

Studieförbundet Vuxenskolan Lundabygden



**SV - knowledge and
folkbildning for everyone!**

What is folkbildning?

The literal meaning of *folkbildning* is **educating the people**. The Swedish view of folkbildning encompasses mainly the activities conducted at adult educational associations (*studieförbund*, literally *study associations*) and folk high schools, but also public events at museums, public libraries and lecture associations. The common denominator is that all these activities were started on a non-profit basis and open to the general public. **The goal, simply put, is to provide more knowledge for anyone interested.**

The study associations receive financial support from the state, where the purpose is to give people the opportunity to increase their knowledge and education freely and voluntarily.

Folk = People

Bildning = Knowledge including formal learning as well as cultural understanding and personal growth.

Studieförbund = adult educational association

Vuxenskolan = Literally *adult school*

**All public activities
are listed on our
homepage:**

SV.SE/LUND

Or scan this code!



How can we help you?

With Studieförbundet Vuxenskolan, there is something for everyone! Maybe you'd like to learn to knit, dance or cook festive meals? Or perhaps you're active in an organisation that wants to start a study circle on a subject you're passionate about. Whatever the case - with SV, you've come to the right place!

Courses and study groups for everyone!

As a study association, there's one thing we're truly the best at—study circles! Everything we refer to as courses is structured as a study circle: a democratic way of learning together where every participant gets to help shape the content.

On our website, you'll find the complete list of circles you can sign up for right now.

SV.SE/LUND



Integration

We offer free activities for those who are new to Sweden. The goal is a better life in Sweden with employment and community involvement. The activities vary based on needs, and we start groups in different languages depending on demand. Some examples of our activities are language groups for parents and computer classes for women.



SV.SE/LUND

We'll help you realise your dream together with others through culture, democracy, and knowledge. Get in touch at lundabygden@sv.se or call 046 211 70 80, and we'll assist you. You can also learn more at sv.se/lund. Welcome to SV!

Clubs and associations



SV offers collaboration and support for non-profit organisations such as interest groups, cultural associations, hobby clubs, family support groups, and more. We offer:

- low-cost venues
- marketing assistance
- ready-made lectures and study circles
- contacts with Swedish authorities
- contacts with speakers and course leaders
- educational and administrative training for the association's officials

Livslust = A happy life!



Livslust is our program for individuals with special needs and their relatives. We visit nursing homes, dementia care facilities, short-term accommodations and social meeting places with enjoyable moments, knowledge, and memories in a delightful mix. We offer, for example:

- sing-alongs
- musical performances
- yoga and mindfulness
- music groups
- seated dance
- storytelling and reading
- painting classes
- stress management