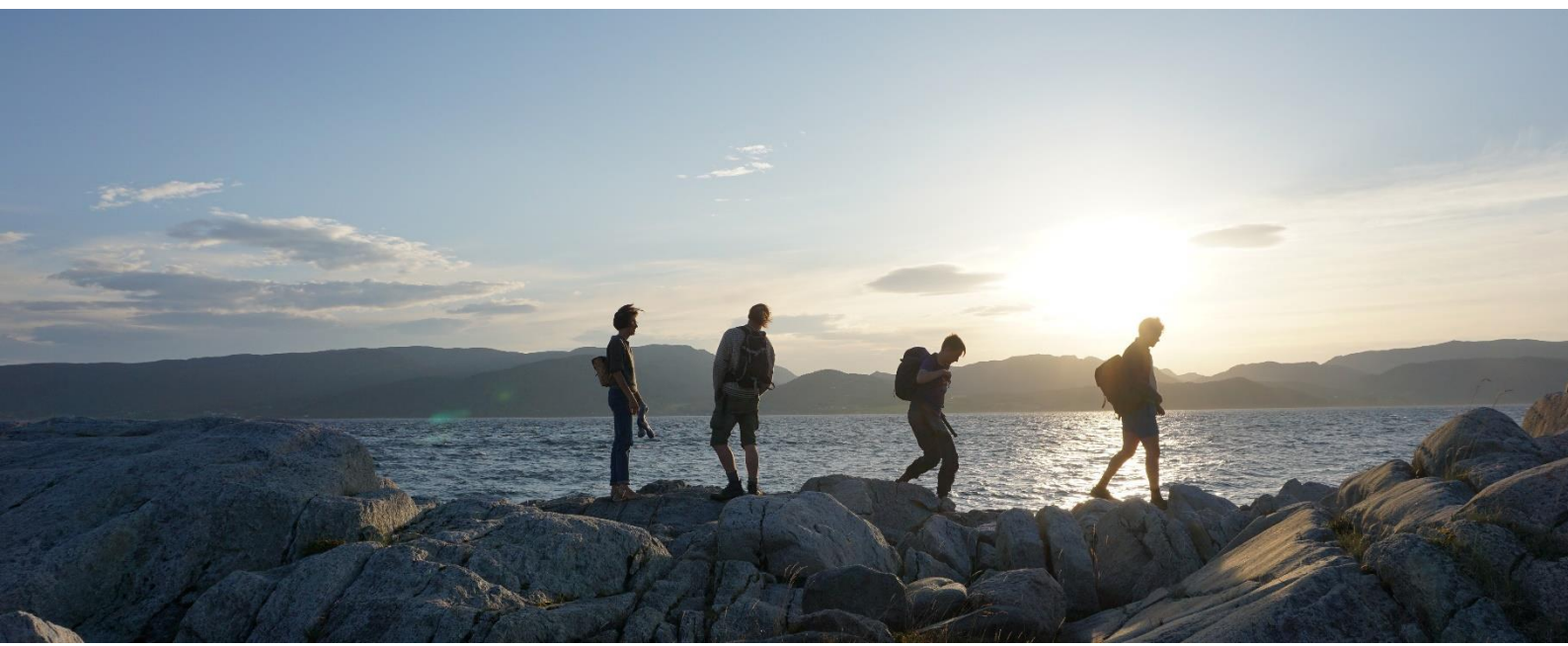
Fabric scissors
Measuring tape

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!



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 15.06.2023.

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 109 962,- In addition, you need to pay the enrollment fee (NOK 2 500,-). 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 2 500,-) will not be returned.

Please note that the initial price for the year is NOK 123 900, 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.

Read more about additional expenses on [our website](#).



Learning Norwegian

We understand that moving to a new country, new culture, and new language can be daunting. Our goal is to ease this process of transition and provide support as much as possible. The following is some information regarding communication and Norwegian language learning at Fosen Folk School:

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.

All teaching and administrative staff speak English as a second language and are happy to speak English or translate upon request. Still, it is your responsibility to make an effort to learn Norwegian and to try and understand as much as possible, and to let us know when you need translation.

At the beginning of the year, there will be translations of key information to ensure your understanding. As the school year continues, formal English translations will become less frequent and used only when necessary.

During the fall semester, Norwegian language classes will be provided to help the process of language learning. There is also the expectation of individual study and engagement in the learning of Norwegian. The classes provided are focused on guiding your learning, there is no certification or formal testing. We encourage students to work with their peers and practice in any school setting to improve their Norwegian.

