

# 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](mailto:kontor@fosen.fhs.no) / (+47) 40601638 (Monday, Tuesday, Friday 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](#)
- [Life at Fosen Folkehøgskole](#)
- [Dormitories, Buildings and Facilities](#)
- [Packing List](#)
- [Financials and Payment](#)
- [Visas for foreign students](#)
- [About Fosen Folkehøgskole](#)
- [Our Town, Rissa](#)



# 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 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 28<sup>th</sup> 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](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).

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





# 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, 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

Every fall and spring the whole school goes on a five-day trip, sailing 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.





# 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 and lectures, and students often use it for film showings, folk dancing and yoga. In the main living room we have sofas, a fireplace and boardgames. 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 and student kitchen 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.

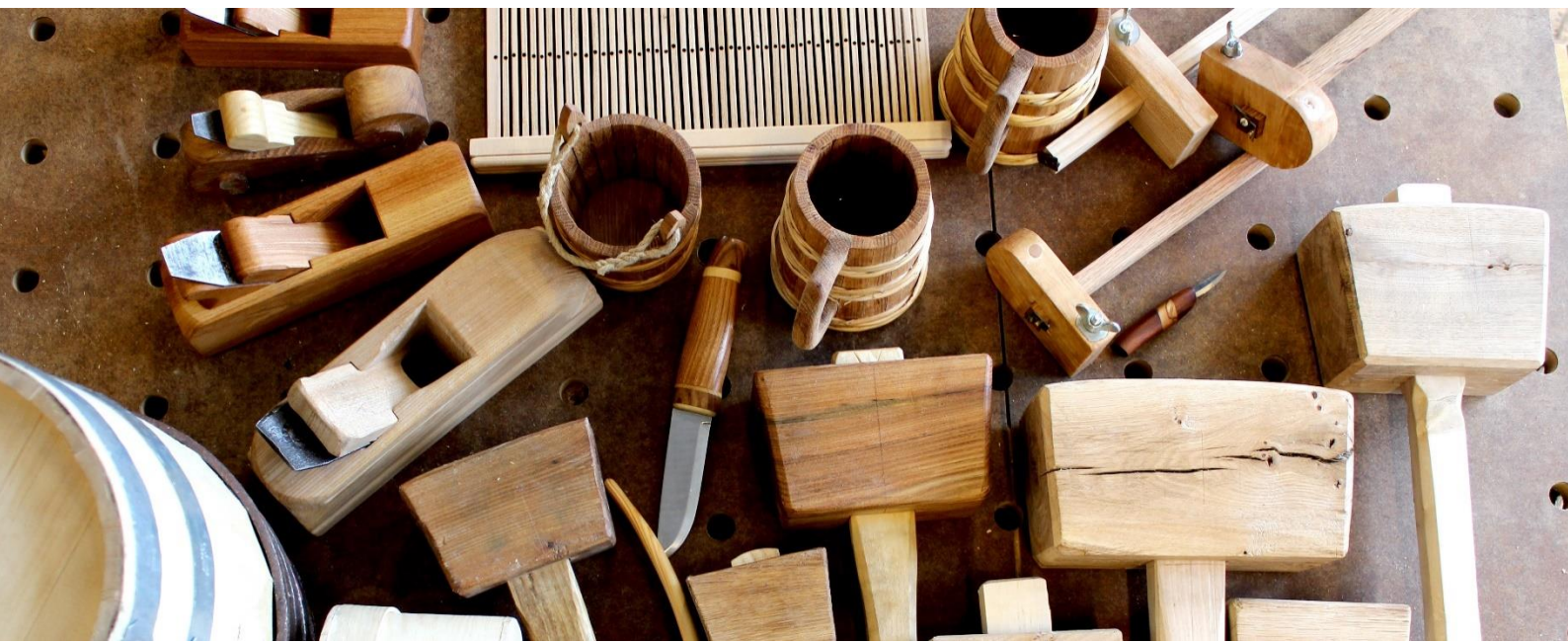
If you would like to facetime your friends and family often, and want to do it in the privacy of your own room, you should consider getting a phone plan with a lot of data included.

