



"Our subjects focus specifically on the outdoors, sports and creative subjects, which are often inspired by the nearby fjords, sea and natural beauty," says assistant principal and teacher at Høgtun, Einar Hals. TOP RIGHT: Growing through new experiences and encounters with people from all around the world is what it's all about at Høgtun.

A school for life

At Høgtun Folkehøgskole, students can enjoy some of the most spectacular nature in Norway, perfect for alpine skiing overlooking the sea, cycling, volleyball, and make lifelong friends.

By Maya Acharya | Photos: Høgtun Folkehøgskole

For the uninitiated, folkehøgskoler, or 'folk high schools', are a popular Scandinavian concept – a year of boarding school based on the idea of gaining life experience, exploring your interests and living in a close-knit community, without the pressure of exams. At Høgtun Folkehøgskole, a historical school in the county of Møre and Romsdal, this is the key idea: to grow through new experiences and encounters with people from all around the world.

"Our school consists of around 100 students, and around 10 per cent of these come from abroad with no prior knowledge of Norwegian," explains assistant principal and teacher at Høgtun, Einar Hals. "It's a perfect school for international students as we focus largely on language and integration. Unlike many other schools, we combine a one-day-a-week

Norwegian language class with a variety of optional courses so that the students can piece together their ideal year."

Høgtun is set in the midst of a rural area, with a distance from city life that Hals sees as positive. "It allows students to fully immerse themselves in the community they live in, something that can be especially useful for international students. During the weekends they are encouraged to create their own entertainment, putting on shows or themed nights. Our subjects focus specifically on the outdoors, sports and creative subjects, which are often inspired by the nearby fjords, sea and natural beauty."

Every year there are Norwegian students from all over the country who choose Høgtun specifically for its amazing loca-

tion and sports facilities. When students aren't completing courses with invigorating titles like "Catch, Eat, Survive" or "Outdoor Explore", they can also enrol on school trips to countries such as Nepal, Iceland, Israel and Kenya. There is even a Norway trip tailored to international students who want to explore more of the country. "What we notice most is the incredible bond students feel with the school and their schoolmates, long after they've left. It's natural at a place like this where you live so close to one another."

Hals himself is a former student of Høgtun, and one of the school's more romantic return stories is that of Julie Weyde and her husband, who met as students at Høgtun and returned together to teach years later. As Hals says: "Once a Høgtuner, always a Høgtun-er."

For more information, please visit:
www.hogtun.no