

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 (Monday, Tuesday,, Thursday and Friday 08-15.00) Principal: rektor@fosen.fhs.no / (+47) 97976079

Sincerely,

Arnhild Finne
Principal



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 throughout the day, but the first meal is dinner at 17.00. So if you arrive early, bring your own lunch.

We do not open the school before the 20th 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 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 please do 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



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 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 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. 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.

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 with cleaning the common areas for 30 minutes, whether it is mopping the hallways or tidying the wood workshop.

In the laundry room we 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.

No pets are allowed in the dorms.



Wifi

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. During holidays, we encourage you to experience Fosen, travel to other countries, visit friends or family, take a course, to work or go woofing, the possibilities are many - and the choice is yours! We have limited space at our farm but it is possible to arrange to stay overnight in return for some work.

Your address at school

«Your Name»
Fosen Folkehøgskole
Folkehøgskoleveien 1
7100 Rissa
NORWAY



Packing List

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:

Travel insurance
European Health Insurance Card (for EU/EEA citizens)
Camping mat
Sleeping bag (3 or 4 seasons)
Hiking backpack (50- 100 litres)
Knife
Headlamp
Work clothing
Rubber boots
Substantial rain gear (oilskins)
Towel, sunglasses
Indoor shoes
Windproof jacket and pants
Gaiters
Wool sweater
Woolen socks
Woolen long underwear (min. 2 pairs)
Lunch box
Camping cutlery, cup & bowl
Woolen hat/beanie
Scarf
Duvet and pillow (or rent from the school, NOK 800,- each year)
Duvet cover, pillow cover and bedsheet (or rent from the school, NOK 800,- each semester)
Mittens (woolen and windproof over mittens)

Sailing:

Life vest
Dry bag
Dust mask
Bike

Tiny House and Boat Building:

Steel toed shoes
Dust mask

Økologisk småbruk:

Overalls
Bike
Rubber boots
Dust mask

Tekstil, søm & tradisjonshåndverk:

Fabric scissors
Measuring tape
Dust mask

Self- sufficiency:

Hiking boots
Dust mask

Further suggestions (if you already own)

Bike, bathing suit, axe, dry bags, hiking boots, musical instruments. Knitting needles, sewing equipment, embroidery hoops, sewing machine. If you have other outdoor equipment like a tent, skis/ poles & shoes, thermos, hammock, life jacket etc, feel free to bring it.



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.

Read more about [stipends for international students](#) on our website.

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 the USA.

Cost of the 2025/2026 school year:

The initial price is **NOK 155 745,-**

This covers lessons, lodging in a shared room, meals, trips with your class and our two school-wide trips.

There are additional costs for single rooms, special food requirements, and craft materials. There are also deposits for key/room and tools.

Depending on what course and electives you choose, the cost of craft materials varies quite a lot. Expect to spend somewhere between 1500 and 5000 NOK on craft materials, depending on what you choose to make and do. Students at Textile & Traditional Handcraft usually spend the most.

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.



Specialty Food Cost

We offer a vegetarian diet for those who want this, at no extra cost. Special diets for students with food allergies, intolerances or other special dietary needs, have an additional cost of NOK 5 500,- per year. Please notify our kitchen staff at kjokkenleder@fosen.fhs.no if you would like vegetarian food, or if you have allergies or intolerances that you need us to accommodate.

Payment information

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”.

