

**Welcome to
Sunnhordland
folkehøgskule!**

2026/2027

www.sunnfolk.no

Practical
information

**SUNN
FOLK** | Sunnhordland
folkehøgskule

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About the folk high schools

The Norwegian Folk High School Act states that the purpose of folk high schools is to promote general education and personal development. Schools are examination-free and residential life is an important learning arena. Inspired by N.F. Grundtvig, folk high schools emphasize learning for life, practical knowledge, dialogue, and community participation.

The school aims to contribute to personal growth through creative work and academic challenges, experiences that build confidence and broaden perspectives, and strengthening responsibility for both the community and personal choices.

Sunnhordland folkehøgskule

Founded in 1868 as the first folk high school in Western Norway. Since 1914 it has operated almost continuously at its present location. The school is owned by the Association of Sunnhordland Folk High School, consisting of staff, elected student, former students and supporters.

Creative work, art and curiosity

Students are encouraged to explore their abilities, experience new things, and immerse themselves in their areas of interest. Through artistic and creative work students can develop as artists, musicians, actors and game designers while gaining a better understanding of themselves.

Timetable

The work at your main subject (line) is central to school life. Days begin with breakfast and a morning assembly prepared by students and teachers. Most teaching will be regarding your main subject. Wednesdays include elective subjects after lunch. Saturdays alternate between line activities and themed activities. Student evenings are often held on Saturday nights.

Timeplan vanlige veker 2026 – 27							
	Mandag	Tysdag	Onsdag	Torsdag	Fredag	Laurdag	Søndag
08:30-09:00	08:30 - 09:00 Frukost						
09:15	Morgonsamling	Morgonsamling + skolens time	Morgonsamling			09:15-09:45 Frukost	
09:45	Linjefag		Linjefag	Linjefag	Linjefag	10:00 Tema/Linje	10:00-10:30 Frukost
		10:15 Aktiv/Linjefag	11:30 skuleråd/vask eget- og fellesrom				
12:15	Matpakkelunsj	Matpakkelunsj	12:30 Bugruppemøte med matpakke og kakao	Matpakkelunsj	Matpakkelunsj		
13:15	Linjefag	Aktiv/Linjefag	Valgfag	Linjefag	Linjefag		
						13:30-14:00 Graut	13:30-14:00 Middag
14:50	Vask og rydding av linjerom						
15:15-15:45	Middag						
16:00	Valgfag	Valgfag	Valgfag	Valgfag	Valgfag		
18:00	Valgfag	Valgfag	Valgfag	Valgfag	Valgfag	18:00-18:30 Kvelds	
19:30-20:00	Kvelds						
20:00	Valgfag	Tysdagskafé	Valgfag	Valgfag	Valgfag		

Elective subjects may include creative writing, role-playing games, digital drawing, 3D modelling, music theory, choir, band, art, ball sports, Japanese language and Japanese culture. Students may also propose their own electives.

Line Weeks

Several weeks each year are dedicated entirely to line-specific work, often linked to exhibitions, performances and concerts. Each line presents its work during a cultural evening.

Projects and Stage Productions

After Christmas there is an extended project period during which students may work across disciplines or apply their skills in new contexts.

Study Trips

All students travel to London with their line. Additional line trips may include destinations such as Berlin and Hamar.

School Community

At Sunnhordland Folk High School, you will live in smaller residential groups, called housing groups, that share a kitchen, living room, bathroom, and laundry room. We have the following housing groups: Tunheimen, Veslebu, Storebu, Midtbu, Ytrehaugen, Bortihaugen, Nedrehaugen, Underhaugen, and Øvrehaugen.

The housing group is an important part of life at the folk high school. Here, you will live closely together with others and get to know people from different backgrounds. It is therefore important that everyone contributes to making the housing group a pleasant place to live. It is especially important to respect the quiet hours in the dormitories after 11:00 PM, so that those who wish to sleep can do so.

Each housing group has a housing group teacher assigned to it. Normally, the group will have a shared lunch meeting (housing group lunch) every Wednesday at 12:30 PM. Attendance at these meetings is mandatory. In addition to planning student evenings, morning assemblies, and other activities, students discuss issues that are relevant to their housing group.

