

Student Handbook

June 2016



This handbook is a guide, to be updated regularly following discussions within our community. For more information please have a look at [http:// uwcrn.no](http://uwcrn.no) or contact the Admissions Coordinator via e-mail at admissions@rcnuwc.no or telephone at (+47) 5773 5577.

Content:

UWC RED CROSS NORDIC

6968 Flekke

Norway

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WELCOME

Dear first year,

Congratulations on your selection to attend UWC Red Cross Nordic on a scholarship for two years commencing in August 2016.

We have put together a Student Handbook which we hope should give you an introductory insight in advance to what our College offers and complements 'The Hitchhikers' Guide to Flekke' designed by students. The Student Handbook will also serve as a useful reference guide during your two year programme.

Please understand that you have received a valuable scholarship awarded on merit. By accepting this scholarship you have agreed to participate fully in all aspects of the College programme. We look for students who not only commit to their studies but are willing to take on new challenges and experiences.

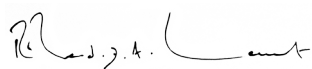
Participation and effort are the fundamental criteria, and you must expect many challenges and opportunities to participate in activities that you may never have had before. It is important that you take advantage of the curricular and extra-curricular opportunities available in our unique Nordic setting. RCN is not simply an academic stepping stone to university and we have asked National Committees to select students who are committed to tackling the challenges presented by this opportunity to live and study in the Norwegian fjords.

All students are expected to attempt the full International Baccalaureate Diploma. The scholarship is awarded for a two-year period, the second year renewal subject to a satisfactory level of effort and achievement in all aspects of College life.

Life at UWC Red Cross Nordic will be very full and I hope you will find it exciting, demanding and rewarding. The shared experience of daily living with students from many different cultures, religions and countries makes a United World College so special. You will have to be careful to balance your academic programme and other commitments, and be responsible for managing your personal life in a mature and sensible manner. Many decisions about day-to-day life are left to individual students under the guidance of the teachers, and a high level of self-discipline is required.

We have an exciting year ahead of us, and I very much look forward to welcoming you to our community.

Yours,



Richard D A Lamont,
Rektor



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MISSION AND VALUES

United World Colleges (UWC) is a unique organisation. It is the only global educational NGO that brings students together from all over the world, selected from within their own countries, on merit and potential and regardless of their ability to pay. These students come together at colleges and schools on five continents that aim to foster international understanding and peace.

UWC believes that to achieve peace and a sustainable future, the values it promotes are crucial:



- International and intercultural understanding
- Celebration of difference
- Personal responsibility and integrity
- Mutual responsibility and respect
- Compassion and service
- Respect for the environment
- A sense of idealism
- Personal challenge
- Action and personal example

"UWC makes education a force to unite people, nations and cultures for peace and a sustainable future."

UWC Mission Statement



UWC RED CROSS NORDIC

UWC Red Cross Nordic is guided by the UWC mission statement and Red Cross values and principles and promotes the cause of international understanding by creating an environment in which students from many countries and cultures are brought together to study, live and to serve the community.

Your educational experience at UWC Red Cross Nordic will include a wide range of learning opportunities. Among these will be your participation in a residential village, an academic programme, a variety of regularly scheduled activities, service, performances, and informal and informal exchanges about international issues.

The College is located in the beautiful fjord region of western Norway. It has ca. 200 students, aged 16-19, all selected on merit from over 85 countries.

Opened in 1995, UWC Red Cross Nordic receives support from all Nordic countries and autonomic regions. Its three pillars are: Humanitarian, Environmental & Nordic values and concerns.

The College shares a campus with the Haugland Red Cross Rehabilitation Centre and the two institutions work in partnership with a shared identity, values and philosophy at the heart of our work – and combine to deliver a programme for students who are survivors of conflict.



LEARNING TO CARE FOR YOURSELF AND YOUR COMMUNITY

At the core of the RCN programme is a need for you to be conscious about your personal well-being on the one hand, and the well-being of the community on the other. Given the very busy nature of life at RCN, you may find this to be the most challenging aspect of your time here.

“Taking care of yourself, taking care of others.”

You will need to work hard to ensure that you receive adequate sleep, regular physical exercise, and time for reflection. Without taking care of yourself, taking care of others and meeting the challenges of the programmes become very difficult.

Alongside taking care of yourself, you will need to reflect on your role within the RCN community and your participation in the programmes - how you interact with others and take responsibility to build a respectful, joyful community.

Being part of this community means actively participating in its well-being. You will thus be expected, individually and with other members of the community, to live by the values upon which the College is founded. There might be aspects of residential life with which you may be unfamiliar at first, like living with four other students (from around the world) in one room, deciding when to sleep, managing your study and other lifestyle habits.

