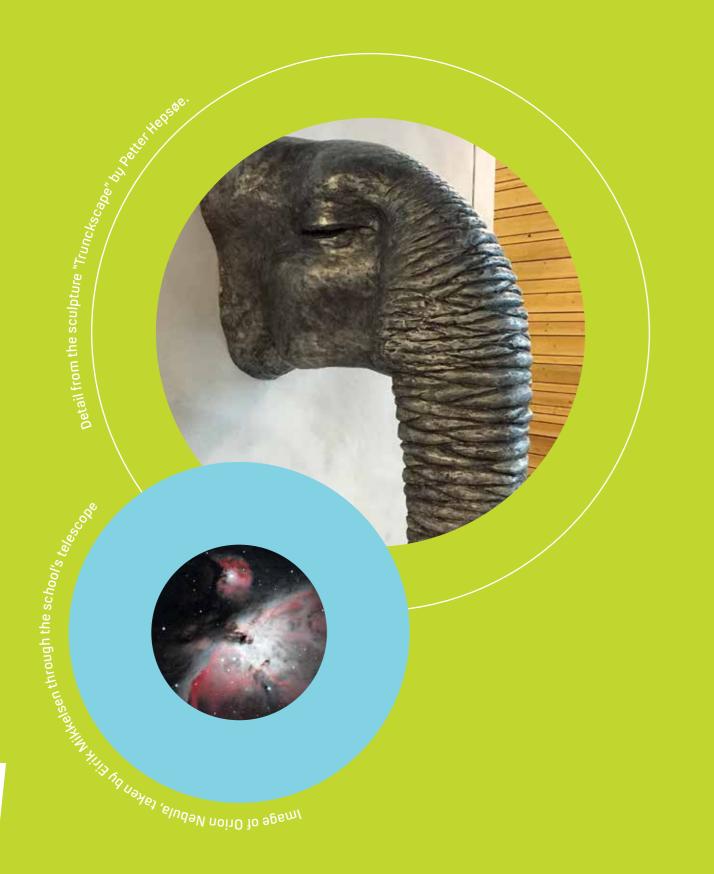


# At the beginning of yourself







#### **Breathing Exercise**

If you go out far enough you`ll see the sun as just a spark in a dying fire if you go out far enough.

If you go out far enough you`ll see the whole wheel of the Milky Way turning on the roads of the night if you go out far enough.

If you go out far enough you`ll see the Universe itself, billions of light-years, all of time as just a glimmer, as lonely and distant as a star on a June night.

And yet, my friend, if you go out far enough you`ll just be at the beginning

of yourself.

Rolf Jacobsen (1907–1994) is considered one of Norway's greatest poets. He lived in Hamar from 1961.

Translated by Olav Grinde, Norwegian writer and artist.

### Our core values

Hamar Cathedral School (Hamar katedralskole) is popularly known as "Katta". It is a pun, a play with words, and the real meaning of the phrase is "the cat".

We would like you to participate in the term "We at Katta" by incorporating our values of respect and enthusiasm in the way you think and behave, both in and outside our school. If your behaviour and effort are characterized by these two values, you will help us creating the "We at Katta attitude".

### Respect

At Katta we show respect and appreciation for each other. We accept that people are different and include everyone. By doing so, we demonstrate that we respect other people's dignity and integrity.

### **Enthusiasm**

Enthusiasm is characterized by commitment and joy. Driven by enthusiasm everything is possible. We want everyone at school to experience a good learning environment identified by motivation, drive and enthusiasm.

### Studies

Hamar Cathedral School offers a wide range of studies, both general studies and vocational courses. The vocational subjects are organized in different ways, but most of them are leading up to a craft certificate or a certificate of apprenticeship.

#### General university admissions certification

Specialisation in General Studies for those who like theoretical subjects and are aimed at higher education. You choose specialization in languages, economics, social sciences and natural sciences.

#### Art, Design and Architecture General Studies

for those who are aimed at studies in design, art and architecture. It is based on various creative work.

#### Media and Communication General Studies

for those who want a practical and theoretical introduction to publishing messages through media, and what effect this has on society.

#### Service and Transport General studies

for those who want to work with marketing, entrepreneurship and finance. It is to a large extent based on practical work, and you get university admissions certification after 3 years.

#### Primary school

for those who have lived a short time in Norway and are at the same age as high school students.







## Studies

#### **Vocational Courses**

Design, Arts and Crafts for those who are creative, have aesthetic capabilities and are accurate. Our school offers education in design and textiles,

hairdressing and interior design.

Service and Transport for those who want to work with services and trade. Students learn about service and customer contact and can achieve a certificate of apprenticeship. **Electricity and Electronics** 

is a platform for different occupations and certificates, from electrician to data electronics technician, and it opens the possibility for college studies.

Technical and Industrial Production prepares for a wide range of occupations, with excellent career opportunities. Our school offers vehicle and industrial technology over 2 years.



## Map

Hamar Cathedral School has a floor space of 25,000 m². The school has several wings with different functions. A corridor over two floors runs along the whole building. On the map below it is marked with light green.

The school has its own app.
Just enter the room number,
and you are explained where
to go. The map below shows
the most important sites in
the building.





### Welcome!

Hamar Cathedral School is campus for more than a thousand students and a workplace for over two hundred employees. We have a lot to offer, depending on what you need or want to do while you are a student here. Please read the contact information below, so you can easily find your way to the people who can help you.

#### Administration

Postal address: Box 1008 Storhamar N-2305 Hamar Norway

Visiting address: Ringgata 235 Hamar

Phone: +47 62 54 42 00

Email:

post.hamar.katedralskole

@hedmark.org

Website:

www.hamar-katedral.vgs.no

You will also find links to Facebook and the Katta app on our website.

#### **Student Services**

Phone: +47 62 54 42 04

Student Services put you in contact with:

- School nurse
- Psychologist
- Teaching supervisors
- Supervisors from the Norwegian Labour and Welfare Administration (NAV)
- Special education coordinators



