



Fosen Folkehøgskole

Folkehøgskoleveien 1, 7100 Rissa
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Dear Students 2026/2027

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

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, teachers & staff at Fosen Folkehøgskole



Remember:

- If you have food allergies or intolerances that you need the kitchen staff to accommodate, or if you choose to eat a vegetarian diet, please send a message to kjokkenleder@fosen.fhs.no well in advance. Special requirement meal plans cost just NOK 5 500,- extra. Vegetarian 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.
- All students must have travel insurance that is valid for the duration of their stay. It is your responsibility to make sure that you have valid travel insurance. If you are still living at home, you might be covered by your parents` insurance.
- If for some reason you are unable to join us as a student next year, please let us know as soon as possible, so that we may offer your spot to someone else.

Do you have any questions?

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

Eli's office hours are Monday, Tuesday, Thursday 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](#). 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.

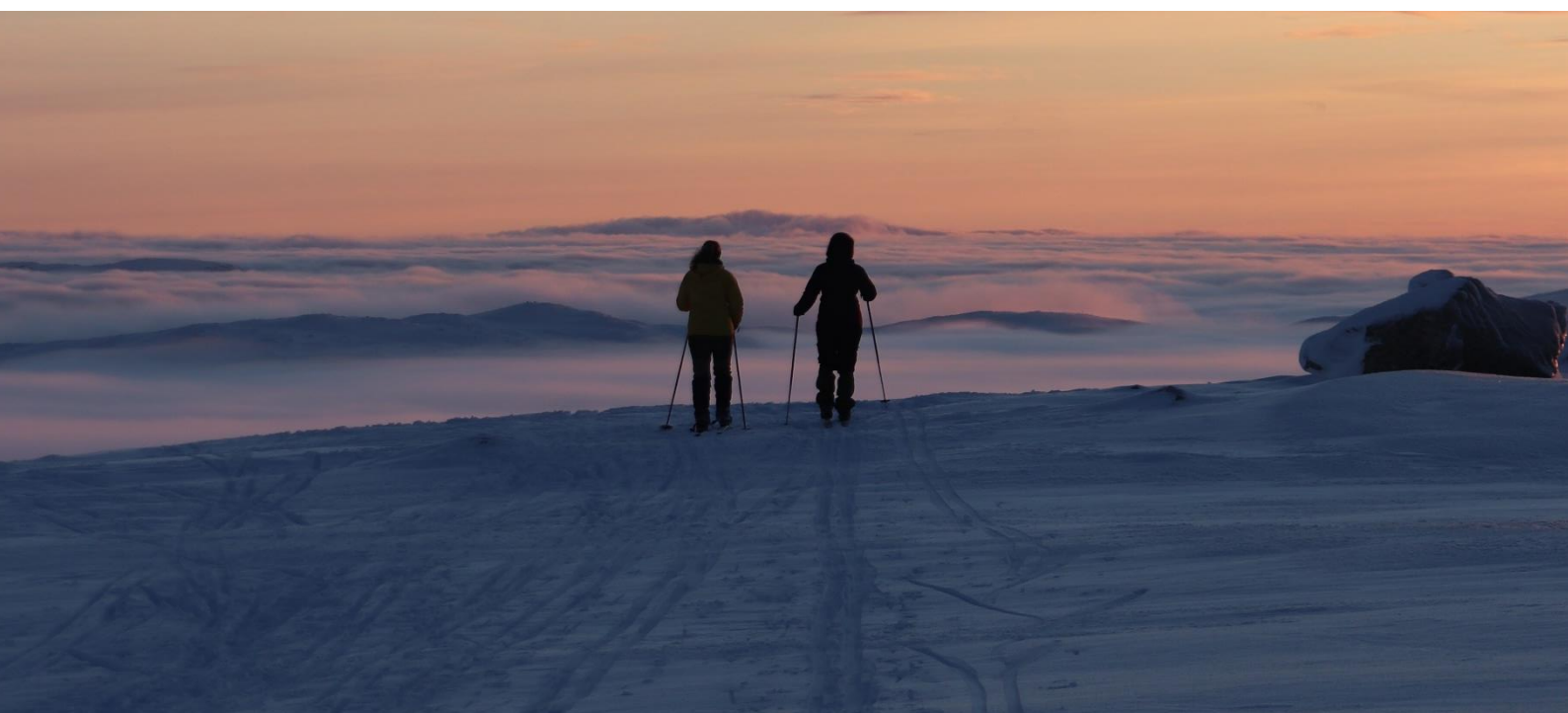


How much money will you need during the year?

The initial of **NOK 155 570,-** covers lessons, lodging in a shared room, meals, trips with your class and our two school-wide trips.

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 800,-. In the Textile & Traditional Handcraft class, the deposit is NOK 450,-
- There are also additional costs for single rooms, special diets and renting duvet, pillow and bedsheets, if you opt for any of these.
- Remember to also budget for travelling during school holidays, and personal items like toiletries, fruit and snacks during the year.
- The school fee is paid in chunks through the year. You will get a payment plan after arrival. The first payment is usually around September 1st. It is possible to pay everything in advance if you choose.



Practical Information:

Arrival & Start of School: 20. august

Mark your calendars! Thursday, August 20th 2026 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 20th of August.

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 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.

