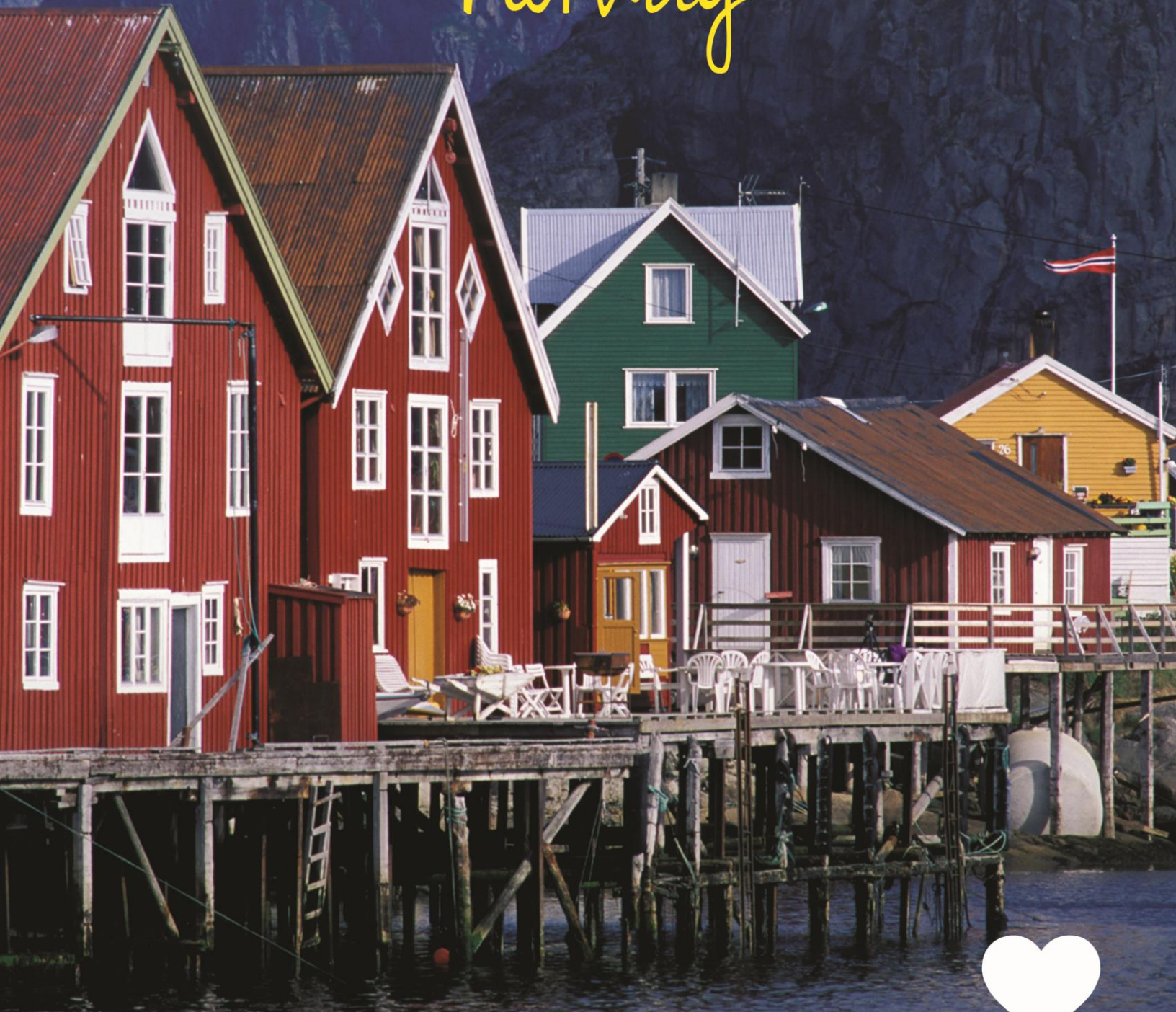


# GREENHEART TRAVEL High School Abroad

Norway



Curriculum Guidelines



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travel



## OVERVIEW OF THE NORWEGIAN SCHOOL SYSTEM

The school year begins at the end of August and ends at the beginning of June the following year. It is divided into two semesters. The fall semester begins in August and ends in December. The spring semester begins in January and ends in June. Students go to school five days a week -- from Monday to Friday. Typically, students take different classes every day.

You should be aware of the fact that school will be difficult in the beginning when you don't know the Norwegian language. We strongly recommend that you study Norwegian in your home country before you arrive in Norway. It will help you follow the lessons in school, and you will make Norwegian friends more easily.

### Schedule

School normally starts at eight or nine o'clock in the morning and ends between one and four in the afternoon. Schedules can be very different though depending on the track and the subjects. Typically, students take different classes every day.

You must be present at school, do all your homework, and do what the teachers tell you to do like all other students. You must also show respect towards teachers and other students.

## Subjects in Norway

High school consists of three years and is a preparation for higher education. The students have a certain number of compulsory subjects such as math, English, Norwegian, history and social science, but they can also choose between a range of subjects depending on their interests and depending on the schools.

There are certain educational programs to attend. For example, the natural science program, social science program, language program (English, French, German or Spanish is offered at most schools), business and economics, visual arts, media and communication, sports programs, and more. It varies from school to school what electives the students can take. Some schools offer music, theater, computer science, marketing, or extra Norwegian lessons.

## Extracurricular Activities

All schools normally have physical education on the schedule. Other sports activities take place after school and have to be arranged by you and the host family while in the host country.

## Daily Logistics

School transportation varies. If you have to go by bus, there is a chance that the school will pay. If not, you will have to pay your own way. Ticket prices vary.


Most schools have a cafeteria where the students can buy lunch, but it is common for Norwegian students to bring their lunch to school.

## Transcripts

An exchange student will be able to get a transcript for this program, but they are in charge of talking to the local school about the transcript before leaving the program.

## What Should I Do Next?

The best next step would be to meet with your high school guidance counselor or administration to discuss your interest in going abroad. Every school handles exchange students, transfer credits and going abroad differently so there isn't an "average" process that you can be guided through.



You should bring this document with you to the meeting with your counselor so they can get a better idea of what types of classes you would be taking abroad. This helps create a plan for possible transfer credits. During your meeting, ask about what credits you need to graduate and if any of those can be fulfilled from transfer credit abroad.

## Application Process with Greenheart Travel

We don't usually recommend starting the application process before meeting with your guidance counselor because we want to ensure that you receive sufficient credit from your time abroad. After you meet with them or have a better idea of your school's process, let us know! Our [application process is online](#) and happens in several steps, so it is pretty straightforward and we can help you start whenever you're ready.

In addition to completing an application, you will also be required to submit documents. You can be collecting the documents during the application process, but all documents will be due 14 days after you submit your deposit. The following documents will be required for all destinations:

- Letter of Recommendation (from a teacher, coach or guidance counselor)
- Transcript
- Dear Family Letter (one written by student, one by a parent)
- Parent Questionnaire
- Medical Form
- Copy of your passport

There may be additional paperwork required for specific destinations. Your program manager will inform you of what those documents are during the application process.