## Holidays

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

## 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:

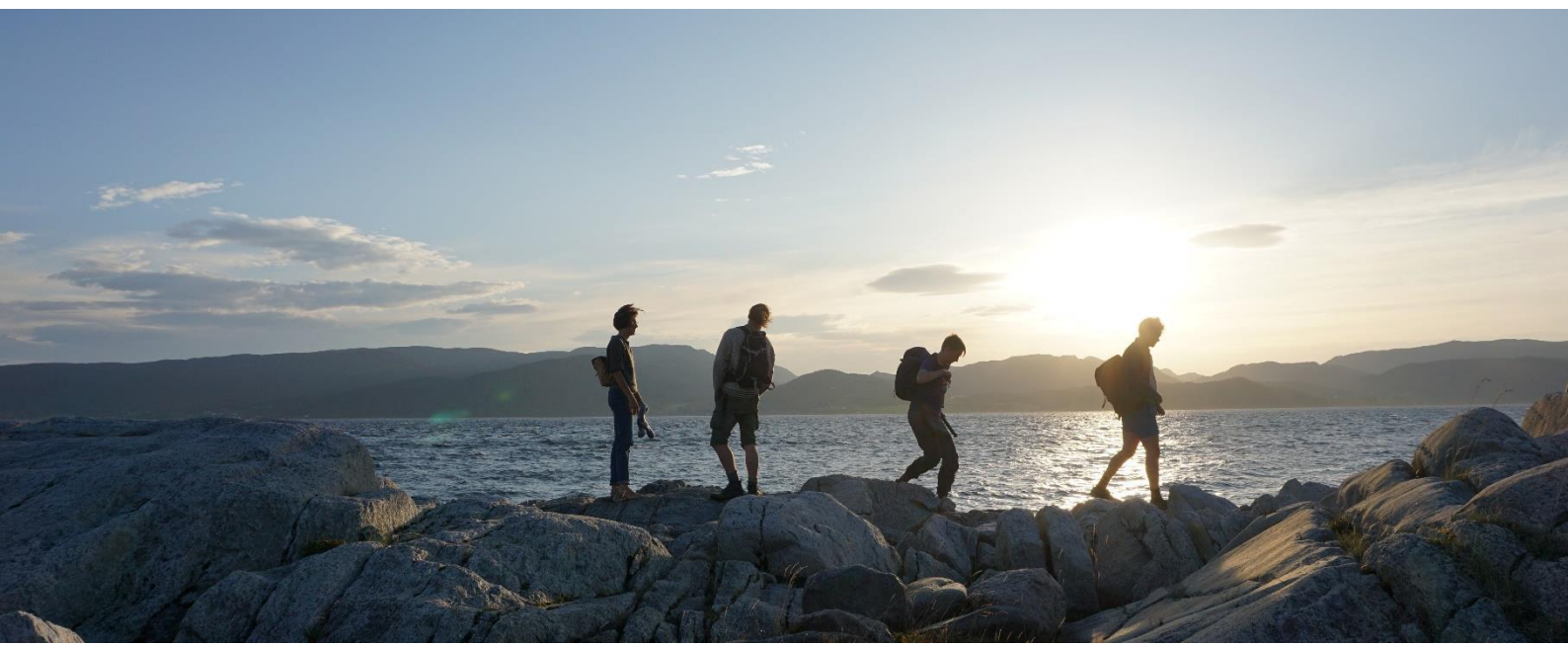
Fabric scissors  
Measuring tape

## 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 15.06.2024.

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.

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





# 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.

To study Norwegian before arrival here, we recommend buying and working through the book *Sett i gang 1: An Introductory Norwegian Curriculum* by Kari Lie Dorer & Nancy Aarsvold. The website [settigang.com](http://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.

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!



# 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 2023/2024 school year:

The initial price is **NOK 136 750,-**

This 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 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](mailto:kjokkenleder@fosen.fhs.no)

## Payment

You will receive a payment plan after arrival. Usually the first payment is due September 1<sup>st</sup>.

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”.