DAILY LIFE

To assist you through all this and to offer personal support, there are a number of people and structures in place.

Your room, where you have a desk, a bed and a cupboard is a place to relax from a busy schedule. There are eight rooms in each House and each room is shared by students from various countries.

Each House has a House Mentor who is responsible for the smooth running of the House. This person, either a teacher or staff member, is available to offer a wide range of support for you, and to help organize events for the whole House.

Just like in your home, at RCN there are tasks that need to be done so everyone can live well together. You will assist with keeping your room and your shared spaces clean and welcoming, especially every Wednesday and Sunday during House Cleaning. Since everyone helps in this way, there is a shared sense of ownership of our beautiful campus.

Besides your House Mentor, other adults are available to help you in different ways. You will have an Advisor to assist you with balancing your programme. This person is an adult member of our community, and is available for personal and academic support.

The school employs a full-time nurse who has access to a full range of medical professionals; the nurse has an office in the Care Centre, and treats interactions with students in confidence. If you are unable to attend any programme because of your health, you should contact the nurse, or your House Mentor if the nurse is not available.



A TYPICAL DAY

07:00-08:00	Breakfast
08:00	Classes Start
14:00	Classes End

Afterwards you will participate in your extra-academic commitments or have time for informal activities, homework, socializing etc.

On some days classes are shorter to allow four classes and a College or Advisor meeting.

17:30-19:00 Dinner

From 19:45-20:45 students connect with an Advisor or Mentor in their Houses.

IT MATTERS

On arrival you will receive a personal UWC identification (UWC ID), access to your personal College email account and our internal website (w4).

You are expected to check your email account at least once a day and respond to emails within a courteous time frame as this is an important way to communicate at the College. In order to minimize misunderstandings and interpersonal conflicts all members of the RCN community are urged to be polite and considerate when using email.

On w4 you can find important announcements, your schedule, and much more information, about which you will learn during the course of term: <https://w4.uwcrn.no>.

You should also check the 24-hour Notice Board in the kantine regularly.

RED CROSS FIRST AID

All students take a basic Red Cross First Aid course in the first year, with some students then enhancing these skills to become First Aid Instructors.

Being prepared to assist others in emergency situations is a very important skill. To emphasize the importance of the Red Cross and the Humanitarian Pillar to the College, we have developed a certificate programme with the support of the Norwegian Red Cross.

INTERCULTURAL AND INTERPERSONAL AWARENESS

Learning more about other people is probably one of the main reasons you chose to come to RCN. One of the most important ways for you to maintain and build the community is by listening carefully to others and offering support to other members of the community.

HEALTHY LIFESTYLE

To support your own initiatives with physical exercise, the College offers various events and activities, and makes available facilities such as the swimming pool and gym (known as "TSK"). Hours these are available are posted on w4.

WELLNESS

As well as responding to physical wellness issues, the Care Centre can connect you with medical doctors, dentists, and other support as appropriate. You are encouraged to develop 'self-responsibility' for your own wellness by getting the basics right: sleep and enough exercise.

Please bring 2400 NOK for use as a medical deposit, in case you incur medical expenses. You will obtain a Norwegian cash-card account (bank charges 250 kr for this; nordic students may use nordic country cards), into which you can place these funds. You will then use the card to pay for medical-related expenses to a max. of ca. 2400 kr per year - after which, the Norwegian health care system would cover expenses. While you may use this card for any payments, you should maintain at least 2400 kr. balance for possible medical expense(s).

LEARNING THROUGH ACADEMICS

UWC Red Cross Nordic cooperates with the International Baccalaureate (IB) to offer an academic programme that allows students an opportunity to earn a diploma that is accepted by universities in many countries. The IB Diploma is a deliberate compromise between the specialization required in some national systems and the breadth provided in others. All students study from five to six different academic areas. All courses, with the exception of self-taught languages, are studied for two years. More information about the IB can be found at www.ibo.org.

“You are encouraged to take initiative in creating and maintaining a learning community.”

Our Learning Support Centre aims to provide additional help to that delivered by teachers in the classroom.

SUBJECT PREFERENCES

You should register your subject selections online via w4. Course changes may be necessary and will be done during the first six weeks of classes, following discussion with the Deputy Rektor. Please be aware that requested changes are not always possible. Think carefully about the courses you select; discuss them with your family and teachers at home, and you will also discuss them with the Deputy Rektor, teachers and the University Office on arrival.