Meal Times

Weekdays: Breakfast 08:30-09:00, Lunch 12:15-13:15, Dinner 15:15-15:45, Evening meal 19:30-20:00.

Saturday: Breakfast 09:15-09:45, Porridge 13:30-14:00, Hot meal 18:00-18:30.

Sunday: Breakfast 10:00-10:30, Dinner 13:30-14:00, Coffee and cake 16:00, Evening meal 19:30-20:00.

You are welcome to make an extra packed lunch during breakfast if you need food for later in the day. Coffee and tea are available in the dining hall until **10:00 a.m.** every morning.

We ask everyone not to bring mobile phones or headsets into the dining hall due to infection-control considerations

School Calendar

The school calendar can be found on the school's website: [Praktisk informasjon | Sunnhordland Folkehøgskole](#)

Democracy at School

Student Council:

Student representatives are elected at the beginning of the school year. In addition to representing students in bodies such as the School Council and the school board, the Student Council is responsible for organizing a dedicated student evening. The Student Council is an important forum through which students can raise issues and concerns throughout the school year. Alejandro serves as the Student Council advisor and holds a weekly lunch meeting with its members.

School Council:

The School Council consists of a representative from the Student Council, the Head of Residential Life, the Kitchen Manager, the Caretaker, and the teachers. The School Council discusses matters concerning the entire school community.

Staff Council:

The Staff Council discusses matters relating to the school staff and consists of all employees of the school.

Board of the Sunnhordland Folk High School Association:

This is the school's highest governing body. The Student Council elects one representative to the board. This representative is a full member of the school board.

Supervision

There is always a teacher or another member of staff available at the school. The duty teacher serves as your main contact person. If you need to contact a doctor, obtain an ice pack, get help with the photocopier, or require other assistance during afternoons, evenings, or weekends, you should contact the duty teacher. The duty teacher's phone number is 474 88 879. The school office number, 96 00 40 66, is also redirected to this number when necessary.

Use of Rooms and Equipment

You may use the classrooms during the afternoon and evening until the duty teacher locks them at approximately 10:30 p.m. (At weekends, classrooms may be used for a little longer by arrangement with the night supervisor.) It is important that you follow the rules for each room and that equipment, such as sound systems and projectors, is not moved or rewired.

For all rooms: Remember to clean up after yourself, switch off technical equipment, and turn off the lights!

Classrooms

Game Design

You are welcome to spend time here together with the Game Design students. Books, furniture, and equipment must not be removed from the room. Please make arrangements with Markus if

necessary. No food is allowed, and drinks such as coffee, water, or tea must have a lid. This is a shoe-free area. On Saturdays, the room is open until 2:00 a.m.

Art Rooms

Before using these rooms, ask the art students first. Remember that the equipment and materials belong to the art students. If you borrow any equipment, make sure to clean up afterwards. Arrange usage with John. Use the back staircase if you are painting. Spray painting is only allowed in the outdoor gallery and by agreement with John.

Cultural Barn: Amphitheatre and Practice Rooms

Because of the large amount of equipment, pianos, and carpets, food is not allowed in the amphitheatre, and all drinks must have a lid. If you wish to use the amphitheatre for student evenings or other events, this must be arranged with one of the Game Music teachers. Keep all exterior doors closed because musical instruments require a stable temperature. If you are not enrolled in Game Music and would like to play one of the instruments, make arrangements directly with the students who use them. You are, of course, welcome to practise on the pianos.

Cultural Barn: “Skuten”

This room may be used as a social space during the evenings. There is a projector and a TV available if you wish to watch films. You may bring coffee and light snacks. The room is locked when not in use.

Cultural Barn: Recording Studio

The recording studio is reserved for Game Music students and scholarship students. Food and drinks are not permitted. Arrange usage with Gjermund and Alejandro. This is a shoe-free area. Ask the duty teacher to unlock and lock the room for you.

Gymnasium

Indoor shoes must be worn in the gym. Food is not allowed. Make sure the stereo cabinet remains closed when playing ball games or other activities. Please return all equipment to its proper place after use.

Black Box

The Black Box may be used for student evenings and other events by arrangement. It is important not to move scenery, props, or costumes that are being used in theatre productions. No food is allowed, and all drinks must have a lid. This is a shoe-free area.

