K12 ACADEMICS — STUDENT EXCHANGE SERIES

Student Exchange in Norway

A guide for exchange students & host families — how exchange works, the host-family model, programs, visas, and how to find the right exchange.

K12 ACADEMICS

Find Your Community

2026 EDITION

ABOUT K12 ACADEMICS

The world's largest education resource.

Online since 2004, K12 Academics has helped millions of families, students and educators **find the right school, college, camp, business and program in their community** — for every kind of learner.

IMMERSION THROUGH A HOST FAMILY AND LOCAL SCHOOL

A **student exchange** in Norway offers deep **cultural and language immersion** — living with a **host family** and attending a Norwegian secondary school or a university. This guide is for **exchange students and host families**: it covers **high-school and university exchange, the host-family model, programs, and visas**, and points you to the K12 Academics directory to find and compare exchange organizations.

General guidance, not legal, immigration, or educational advice. Exchange rules, programs, and visa requirements change and vary by organization. The details here are recent examples and **must be confirmed with a reputable exchange organization, your school, and the relevant consulate.** K12 Academics does not run or endorse any specific program — use the K12 Academics directory to find and compare your options.

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STEP 01 OF 10

Understand Why Families Choose Norway for Exchange

WHAT TO KNOW

An exchange in Norway offers **deep cultural immersion, a supportive host-family experience, a progressive school system, and lifelong friendships** — a transformative step for a young person, and a rewarding one for host families on either side.

BY THE NUMBERS

Cultural	Host-family	Lifelong
immersion	experience	friendships

HOW TO HELP

Weigh an exchange—s **immersion and growth** against time away from home — for independence, openness, and a second family abroad, it—s transformative.

WATCH OUT

An exchange means **living everyday life** with a host family in Norway — far deeper immersion than a tourist trip or short program.

2

STEP 02 OF 10

Understand the Types of Exchange

WHAT TO KNOW

Two main forms: **high-school exchange** (ages ~15–18 — a semester or year with a host family, attending a Norwegian secondary school) and **university exchange** (a semester or year through your home university—s partnership). There are also **short-term and summer exchanges**, and, for families, **hosting an incoming student from Norway**. Browse and compare options in **the K12 Academics directory**.

BY THE NUMBERS

High-school	University	Also
host family + a Norwegian secondary school	via partnership	summer & hosting

HOW TO HELP

Match the **exchange to your situation** — high-school exchange with a host family, university exchange through a partnership, a summer program, or hosting an incoming student — then find options in the K12 Academics directory.

GOOD TO KNOW

Find and compare **specific exchange organizations and school partnerships** in the K12 Academics directory — this guide stays program-neutral.

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STEP 03 OF 10

Understand the Host-Family Model

WHAT TO KNOW

At the heart of exchange is the **host family**: you live as a **member of the household**, share meals and routines, and immerse in the language and culture. Good programs **carefully screen and match** families and students, set clear **expectations**, and provide a **local coordinator**. Families who **host** an incoming student gain the same cultural exchange in reverse — it—s a two-way relationship.

BY THE NUMBERS

Live as	Programs	Hosting
household member	screen & match	exchange in reverse

HOW TO HELP

Understand the model — you live as a **member of a host family** (screened and matched by the program), with a local coordinator; hosting a student offers the same in reverse.

GOOD TO KNOW

Reputable programs **screen and match host families and students carefully** — and provide a local coordinator for support.

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STEP 04 OF 10

Choose a Reputable Program & Organization

WHAT TO KNOW

The **organization matters more than the destination**. Choose a **reputable, vetted exchange organization** (in the US, look for **CSIET-listed** programs; elsewhere, established, accredited bodies). A good program provides **screening, host-family placement, a local coordinator, orientation, 24/7 support, and clear policies**. Compare what each includes before committing.

BY THE NUMBERS

Choose	US	Good programs
vetted organizations	look for CSIET-listed	screen, place, support

HOW TO HELP

Choose carefully — a **reputable, vetted organization** (CSIET-listed in the US) that provides screening, placement, a coordinator, orientation, and 24/7 support.

GOOD TO KNOW

The **organization matters more than the destination** — vetting and support are what keep an exchange safe and successful.

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STEP 05 OF 10

Check Eligibility & Requirements

WHAT TO KNOW

High-school exchange generally requires an age of about **15–18, good academic standing, and some basic Norwegian (English is widely spoken)** (often not mandatory, but helpful), plus health and character references. **University exchange** requires being **enrolled at a home university with a Norway partnership** and meeting its academic and language criteria. Programs guide you through eligibility.

BY THE NUMBERS

High-school	University	Language
~15–18, good standing	enrolled + partnership	basics help

HOW TO HELP

Check eligibility — high-school exchange (about 15–18, good standing, some basic Norwegian (English is widely spoken)); university exchange (enrolled with a partnership, meeting academic and language criteria).

GOOD TO KNOW

Basic language **helps but often isn—t mandatory** for high-school exchange — immersion builds fluency fast.