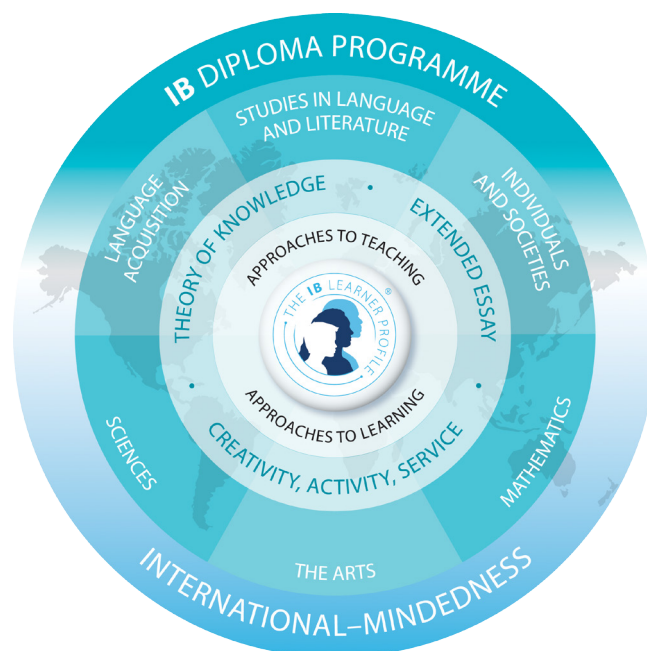
In addition to information from your home school and universities, you may also email the University Counsellors (universities@staff.rcnuwc.no) at the College for additional guidance on subject choices.

With the exception of self-taught languages, you will take the same courses in your second year as in your first year. If you study self-taught languages, you will probably complete this course in your first year.

You will study one subject from each of the first five major IB areas listed in the following diagram. In addition, you will study Art, Theatre or a second subject from any of the first four areas.

The only exception to this is when you can provide documentary evidence from your university of choice that, e.g., 3 science subjects are required for medical studies.

Your academic programme will also include the Theory of Knowledge course, an Extended Essay, and the Creativity, Action & Service programme. You will study three courses at the Higher Level and three at the Standard Level.



COURSES OFFERED

The following courses are offered at the levels indicated (HL – Higher Level; SL – Standard Level).
Course descriptions can be found on w4.

Group 1: Language A

Danish Literature HL & SL, Norwegian Literature HL & SL, Swedish Literature HL & SL, English Literature HL & SL, English Language & Lit. HL & SL, Spanish Literature HL & SL, Mother tongue: Literature in the self-taught/school supported course SL

Group 2: Language B

English B HL, Mandarin ab initio (for beginners) SL, Spanish ab initio (for beginners) SL, Norwegian B (for beginners) SL

Group 3: Individuals and Societies

History HL, Philosophy HL, Global Politics HL & SL, Economics HL, Development Studies (Geography) HL & SL, Environmental Systems and Societies SL (transdisciplinary Groups 3 and 4)

Group 4: Experimental Sciences

Biology HL, Chemistry HL & SL, Physics HL & SL, Environmental Systems and Societies SL (transdisciplinary Groups 3 and 4)

Group 5: Mathematics

Mathematics Higher HL, Maths Standard SL, Maths Studies SL

Group 6: The Arts & Electives

Theatre Arts HL & SL, Visual Arts HL & SL

“The interaction between committed teachers and talented students yields extraordinary rewards.”



ACADEMIC ASSESSMENT

At the end of your second year you will sit your final IB examinations. Subject grades are awarded on a 1 to 7 scale (7-excellent; 6-very good; 5-good; 4-satisfactory; 3-mediocre). An IB diploma is awarded to students who achieve a combined total of at least 24 points, including at least 12 points for their HL subjects, and credits for CAS, ToK, and EE components.

More information can be found at www.ibo.org.

You will learn about these requirements through presentations in your first year.

During the two years of study, teachers regularly assess students to monitor their learning progress. Your performance is evaluated using IB criteria and standards of excellence.

Written Records of Progress (RoP) are given in November/December and May/June. Achieved grades follow the IB scale and are awarded in March and June of the first year, and December of the second year. In the third term of study, "Anticipated" grades are sent to universities you apply to, with an official transcript and testimonial. These grades predict your achievement in the final IB examinations and are based on past performance and evidence of growth.

The Senior University Counsellor has the option, on advice and encouragement from University Admissions teams, to send an additional paragraph to testimonials to universities in the spring of the fourth term; this communication will highlight significant changes in the student's approach and performance.

We will loan you required textbooks. You should plan to bring basic stationery items such as paper and pens or purchase these locally.

"There is more in you than you think."

Kurt Hahn, UWC Founder



LEARNING THROUGH CREATIVITY, ACTION AND SERVICE (CAS)

At UWC Red Cross Nordic, we consider your participation, engagement and initiative in extra-academic programmes equally as valuable as the time and energy put into academics. In a typical week after classes, you might deepen your caring for others by interacting with a patient at the neighbouring Red Cross Rehabilitation Centre, improve your previous physical competencies by kayaking in the fjord and develop a talent for creative artwork you never knew you had.

