Hej! Hello!

Bildung/bildning and Folk High Schools in Sweden



This is my work place - Jakobsbergs folk high school.

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What are you good at?

(It doesn't have to be anything complicated!)

You start the conversation like this: I´m good at …

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Why bother telling someone what you're good at?

An important part of our learning method: Each participant contributes their own perspective and experience to the process!

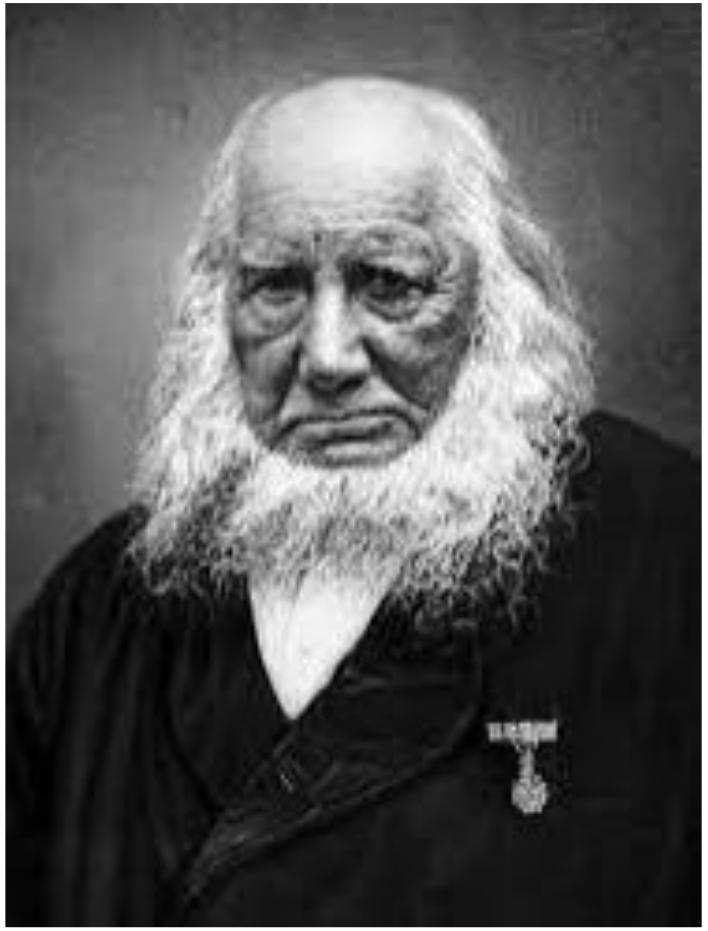
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How to define Bildung/bildning

- The concept originates from the German “Bildung” (associated with, among others, Wilhelm von Humboldt) and concerns a person's inner development.
- “True learning is the wisdom that outlasts the lessons” bildung according to Ellen Key, swedish thinker
- It entails the ability to think independently, see connections, and apply what you have learned in society and in life.

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The Inventor of folkbildning



Nikolaj Frederik Grundtvig (1783 - 1872)

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Folkbildning and the swedish democracy

- 8 adult education associations and 152 folk high schools in Sweden that are all eligible for state funding.
- They engage close to a million people in study circles, cultural activities and courses.
- Folkbildning is a vital part of Swedish democracy, with member organisations, founders and collaborators from across society.
- The adult education associations and folk high schools coexist with thousands of organisations and associations across the country.

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How do we achieve folkbildning?
By making conversation our primary learning method.

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Let's try to have a quick chat!

Person 1 listens for 1 minute.

Person 2 retells what was said to **Person 1** for 30 seconds.

Switch roles.

Pay attention!
I will announce when the minute begins and ends. Please speak quietly.

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1. Tell the other person about something you have learned as an adult. Also, describe how you went about learning it.

- **Example:** Learning how to bake sourdough, figuring out TikTok, changing a car tire, or making the perfect pizza.

- *Life jacket:* If nothing comes to mind, tell them about **something you would LOVE to learn next**!

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How can you use these learning methods in your field?

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Thank you for listening!

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