



Dear student,

In this letter you will find important information about the **International Youth Leader Education (IYLE)** at Ollerup before enrolling. Most of the information along with the application form is available on our website: www.ollerup.dk - look for the English flag on the top right side of the website.

Next course runs from **4 January to 21 June 2015**

12th – 18th July 2015 the school participate in the World Gymnaestrada in Helsinki, Finland with a large team of students. This great experience is a possibility for you as well.

We expect that approx. 20 new and 25 continuing international students will participate in the programme. The students come from all around the world (Europe, Asia, Oceania, North- as well as Latin America). Furthermore we expect approx. 180 Danish/Scandinavian in this spring semester.

What to expect:

The International Academy (INTAC) is an integrated part of *Gymnastikhøjskolen i Ollerup* - a Danish Academy offering non-formal education with a special focus on Gymnastics. Students are between 18-30 years old and the length of the stay is either 4 (August – December), 5 (January – June) or 10 months (August – June). You study, eat, sleep and spend most of your time at the school. There are no exams but a busy schedule. At the end of the course you get a diploma as a proof of your attendance.

Classes are based on dialogue and mutual learning between teachers and students. One focus is to discover and strengthen the unique skills of each student in a challenging yet supportive social atmosphere.

Another focus is to provide knowledge and skills for becoming trainers and leaders in voluntary organisations. Sports – and especially gymnastics – are thus not considered as an aim in itself, but also as a mean of education, aiming at personal development as well as making the students more harmonious human beings and active citizens.

As a student at International Academy, INTAC you get an International Youth Leader Education (IYLE). The IYLE course is in constant development. We aim to give you the best 'tools' for your future life. For example, we will use sport as a media for achieving skills that are vital in the modern world: coaching, team building, supervision, co-operation, leadership, event planning and management among others.

Gymnastikhøjskolen i Ollerup

Programme/syllabus

Many of the classes integrate Danish students with international students. The theoretical lessons will be taught in English while the practical lessons will be a mix of English and Danish. Half of your classes will be theoretical while the other half will be physical activities.

The first week is an introduction week for all students. You will then be divided into different classes for most of the theoretical lessons. Alongside your theoretical classes, you will participate in physical activities like gymnastics, swimming, outdoor activities/climbing wall and ballgames. Physical classes are integrated with Danish and other Nordic students.

Classes in the Spring semester comprises:

- Gymnastics - divided into different lines (you choose your line): Parkour/Free Running, Performance/Power Tumbling/Team Gym or Rhythmical Gymnastic & Dance (more specific about the lines you can find info and videos on www.ollerup.dk)
- Sport (Swimming, Ball Games, Outdoor Activities/Wall Climbing, Martial Arts or strength training)
- InterCultural Studies (students are introduced to Denmark and the background and values of Scandinavian welfare society, relevant societal topics from around the world)
- Leadership, LUP - Learning, Development and Perspectives (coaching exercises, theory, project work, methods of instructing etc.)
- Danish Language (enable to communicate on a basic level with native Danish speakers)
- NGO world: Sports Organization & Project Management - An introduction to the world of volunteer organizations, sports associations, Non-Governmental Organizations as well as general knowledge about project work and management.

At the *Gymnastikhøjskolen in Ollerup* all subjects and lessons are equally important. The overall idea is placed on holistic development and in order to gain such an experience it is important that students show interest in all their lessons and not only focus on particular subjects. It is mandatory that students are present (both physically and intellectually) at every lesson! Example of a schedule:

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
07.10-07.30	Breakfast				
07.30-07.50	Morning duties/cleaning				
08.00-08.20	Morning Assembly			08.00-09.30	Morning Assembly
08.30-09.45	Sport Subject	Sport Subject	Intercultural Studies	Gymnastics, Dance & Leadership	Gymnastics, Dance & Leadership
09.45-10.15	Refreshments (fruit or bread)				
10.15-11.30	Intercultural Studies	Gymnastics, Dance & Leadership	Intercultural Studies	Danish	Gymnastics, Dance & Leadership
12.00-12.30	Lunch				
12.45-14.00	NGO World	12.45-13.45 Common Council		12.45-13.45 Common Meeting	
14.15-15.30	Gymnastics, Dance & Leadership	Danish	Gymnastics, Dance & Leadership	NGO World	13.45-15.15 The Unknown Zone/FIL
15.30-16.00	Refreshments (fruit or bread)				
16.00-17.15	Gymnastics, Dance & Leadership	Danish	Gymnastics, Dance & Leadership	Sport Subject	
18.00-18.45	Dinner				

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Economy

Tuition fee covers your classes, accommodation and food. Here is an overview of what expenses to expect – all in all: **Your budget**

From August to December...

Items	Charges (DKK)	Information
Enrollment fee	1.500 Kr.	Fee for administration and starting package
Educational Materials ect.	3.475 kr.	Educational Materials, performance clothe, Books, papers, copies, internet, gym.line activities, excursions, laundry etc.,
Line specific expenses	1000 – 2670 Kr.	Expenses varies from line to line: Parkour, Rhythmical gym.: 1000 kr. Performance Gym.: 1300 kr. PowerTumbling: 1800 kr., TeamGym.: 2000 kr. Dance: 2050 kr., Aesthetic Gym.: 2670
Study trip	4.000 kr.	Study trip is a week Ski course in Norway (optional, but highly recommended!!)
All in all	4975 kr.	To be paid before arrival

Tuition Fee	18 weeks x 1.415 kr. (18 x 190 Euro)	Accommodation, food, classes
	25.470 kr	Can be paid in rates

Key deposit (on arrival)	200 kr.	Money you get back, when handing in key
Additional...		Pocket money and sight seeing

Furthermore we expect to be participating in the World Gymnaestrada which is taking place in Helsinki, Finland. This is optional – and we don't know yet how much this will cost. Gymnaestrada takes place 12-18 th July 2015.

The Spring Semester is intense and full performances and an exciting ski trip. We try to keep the costs at a minimum while offering the best and most fantastic opportunities for you. Please keep in mind that **changes may occur.**

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Visa

To study in Denmark, you need to obtain a 'study visa'. Due to on-going changing of rules and regulations in Denmark we urge you to check updated information regarding study visa at:

www.nyidanmark.dk/en-us/coming_to_dk/studies/how_to_apply.htm and

www.nyidanmark.dk/en-us/coming_to_dk/studies/folk_high_schools.htm

To non-europeans, the moment we receive your enrolment form we will start filling in our part of the ST1 visa form – to be send to you. Be aware that the visa process takes time – sometimes up to 2-3 month. The cost varies from country to country.

Finally we will ask you to take a look at our webpage: www.ollerup.dk for further information. Please look in the English section (click on the English flag on the top right hand corner). You will also find videos showing the different options for gymnastic lines.

We hope this is a help for you to get an idea of what our program is about. You can always email us at info@ollerup.dk or direct to me at bb@ollerup.dk.

Yours sincerely

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