

## HOORAY – IN JULY 2024 THERE WILL BE A 10- DAY VIPASSANA COURSE AT HALLINGDAL FOLKEHØGSKULE IN GOL



Course dates for the 10-day course is from **Wednesday 17th – Sunday the 28<sup>th</sup> of July**, for new and old students. Students with Norwegian as their mother tongue will be given priority in the first two weeks, until the 1st of May. The course will be in Norwegian/English.

**Registration opens on Monday the 17th of April. [Registration link here](#)**

### **SET-UP**

From Monday the 15<sup>th</sup> of July until the course starts on Wednesday the 17<sup>th</sup> of July, Hallingdal Folkehøgskule will be prepared for a Vipassana center. As an old student, you are warmly welcome to participate.

Everyone who comes to Set-Up follows the daily schedule, similar to working days at a Vipassana center, with time for work, meditation, food and rest. It is a rewarding, intense and instructive few days to participate in the transformation process of a rented place and turn it into a Vipassana center, and there is a need for many old students who can contribute to this important work!

If you cannot take part in the course, but you have the opportunity to participate on the Set Up, feel free to contact us at [info@no.dhamma.org](mailto:info@no.dhamma.org)

For those of you who apply for course and want to participate in Set-Up, you can specify in the application which days and when you arrive.

Welcome to Vipassana course in Norway!

### **TRAVEL DESCRIPTION**

Gol is situated between Oslo and Bergen and it is easy to get to Gol, both by train, bus and car.

Bergensbanen from Bergen in the west to Oslo in the east, takes you several times a day to Gol station. From there it is a short trip by car or taxi up to the school.

Buses from the south, east and west also stop daily at Skysstasjonen in central Gol.

Gol Taxi station is a short walk from the station.

If you come by car - both Rv.7 (Oslo-Bergen), Rv. 52 (Hemsedal Mountain) and Rv. 51 (From Lillehammer/Gjøvik over Gol Mountain) passes through Gol.

### **HOW THE COURSES ARE FINANCED**

All Vipassana courses are financed solely with the help of donations, dana, from old students. All dana to Vipassana Norway goes exclusively towards organising further courses to share Dhamma. Neither teachers nor course organisers receive any material compensation. Dana to Vipassana Norge can be given via bank transfer or Vipps.

**Bank account number: 7334.05.56000**

**Vipps: 24328**



**If you have questions, please contact [info@no.dhamma.org](mailto:info@no.dhamma.org)**

**[Vipassana Norway Course Schedule](#)**

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