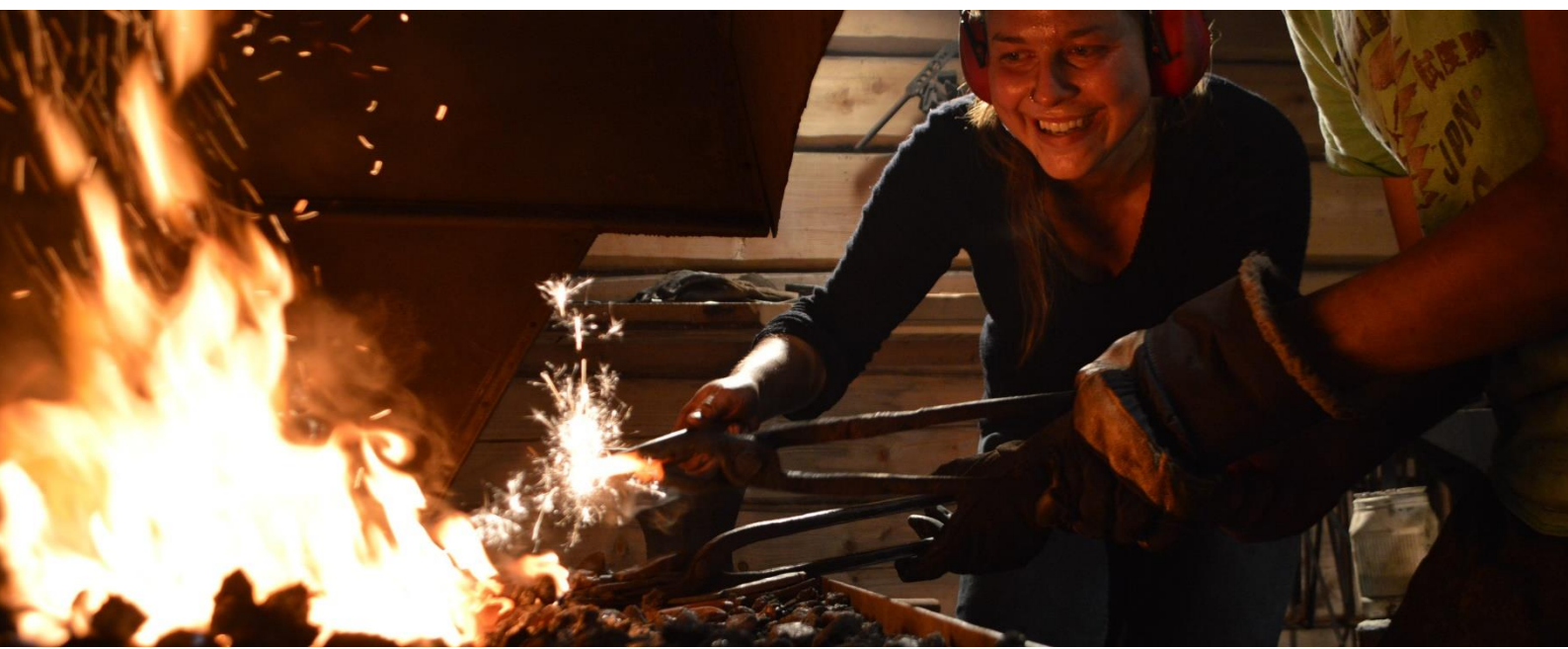
## Payment information

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

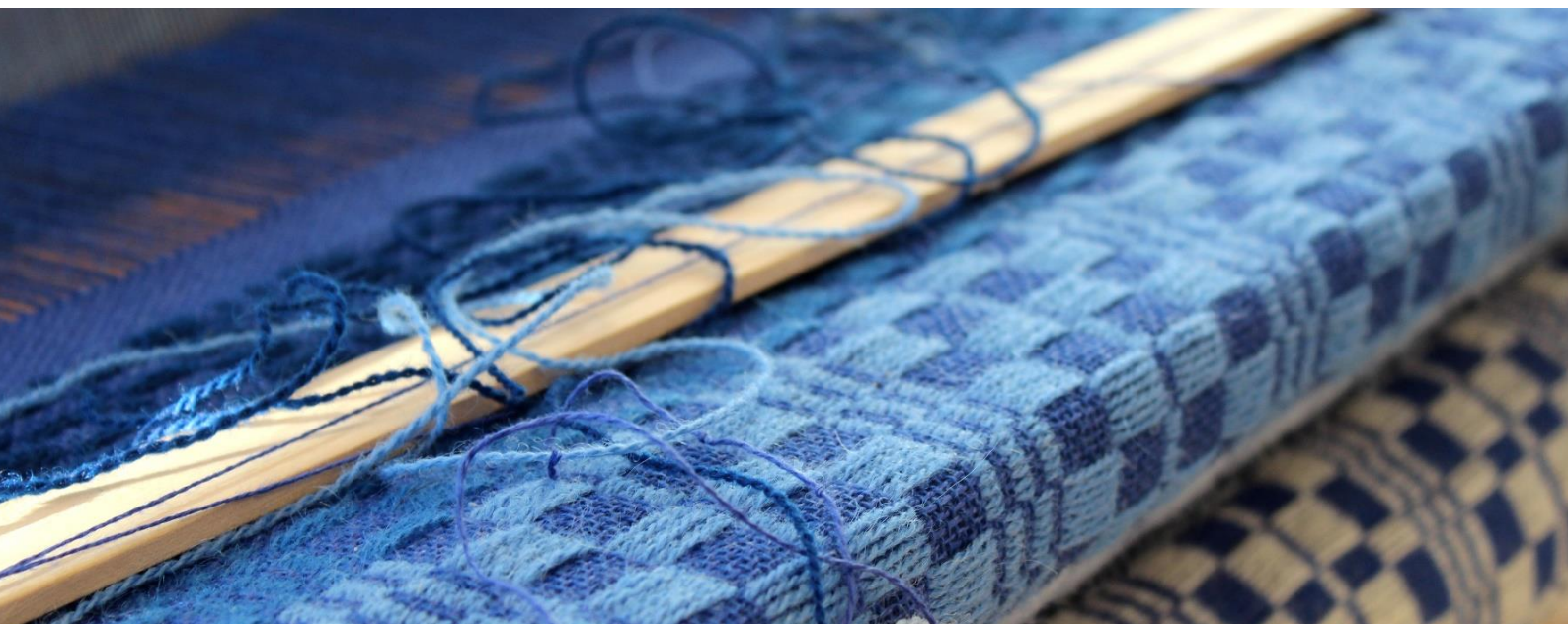
## Political and Religious Independence

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](mailto:kontor@fosen.fhs.no) / [\(+47\) 40601638](tel:+4740601638). She is normally available 08.00-15.00 on Monday, Tuesday and 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](#)!