You are expected to commit fully to the Extra-Academic Programme (EAP), which covers the three aspects of CAS (Creativity, Action and Service) and the three Pillars of the College (Environmental, Humanitarian and Nordic) to various degrees. It is central to both your successful completion of the IB and contribution to the UWC movement. Your activity leaders' evaluation of your participation forms an important component of the report that is included in university applications and is sent to your home and National Committees.

Along the way you will develop organizational and leadership skills, meet a variety of challenges, appreciate the beauty of our local environment, practise teamwork and co-operation and form an enduring commitment to humanitarian service (and have a lot of fun too!).

You will take an active role in shaping your activities to meet your goals. EAPs require commitment for a defined period, and many offer the chance to take a leadership role in the second year. Working with your Advisor to create a balanced and challenging programme (including regular exercise), you will identify personal challenges and pursue them through the two years.

The EAP consists of regular weekly activities, special weeks & events, and informal activities. In addition to the introduction below, you are encouraged to find out more about the EAP on this website: www.eap.rcnuwc.no.





EXTRA-ACADEMIC COMMITMENTS (EACs)

EACs are formally registered activities led by either staff members or by students with appropriate staff supervision and support. During a typical week you will engage in a maximum of two EACs each Tuesday and each Thursday afternoon and at least one physical activity on Friday afternoon (or another day). You should aim towards a balance with respect to the above mentioned six aspects over two years.

Examples of activities are:

- Outdoor Discovery
- Theatre
- Photography
- Amnesty International
- Dance
- Creative Crafts
- Ozonizers
- First Aid
- Para-football
- Gender & Sexuality Group
- Activities with patients at the Rehabilitation Centre

Furthermore many informal activities occur on a regular basis with varying levels of involvements by students, like fund-raising for schools in developing countries and fitness activities.

LEIRSKULE

Leirskule is a Camp School for Norwegian school children aged 11-13 years hosting as many as 500 kids over the course of 16 weeks per year with a range of activities running from Monday until Thursday. Directed and supervised by RCN staff, College students serve as instructors, and lead activities such as kayaking, archery, climbing and inter-cultural events.

For more information on Leirskule, please go to www.leirskule.no.

“Practise teamwork and cooperation and develop an enduring commitment to the principles of service in your own life.”

PROJECT-BASED LEARNING WEEKS

Outside the regular programmes, there are two weeks per year when students participate in so-called PBLs. These enable students and staff to pursue a particular interest and learn together outside the class room. Examples include Chinese Kung Fu, sea-kayaking and camping, surfing, yoga & meditation, intercultural communication and many more.

First-year students spend the second of the two PBLs engaged in a Model United Nations simulation and undergo compulsory First Aid Training.

READING WEEK / FRILUFTSVEKA

The intent of Reading Week is to provide a time for second-year students to prepare for the upcoming examinations, including the Practice Exams that follow Reading Week, and to consolidate academically. The expectation is that second-year students stay on campus – a quieter place as first year students are enjoying Friluftsveka (ski week) in the Norwegian mountains.

ADDITIONAL OPPORTUNITIES TO LEARN ABOUT THE WORLD

Global Concerns are conferences organized by students with staff assistance. Issues of global importance, e.g. poverty, media, water, women's rights, globalisation and AIDS, are addressed through lectures, discussions, activities and workshops and often include guest speakers. You will participate in the planning of at least one GC.

Special Focus Days are days devoted to particular foci such as interacting with students and teachers in the local community, Red Cross activities, health day and youth teamwork and leadership training.

Cultural Days: special Saturdays are set aside so that you can work together on endeavours to share your cultures and promote a generosity of spirit. Each region in the world (Europe, Africa, Asia and Las Americas) is represented over your two years. Students prepare bazaars showcasing their countries, followed by a collective performance in the evening. World Today sessions are scheduled on Friday evenings. A team of students prepares and gives a presentation on an issue of international significance, followed by a discussion or Question & Answer session. These often involve guest speakers and provide a platform for students to exchange perspectives on significant issues.



COLLEGE MEETINGS

Every two weeks we hold a College Meeting: normally, the Rektor reviews past events and introduces some future ones, and students make short presentations to the RCN community – eg, to advertise an awareness raising event for a good cause they are working on. All students and education staff are expected to attend this fortnightly gathering of the community.



ARRANGING EVENTS

During your time at RCN, you are encouraged to participate in many different activities; you may also initiate an activity and from time to time you may wish to organize events, such as charity cafés, guest speaker visits, or parties.

