

A unique program tailored for North-American students who want to explore their Norwegian roots.

Discover Norway's breathtaking nature—from Lofoten's fjords to Telemark's forests—through hiking, boating, camping, and snowy adventures. Learn about sustainability and Norwegians' deep bond with nature.

Explore your family roots using digital archives and genealogy tools. You may even visit your ancestors' village and meet relatives you didn't know you had. Learn Norwegian with a focus on everyday communication and cultural insight. By year's end, you'll be able to understand and speak the language.

Live and study in Norway for a year alongside 100 Norwegian students at Stavern Folk High School, a boarding school with over 100 years of history. Choose from subjects like golf, tennis, gymnastics, and water sports, and experience Arctic wonders under the northern lights.

Located in charming Stavern, the school offers a friendly atmosphere, art galleries, and a scenic coastline. On campus, enjoy access to a gym, sports hall, arts rooms, social spaces, and a modern kitchen during your free time.



Read more about this program at
www.stavernfhs.no

