



## 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? Nørngaards Højskole, a Danish folk high school in the heart of Jutland, lets students in their late teens to late twenties explore their own capabilities and emerge themselves in a fun, friendly and inclusive environment for four to five months.

Have you ever wanted to try out Adventuresports? To improve your skills in Outdoor or Dance Class? Build up a portfolio in contemporary art? At Nørngaards, you can pick and mix to suit your exact interests. Students pursue two main subjects during their stay and then add options from a broad range of minor subjects. The current major subjects offered for international students are Music, Ceramics, Art Class, Sport & Fitness, Dance Class, Adventure Sport, Outdoor and Nature Food & Brewing, while minor subjects range from Sport Subjects to Arts & Design, Outdoor life & Nature and Sustainability.

Jan Bo Rasmussen, Nørngaards' PR Manager, stresses that no prior experience is required for any subject. "Some of the most important values in the Danish folk 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. Having said that, most students of course have some experience and prior interest in the major subjects they choose." Nørngaards' teachers are approachable, and they are all experts in their field, teaching only the subjects 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 for references from teachers.

The social experience at Nørngaards is just as important as the curriculum, and students often make friends for life thanks to the 24-7 nature of the school. Students live in high-quality, fully-catered 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 courses even include trips to Norway and Berlin. Internationals learn about Danish culture from their teachers and Danish friends. Classes, morning assemblies and other joint ventures are in Danish with translation into English when relevant.



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# Non-formal education in Denmark

## What is a Danish Højskole?

“Højskole” is a unique Scandinavian tradition and a sort of popular university with non-formal adult education. The courses typically last from 3 to 6 months. There are no academic requirements for admittance and no exams, but you will get a certificate as a proof of attendance. On Nørgaards Højskole the cost of 150 Euros per week, covers full board, lodging, small excursions, concerts, all teaching etc.

## Who will you meet?

One of the main benefits of the “Højskole” is the intercultural meeting of people with common interests. Young Danes and foreigners use the “Højskole” as a stepping stone to further education. The international environment of the schools provides a solid network as well as friends for life. You’ll meet 19-year-olds just leaving high school, university students taking a year off, 28-years-olds standing in a cross-road etc.

## Special kind of education

Teaching is characterised by professionalism and dedication and classes are based on dialogue and mutual learning between teachers and student. The main focus is to discover and strengthen the unique skills of each student in a challenging yet supportive social atmosphere (at Nørgaards Højskole you must be able to speak and understand English in a reasonable level to participate).

## Daily life at a Højskole

You sleep, eat, study and spend your spare time at the school. Life is characterised by free thinking and debate about the meaning of ideas, values, democracy, citizenship and freedom. Be prepared for long nights with debate, informal but serious studies and lots of fun with your new friends.

## Nationalities on Nørgaards Højskole

During the last 10 years Nørgaards Højskole have had international students from all over the world including from Norway, Iceland, Sweden, Faroe Islands, Latvia, Lithuania, Estonia, Poland, Hungary, Slovakia, Czech Republic, France, Italy, Brazil, Costa Rica, Venezuela, Honduras and Japan. We usually reserve positions for approximately 10-15 international students on each course out of 80 to 115 students in total.

For further information, please contact the school: [adm@nrgaard.dk](mailto:adm@nrgaard.dk)



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