



STAVERN

Folk High School

ROOTS

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

Experience Norway's stunning landscapes through travel and outdoor adventures—from the fjords of Lofoten to the forests of Telemark. You'll hike, boat, camp, and explore snow-covered trails while learning about sustainability and the deep connection Norwegians have with nature.

In this program, you'll get help uncovering your personal history. You'll learn how to use digital archives, church records, and genealogy databases, and receive guidance on how to find out where in Norway your family came from. You might even get to visit the village your ancestors lived in—and meet relatives you didn't know you had.