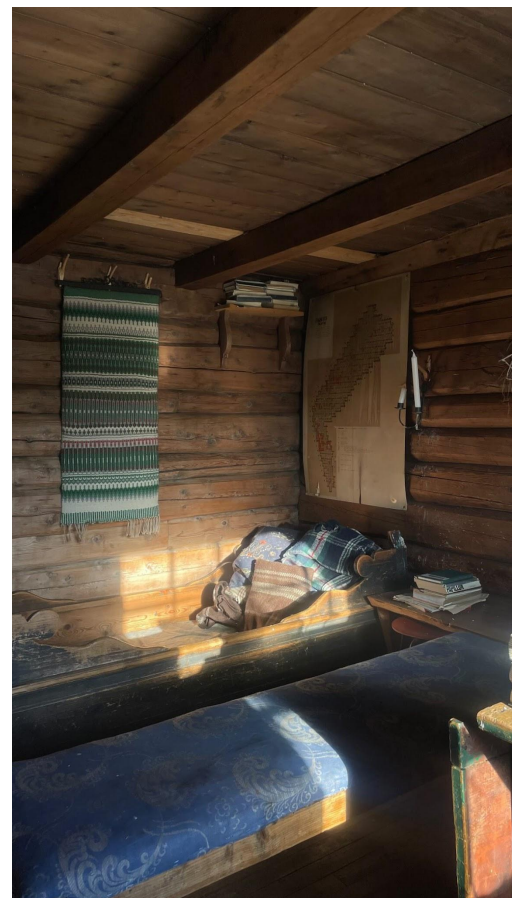
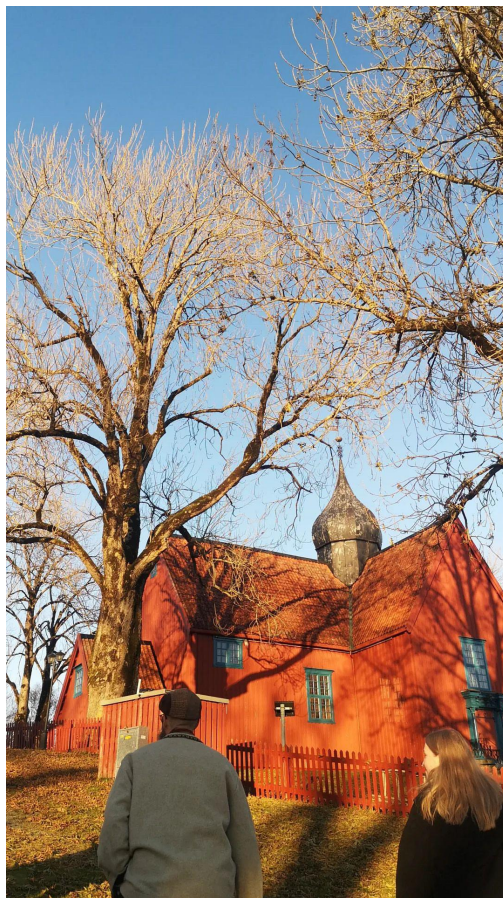
Our bank: Sparebanken Midt-Norge, 7100 Rissa Norge

Bank account number: 4213.05.10242

IBAN number: NO50 4213.05.10242

SWIFT number: SPTRNO22

If you are transferring money from abroad: Please check what fee your bank is charging, and adjust the amount accordingly, so that we receive the correct amount.



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.

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 quite an 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

A few words of warning: These resources mainly focus on Norway's largest written language, Bokmål. Verbal Norwegian consists of a myriad of dialects. While learning bokmål is a good place to start, **we recommend that you also familiarize yourself with some of the spoken dialects**. A few resources to use are the podcasts "Fairytale in Slow Western Norwegian" and "Relax with slow Norwegian", both available on Spotify.

Several of our teachers are Danish. Norwegian and Danish are quite similar, and they speak Danish to our Norwegian students, so it is a good idea to familiarize yourself with Danish as well. The podcast "I am learning Danish" on Spotify could be a good place to start.

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!

LEARN NOW

[LearnNow](#) is one of the best free Norwegian courses available online.

Duolingo Smartphone app (and website version) for learning languages, including Norwegian Bokmål and Danish.

YOUTUBE

If you prefer video, check out [Norsklærer Karensen](#) and [Norwegian Teacher Karin](#).

BOOK: Sett i gang

If you prefer online book resources, we recommend buying and working through the book *Sett i gang1: 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](#) and [Exploring Norwegian Grammar](#).

PODCASTS

"Norsk for beginners", *"Norwegian for absolute beginners"*, *"I am learning Norwegian"*, and *"Lær norsk nå!"*, all available on spotify.