We strongly encourage you to learn as much Norwegian as possible before you come here, otherwise this can be a quite overwhelming experience. We recommend you purchase the book *Sett i gang 1: An Introductory Norwegian Curriculum* by Kari Lie Dorer & Nancy Aarsvold, and start working on your Norwegian language over the summer. The website settigang.com is a free resource that is also very helpful. Other fun ways to familiarize yourself with Norwegian language include watching movies with subtitles, listening to podcasts, and writing down common words and phrases.

If you have any questions regarding this information, or Norwegian class in general, feel free to email our Norwegian teacher Eini at einib@live.no.



Financials and Payment

Loans and Grants

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, and Danish students can apply for support from Nordisk Højskolestipendium. 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 2022/2023 school year:

The initial price is **NOK 123 900,-**

This covers lessons, lodging, meals, trips 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.

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 5 000 NOK on craft materials, depending on what you choose to make and do. Students at Textile & Traditional Handcraft usually spend the most.

Read more about additional expenses on [our website](#).



Advance payment

For students who pay in advance due to visa requirements, the advance sum is placed in your personal account at school. The first few payments to the school will then be deducted from this account. When your prepaid amount is spent, you will get a bill for the remaining payments.

Specialty Food Cost

Vegetarian and vegan diets are covered by the initial school cost. If you have documented dietary restrictions like allergies and intolerances, we are happy to cater to them at an additional cost of NOK 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 15 175,- 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. Read more under “Student Visas”.

