



## GET STARTED NOW

You can get started learning right away by downloading any of the Cultural Skills units from the "Members Login" section of [www.sonsofnorway.com](http://www.sonsofnorway.com). Otherwise, call (800) 945-8851 or email [culturalskills@sofn.com](mailto:culturalskills@sofn.com) to order hard copies.

## YOUTH CULTURAL SKILLS

Five units just for kids are also available. While these units are tailored specifically for children, adult guidance and supervision is encouraged.

- #30 Folk Dancing
- #31 Figure Carving
- #32 Handknitting
- #33 Norwegian and North American Stamps
- #34 Hardanger Embroidery



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**SONS OF  
NORWAY**

**CULTURAL SKILLS  
PROGRAM**

## SONS OF NORWAY'S CULTURAL SKILLS PROGRAM

The Cultural Skills Program provides a framework for learning about traditional and contemporary Norwegian culture. Each unit consists of three levels of skill-specific

activities to guide you as you learn. You can complete the units on your own, through your lodge or through a special class or group. For each level, you'll complete a few activities, email (or mail) them in to Sons of Norway Headquarters, get feedback, and earn a pin in recognition

of your accomplishments. As a benefit of membership, the Cultural Skills Program is available only to members of Sons of Norway.

### Cultural Skills Pins

Pins are awarded to participants as they progress through the units within the program. For instance, when you complete part 1 of your first unit you'll receive a Cultural Skills pin, a skill bar, and a level 1 bar. You'll receive additional level bars when you complete parts 2 and 3 of that skill, and new skill bars when you complete level 1 of a new skill.



### Going Further with Cultural Skills

Want to take your skills to a new level? Members who have completed multiple units or mentored others in the program can earn special recognition.

- A Master of Cultural Skills is someone who has completed multiple units. Finish all three parts of any three units for the bronze level, all parts of six units for the silver level and all parts of nine units for the gold level.
- A Cultural Skills Mentor instructs or guides others to learn about Norwegian cultural skills. If your instruction has helped other members earn Cultural Skills awards, you can earn a mentor pin.

For more information about the Sons of Norway Cultural Skills Program, call (800) 945-8851 or email [culturalskills@sofn.com](mailto:culturalskills@sofn.com).

## UNITS

The Cultural Skills Program covers a wide variety of subjects, ranging from Norwegian cooking to music appreciation. Each unit is designed to provide skill-specific activities at the beginner, intermediate and advanced levels to foster learning and advancement with each newly acquired skill.

- #1 Traditional Norwegian Cooking
- #2 Reading Norwegian and Norwegian-American Authors
- #3 Collecting Norwegian and North American Stamps
- #4 Rosemaling
- #5 Genealogy--Family History
- #6 Hand Knitting
- #7 Norwegian Language and Culture
- #8 Hardanger Embroidery
- #9 Figure Carving
- #10 Weaving
- #11 Ornamental Woodcarving
- #12 Chip Carving
- #13 Folk Dancing
- #14 Music and Musicians of Norway