While organizing events like this can be hard work, they can also be very rewarding. It is important that you are fully aware of the responsibility that you are taking on and that you are prepared to follow through with all the details that will make your event a success. This includes being responsible for all College equipment used, promoting respect for College rules and policies, and ensuring that your event does not negatively impact other members of the community.

Before organizing any of these types of events you must talk to the Director of Extra-Academics to ensure that your event does not conflict with any other College events, to assist you with your plans and to ensure you are prepared to follow through with the responsibility you have taken on.

“You will identify personal challenges and pursue them.”



SHARING A ROOM, A HOUSE AND A CAMPUS

Bearing the value “a student’s right to sleep should not be compromised by others” in mind, a village quiet time and room privacy time will be established by the Director of Residential Life and Student Council representatives. From midnight to 8:00 am, only students assigned to a house may be in that house. During these quiet times you may meet or study elsewhere on campus if you wish – e.g., the Høegh Centre.

Students who violate these requirements repeatedly or whose level of disturbance to others is severe (for example spending a night in a room other than their own or engaging in sexual activity on campus at any time of day) can expect to receive a written warning, and National Committee informed. Offences beyond this may result in suspension or dismissal from the College.

YOUR RESIDENTIAL SUPPORT SYSTEM

- House Mentor
- Advisor
- Nurse
- Advisor on call at weekends



ATTENDANCE AND FULL ENGAGEMENT

A condition of the full scholarship is that students participate in all aspects of College life: classes, EACs, activities, College & House meetings, Special Programme Days, Global Concerns, Project Weeks, Campus and House Responsibilities and other activities considered integral.

Absences are recorded on Records of Progress and the testimonial submitted to universities. It is required that assignments are completed to the best of your ability and by the set deadlines. Departures from these requirements are followed up through meetings with the student, Advisor and Deputy Rektor. If subsequent meetings are required, your National Committee will be informed.

If you are not fully and positively engaged in the life of the College and active pursuit of the UWC mission and values, you may lose the privilege provided by the full scholarship.

If you cannot attend morning classes or EACs for reasons of health, you should contact the Care Centre between 0800 - 0930.

STUDENT COUNCIL

Students are represented primarily by the Student Council, elected by students in the second half of their first year. House representatives are elected by students in their respective Houses, with the Chair, Secretary, Board Representative and “aspect workers” elected in separate elections. All representatives sit on Standing Committees, chaired by the staff member responsible for each area of College operation: in this manner students participate directly in College decision-making processes. The SC Constitution can be seen on w4.

LEARNING TO LIVE RESPONSIBLY IN A COMMUNITY

Since the College's founding, all aspects of life at the College have been guided by the simple principle: consideration for others. We also like to draw attention to the values of Conversation, Compassion and Companionship.

"A simple principle: consideration for others."

To ensure that RCN is a safe, secure, healthy and respectful place for everyone, all members of the community are required to abide by College policies both in spirit and in action at all times. The descriptions that follow are summaries of some policies and are in concert with UWC Code of Conduct and RCN Student Charter. You will find these policies on our w4 website (go to Documents – Internal Information).

Please note that breaches of these rules may result in disciplinary measures, which can include suspension and/ or your dismissal from the College.

ALCOHOL

Distribution or use of alcoholic beverages by students, regardless of their age, is prohibited at all times both on and off campus throughout the school year. It is not permissible to drink in public spaces off-campus under Norwegian law. Norwegian law prohibits the provision of (a) beer and wine to anyone under the age of 18 (b) spirits to anyone under the age of 20 - and makes clear it is illegal to consume alcohol in public spaces. Students must not store alcohol on campus. A first violation is taken seriously and will be handled on a case-by-case basis. Normally, a Rektor's Warning and a suspension are imposed, and the student's parents or guardians and National Committee are informed. A second breach of the alcohol policy may result in dismissal from the College.

DRUGS

The possession, use, or trafficking of any narcotic or illegal drug (e.g. marijuana, hashish, cocaine) is a criminal offence in Norway. Any student involved with illegal drugs (or other illegal substances) will be expelled immediately from the College.

SMOKING

The College actively discourages smoking, and on accepting the scholarship, each student agrees to give up smoking as a habit. Thus, smoking is not permitted at any place on or near the College campus. If a student is found smoking on the College campus or Rehabilitation Centre, the National Committee may be informed and a sanction may be imposed.

VIOLENCE, THEFT, ANTI-SOCIAL BEHAVIOUR AND WILLFULLY ENDANGERING OTHERS

Students who use physical force towards others, who become involved in theft, hazing, other anti-social behaviour, or who act willfully in a way that endangers the health, safety and/or wellbeing of another may be sent home. Behaviour that threatens ridicules or humiliates another person will not be tolerated - even if the target of the behaviour says it is "okay" to do so.

