

ESC VOLUNTEERING PROJECT:

SOLIDARITY CULTURE AND EDUCATION

at Norwegian folk high school
Sund folkehøgskole



FOLKEHØGSKOLE
SIDEN 1868





ABOUT THE PROJECT

Young people in Europe today are interested in learning about other cultures and current issues that affects our society, and in developing themselves and discovering their artistic and creative skills. In the formal education system in Europe we see a lack of important competencies connected to democratic culture, citizenship, solidarity and creativity. We see an increased need to learn in a different way, beyond what the formal education system can offer.

In Norway we have folk high schools, which are based on non-formal learning, and at the same time is acknowledged as an important part of young people's education before they enter university or the job market. A folk high school is a place for young people to be curious, creative and to discover their interests within different topics such as art, culture, sports, entrepreneurship, society, politics, solidarity, environment and sustainability. While at the same time increase their understanding of the self, others and the world around them.

Sund folkehøgskole (Sund fhs) offers volunteers a unique opportunity to learn and discover more about these topics and acquire competencies in democratic culture, citizenship, solidarity and creativity, and learn about non-formal learning and how to implement this in practice.

LONG TERM AIM IS FOR VOLUNTEERS TO:

Explore and spread the values of Norwegian folk high schools, and more specifically the values of Sund fhs (international solidarity, sustainable development and art and culture), and of non-formal learning in long term educational programs, by giving participants the opportunity to get involved in the daily life at Sund fhs.

AIMS OF THE PROJECT

SHORT-TERM AIM IS FOR VOLUNTEERS TO:

- Discover the concept of folk high schools and learn about its values and role in society.
- Learn how to live and work together with other young people, by taking responsibility for themselves and others.
- Develop the understanding and practice of international solidarity, environment and sustainable development, and the value of art and culture.
- Be engaged in topics that interests them connected to international solidarity, environment and sustainable development in a creative way.
- Discover and develop their skills within art, creativity and culture, such as music, dance, theatre, handicraft, video making, photography, etc.
- Learn about Norwegian and other cultures, and practice intercultural understanding, awareness and dialogue.
- Develop their language skills in English and learning Norwegian.
- Learn more about non-formal education, and its values and practical implementation, in short term and long term educational programs.
- Practice being an active citizen and learn more about youth participation and active citizenship both on a local and international level.
- Share their experience with peers through photography, video-making, storytelling, articles, workshops or other creative ways.

WHO ARE WE?

FOLK HIGH SCHOOLS

Read more



The main aim of the folk high schools is life enlightenment, public education and democratic education. Our mandate is to strengthen the students' democratic competences.

Folk high schools are based on **non-formal education** principles. A very distinctive feature of folk high schools is their freedom. There are no fixed curriculum, grades, or exams. The folk high schools are free to design their educational practice and to plan the content of courses and activities based on the individual school's core values.

Schools are usually nine month boarding school (August-May). The schools are open for everyone and students are usually 19-20 years old. In Norway there are 84 folk high schools, all with different structure and courses.



[Read more](#)



WHO ARE WE?

ABOUT SUND FOLKEHØGSKOLE

Sund fhs is the oldest folk high school in Norway and has existed since 1868. The school has around 100 students and 25 employees (teachers and staff).

We have nine main courses: Photography, Rainforest, UN and international politics, Sportsfishing, Jazz, Historical handicraft, Tourbiking, Street food and Solidarity North-South. We also have a variety of elective courses that students can choose from, in addition to common classes. Main focus areas at Sund is international solidarity, sustainable development and culture and art.

Sund fhs is located in Inderøy, Trøndelag county in the middle part of Norway. We have a beautiful location in the countryside next to the Trondheimsfjord.





SUND FOLKEHØGSKOLE

There are particularly three things we are passionate about and want to share with you:

Our commitment to international solidarity, our work for the environment and sustainable development and the value of art and culture.

IMPLEMENTATION

PRACTICAL INFORMATION

The volunteering project **Solidarity, Culture and Education at Norwegian Folk High School** is a cooperation between **Ticket2Europe** and **Sund folkehøgskole**. The volunteering will take place at Sund folk high school at Inderøy in Norway. Preparation and follow-up will be done together with Ticket2Europe in Pontevedra, Spain.

The preparation phase will start in spring//summer. **Volunteering will take place from 1st September 2025 to 31th May 2026**, and continue with a follow-up phase.

The travel (up to 395€), accomodation, food and pocket money will be covered. You will be staying at campus in double rooms with shared bathrooms and have all the meal at the school together with other students. We are known for high quality, organic and tasty food.



EVERYDAY LIFE

WHAT YOU WILL BE DOING

Usually we have classes from Monday to Friday, 8.00- 15.00, and Saturdays 10.00- 14.00 most of the weeks. You will be working five days a week, we can decide together how we organize it.

Half of the time students spend time with their main course. During this time you can join their classes or work on your own projects. There are also elective courses, common classes, morning assemblies and practical tasks, where you will participate together with other students. You will also have responsibility to run classes or workshops for and with students.

Afternoon and evening educational or social activities are often run by students. During this time you can participate or run your own electives or plan activities for and with students.

Everyone contributes to the everyday life - so will you!



COMMON ACTIVITIES

As a volunteer you will take part in everyday life, attend classes and have practical duties, in addition to planning your own activities for students.



YOUR OWN PROJECTS

You will be doing individual projects on topics of your choice throughout the year. You will get support from the staff to develop your project.

YOU AS A VOLUNTEER

WHO ARE WE LOOKING FOR?

We are searching for young people from Spain preferably between 22- 30 years old, who have an interest in the project topics (non-formal learning, democratic culture, art and creativity) and are motivated to learn and taking it into practice.

Preferable volunteers should:

- have some experience with non-formal learning
- be active, flexible, responsible and social
- be able to take initiative and work independently
- be creative and interested in some artforms
- have a good level of english and be willing to learn Norwegian

Norwegian language: The courses are done mostly in Norwegian and sometimes in English. We can offer translation, but we expect that you are motivated and willing to learn Norwegian.



APPLICATION PROCESS

HOW TO GET INVOLVED?

If you are interested in this project and would like to become a volunteer at Sund fhs, please fill in the application form [here](#).

Deadline to apply: As soon is possible. We might accept volunteers continuously, so the sooner you apply the better.

Process: Please be available on email for follow-up questions. Relevant applicants will go through a video meeting/interview to get accepted. Contact us if you have any questions about the project or how to apply.



Check out the organizations:

Sundfolkehøgskole

  Sundfhs

 www.sundfhs.no

Ticket2Europe

  Ticket2Europe

 www.ticket2europe.eu



Contact us for questions or if you are interested:

Ana del Valle (sending coordinator): ana.delvalle@ticket2europe.eu



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