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STEP 06 OF 10

Understand the Visa & Legal Framework

WHAT TO KNOW

Exchange students usually need an **appropriate student or exchange visa** for longer stays, which your **program helps arrange**. EEA students need no visa; others need a student residence permit (the program helps arrange it); Norway is in the EEA/Schengen but not the EU. Requirements typically include **program acceptance, host-family details, funds, and insurance**. Minors have **additional consent and guardianship** paperwork. Confirm current rules with the relevant consulate.

BY THE NUMBERS

EEA	Others	Minors
no visa needed	student residence permit	extra consent paperwork

HOW TO HELP

Know the framework — longer stays need a student/exchange visa (your program helps arrange it), with extra consent and guardianship paperwork for minors.

GOOD TO KNOW

A good program **guides the visa process** — and handles the extra consent and guardianship paperwork for minors.

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STEP 07 OF 10

Plan Safety, Support & Wellbeing

WHAT TO KNOW

Support is what makes exchange work: expect a **local coordinator, orientation, 24/7 emergency contact, and clear conduct and safety policies**. Confirm **insurance** and how the program handles **host-family issues or homesickness**. For host families, expect **vetting, training, and ongoing support**. Never choose a program that skimps on support.

BY THE NUMBERS

Expect	Confirm	Host families
coordinator + 24/7 support	insurance & policies	vetted & supported

HOW TO HELP

Prioritise support — a local coordinator, orientation, 24/7 emergency contact, insurance, and clear policies; never choose a program that skimps on support.

GOOD TO KNOW

Support structure is everything — a local coordinator and 24/7 contact turn problems into manageable bumps.

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STEP 08 OF 10

Prepare for Cultural Adjustment

WHAT TO KNOW

Expect **culture shock and homesickness** — they—re normal and pass. School life, family routines, meals, and social norms differ; approach them with **openness and flexibility**. Lean on your **host family and coordinator**, keep in reasonable (not constant) touch with home, and say yes to new experiences. The hard early weeks give way to real belonging.

BY THE NUMBERS

Culture shock	Approach with	Lean on
is normal	openness	host family & coordinator

HOW TO HELP

Prepare for the adjustment — culture shock and homesickness are normal and pass; stay open, lean on your host family and coordinator, and limit constant contact with home.

GOOD TO KNOW

Keeping **reasonable, not constant, contact with home** helps you settle — it lets the exchange become your world.

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STEP 09 OF 10

Plan the Timeline & Apply

WHAT TO KNOW

Apply **well ahead** — often **6–12 months before** departure. The usual order: **choose a reputable program**, **apply and be accepted**, complete **host-family matching and orientation**, then arrange the **visa and travel**. Exchanges align with **the Norwegian school year (starting in August)** or university semesters. Early applications get the best placements.

BY THE NUMBERS

Apply	Order	Aligns with
6–12 months ahead	program → match → visa	the school year

HOW TO HELP

Plan the sequence — choose a program, apply and be accepted, complete matching and orientation, then arrange visa and travel; apply 6–12 months ahead.

GOOD TO KNOW

Apply **early** — the best host-family placements and program spots go first, 6–12 months ahead.

10 STEP 10 OF 10

Find Your Exchange & Thrive

WHAT TO KNOW

Once you know your route, **find and compare specific exchange organizations and school partnerships in the K12 Academics directory**. Choose a reputable, vetted program, complete matching and orientation, arrange your visa, and go in with openness. Confirm current rules with the program, your school, and the relevant consulate.

BY THE NUMBERS

Find & compare	Choose	Go in with
exchange organizations	vetted programs	openness

HOW TO HELP

Use **the K12 Academics directory** to find and compare exchange organizations and school partnerships, choose a reputable program, complete matching and orientation, and arrange your visa.

WATCH OUT

Browse **the K12 Academics directory** to find the specific, vetted exchange organizations that fit your family and goals.

QUICK REFERENCE

Student Exchange in Norway: The Essentials

A snapshot — program-neutral. Confirm details with a reputable organization, your school, and the consulate.

Who it—s for

Exchange students and host families — high-school students (about 15–18) with a host family attending a Norwegian secondary school, and university students on a semester or year through a partnership.

The host-family model

You live as a member of a host family (screened and matched by the program), sharing everyday life for deep immersion, with a local coordinator; hosting an incoming student offers the same in reverse.

Programs

Choose a reputable, vetted exchange organization (in the US, look for CSIET-listed programs); a good program provides screening, placement, a coordinator, orientation, and 24/7 support — the organization matters more than the destination.

Eligibility & visa

High-school exchange needs about ages 15–18, good standing, and some basic Norwegian (English is widely spoken) (helpful, often not mandatory); university exchange needs enrollment plus a partnership; longer stays need a student/exchange visa, with extra paperwork for minors.

Support & timeline

Expect a local coordinator, orientation, 24/7 emergency contact, and insurance; culture shock is normal and passes; apply 6–12 months ahead, aligning with the school year or semesters.

YOUR STUDENT-EXCHANGE-IN-NORWAY JOURNEY STARTS HERE

Find Your Community.

Explore our other Student Exchange in [Country] guides, and find and compare exchange organizations in the K12 Academics directory — among **1,297 free resources**.

tools.k12academics.com →

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