



NORWEGIAN SCHOOL OF SPORT SCIENCES

# International exchange *Friluftsliv*

Welcome to Norway!



# International exchange: *friluftsliv*



**Learn to**

- : live comfortably outdoors**
- : live and travel confidently**
- : analyse friluftsliv as a socio-cultural phenomenon**
- : plan for learning outdoors**
- : be(come) a self-responsible learner**

**Structure:**

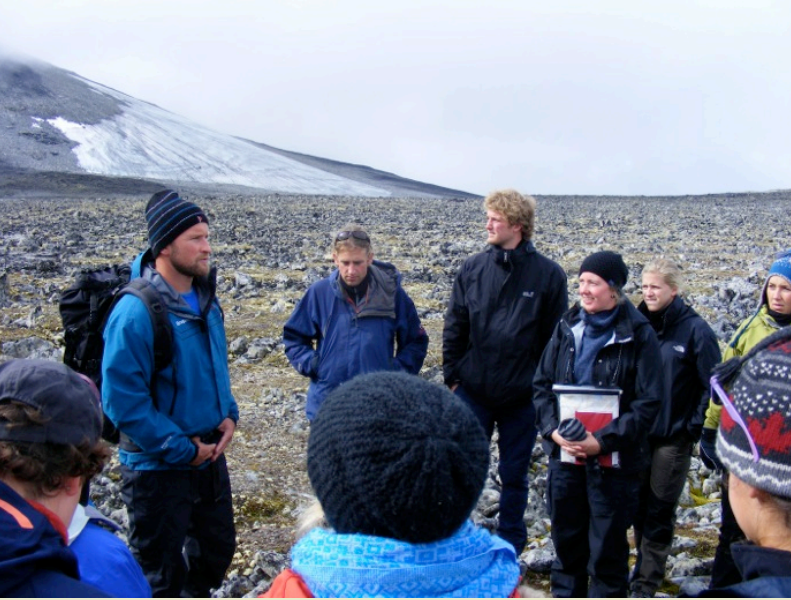
3 courses in parallel, lectures, trips, group work, study.

**Assessment:**

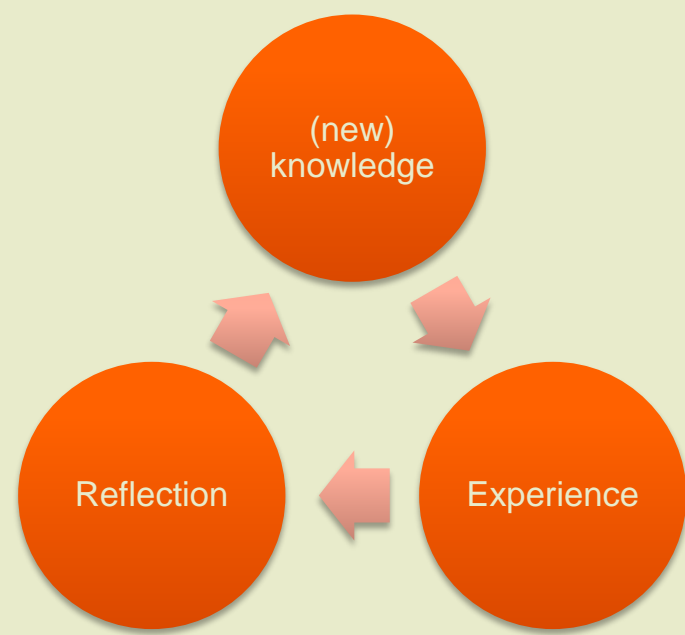
3 reflective learning journals, 1 essay, 1 research topic and presentation.

