

## **Group A**

### **Full day course - 8 Hours Course**

#### **A1**

##### **10 stitch knitting**

##### **Ten-stitch knit Nina Hovda Johannesen / Maibritt Christensen**

Frankie Brown has developed a principle for knitting large surfaces; triangle, square or circle. We start from within and knit outwards to form a spiral. We achieve this with the help of shortened needles and picking up stitches along the way. We knit straight stitches and have 10 stitches on each needle. In order for the knitting technique to come into its own, one may want to use a yarn with a color change, or take the opportunity to use leftover yarn in different colors. The challenge in this technique is to make corners and to regulate the amount of stitches in the circle so that the work becomes flat. From triangles one could make shawls and the circular work can be used for cushions or hats. The square can become blankets, bags, or modules for jerseys and jackets. The technique can become very addictive. We have been in contact with Frankie Brown, who is happy for us to share her technique, however It is not possible to use her patterns for products for resale. On Ravelry she encourages users to support research for children with kidney cancer.

You should bring leftover yarn or yarn with variegated color changes and several sets of double ended short needles,

<https://www.ravelry.com/designers/frankie-brown>

#### **A2**

##### **Needle binding (Nålebinding) Signe Magnus**

Needle binding is an old craft technique where you use one needle and yarn to produce a textile. The needle can be made of wood, bone, horn or metal. Needle binding is an ancient technique discovered in archaeological finds both in Scandinavia and Great Britain. Common material for use is wool. The technique involves pulling the thread in loops / spirals to create a fabric. Many of the stitches use the thumb as a measure for the loops.

#### **A3**

##### **Flossekant Frayed Edging : simple/ Advanced**

##### **Heidi Fossnes**

##### **Frayed edging on Mittens and gloves**

We will learn two different types of edging that are widely used on hand garments. I recommend participants to knit a pair of simple wrist warmers or "Pulsvante from Hallingdal" on page 60 in the book "HANDWEAR for national costumes and folk costumes". If you can't get hold of the book, you will be given a pattern upon registration on the course. Participants to bring: one or preferably two ready-made knitted pieces. 1 thick double pointed needle No. 5 or 6. Darning needle with large eye. Regular sewing needle. Strong sewing thread like linen or other strong twine. Regular sewing thread. Scissors. 1 pencil of the type without eraser on top. Or another round stick of approximately the same thickness

and length. Different wool yarn for frayed edge. You can use remnants of Zefyr yarn (Laine Colbert etc.) or furry wool knitting yarn in different colors. I will bring some equipment and yarn for your use as well.

#### **A4**

##### **Small work in leather**

**Henny Drange**

#### **A5**

##### **Rope made from tree bark**

**Henny Drange**

#### **A6**

##### **Spinning on wheel and drop spindle.**

**Kari Christensen / Gro Marthinsen**

The spinning wheel proved to be the more efficient way of making yarn, but the drop spindle was still used in some cases. Its benefit being that it took up little room, made for better control of your spinning and produced a preferred yarn for warp in weaving.

#### **A7**

##### **Plant dyeing**

**May Bertelsen**

Dyeing with plants, lichens, and bark from the area around Karmøy Folkehøyskule. This is a course in dyeing with traditional methods such as color soup and layered steeping. We will try out various dye stuffs available locally. We use woolen yarn but will do some dye tests with silk and linen.

This course will be a 8 hour course.

#### **A8**

##### **Tveband Knitting**

**Anna Halsne**

Tveband knitting is a traditional knitting technique that is probably the oldest knitting art in Scandinavia. One always knits with two threads, i.e., every other stitch with each thread, either from the same skein or two skeins. This provides a steady, agile, compact, and durable result. Participants will learn the various techniques involved.

#### **A9**

##### **One day of assembling knitting, including darning and repair**

Nordic design is often admired by the rest of the world because of its attention to fine details. Whether it's crafts ,furniture design or textiles, it's all about simplicity, good craftsmanship and the finished product. Good craftsmanship can make all the difference to

your knitting. We don't want a knitted garment to end up– sloppy – half-baked and elbowed ,so with this in mind I have put together my course to show how correct assembly can make all the difference.

On the day of the course, we will explore many solutions and ways to deal with all sorts of problems.

Participants should bring yarn, knitted test pieces of various kinds, a selection of knitting needles and accessories (needles, scissors, tape measure, etc )

You may like to bring a knitted toy which needs mounting or an old beloved sweater that has been forgotten. For many knitters it's the knitting itself that is the fun part and the finishing that is the drudge. We will discover ways to make assembly more interesting. It is my conviction that the assembly should be included in the knitting process, so it is seen as an integrated part of the work.

