



## 2017 Wellington Ollerup Scholarship

### Frequently asked Questions and Information

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## What is Ollerup?

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The Ollerup Physical Education Academy in Denmark is a sports school for student between the age of 18-30 years (Must be 18 by the 1<sup>st</sup> August) that focuses on the sport of gymnastics – particularly team performance/ display gymnastics. As a student you will eat, study and sleep at Ollerup spend most of your time at the school. As this course is completely practical there are no exams but on the completion of either your 4 (August - December) or 9 (August - June) month stay you will be presented a diploma as a proof of your attendance.

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

## Programme/ Syllabus

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Many of the classes are integrated with Danish students. The theoretical lessons will be taught in English while the practical lessons will be a mix of both English and Danish.

### **Course Content:**

- Gymnastics; divided into 4 main areas: Performance Gym, Danish Rhythmic Gymnastics, Team Gym and Power Tumbling- You also have the opportunity to choose dance (which does have an additional cost – please see budget for costing's)
- Ball Games; volleyball, European football, nature and outdoors activities, swimming etc.
- Inter Culture Studies; Students are introduced to Denmark, the background and values of Scandinavian welfare society and relevant societal topics from around the world.
- Leadership Class; coaching exercise, theory, project work, methods of instructing etc.
- Danish Language; enable students to communicate on a basic level with native Danish speakers
- NGO (Non-Government Organisation) World/Management ; an introduction to the world of volunteer organisation, sports association, non-governmental organisation as well as general knowledge about project work

## Ollerup Aims

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One of the schools main focus areas is to provide knowledge and skills to become trainers and leaders in a voluntary organisation. Sports- especially gymnastics and are thus not considered as an aim in itself, but rather as a means of education, aiming at making the students more harmonious human beings.

## Where is Ollerup:

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The small town of Ollerup is located in the southern part of the island of Fyn (Funen). The nearest city is Svendborg, approximately a 10 minute bus/car ride from Ollerup.

## How many Scholarships are on Offer?

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Every year there is one scholarship available to clubs in the Wellington area. Scholarship awardees have the choice to undertake either the 4 or whole 9 month course. It is not guaranteed applicants will be able to stay for the whole 9 months. At the three month mark students are asked to re-apply with a motivation written document. As Ollerup is a world renowned academy these scholarships are sort after. The motivational letter it to confirm your place at the school for the additional 5 months, however if you are unsuccessful at your re-application this is the end of your scholarship.

## What does the scholarship cover?

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The scholarship covers the cost of accommodation (boarding school), meals, and tuition fees. You are responsible to cover: compulsory study trip to Copenhagen, own flight and travel expenses, travel insurance, educational materials, students arrangements or initiatives away from school and your own personal spending. (Please see budget on page 5,6 and 7)

## How do I become nominated?

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Nominations must come from a member club in the Wellington province and be accompanied by two appropriate references for example: Head Coach, Centre Manager. The applicant must also write a short letter to explain your personal reason on why you believe they are suitable for the scholarship.

## Criteria to apply for Scholarship

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Suitable applicants must:

- ❑ Be 18 years of age at the time of study at the Academy (June);
- ❑ Have active involvement in a member club of GymSports in the Wellington province;
- ❑ Prove to be a strong Wellington and New Zealand GymSports representative.
- ❑ Have an aim to complete the full 9 month scholarship – dependant on acceptance to the second part of the scholarship (4 month mark)
- ❑ Be prepared to contribute to the Gymsports on your return from study at the Academy – which could include: coaching on return to Wellington, regional workshops, regional presentation on your trip away or promotion of Ollerup for the next year.

## Nominated Club

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- In exchange for the scholarship to Ollerup, Wellington Province may become the host to a number of graduates of the Academy who may travel to New Zealand to coach in a New Zealand club during their stay. Wellington Province envisages that the clubs who have benefited from the Scholarship Programme will be the primary hosts for these possible graduates.

## Where do I sleep?

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- You will share a room with one other student (2 person room)
- He/she will usually be from Denmark or another Scandinavian country
- There are separate dormitory wings for boys and girls
- The rooms are relatively small dorm rooms

## Is there Internet at Ollerup?

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Yes, there is good wireless internet network around the school and in most of the rooms. It is a good idea to bring your own laptop/notebook, but otherwise the school has a computer room available.

## What kind of rules are at Ollerup?

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Absolutely no alcohol or drugs are allowed in or around the school. Curfew is 11pm during school days. You must be present at all classes and meals unless you are ill, injured (or have an exception from your tutor). Each student must have Travel insurance.

## What do people eat in Denmark?

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Danes eat a lot of potatoes and pork. One of the students has commented: they serve potatoes in a hundred and one different ways.. But generally the kitchen is pretty good so no worries 😊

Breakfast is very similar to NZ cereal, muesli, porridge with milk, yoghurt, fruits and of course you can get bread with butter and - most famously - with cheese and jam.