**Skills training:**

orienteering, trip planning ,edible mushrooms, life saving, ice rescue, first aid, outdoor cooking, making fires and shelters



• Learning about alpine environment,  
Juvass



# Experience-based learning

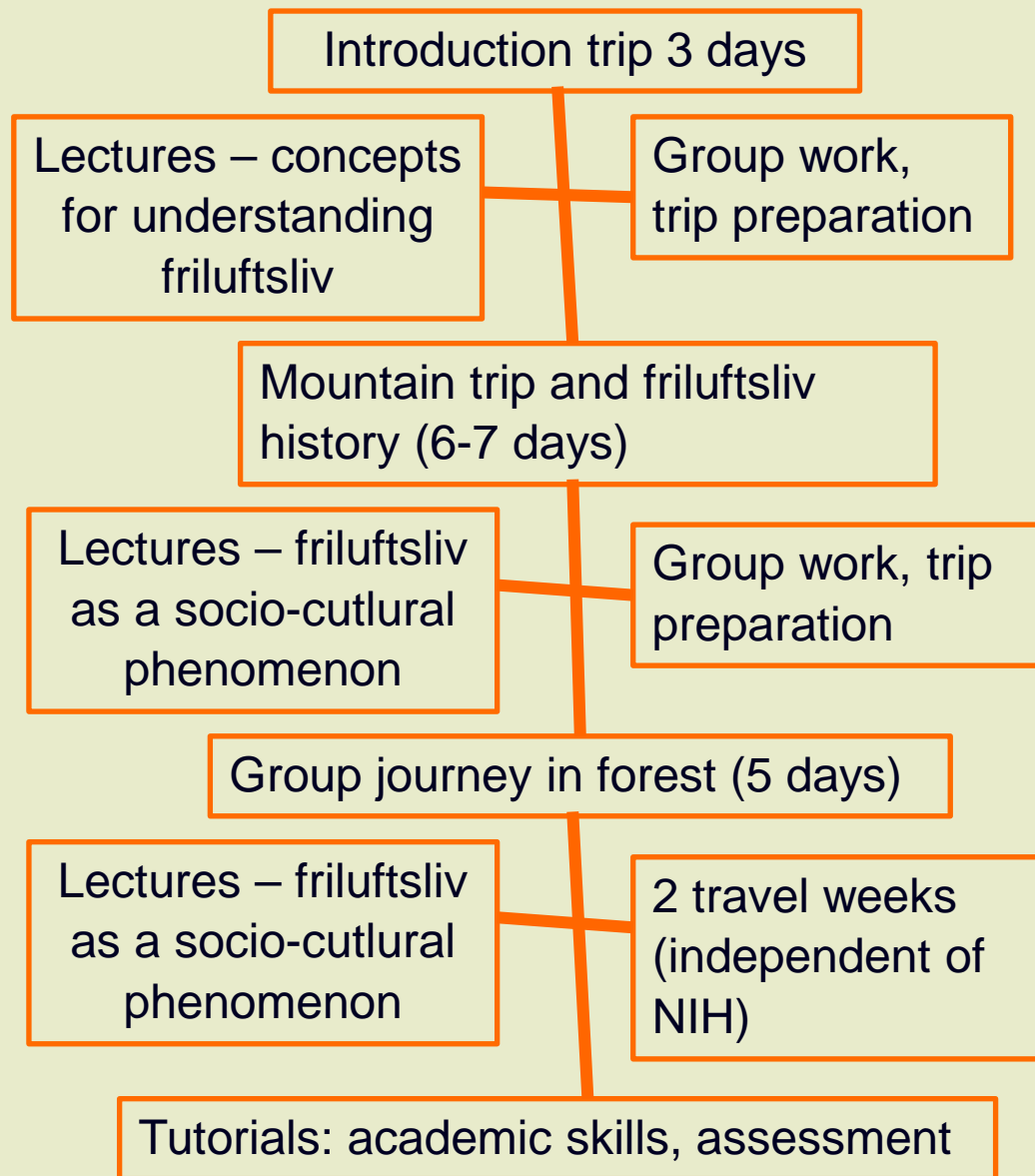


walking toward Spiterstolen,  
Jotunheimen



2012 cohort on Vettakollen

# Typical programme



Mixed classes with  
Norwegians

Friendly staff



