

TOMORROW'S SPORT LEADERS

Academy of Physical Education
Ollerup, Denmark



**Come join the International Youth Leader Education (IYLE)
at the Academy of Physical Education in Ollerup, Denmark.**

Our International Academy welcomes all motivated, physically active, and open-minded international students between the age of 18-30 years. Join us for a half or a whole year. For more information please visit www.ollerup.dk.



You will live, eat, and work together on campus. You will spend all your free time together with new friends, share your hopes and dreams, laugh and cry together, and make friends for life!



SO MUCH MORE...

... FRIENDSHIP...

At the Academy of Physical Education in Ollerup, students will meet young people from all over the world - representing different countries and cultures as well as personal and religious beliefs. They will live, eat, and work together on campus. They will spend all their free time together, share their hopes and dreams, laugh and cry together, and make friends for life. Friends that will form a unique future network - both on a personal and a professional level.

... AND INSIGHT

A stay at the Academy is an intense, challenging, and maturing experience. Within a relatively short period of time, students will become more insightful and much more experienced in human nature and interaction - mostly based on their own (re-)actions. They will develop new personal skills, thus gaining a valuable basis for future personal choices and decision-making.

REQUIREMENTS

INTAC welcomes all motivated, physically active, and open-minded international students between 18 and 30 years of age, to join us for a stay of four or nine months. Classes are primarily conducted in English, requiring students to have a basic knowledge of the language.

DIPLOMAS

Though internationally recognized by ISCA and the European Union, IYLE is a non- formal education. All students completing the stay will, however, receive The Academy of Physical Education Diploma, and an International Youth Leader Certificate from ISCA.

For more information please visit WWW.OLLERUP.DK



PLAY AN ACTIVE PART

The International Academy, INTAC, at the Academy of Physical Education in Ollerup, Denmark, offers the internationally recognized International Youth Leader Education (IYLE), a residential, non-formal education programme aimed at fostering tomorrow's young sports leaders.

A GLOBAL SPORTS LABORATORY ...

INTAC at Ollerup cooperates with universities, various educational institutions, NGOs, and international voluntary sports organizations all over the world. IYLE is organized in collaboration with the worldwide Sport for All organization, International Sport and Culture Association, ISCA. Several international youth projects initiated by INTAC and ISCA jointly have received substantial funding from the European Commission.

... WITH SOCIAL ASPECTS

Through intercultural understanding, democratic values, and active social awareness, we encourage our students to take responsibility and play an active part in their communities. Besides having the time of their life, we encourage them to help bring about social change through their own educated leadership - by initiating community-based activities and exercising active citizenship - and in our intercultural learning environment, we provide them with the necessary skills to do so.

NOT JUST ANY CAMPUS

The Academy of Physical Education is not just any campus - it is a 40.000 m² campus, fully equipped with modern sports facilities and accommodation for more than 220 students. Each year hundreds of motivated students from all over the world stay here, creating together a unique international learning environment.



**HUNDREDS OF STUDENTS
FROM ALL OVER THE WORLD**



COURSE CONTENT

Motivational and inspiring leadership requires theoretical as well as practical and personal skills. Within the area of sports, and especially Sport for All, we provide a thorough understanding of organizational work and both theoretical and practical experience with different approaches to coaching and instruction. Likewise we encourage students to further develop their personal skills on an individual level.

INTERCULTURAL STUDIES

Intercultural studies has its starting point in the history, culture, mindset, and various democratic, political and social aspects of Danish society. After exploring Denmark, students begin to learn about and from each other, delving into cultures and societies from around the world. We encourage personal development, critical analysis, and active social awareness.

NGO WORLD/PROJECT MANAGEMENT

In NGO World, students will come to understand the structures of NGOs and other volunteer organizations, with a particular focus on sports organizations. They will learn about project management and project tools, fundraising and networking, enabling them through innovative thinking to be actively involved in society and contribute to the development both at the national and the international level. These skills will prove useful and valuable in any future career.

LANGUAGE

Students will improve and refine their English skills during their stay at INTAC. Classes are primarily conducted in English, and, within a short time, students will find themselves speaking, reading, thinking, and even dreaming in English.

In addition, students attend classes in Danish. The object is to enable international students to understand and take active part in the local environment surrounding them and help them interact more with the Danish students.



INSPIRING LEADERSHIP

FITNESS & HEALTH

Initial focus is on anatomy and physiology in relations to training. We work with nutrition, motivation and practical teaching whilst looking at the concept of »health« from all angles. The training will improve your physical shape – no matter what your goal is. For those who passes the exams it is possible to achieve certificate as personal trainer and/or fitness instructor.

GYMNASTICS

Gymnastics plays an important and longstanding role at Ollerup. We offer a choice of specialisations within Rhythmical- and Tumbling gymnastics, Dance and Parkour. In classes we focus on technical training, individual skills, biomechanics and theory behind. The course also focuses on leadership and development of individual competences as instructor and leader as well as coach.

RHYTHMICAL GYMNASTICS

Rhythmical gymnastics has its roots in the classic Danish tradition of “sport for all”. Technique and physical training go hand in hand, when it comes to rhythmical gymnastics – regardless of what kind of rhythmical you choose. In the spring semester we offer three focus areas – Modern Gymnastics, Aesthetic Gymnastics and Movement and Expression. In the autumn semester we offer one focus area “OllerupRytme” which is an introduction to all three lines.

DANCE

Ollerup has a contemporary approach to dance. We want you to find yourself as a “Mover” and for you to be

able to express something through dance. Therefore improvisation, playing with small tasks and finding joy in movement is a natural part of your journey. Further more, we have basic technical training in Modern, Ballet, Hip hop and House to refine and develop your instrument, your body, and make it capable of working with dynamics and details and moving freely.

TEAMGYM

The “TeamGym” line consists of the three disciplines: Floor, Tumbling and Trampet (minitrampoline) in both training and competition. We want you to become a better gymnast no matter level through individual, physical, and technical training in rhythm, tumbling and trampette. A combination of individual development, good teamspirit and atmosphere is an important part of TeamGym at Ollerup.

POWERTUMBLING

PowerTumbling at Ollerup focuses on good technique and execution. Through drills, video feedback, physical testing and training, we help you achieve your goals. You will be challenged regardless of whether you are a beginner gymnast in the national or a gymnast on national or international level.

TUMBLING X

Tumbling X is a broad variety of elements. It could be Tumbling choreographies, Acrobatics mixed together using Classical and Alternative equipment. It contains individual and team performances, as well as precision, concentration, repetition, techniques and lots of tumbling/vaulting – and last but not least it is a fun, social, playful and creative process that leads to a product that all participants have a share in. This is the closest you get to traditional Danish Gymnastics.

PARKOUR & FREERUNNING

This course includes Parkour, Freerunning, Tumbling, Tricking, Strength training, Conditioning, mobility and movement training. Participants will also work with video feedback and learn goal setting techniques. One of the goals is to find the joy of movement and play – aiming for the ultimate freedom of movement.



"Ollerup is a great starting point for jumping into international sport for all!"



- Matt Angel, former student from Australia



"The IYLE programme... taught me life lessons in confidence and independence whilst developing my understanding in international relations, NGO operations across the globe and how to overcome cultural differences. Add friendships for lifetime, sport on a daily basis and the opportunity to immerse yourself in another culture, it really is a truly unique and inspiring experience!"



Ollerup.dk
Since 1920



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