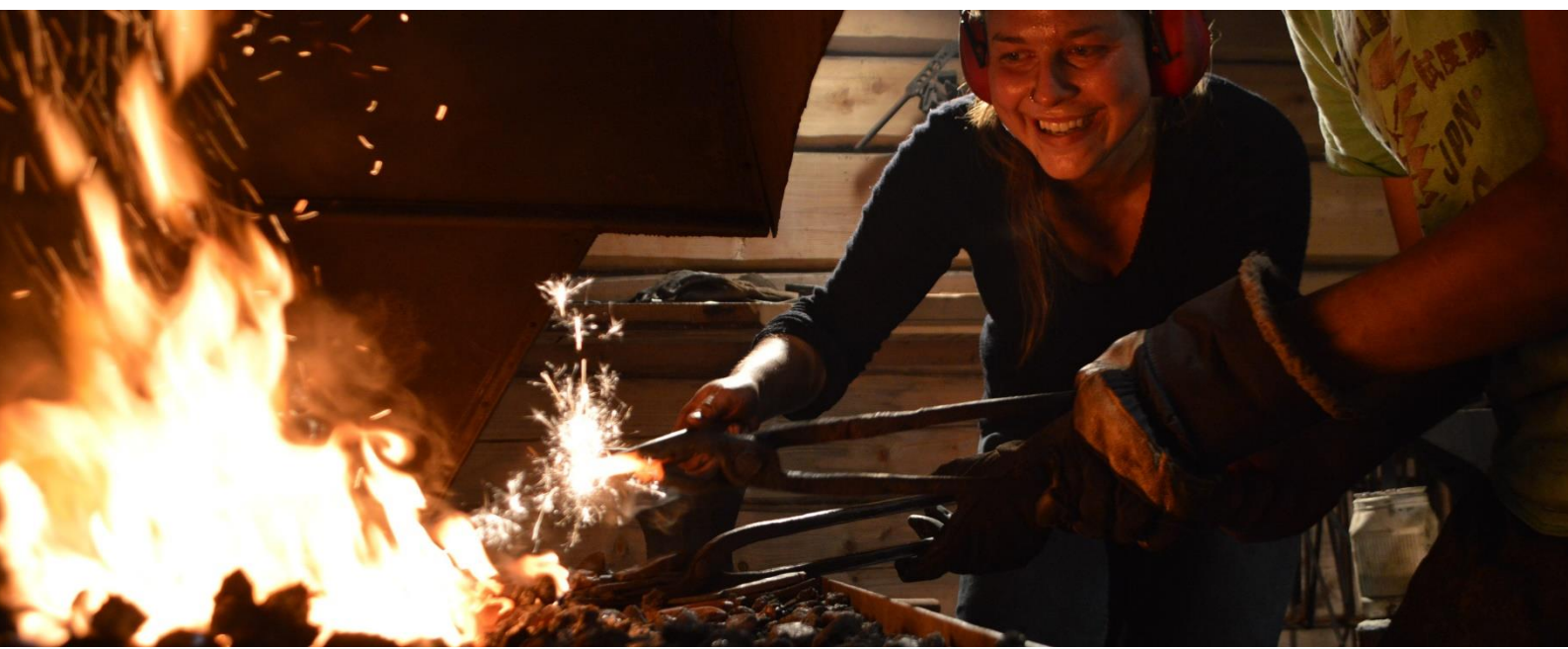
Payment information

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

Bank account number: 4213.05.10242

IBAN number: NO50 4213.05.10242

SWIFT number: SPTRNO22



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 a unique wealth of knowledge
- A healthy, hearty, homemade menu made with local ingredients
- A diverse, international school community

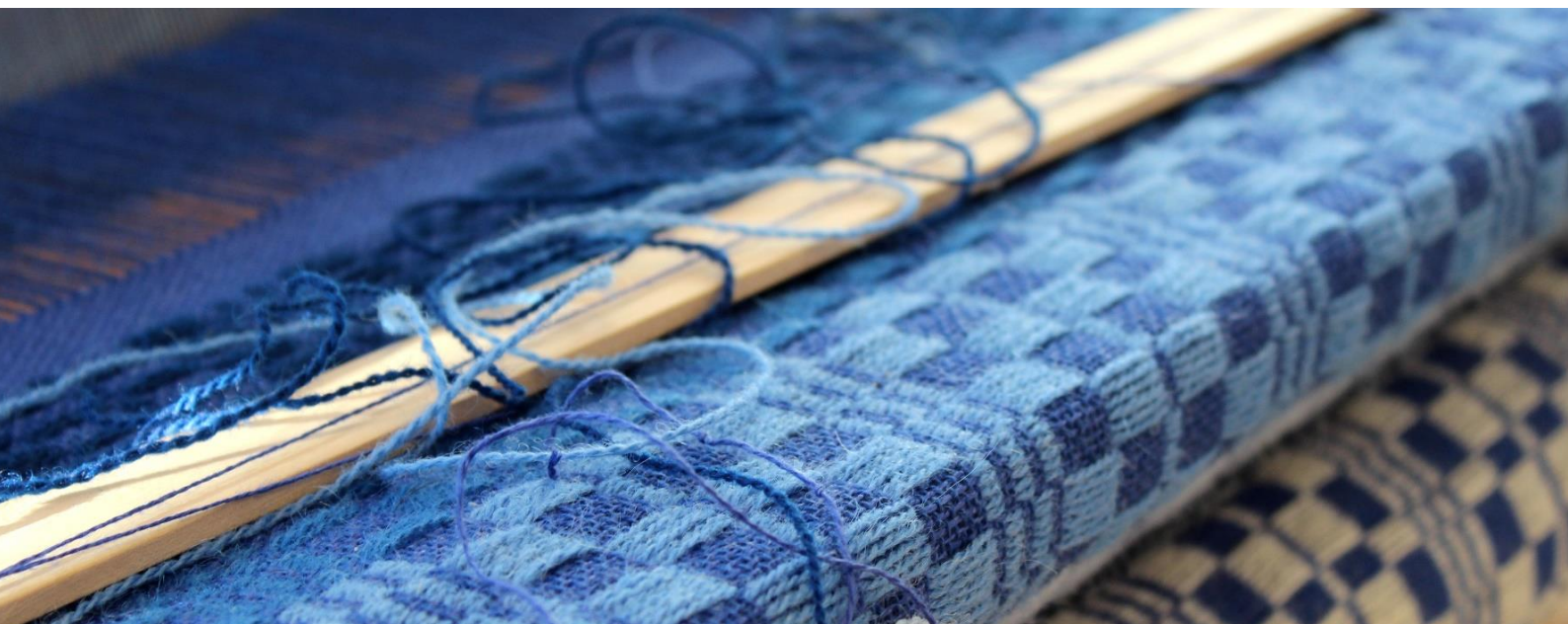
Political and Religious Independence

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.

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/drugs is forbidden on school premises.
- It is not acceptable to be under the influence of alcohol or drugs on school premises.



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.

Questions?

Do not hesitate to contact our secretary, Eli, at kontor@fosen.fhs.no / [\(+47\) 40601638](tel:+4740601638). She is normally available 08.00-15.00, Monday-Friday. During summer holiday there might not always be someone by the phone, but we should be available by email.

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