Vetleboksen

This room is primarily used as a classroom for the Acting programme and elective courses, but others are welcome to use it when it is free. You may bring snacks, coffee, or tea. This is a shoe-free area.

Game Art

No food is allowed, and all drinks must have a lid. This is a shoe-free area. Books, furniture, and equipment must not be removed from the room. Arrange the use of the group room with Linn Karin. Printers may only be used when Linn Karin or John is present.

Room #404

This room is available to everyone. It is a shoe-free area. You may come here if you have been out and need some time to relax and calm down. Alcohol is not permitted, even if you are returning from a party.

Fitness Room

The fitness room is available to everyone. It is open from 7:00 a.m. to 10:30 p.m. on weekdays, and from after breakfast on weekends. Please pay extra attention to hygiene: bring a towel and disinfect any equipment you have used. Sign your name on the list posted on the door whenever you use the room.

Other Rooms

At the top of Tunheimen, you will find an attic containing a costume storage area, a props storage room, and storage lockers for suitcases used by some of the dormitory groups. To gain access, you must contact either the duty staff or the caretaker. In the basement of Tunheimen, there is a laundry room with tumble dryers as well as a room known as “the old ceramics room,” which is used by the Art+ programme.

Game Company

The school's scholarship students (stipendiatees) are based here. They will provide information about visiting and using the room once the school year is underway.

The school area

Wireless Internet

It is important that you use the wireless network only for normal internet browsing. If someone uses file-sharing programs, it may cause the entire network system to crash.

Illness and/or Injury

The Halsnøy Medical Centre is located in the health centre in Sæbøvik, approximately 4 km from the school. Britt will gladly help you book an appointment and is very good at helping students get timely access to medical care. Contact her in the morning, and she will arrange most things for you. If she is not available, Bente or Hanne Marie will assist you. If you would like to book an appointment yourself, the phone number is 53 46 15 30. If you become ill and



need a doctor outside normal office hours, it is important that you contact the duty teacher, who will help you arrange the necessary assistance.

Please inform the duty staff if you feel too unwell to attend classes. Britt can then contact you and, if necessary, arrange a doctor's appointment on your behalf.

First Aid Equipment

First aid equipment is available in the kitchen, in the hall in Tunstova and in the teachers' workroom. Contact the duty teacher, Britt, or a member of the office staff if you need assistance. If someone is injured in connection with school activities, it is important that the incident is reported to Hanne Marie, Bente, or Britt. They are responsible for ensuring that the injury is formally reported using the school's accident reporting procedures.

Visitors

If you would like to have a visitor stay at the school, you must complete a visitor request form, available in the mail room and at the office, and submit it to Alejandro or Britt. This must be done at least five days before the visitor arrives.

If you share a room, you must first obtain permission from your roommate.

The cost of accommodation on a mattress, including meals, is NOK 300 per day. Rental of bedding (duvet, pillow, and bed linen) costs NOK 150 for the entire stay. After use, bed linen must be placed in the laundry room in Tunheimen.

Laundry

There is a laundry room in Tunheimen with washing machines for those who live there. It also contains tumble dryers that may be used by everyone. Washing machines are also available in the individual residential groups.

Mail

Mail is delivered to the school office. You will receive a notification when a letter or parcel has arrived and is ready for collection. Your mailing address while staying at the school is:

Naustvikvegen 26
5455 Halsnøy Kloster
Norway

Energy Saving

It is important that we all work together to reduce electricity consumption and protect the environment. Because responsibility is shared among many people, each individual must do their part by turning off lights, avoiding unnecessary heating, and not spending longer than necessary in the shower



Waste Sorting

- General waste: Dispose of in the large waste container (compress as much as possible).
- Paper: Place in the blue bins or bins marked *paper*.
- Organic waste: Place in the brown bins or containers marked *bio*.
- Glass and metal cans: Place in the designated containers marked *glass/metal* by the garage.
- Deposit bottles and cans: Place in the designated containers at the same location or return them to a shop for a refund.
- Clean plastic: Place in containers marked *plastic*.
- Used batteries: Place in the designated battery container by the garage.
- Spray cans: Place in the designated container by the garage.
- Electrical waste: Place in the designated container by the garage.
- Waste sorting is organized within each residential group. It is important that everyone follows this system in order to protect the environment.

