



About Norway

Scandinavia's Viking heritage, Norse mythology and dramatic landscape fascinate and inspire in equal measure. Norway offers green hills, glacier cut fjords, rich history, and welcoming people. For teens interested in exploring a lesser-travelled to northern part of Europe, it is an obvious choice to spend a high school year abroad in Norway.

Norway is great for students who are interested in Nordic history, who have always wanted to see the Northern lights or Norway's fjords, or love adventure sports like hiking and biking.

Basic Country Information

- Population: 5.2 million • Capital: Oslo
- Language: Norwegian bokmål / Norwegian nynorsk / Sami.

Why choose Norway

Ninety percent of the population speaks English, which also makes Norway an easy place for high school students to travel, especially if this is their first international trip. Parents will be pleased to know that Norway is an incredibly safe country as well. The only downside is that Norway is not exactly a budget destination.

About the language

In Norway, we have many dialects. Each area would have a slightly different dialect. This, however, is usually not something that affects the ability to learn Norwegian. We encourage students to take Norwegian lessons, alongside talking Norwegian with their friends and host family. Norwegians, however, can speak fluent English, so getting around will never be a problem.

National traits

Norwegians are a sporty kind, in winter they ski, in the summer, running, cycling and hiking are popular. The stereotypes also claim that polar bears roam the streets, and that Norwegians are Vikings believing in trolls. The truth is that most Norwegians have never seen a polar bear, and they

are not particularly Viking like – but they can for sure tell you a story or two about trolls.

Denmark ruled Norway from 1537 to 1814. The Norwegians wrote their own constitution on the 17th May 1814. Students traveling on an exchange to Norway must experience this celebration! The 17th of May is celebrated with loads of flags, national costumes, and long parades with bands playing and marching in the street.

Age and other eligibility requirements

- Age 15 to 18 years old
- Three months, one semester or full school year program available
- Students are enrolled in public schools, which is the norm in Norway
- Students attend 10th grade or high school (10th grade only possible for EU citizens)
- Your application must be submitted in Zapp

Students who wish to attend the program must have a strong academic background with at least a level C or higher. All students must also be at least on an intermediate level of English with a SLEP-test score of minimum 50 or an ELTiS score of minimum 215 to be accepted in the program. Students must be up for the challenge by being motivated, open-minded and ready to take part in the activities with their host families.

Program start and end

- Academic year: Mid-August until end of May
- Semester: Mid-August until Mid-December or Start January until end of May

Student support

In Norway we offer a great support system for the students. All students will have a local coordinator to support them and their host family. They will also arrange smaller events and gatherings for the student. Often the local coordinators become close with their exchange students throughout the stay because of the close distance. The head office in Norway will also be in touch with the students throughout the year to support and guide the students. ISSO will provide monthly reports on the student's progress.

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Soft Landing Camp

We offer 4-day fall and spring Soft Landing Camp in Copenhagen, Denmark for all students on the Nordic programs. The Soft Landing Camp is not included in the price; however, we strongly recommend the camp for all students. The Soft Landing Camp is a great start to a wonderful exchange experience, and gives the best preparation for the students before arriving at their host family. The Soft Landing Camp includes orientation/workshops, sightseeing in Copenhagen and fun with other exchange students.



Host Family Information

Host families in Norway have volunteered to host exchange students, and they choose the students based on their description in the application and how well they think a student will fit into their family. The host families are therefore motivated, and wish to learn about their exchange student and where he/she is coming from.

The majority of families have children who have spent a year abroad or who are currently abroad, and therefore have a vacant room for an exchange student. All host families share the same interest in young people and new experiences. Our host families are from all occupations, and come in all shapes and sizes in all parts of the country. All families are screened prior to placement, including submitting an online host family application, reference- and background checks, police security check and a personal visit with the host family in their home. Housework and chores are divided equally among the family members and exchange students should be prepared to help around the house, and are expected to clean their own room and help with dinner and dishes.

Norwegians often value a close and stable family life. Evenings and weekends are often filled with activities from theatre performances and concerts, to outdoor activities and sports. Norwegians are an adventurous people who love to travel, both in their own country and abroad.

School Information

This could be a typical school day for 16 to 19 year olds. The subjects would vary depending on the line of class the student is attending (e. g. languages, sciences, social studies, sports):

- A normal school day is from 08:15 to 15:15
- Norwegian classmates
- It is required to learn Norwegian
- School year: approx. 20th August to 20th June
- No exams or subjects guaranteed
- Transport to school can be expensive



Free Time Activities

- Sign up for at least one spare time activity – the schools do not offer this
- Sports clubs
- Often football (soccer), handball, swimming, dance, gymnastics, badminton etc.
- Associations; scouting, gaming
- Hanging out with friends

Trips offered



In addition to the trips to the Soft Landing Camp in Copenhagen, Denmark, we organise a trip to Oslo in the autumn. The local coordinators also arrange smaller gatherings for the students. In that way, students may get the opportunity to meet and get to know other exchange students. If the students wish to attend other trips, we are cooperating with a company in the Nordic countries, which annually arranges trips in Europe.

Schedule at Norway

Time	Day
07:00 – 08:00	Wake up and get ready for school, breakfast, make “matpakke” (your sandwiches for lunch)
08:20-09:20	Physical Exercise (<i>gymtime</i>)
09:25-10:25	Physical Exercise (<i>gymtime</i>)
10:30-11:30	History
11:30-12:00	Lunch
12:00-13:00	Math
13:05-14:05	English
14:10-15:10	Norwegian
15:30-17:00	Homework
17:00-18:00	Dinner and family time
18:00-21:30	Homework, sports, other activities (self-arranged)
22:00	Time for bed