HARASSMENT

The College will not tolerate any form of harassment. A well-defined procedure for addressing any concerns/ grievances will be provided to you upon arrival. All students and College employees must attend a presentation about the Grievance Procedures at the beginning of each school year. If you ever feel that you are being treated in a way that you believe is harmful, it is vital that you speak with a staff member about this.

You and your parents or guardians are required to sign an "Information Technology Acceptable Use Agreement" prior to arrival at the College. Violation of this agreement may include loss of access to information technology resources; in more serious cases, it may result in dismissal from the College.

When attending student performances, no recordings should be made without the direct consent of those being filmed; any such recording should not be placed on social media without the clear consent of all persons involved in the recording.

ABSENCE FROM CAMPUS

If you plan to be away from campus overnight on weekends you must obtain permission in advance from your House Mentor.

If you are under 18, the House Mentor will need an authorization from a parent/guardian.

Any absence that requires you to be away from campus and miss classes, activities or other scheduled College events during the school week requires permission in advance from the Deputy Rektor; if approved, the Deputy Rektor enters “pre-arranged absences” into the w4 system. Travel arrangements should not be made before pre-arranged absences are approved. Trips off-campus require the completion and subsequent authorisation of a Trip Form.

Note that you are not allowed to drive motor vehicles during your enrollment at the College.

We ask students and families to respect the term dates (including mid-term breaks) and do not organise travel which cuts into the academic programme.

SAFETY PROTOCOLS & PROCEDURES

Given the location of the College on the water and near forests and cliffs, and the risks associated with activities such as swimming, kayaking, hiking and bicycling, you are required to follow safety rules and regulations as detailed in the “Outdoor Department” (see w4). Failure to do so may result in suspension of privileges.

*“Education is the most powerful weapon
you can use to change the world.”*

Nelson Mandela, UWC Honorary President

MONEY

Socioeconomic diversity is one of many aspects of diversity at RCN. Some students come from financially wealthy families while others have limited or no financial resources. While we know financial extremes exist, we wish to minimize their impact on student life.

Each year well over one-quarter of our students come to the College with little or no money at all. To serve these students, and to make sure they can enjoy the full RCN experience, RCN provides “Student Support”, including travel support, and pocket money for local purchases, covering the cost of the student participating in a College programme over the student’s first winter, then transport home in December of the second year.

With this mind, we ask that you strive to stay frugal in your own budgeting and not bring much more than this on a monthly basis. For some, this is living with what Kurt Hahn called, “reasonable self-denial.” There is plenty of inequality in the world and we do not wish to emphasize it at the College. We also ask that you act in such a way that excessive display of wealth does not happen.

CAMPUS VISITORS

Visitors are welcome. To avoid disrupting classes and activities however, former students, friends and siblings of current students are recommended to visit on Fridays, Saturdays and Sundays. Accommodation should be arranged privately (eg, in Flekke); visitors are not allowed to stay in the Student Village.

We ask that students do not invite guests to the College during the first two months of the school year, when first and second year students are getting to know each other, and during the examination period stretching from the second half of April (when more intense preparations begin) to the end of term.

Guests who do not intend to stay overnight should contact the Deputy Rektor well in advance. They can only visit after classes and must leave campus by 10pm. Students should introduce visitors to their House Mentor.

Visitors are also welcome to eat in the kantine but are asked to purchase a meal ticket at the front desk in the Administration Building.

Please note that there are no camping facilities at the College.

LEARNING ABOUT YOUR HOST

For many of you, coming to Norway will be a completely new experience - different language, landscape, climate, food etc. Take your time to adjust and don't be afraid to talk to your friends and/or Advisor about the challenges your face.

FRILUFTSLIV

With its location on the shores of the fjord, surrounded by forests, steep cliffs and trails into the mountains, the College campus provides many opportunities for students to experience 'friluftsliv', the Norwegian term describing a sense of appreciation for outdoor life in a natural setting – from sitting on a rock near the Høegh Centre watching the sun set over snow-capped mountains, sea-kayaking or canoeing in the fjord, cycling and walking along roads and paths near campus, and hiking, skiing and rock-climbing in the local hills.

The Outdoor Department consists of members of staff qualified to teach skills associated with these activities and we aim to improve your ability to manage yourself safely in these settings. To ensure safety, the OD publishes policies and safety measures – these will be introduced in the Introduction Week and students should become familiar with appropriate procedures before they venture off-campus.

THE HOST FAMILY PROGRAMME

The host family is a family living within some 3-4 hours' travel of RCN who welcome a student (or two) into their family on "host family weekends". This great opportunity for cultural exchange is greatly appreciated by many students. If you would like to apply for a host family, please be sure to speak with your House Mentor.

