

TORA VEGA  
FOLKHÖGSKOLA

Learn Swedish  
with SFI Study  
path 3

# Welcome to Hvilan SFI

– A part of Tora Vega Folkhögskola



# Find your path into the Swedish language. And society.

You may want to learn Swedish to quickly continue your career or your studies here. Or to better understand Swedish people and culture. Regardless of your motivation, you will find an SFI alternative at Hvilan SFI that fits your needs.

SFI study track 3 offers many ways to rapidly develop your language skills. Study track 3 is for those whose school background is equivalent to Swedish upper-secondary school or those who have participated in university studies. At Hvilan SFI, you can choose from different class formats, which makes it possible to combine language studies with work, family life and other education. We offer evening, distance and combo/flex classes.

## About us

Hvilan SFI is a part of Tora Vega Folkhögskola, formerly known as Folkhögskolan Hvilan. Folkhögskolan Hvilan has existed since 1868, and is thus Sweden's oldest adult education college. We are a religiously and politically independent adult education college where diversity matters. All our SFI-classes (study track 3) are located in central Lund.

Learn more at [toravega.se](https://toravega.se)

## How to register

If you want to study SFI at Hvilan SFI in Lund, register your interest through Lundavälkomsten. They will contact you and book a meeting to determine the course that will suit you best.

[Read more about SFI in Lund municipality >>](#)

# Learn Swedish with SFI study track 3

Study track 3 is for those whose school background is equivalent to Swedish upper-secondary school or those who have participated in university studies. On this study track, you study courses C and D.

## As our student you will:

- get an individualised study plan
- belong to a course group of students at your level
- work with different digital tools and methods
- have an educator who is responsible for your class and course group
- be offered formative feedback and help in your studies from your teacher,
- in-person and online
- be regularly assessed and coached by teachers
- have access to career and study advisers



# Choose your class format

At Hvilan SFI you can choose between three class formats to find one that suits your life and schedule. Regardless of the format, it involves a minimum of 15 hours of study per week.

**Combo/Hvilan Flex** – Attend a minimum of 3 in-person classes at school every week (8 hours). You use our booking system to choose your class times.

**Distance** – Participate in 2 remote classes per week (4 hours). All instruction and teacher communication occurs online. You use our booking system to choose your class times: 09.00–11.00 or 13.00–15.00.

**Evening** – Join 2 scheduled classes per week between 17.30–19.30 (4 hours). You can choose classes on Mondays and Wednesdays or Tuesdays and Thursdays.

**“Even though my master’s education is full-time, it works to study Swedish at Hvilan at the same time because I have flexible hours and can set my own schedule.”**



**Lawyer Zhen Zhang moved all the way from Shanghai to Lund to study European law. Now she studies two educations simultaneously: a master’s programme at Lund University and SFI study track 3 at Hvilans SFI.**

**“I love teaching. It gives so much back. Here at Hvilan, we are also team players who share the same view on pedagogy.”**



## Our teachers

At Hvilan SFI, our committed teachers have extensive SFI experience and are used to working with students who have diverse backgrounds and life situations.

One of our teachers at Hvilan SFI in Lund is Pernilla Lindblad, who is also the educator responsible for Study track 3 Combo/Hvilan Flex.

Pernilla Lindblad is both a certified upper secondary school teacher and a certified SFI

teacher. She has many years of experience, and she currently teaches highly educated students who are part of Study track 3. Because her students are used to sorting and absorbing new information, her classes keep a fast pace.

“Being able to follow students’ rapid development is a pure privilege.”



## A teacher and a student

Tatiana Aleksenteva has worked as an English teacher for a decade. Now she is a student of the Swedish language, too. In just 6 months, she has learned to speak really well and aims to study Swedish at university level.

“It is exciting that I myself am in the same situation as my students, who are also studying a new language. I learn a lot from it; it becomes like a kind of research. At Hvilan SFI, we also have really professional teachers who know exactly what they are doing and can vary their instruction and methods. It really shows that they like their work.”



## About Tora Vega Folkhögskola

**Hvilan SFI is part of Tora Vega Folkhögskola, an education provider who has been around for a while. In fact, our school was established in 1868. That makes us Sweden's oldest adult education college.**

Our original name was Folkhögskolan Hvilan, a name closely associated with the schools original premises in Åkarp. During 2023, we will change our name to Tora Vega Folkhögskola – inspired by the artist Tora Vega Holmström, who grew up at the School, lived abroad, and then spent her final years in Lund. Tora Vega was not only an outstanding artist with the world as her starting point but also took a clear stance on peace and women's rights during the early and mid-20th century.

With a new name, we aim to better represent the multifaceted educational and cultural institution

we are and want to be in the future. Today, we have locations in both Åkarp and Lund, and we also offer distance learning.

Although our name will change, our SFI education will not. It still is and will be conducted in exactly the same way by the same employees and education provider. All SFI (Swedish for Immigrants) education within study path 3 is conducted in Lund.

Our current approx. 530 students per year experience a meeting place and educational environment where opportunities and challenges open up for the future. We are a religiously and politically independent adult education college where diversity is important. Our students develop tools to influence their life situation and participate in societal development.

**In Lund, our new school is centrally located by Stortorget, just a few minutes' walk from the central station. In Åkarp, our historic school is located in a beautiful park setting near public transport. This is also where you find our main office.**

### Countless courses

We offer qualifying general courses, commissioned education/competence development, post-secondary vocational and SFI.

# Good to know

## **If you live in Lund municipality and want to study SFI**

Visit Lundavälkomsten and register your interest in SFI. They will contact you and book a meeting to learn about your background, work experience and prior education. An individual assessment will then be made to recommend a suitable SFI study track.

[Read more about SFI in Lund municipality >>](#)

## **Contact LundaVälkomsten via**

Email: lundavalkomstenvux@lund.se  
Phone: 046-359 60 88

## **Course start**

As soon as your application is approved by the municipality, you will be notified about when your course starts.

## **Course completion**

After completing and passing a course, you will receive your course certificate and SFI grade so that you can move on to work or further studies.

# About SFI

Swedish for Immigrants (SFI) is for those who reside in Sweden and lack basic knowledge of the Swedish language. Based on the National Agency for Education's governing documents and curriculum, our teachers plan SFI courses and classes so that you can develop your skills and use the Swedish language in different ways. SFI involves a minimum of 15 hours of study per week and is free of charge.

[Read more about our SFI courses and classes >>](#)

# Contact

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