



Nordjyllands Idrættshøjskole is a Danish folk high school for physical education, where you will take part in a wide range of different sports. At our school, we welcome students from all over the world who would like to experience a Danish "idrættshøjskole". You will find our school in the northern part of Jutland in great surroundings for outdoor activities like beach volley, football, pole climbing and many others.

At Nordjyllands Idrættshøjskole you will be part of an international class where you spend around 10 lessons a week. All our teachers and a majority of the Danish students speak English, and so no previous experience with the Danish language is required. However, a fair command of the English language is required. The international class focuses on Danish culture, youth culture, pedagogics, and the special Danish tradition of democracy.

International students quickly intervene with our Danish students due to the social and educational activities at the school, and the fact that you live so closely together often results in great friendships across cultural backgrounds.

What is a Danish Folk High School?

The concept of "lifelong learning" was founded by a Danish philosopher in the middle of the 19th century. Today there are almost 80 schools throughout Denmark which offer a wide range of subjects.

The Danish folk high schools offer non-formal education. Most students are between 18 and 24 years old. You sleep, eat, study and spend your spare time at the school. There are no academic requirements for admittance and there are no exams – but you will get a diploma as a proof of your attendance. A course at a folk high school does not give international students access to a higher educational institution in Denmark afterwards. Also, international students at a Danish folk high school are not allowed to do paid work.

Classes are based on dialogue and mutual learning between teachers and students. The main focus is to discover and strengthen the unique skills of each student in a challenging yet supportive social atmosphere.

Learning aspects

- As all education and interaction is in English, you will improve your command of **English** considerably.
- As you will live and study alongside students from all over the world, you will develop your **intercultural competencies**.
- The course will give you plenty of opportunity to **grow in self-knowledge and develop your own talents**.
- You will expand **your knowledge of the subjects of your choosing**.
- A stay at a folk high school will also give you a unique opportunity to become clearer about **what you want to study** in the future.

Our school works like an adult boarding school, and it is important for us that our students do not only achieve sport skills, but also the ability to function well socially.

At Nordjyllands Idrættshøjskole the teachers will be a big part of your everyday life, and they are passionate about their subjects. This, combined with our state-of-the-art sport facilities, gives you the best conditions of reaching your goal, whether it is playing handball, running a marathon, learning the techniques of volleyball or any of our many other sports.

The autumn semester lasts 19 weeks, and the spring semester is 25 weeks. A semester/term is divided into two periods, and in each period you can choose 4 different sports subjects (totally 8 different subjects in a semester). You will have about 17 sports lessons per week.



The sports subjects we teach can be broadly grouped according to the following headlines: **Outdoor – Lifestyle – Sport and ball games – Fitness**. Read more about Nordjyllands Idrætshøjskole and the subjects we teach at http://www.nih.dk/in_english.aspx.

Prices

The normal price per week is DKK 1.575 for the first six months. In the second half-year the price per week is DKK 1.100. However, for international students we have a number of scholarships that can reduce the weekly school fee. For further information, please contact the school.

How to apply

If you wish to apply to our school, please fill in our registration form and send it to us along with your CV including all relevant personal data, educational background and a few lines about yourself.

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