PASSIVE LISTENING

A good supplement to actively studying language is passive listening- while you are doing chores, going for a walk or driving. Listen to podcasts or audiobooks where you comprehend the story, without necessarily understanding all the words.

Insurance

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.

EU/EEA citizens

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.

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. You can read more [here](#) and apply [here](#).

STUDENTS from EU/EEA countries:

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!

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:

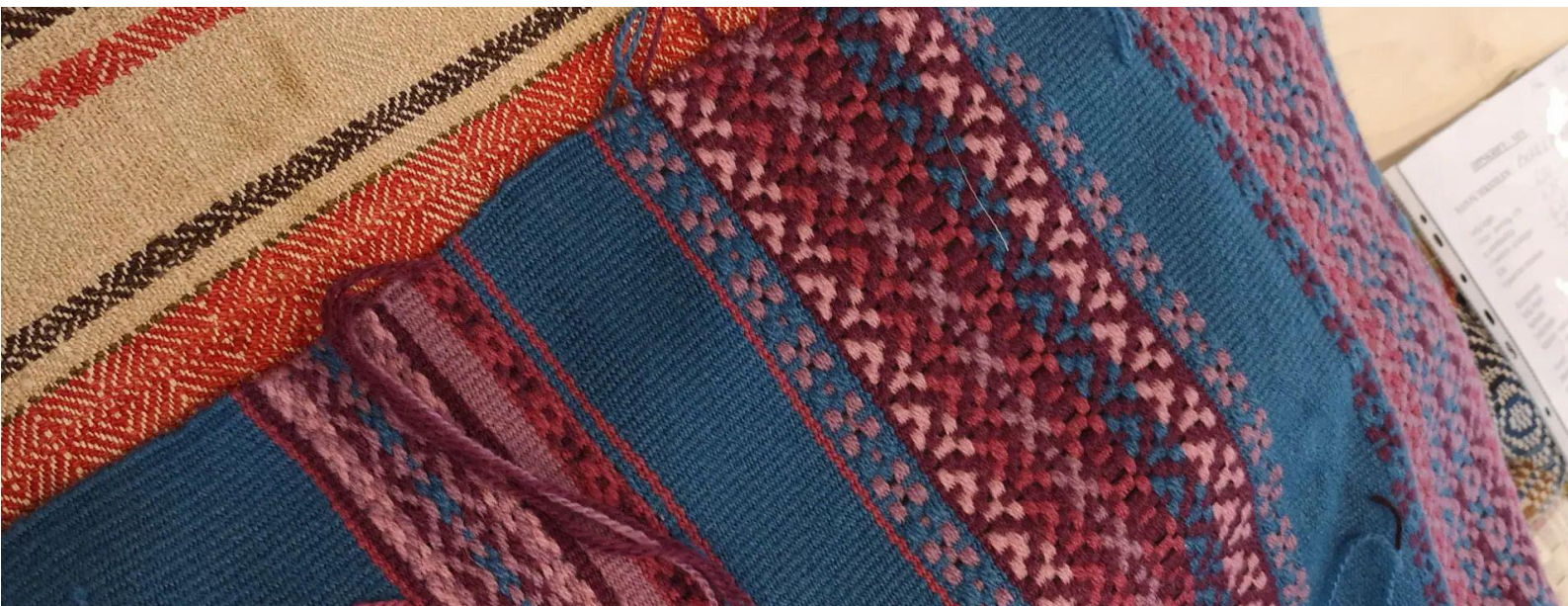
- Everyone has potential for growth
- Traditions are worth keeping alive
- Local, sustainable food provide nutrients for the body and soul
- Humans and nature have a symbiotic relationship
- Critical reflection is an essential aspect of learning

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

Political and Religious Independence

Fosen Folkschool 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, and being under the influence of alcohol, is forbidden on school premises. No possession or use of drugs is allowed.

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 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 08.00-14.30 on Monday, Tuesday, Thursday and Friday. During summer holiday there might not always be someone by the phone, but we should be available by email.

We are looking forward to meeting you!

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