Lunch - Is a hot meal (potatoes, rice, pasta, pork, turkey, chicken, fish, salad). Normally the dinner is comprised of salads, vegetables, bread, ham, cheese, meat, rice, pasta and potatoes. Of course, we have to mention "coffee and cake nights" where you can eat cakes and drink coffee or tea while enjoying the good company – this is also a great way to network

and meet new people) If you are a vegetarian or have any food allergies, the kitchen will meet your special needs . need

## When is the 1<sup>st</sup> payment due?

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Enrolment fee of 1.500kr needs to be paid with the enrolment form for Ollerup (given to the recipient on announcement of the award) – roughly \$335 NZ depending on exchange rate at the time of payment. This first payment is due late January, early February of the year you are traveling.

## You're Visa?

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- Needed information is to be found here: [http://www.nyidanmark.dk/en-us/coming\\_to\\_dk/studies/how\\_to\\_apply.htm](http://www.nyidanmark.dk/en-us/coming_to_dk/studies/how_to_apply.htm) **Be aware that the visa process can last up to 2-3 months or even more.** If the application process is not finished before the programme begins, it is for most of you possible to travel to Denmark as a tourist and in the airport get a 3 month tourist visa stamped in your passport. Check your country status before travelling.
- To obtain the study visa expect: to have an interview at the embassy. They will check your English ability and knowledge about where you are going (EU-citizens/passport holders doesn't have to do this. As a part of the Schengen area you are free to travel, and the Study visa you apply for when at Ollerup).
- Embassy fee, for applying at the embassy
- Processing fee for the 'Danish Agency for Labour Retention and International Recruitment' (study and work visa authority in Denmark). **IMPORTANT:** Processing fee gives you the Case Order ID, needed to fill in on page 2 in ST1 (Study visa application). Without this your application will be rejected!
- Check this procedure with the Danish Embassy in your country and at [http://www.nyidanmark.dk/en-us/coming\\_to\\_dk/fee/about\\_fees.htm](http://www.nyidanmark.dk/en-us/coming_to_dk/fee/about_fees.htm) (point 6, students)
- There are two options for obtaining your visa:

### Visa before arrival:

- Fill in the Ollerup enrolment form with your personal information. Correct information from you is crucial! Address written is the one we send your signed visa application papers to! It needs to be a real address, not a postbox.
- After we receive your enrolment form, we will send you the necessary document to start the visa process. When receiving this documentation from us, please start collecting all other documents required for your visa. Make an appointment with the Danish embassy in your country and find out what is needed to bring. You can find Danish Embassies abroad at <http://www.um.dk/en> . Look for 'find us abroad'. Remind them of the interview if they don't ask.

**Visa upon arrival at the school:** This is not an option for everyone! Check the following link to see if you need a student visa upon entry or can enter with a tourist visa:

[http://www.nyidanmark.dk/en-us/coming\\_to\\_dk/visa/need\\_visa/who\\_needs\\_visa.htm](http://www.nyidanmark.dk/en-us/coming_to_dk/visa/need_visa/who_needs_visa.htm)

If you can enter Denmark on a tourist visa, during the Introduction week of the program we will provide you with step-by-step instructions on how to obtain your student visa.

• **Note that when you are in Denmark, you are here on a student visa; therefore, it is illegal to be employed in Denmark during your time at Ollerup.**

**Insurance: You need travel insurance!**

- Everyone else: Make sure you are covered.

During your stay in Denmark you can become a part of the Danish social security system which covers regular medical aid, but not medicine and special treatments such as a visit to the dentist. This is only possible after **obtaining your study visa!** Therefore it is essential that you have your own coverage prior to your arrival.

**Advise from Current 2013 Ollerup Student:**

*With the visa I had to wait for the application forms from Bo, then I had to make a "Case Order" on this website <http://australien.um.dk/en/travel-and-residence/residence%20in%20denmark/residence-and-work-permit-for-denmark> .This cost \$400. They then gave me an appointment at the Danish consulate in Auckland to get my biometrics scanned (they took my finger prints and photo) and submit my application form from Bo. And I had to pay another \$300 :( Then I got my visa here in Denmark. They told me at the consulate that they only had the equipment to do the biometric scan for a limited time and if I had come at a time where they didn't have it I would've had to go all the way to Sydney to do it. I'm not sure how often they have the equipment either. Its possible to do all the visa stuff here in Denmark and they will do the biometrics here too so I reckon it would actually be cheaper and easier to just wait till they come here to do all :) They actually take a whole day trip to Odense to sort out everyone's visas!*

## Advised budget – August to December Budget

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Items	Cost in DKK	Exchange rate as of Sept 2013	Information
Travel Visa		Up to \$700	Please see information above regarding visas.
Enrolment Fee	1.500kr	\$335	A mandatory fee for administration and starting package
Tuition Fee	25.470 kr	\$5711	<b>This is covered by the scholarship</b> and includes – food, classes and accommodation

