

# Once-in-a-lifetime opportunities – for the whole world

Is there ever a better time to challenge yourself and pursue your own passions than during young adulthood? Nørgaards Højskole, a Danish folk high school in Jutland, lets students in their late teens and early twenties explore their own capabilities and completely emerge themselves in a fun, friendly and inclusive environment for three to five months. In the past few years, the school's reputation has spread beyond Denmark's borders and today, international students from Scandinavia, Europe and much further afield come to Nørgaards to explore special interests and make new friends.

By Louise Older Steffensen | Photos: Nørgaards Højskole

Have you ever wanted to try out photography? Improve your fitness? Or perhaps build up a portfolio of contemporary art or electronic music? At Nørgaards, you can pick and mix to suit your exact interests. Students pursue two main subjects during their stay and then add options from a range of specialty minor subjects. The main topics currently offered in English are music, art, dance, photography, cross fitness, outdoor, and electronic music, while minor subjects range from guitar workshops and band practice to arts and design and culture and literature.

Jan Bo Rasmussen, Nørgaards' PR manager, stresses that no prior experience is required for any subject. "Some of the most important values in the Danish high school tradition are tolerance and inclusivity. Our physical classes, for example, are adapted to individual fitness levels, and anyone can join in at their own level." The teachers are young and approachable, and they are experts in their fields, teaching only the subject that they love. At the end of their stay, students do not take exams: the emphasis is on personal development and building up experience, although students do receive diplomas

and can work on portfolios and ask teachers for references.

The social experience at Nørgaards is just as important as the curriculum. Students often make friends for life thanks to the 24/7 nature of the school. Students live in fully catered high-quality dorms during their stay. "One of our biggest strengths is the diversity of our students," Rasmussen notes. "They may come from hugely different backgrounds, but a real community spirit always develops here." The school's facilities are free to use during evenings and weekends, including the neighbouring swimming centre, and events are often put on by students or touring performers. Students are also free to explore the rest of Denmark, and some courses even include trips to Norway, Berlin and New York. International students learn about Danish culture from their teachers and Danish friends, and complimentary Danish classes are offered to those who are interested.

For more information, please visit:  
[www.nrgaard.dk](http://www.nrgaard.dk)