In the first instance, priority will be given to students on Travel Support.

SUSTAINABILITY

Our campus itself requires special care from an environmental point of view. It is expected that students and staff act responsibly with respect to limiting energy and resource consumption and personal waste.

It is our goal to reduce energy-use levels. This is a collective effort of all members of the community. This includes daily behaviours such as limiting the use of water, heat, electricity and paper.

On campus we recycle as much as possible and compost in order to reduce our waste. Upon arrival at the College, you will participate in an educational session about recycling, composting, food waste, printer usage and overall environmental responsibilities.

"Take an active part in shaping our future!"



TRAVEL TO UWC RED CROSS NORDIC

Our campus is located on a fjord in western Norway, about three hours north of Bergen.

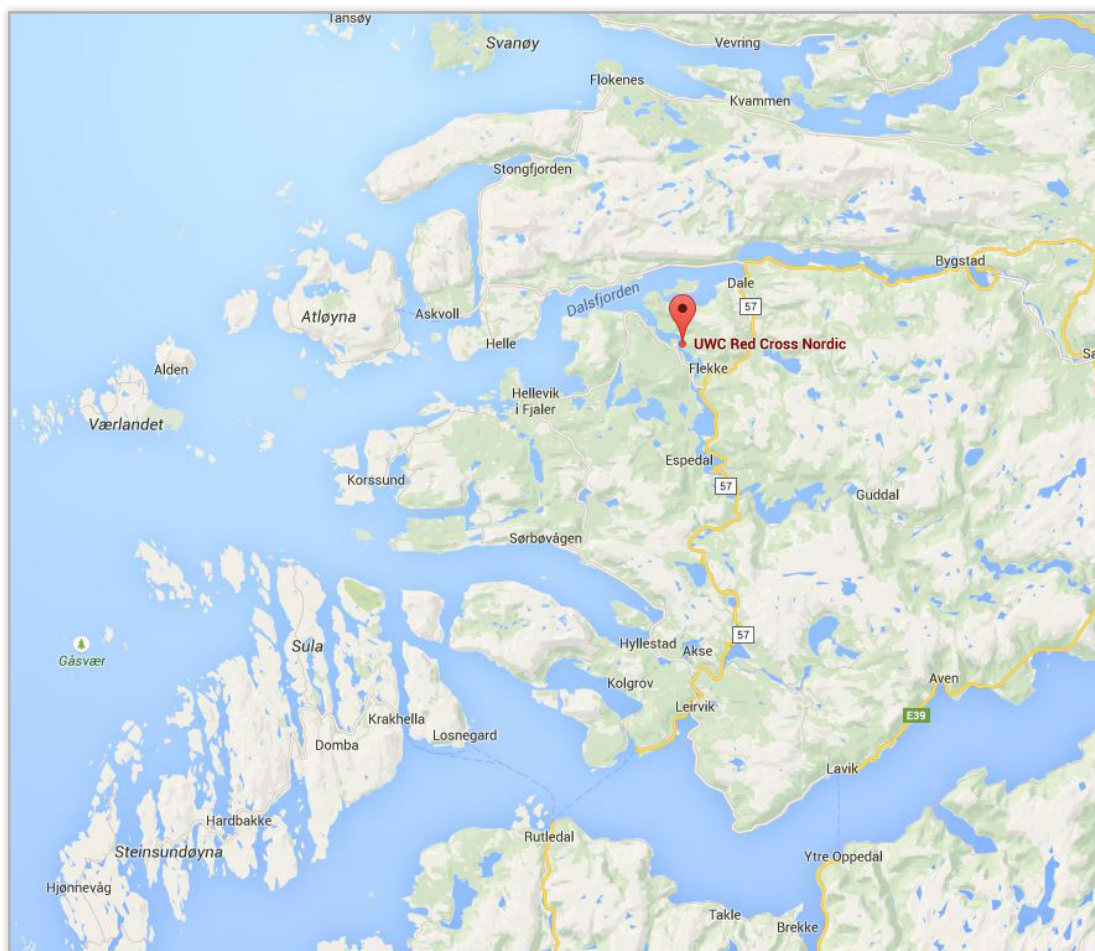
The College usually offers transport to/from major connecting points like Bergen and Førde airport at the beginning and end of term. Otherwise there are several ways to get to campus:

Arriving in Bergen, take the Flybussen (www.flybussen.no) from the airport to the city centre, the stop is called "fishmarket". The fastest and easiest way to get to Flekke is by express boat, which leaves from Strandkai terminalen (close to the fishmarket) in the direction of Sogn. It is run by Norled (www.norled.no).

