

DIPLOMA

FOR FOLK HIGH SCHOOLS

Jelle Witteveen

School year 2019-20

About Norwegian folk high schools

General information

Folk high schools are schools of general education, personal development and public education. All schools are boarding schools and the campus is a part of the educational environment. A folk high school is a Nordic type of school with roots in the 19th and 20th centuries. Norway's first folk high school was founded in 1864, and currently 80 folk high schools are spread across the country. There are no external demands to the school's educational programs or curriculum. Each folk high school makes its own scheme and profile within the limits provided by law, the values of the school owner and the ideology of the folk high schools.

School year

A folk high school year lasts for 33 weeks, 190 days. Each semester consists of 95 days of teaching. Lessons, organized social educational activities, projects, study trips and more are compulsory. Students are required to have at least 24 hours of teaching a week.

Additional points

A folk high school year of 33 weeks provides a full-time student, with at least 90 % attendance, 2 additional points when applying to higher education in Norway, in addition to age points.

Idrettsskolen Numedal folkehøgskole

School owner:
Rollag kommune

Skolens motto:
Let the body live

Skolens verdigrunnlag:
Mood, respect and equality

School's objective:
Promote general education and public education.
Give young people knowledge about sports and themselves, through clear value distribution

Idrettsskolen Numedal Folkehøgskole is the only free minded sport folk high school in Norway.

We have great experience in sport activities.

We are passionate about the mood, the joy of sports and that everyone participates in a inclusive community.

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Common program

Based on our combinations, we want to develop the professional, social and creative characteristics of the student.

A school that's active and concerned with learning through doing. We like to give young people challenges that can provide new insights about life.

The special subject provide the student with in-depth specialisation in their chosen main activity. The specialisation includes personal skills and management development.

The common subject focus on the interpersonal elements of performance group and insights about life.

Major subject give the student insight into how development of skills and achievement can take place in psychology, creativ and aesthetic subjects.

Elective courses provide students with insights and experiences in subjects they do not have as specialisation, but which contribute to academic input, creativity and sports pleasure
The living community is an important learning area for democracy and personal development. They have weekly conversations within the group.
Project weeks emphasize the development of ideas, achievement and presentation.

Training camps create academic fulfillment, cultural exchange and social cohesion

Fotball, gutter

We offer a good and evolving soccer year

The teaching consists of exercises, activities and matches that help the student get a varied and exciting year

We arrange for the student to receive the best possible individual development. Differentiation of teaching will occur.

Cooperation between player and coach is important to achieve development. Therefore, there is a strong focus on individual player conversations, as well as continuous feedback in the teaching situation.

Soccer is a team sport so relation skills and focus on collaboration are important.

Matches and tournaments are high priority.

There is focus on resource training sessions once a week. Balance, coordination, resilience, speed, strength and endurance in various forms.

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General

Name Jelle Witteveen
Personal ID no. 280301
School Idrettsskolen Numedal folkehøgskole
Course Halvårskurs, vår
Program Fotball, gutter

Subject

Fordypningsfag
Fotball, gutter

Valgfag
Sjakk
Backpacker
Uteliv
Klatring

Fellesfag
Morgensamling
Prosjektuke, vår
Fellesfag
Ledelsens time

Storfag
Foto
Idrettsspsykologi
Minnevideo
Treningsløp

Comment

Jelle startet skoleåret 6. januar 2020 og har fullført 1/2 års kurs.

Attended

94,6 %

Absence

1 days, 24 hours

Signature

Rolag, 10.05.2020

Lars Petersen, principal
Sigurd Simpson-Larsen, teacher