## **A10**

### **Bumerke (Emblem making. )**

Make your own personal emblem (bumerke) in textile. This course aims for participants to design and complete a copy of their own personal emblem in textile. Using felting, tapestry, embroidery, crocheting, knitting or a combination of some or all of these types of needlework, we develop seals or emblems with runic writing from the Viking Age. This will add an important magical element to your project. By using shapes and colors participants find their personal style and their preferred shapes. With the help of embroidery and application, your personal details comes into place.

<https://www.elimargretestolsvik.no>

## **A11**

### **Embroidery on knitted items**

**Kathrine Gregersen**

Learn how to embroider on knitwear. Each course participant brings a knitted garment or sample tag Learn how to plan the subject and transfer it to the garment. It is possible buy materials from the tutor.

## **A12**

### **Free embroidery on knitwear**

**Kathrine Gregersen**

How can we decorate or cover up holes and stains with embroidery? Review of various embroidery arrangements in the field of free embroidery, how to create a motif and transfer it to the garment. It is possible to buy materials from the tutor.

**Group B**  
**HALF-DAY COURSE / 4-HOUR COURSE**

**B1**

**Mother Astrup**

**Nina Hovda Johannesen / Maibritt Christensen**

Norges Husflidslag has a project, "Rødlisten," Its aim to preserve old techniques which are about to be forgotten. Stjørdal Husflidslag has chosen Mother Astrup knitwear as its red list project. Ebba Astrups was from the 1890s manageress of an orphanage in Trøndelag. She used this technique to knit scarves for the children, and it is said that the technique was so simple that the children themselves could easily learn it. Being able to knit provided an opportunity for income. The technique is based on a form of groove knitting, where one knits with one color one way, and then with a contrasting color back. One always knits straight. The pattern is formed by the fact that the stitches of the pattern color are lifted off on one needle and knitted on the next. This technique makes a firm pattern without long strings of threads on the back. `

Please bring yarn in at least two colors with good contrast plus circular knitting needle suitable for the thickness of yarn.

**B2**

**Small work in leather**

**Henny Drange**

**B3**

**Willow braiding/heart**

**Drude Isene**

Willow Course 2: Hearts are the themes of this course. We braid large hearts which can be hung on walls outside or inside. These hearts are both decorative and beautiful. The alternative for those with little space in their luggage are smaller and simpler hearts and the chance to make more items. You may be interested in making a container or bowl in the same technique.

[www.soreskogen.no](http://www.soreskogen.no)

**B4**

**Willow braiding / plant holders etc**

**Drude Isene**

Willow Course 1: You can choose between braiding a large flower stand for your climbing plants which can be put in a flowerpot outside in the garden or a container with handle which can be hung on a wall outside or inside. Suitable for ivy and other trailing plants. For those with little space in their luggage, the alternative is making smaller baskets for storing onions and garlic to add a decorative touch to the kitchen. [www.soreskogen.no](http://www.soreskogen.no)

## **B5**

### **Gimping (Hairpin crochet)**

**Eli Haaland**

Gimping is using a crochet hook and a hairpin-like hoop of bone, wood or metal to make wearable items.

## **B6**

### **Konts knit**

**Anna Halsne**

Knitting technique is characterized by knitting one square at a time using only 4 – 6 stitches. The build up of squares goes to form a braided pattern. The Norwegian word Konts comes from the backpack used by indigenous people of the forests in Finland. Participants will learn how to make a wrist warmer in this technique.

## **B7**

### **Pinnehua (Traditional bubble hat)**

Originally this hat was part of the traditional costume for men in times gone by. Several examples can be found in Kolbeintveit farm, Suldal, Stavanger Museum and Norwegian Folk Museum in Oslo. From the material available to us we have worked on the pattern that we call The "Kolbeintveit hat"

## **B8**

### **Crocheting**

**Wenche Lindvik**

Suitable for beginners and those with a little experience. We learn the most common crochet stitches and how to crochet in the round as well as how to follow patterns, both charted and written text.

## **B9**

### **Bregdaband**

**Wenche Lindvik**

We make ribbons in different colors and learn how to braid the ribbons from the middle and how to turn and finish the ribbons.

## **B10**

### **Italian cast on / cast off**

**Tone Cecilie Nystrøm**

Italian cast on / cast off is a method which makes the edges of your project more elastic and flowing.

## **B11**

### **Double knitting**

**Tone Cecilie Nystrøm**

In double knitting we knit both sides simultaneously . This way the stitches on both sides appear the same. Suitable for making thick potholders, scarfs ,jacket edging and pockets. You will practice simple patterns before delving into the more advanced ones. If you like you can bring some thick cotton yarn to make some sturdy potholders to start off.