Get off at Rysjedalsvika, from where you can get a connecting bus towards Dale (www.kringom.no). Tell the driver you want to get off in Flekke

Arriving in Førde, take a bus from the airport to the centre and from there another one to Flekke (www.kringom.no).

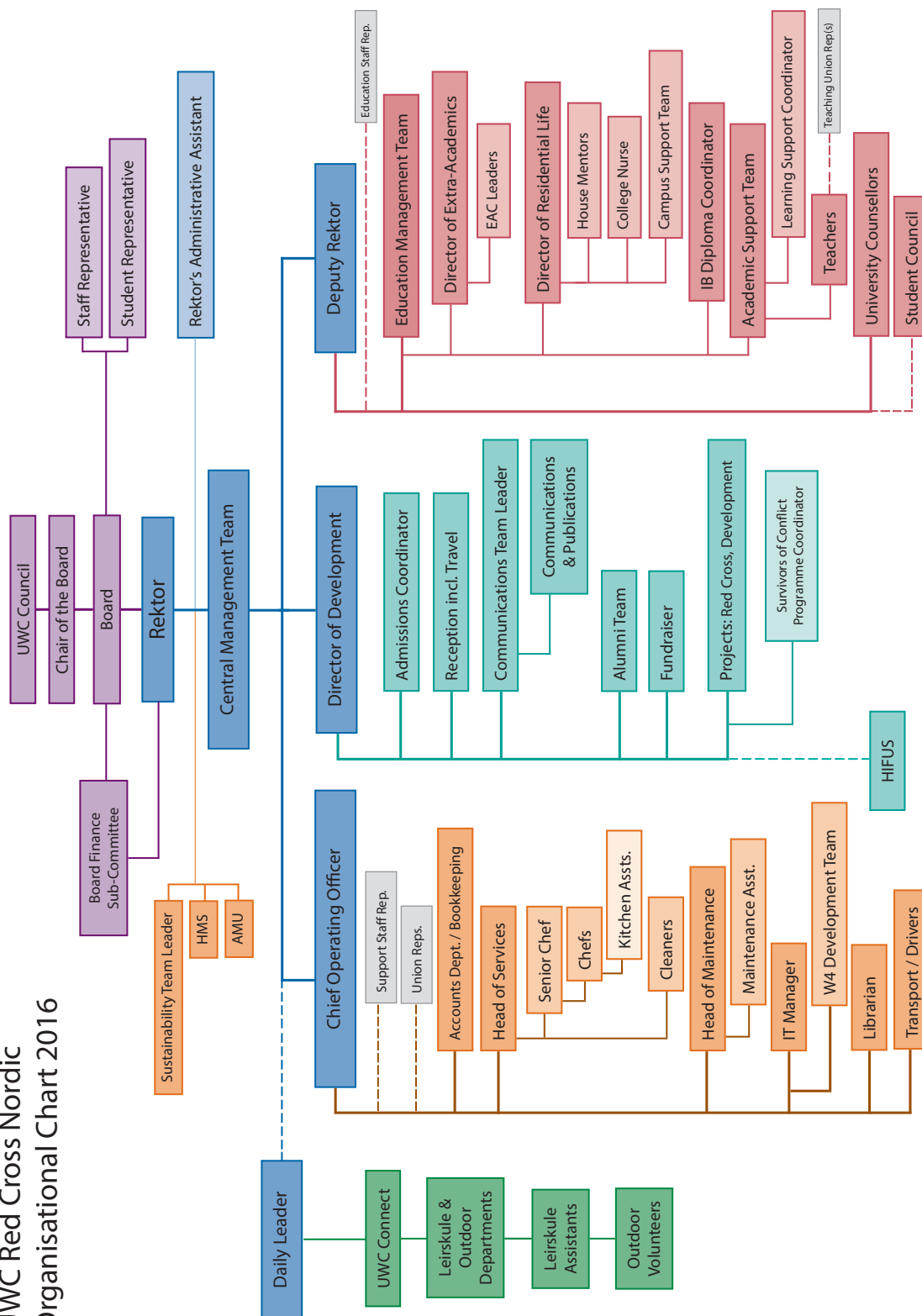
Arriving in Oslo, get the train into the city and an overnight bus to Førde (www.nor-way.no). From Førde, there is a bus service to Flekke (www.kringom.no).



"Reach an open hand to fellow humans everywhere."

Thor Heyerdahl, Norwegian Explorer

UWC Red Cross Nordic Organisational Chart 2016



ORGANISATIONAL STRUCTURE OF UWC RED CROSS NORDIC

UWC RED CROSS NORDIC
6968 Flekke
Norway
+47 5773 7000
info@rcnuwc.no
Find us on Facebook or uwcrn.no