Fire Safety and Location of Water Shut-Off Valves

Every room must have fire safety instructions, and all students are required to read and familiarize themselves with them.

The school has several fire alarm systems:

- A shared system for Veslebu, Midtbu, and Storebu, with the control panel located in Midtbu. The key is kept in a plastic folder above the panel and also by the notice board in the teachers' room.
- A separate system for Tunheimen, located near the entrance.
- Bortihaugen, Øvrehaugen, and Nedrehaugen share a central fire alarm panel located in Øvrehaugen.
- Ytrehaugen is equipped with smoke detectors.
- Underhaugen has its own fire alarm system.
- The main building, Tunstova, also has its own fire alarm system and is directly connected to the fire department. See local instructions for details.

Each residential group elects a Fire Safety Representative and a deputy. Their main responsibility is to help maintain fire safety in everyday life and carry out certain duties during emergency situations. Jostein provides detailed information about these responsibilities.

Every autumn, the school conducts a fire safety seminar, where students receive practical training in using foam fire extinguishers. All Fire Safety Representatives get hands-on experience with this equipment. A first aid course is also held on the same day.

Fire Drills

The school conducts three types of fire drills:

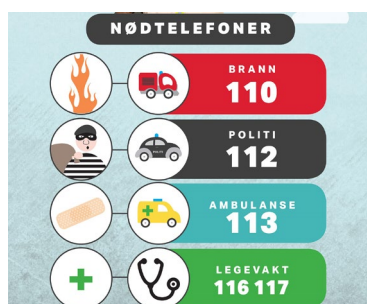
1. The fire safety seminar with extinguisher training.
2. A planned school-wide evacuation drill focusing on the dormitories.
3. An unannounced drill organized by Jostein ("follow the procedure").

The most important aspect of fire safety is prevention. As long as everyone follows good safety practices, the risk of fire remains low. Pay particular attention to candles, heaters, stoves, and other electrical appliances, and always switch off equipment that is not in use.

Location of Water Shut-Off Valves

- Veslebu / Midtbu / Storebu: In the laundry room at Storebu.
- Tunstova (Main Building): In the boiler room in the basement.
- Tunheimen: In the boiler room next to the laundry room.
- Bortihaugen: In the crawl space (access hatch in the exterior wall).
- Ytrehaugen: Basement entrance on the south side, then into the crawl space.
- Nedrehaugen and Øvrehaugen: In the crawl space.
- Underhaugen: In a valve chamber located in the lawn below the building.

Emergency and Important Telephone Numbers



- ❖ Duty Teacher: 474 88 879
- ❖ School Telephone: 96 00 40 66
- ❖ Sæbøvik Medical Centre (08:00-15:00): 53 46 15 30
- ❖ Physiotherapist: 53 46 15 36

Local Shops and Services

- Joker grocery store, Eidsvik
- Petrol station, Eidsvik
- Spar supermarket with postal services, Sæbøvik
- Plant a Tree second-hand shop, Sæbøvik
- Sæbøvik Gifts and Toys, Sæbøvik
- Landsbybakaren Bakery, Sæbøvik
- Halsnøy Building Supplies, Sæbøvik
- Halsnøy Dental Clinic, telephone: 907 11 499
- Swimming Pool (opens 15 September and remains open until 13 May; located at Øyatun School, Sæbøvik)
- Siri Thai Food, Sæbøvik, open Friday to Sunday
- Spritz Bar, Sæbøvik
- Halsnøy Restaurant (fast food restaurant), Sæbøvik
- Halsnøy Cultural Centre, Sæbøvik

In Husnes, you will find Husnes Shopping Centre (www.husnesstorsenter.no), which offers a wide variety of shops. There is also a Vinmonopolet (state-run liquor store) and a pharmacy. In the town centre, you will find additional shops, a pizza restaurant, a kebab restaurant, Elkjøp, Europris, and other services. The municipal dentist is also located here (Husnes Dental Clinic).

Getting Around

Bus, express boat, and ferry schedules can be found at www.skyss.no.

Please note: Living on Halsnøy means that you will often depend on both boats and ferries to travel beyond the island. It is important to understand the difference between a ferry and an express boat.

An express boat can take you, for example, to Leirvik and Bergen. A ferry will take you to Skjersholmane on the island of Stord.

Ferry



Express boat