## **B12**

### **Socks from the toe up**

**Tone Cecilie Nystrøm**

In this course, baby socks are knitted in thin sock yarn (100gr/400m) on double pointed needles 2.25 – 2.5mm. You can also use magic loop if you prefer. These baby socks have a heel wedge that gives plenty of room for the instep, while the adult size sock has a German short-row heel.

## **B13**

### **Two coloured Brioche knitting**

**Kathrine Wollbe**

Both single-coloured and two-coloured Brioche have become wildly popular in the knitting world in recent years. The technique may resemble rib, but has some completely different characteristics: Brioche knitting is airy and elastic, and there are many ways to vary the technique. . We learn the dynamics and rhythm of Brioche by knitting in 2 colors before we continue to work with different effects and patterns.

Bring two plain yarns of contrasting colour suitable for needles 3 1/2 -4 mm preferably wool or a wool mix.

Circular needle 3 1/2 -4 mm, 60 -80 cm, and double pointed needles, as well as possibly other thicknesses to experiment with. In addition, it is a good idea to have paper, writing and knitting accessories with (e.g. markers, scissors and needle). 65 NOK/6.5 Euro is payable for this course.

## **B14**

### **Thick and Thin Kathrine Wollebe**

What happens when we do something that we don't usually do?

In this workshop we are going to knit simple structures, which most people know with different thickness of yarn. The results can often be inspiring and baffling.

Bring various yarns of different texture and colour plus double pointed needles or circular needles of different sizes, a turning needle, pen and paper, markers, needles and scissors. 40 NOK/4 EURO is payable for this course.

## **B15**

### **Twisted knitting stitches Kathrine Wollebe**

Structured knitting constitutes an important element in the pattern traditions in many places in Europe. They are seen both in the star patterns of the old Danish nightshirts, in Irish and British fishermen's ganseys, and in the form of filigree twists and fan patterns on different types of clothing in the region around the Alps. We look at the anatomy and expression of the twisted stitches and knit samples to get the feel of the technique. We then move on to slightly more advanced patterns. Bring double pointed needles or/and circular needle size 3 1/2-4 mm, a turning needle and a light yarn to suit. Don't forget markers, scissors and needles).

For course compendium, 65 NOK/6.5 Euro is payable.

## **B16**

### **Macrame Mari Ann L. Kvalevåg**

Macrame is an old technique that has recently regained its popularity. If you know the technique, you can make almost anything. Only your imagination sets the limits. Macrame means combining different knots and braids into patterns. For this you can use almost any yarn, rope or cord. It is recommended to use cotton, linen, hemp cords or leather cords. In addition, it can be nice to include beads, sticks and branches.

## **B17**

### **Knitting straight from the sheep fleece Annemor Sundbø**

## **B18**

### **Prepare wool for spinning. Annemor Sundbø**

## **B19**

### **Double knit on 2 needles**

**Annemor Sundbø**

A simple knitting technique, which can be very practical when you want to knit a tube, especially for small knitting projects such as dolls and mascots.

## **B20**

Spinning and knitting with novelty yarn from the Viking sheep.

Making yarn on various primitive spinning tools with effects and mixed colours.

## **B21**

### **Embroidery / Re use of knitwear**

**Kathrine Gregersen**

We start with knitwear that we have felted and create new products. You can choose between needle holder, mittens, cushion or any other product you want to make. We assemble on machine or by hand and combine with techniques such as application and embroidery. Opportunities to purchase materials by course teacher.

## **B22**

### **Repair of knitwear**

**Kathrine Gregersen**

In this course, you will learn different techniques in repairing knitted garments. How to create new edges, hide spots, patch holes, knit up new pieces over holes and reinforce worn sections. Materials can be purchased by the course instructor.

## **B23**

### **Løyesaum**

**Anne Karin Dalen**

Løyesøm. The embroidery technique using wool on wool material as seen in the traditional national costumes of Setesdal Norway. method used mainly on mittens and jackets .

## **B25**

### **Tunisian Crochet**

**Wenche Lindvik**

Using Tunisian crochet, we can work in the round and try out various types of stitches.

## **B26**

### **Redesign of knitwear, and former sewing projects Turi Rydningen**

Explore various ways to use up all leftover fibers. Make juggling balls, book pads, potholders and combine leftover materials. Redesign old wool jerseys into new items to achieve zero waste.

## **B27**

### **Small weaving / Small tapestries Eli Margrethe Stølsvik**

Course in basic techniques in international art tapestry "Small Tapestries" - 8 hours. Basic pattern, yarn and warp wire are included in the course price. Participants can bring an empty, frame/picture frame or borrow a tissue frame from the instructor. We explore theory, warp up the weaving frame and finish weaving a small artwork.

<https://www.elimargretestolsvik.no>