

## Obligatory motivation letter for the courses IKF206 and IKF207

The following information is required from exchange students, nominated by their home universities for one-semester exchange to Volda University College (VUC).

**Prerequisites:** The applicant must have completed a minimum of 60 ECTS in outdoor education (friluftsliv) before enrolment.

For exchange students lacking university credits in friluftsliv/outdoor education, other criteria might be considered. Such students must provide documentation of extensive background in the field, in form of certificates or other type of technical diplomas.

Applicants in this category will be considered on an individual basis but cannot expect guaranteed admission into the courses.

For safety reasons and to ensure progression in the study, students must be motivated and physically and mentally fit to take care of themselves in varied nature.

The motivation letter must detail the academic background, experience in the field and reasons for choosing IKF206 and IKF207.

Admission will be granted based on a total assessment of previous education, background, and any relevant experience.

The motivation letter must contain:

- Personal information (full name, age, email address, mobile phone number with country code)
- Description of relevant education, background, and experience
- Reasons to apply for IKF206 and IKF207

It is especially important that the letter details relevant background and experience, to facilitate assessing that applicants meet the following requirements:

- move effectively and safely in a variety of landscapes (such as on rocks and stone runs, moors and heath, slippery and icy surfaces, etc.), while carrying a backpack of 10-15 kilograms.
- complete daily hikes, which may be as long as 15 kilometres and with inclines of 1000-1500 meters, while carrying a backpack.
- put up a tent/bivouac and have experience with camping outdoors.
- cook food on a campfire or portable stove.
- read maps and use maps in combination with a compass.

- mastery of the English language, so that communication does not compromise safety on hikes.

Students must also have their own equipment, such as appropriate clothes and shoes (warm, wind and waterproof), sleeping bag, portable stove etc.

By sending this motivation letter, the applicant vouches that he/she meets the prerequisites and criteria described above.

The motivation letter must be uploaded, together with the application documents, into the Application Portal (SøknadsWeb). Links and access to the Application portal are sent automatically to students nominated for exchange to VUC.