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 2026/2027](https://www.facebook.com/FosenFolkehøgskole2026/)



Student visas

Students from EU/EEA countries:

Residence permit

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.

European Health Insurance Card

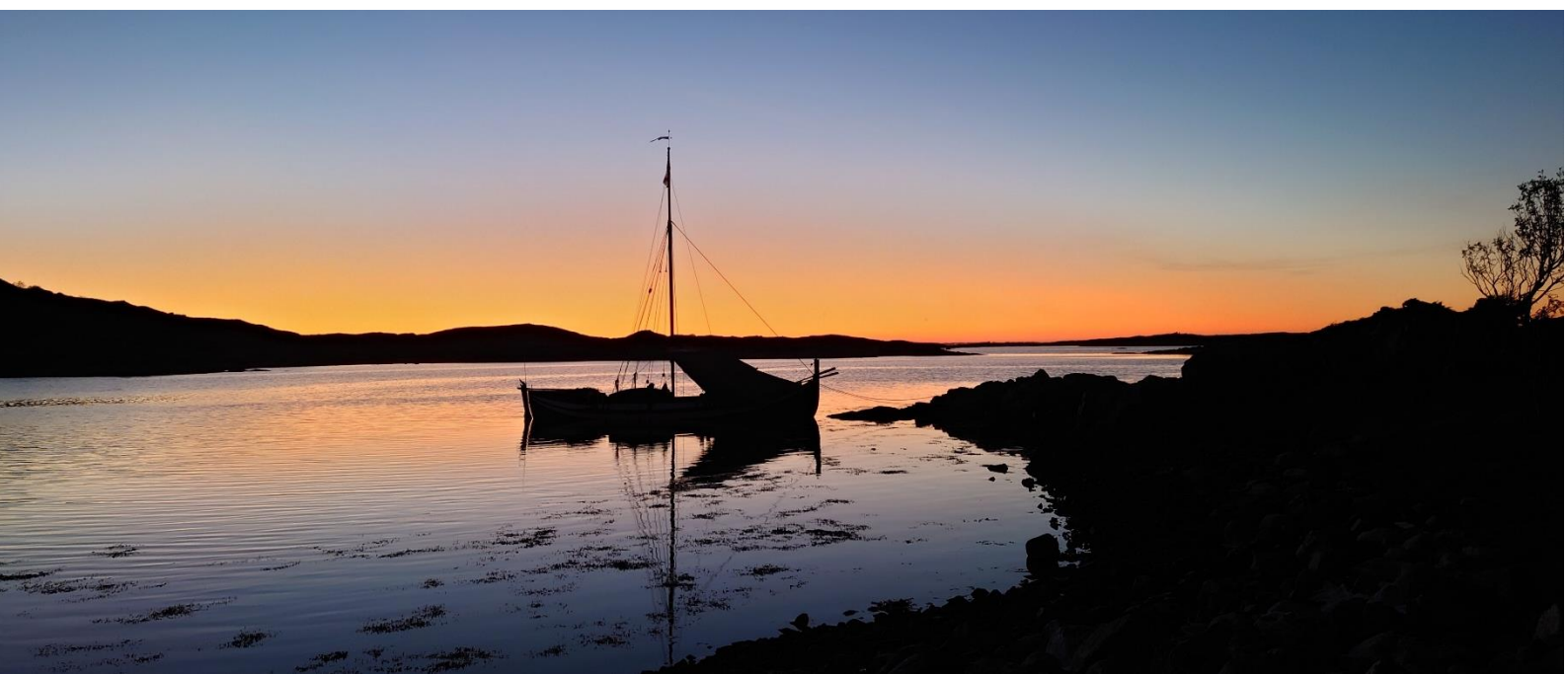
Citizens from an EU/EEA country or Switzerland should bring an European Health Insurance Card. This is documentation of your right to coverage for necessary healthcare when you are staying temporarily in another EEA country or Switzerland, on the same conditions as citizens of that country.

Student registration certificate

As a member of the EU or EEA you need to register as a student and get a registration certificate. You have to first register online, and later go to the registration office in Trondheim. Choose the municipality “Indre Fosen”. We recommend that you register online before coming here, and stop by the registration office in Trondheim on your way to Fosen, rather than missing school to go there later. You might need to book an appointment in advance. Please reach out if you have any questions!

Officially relocating to Norway

Anyone staying in Norway for more than 6 months can apply to officially relocate to Norway, and be part of the National Population register. If so, you must report your relocation to the National Population Register within 8 days of your arrival in Norway. However, this could mean that you lose some of your rights in your home country, so do your research and really think it through before deciding if you want to do this.



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

Residence permit / study permit

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 15.06.2027.

Advance payment

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 130 745,- in addition to the enrollment fee of NOK 2 950,-.** 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 2 950,-) will not be returned.

Please note that the initial price for the year is NOK 155 570, 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.

Travel insurance

Make sure that you have travel insurance that is valid for the duration of your stay. If you are still living at home, you might be covered by your parents' insurance.



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, 800,-)
Bed sheet, duvet cover and pillow cover (or rent from the school, 800,- pr semester)
Skis, poles & shoes. (We suggest Nordic touring skis, but cross country skis work 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
Steel toed rubber boots

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:

- Rubber boots! 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.

