

Free course in Swedish for seniors - with a focus on culture, health and democracy

Do you want to become more confident in speaking and understanding Swedish? Are you a senior and have Swedish as a second language? Then our free course at Folkhögskolan is perfect for you!



This course is for you who are seniors and want to improve your Swedish in a calm and pleasant environment. The course suits you who have a mother tongue other than Swedish and want to become more confident in speaking and understanding Swedish in everyday life.

Course content

We meet once a week and discuss important topics such as culture and democracy. We will also talk about "folkbildning". Folkbildning means "popular education" in English. It is a Swedish way of learning for adults, focusing on personal growth, critical thinking, and community. It often happens in study groups or schools and supports equality and democracy.

Learn Swedish in a way that suits you

We focus on making you feel safe and comfortable in the language. With the help of exercises and conversations, we learn together at a pace that suits you who do not speak Swedish as a mother tongue. You get the chance to learn new words and phrases that make it easier to express yourself in everyday life. The idea is that we should have fun, support each other and create a sense of community.

Practical information

The course includes a free lunch when we are at the school, as well as coffee or tea. We look forward to meeting and speaking Swedish together!

Study pace

25 percent, teaching takes place on Mondays 10.00-14.30 at Jakobsberg folk high school.

27 January - 9 June 2025.

Sometimes there are study visits or excursions on other days of the week. The schedule will come in connection with the start of the course.

Application

Apply by January 7 at the latest. Admission is ongoing and the application closes when the course is full.

Fees

The course is completely free. The course includes a free lunch when we are at the school, as well as coffee or tea.

Kontakt

For questions or help with the application. Contact:

E-mail or telephone:
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08 - 120 28 180