Educational Materials and key deposit and Study Trip (one week in November)	5.400kr 200kr (key deposit) Total – 5.800kr	\$1300	All international students go Copenhagen for a week .This covers things like Binder- paper, copies, internet, gym line activities, excursions and laundry etc. Key deposit and other amounts not spent will be returned to you when you leave.
Excursions	550kr Dance – 1.550kr	\$122 Dance - \$350	Expenses and excursions within the gymnastics line you have chosen
Pocket Money	Depends on personal needs (Maybe 500-1000kr pr/month)	\$110 - \$170 per week  \$1766 - \$2720 over 16 weeks	This is about how much money you need per month but it can be very different person to person
<b>Total Estimated Cost</b>	34,920 KR	\$ 9,934	
<b>Estimated cost of Flights</b>		\$2800	
<b>Travel Insurance</b>		\$400	
<b>Cost to Student</b>		\$ 7323 NZD	

**Ollerup in house knowledge regard travel insurance:** once you have received your visa and have been in Denmark for minimum 6 weeks you can apply for Danish health insurance for free. This does not cover dentists and physiotherapist etc. but you can go to the doctor or hospital for free. You will still need the travel insurance to cover everything else.

## Why is the spring semester more expensive?

The Autumn semester is more expensive due to the intensity of the performance programme and an exciting skiing trip. The expenses are approximate amounts. If expenses are lower than expected money will be returned to you. Ollerup strives to keep costs at a minimum while offering the best and most fantastic opportunities for you. Please keep in mind that unexpected changes may occur. There is a Christmas Holiday of 2 weeks where the school is closed, the rest of their stay the school is open for internationals (but we do recommend they visit the other students and get to see a bit more of Denmark or Europe while they are here)

**January to June expenditure** – If you are successful at second scholarship - to obtain this scholarship you need to re apply to Ollerup.

## Advised budget – January/June Budget

Items	Cost in DKK	Exchange rate as of Nov 2011	Information
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Tuition Fee	33.960Kr	\$7608	This is covered by the scholarship and includes – food, classes and accommodation
Study trips and Educational Materials, performance clothes etc.	8.900kr	\$1994	Depending on how much you have transferred from first semester. For example 550kr left from August courses, it can be deducted or what is left, you'll get it back. Study trip is a week Ski Course in Norway, Educational Materials, Performance clothes etc. Expenses vary from line to line.
Pocket Money	Depends on personal needs	110 - \$170 per week \$2200 - \$3400 over 20 weeks	This is about how much money you need per month but it can be very different person to person
<b>Total Estimated Cost</b>	42.860kr	\$11,802- \$13,002	
Estimated cost of Flights		\$2800	
Travel Insurance		Additional \$200 to 4 month scholarship	
<b>Cost to Student</b>		\$7,194 - \$8,394	

## Complete 9 month course costs

Items	Cost in DKK	Exchange rate to New Zealand Dollar as of 30 <sup>th</sup> of November 2011
Visa		\$700
Enrolment Fee	1.500kr	\$335
Tuition Fee	59.430 kr	\$13,319
Study Trip / Ski Course / Excursions - Educational Materials, performance clothes etc. and key deposit	14,700	\$3,294
Feature Week	0-2500Kr	\$600
Pocket Money		\$120 - \$170 per month Total - \$4,320- \$6,120
Estimated cost of return Flights		\$2,800
Travel Insurance		\$600
<b>Total Estimated Cost</b>	78,130kr	\$25,968 - \$27,768

<b>Cost to Student</b>	<b>18.790kr (Ollerup Costing non exclusive of flights or insurance)</b>	<b>\$12,649- \$ 14,449 (Ollerup Costing as well as estimated of flights or insurance)</b>
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## What to Pack?

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**Need to Brings:** Lots of sports clothes, one set of togs/ swimming trunks (the school has two pools), laptop computer (if you have one) and a Power convertor (in Denmark we have 2 pins, 220 Volts), Rain coat or jackets, pens and pencils, cash for the bus ticket.

**Recommended:** Something original from your home country, USB stick, Camera, One set of party clothes, Medical Kit, Waterproof shoes AND running shoes for sports. Fleece blankets, Dry bag/small backpack. In Denmark buy a "Wild Card" for DSB (trains and busses) Gives up to 50% discount if you are younger than 26 years old.

**Don't Bring:** Sheets, towels (provided by the school), sleeping bags, paper, notebooks and cups, you don't need any kind of book (The school give you refill and a binder so you're set to go)

## Do I need to report back when I am away?

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Yes, when you are away you are expected to send a monthly report back to the GymSports Wellington Regional Relationship Manager. These reports do not have to be long (approximately half a full page in length) and can be informal although in appropriate language. Whenever possible it is great to include photos (of the facility, your dorm, people you have met, you in action at Ollerup or just out and about) youtube links are also a great way to share information if things are super busy when you're away. The full report will be sent to the Wellington selection panel, and a short article will be re-written from your report to be published in the regional e-news. Please see examples of reports, photos and youtube clips below.

## Monthly reporting example - Written

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Hello again from Ollerup,

Whoa, I can't believe how much this semester is flying by. It's going crazy fast and it's packed to the max. As I had said earlier my Danish has picked up but I am starting to notice that my English is getting worse so I apologise for any bad English! =P We are now back and at the beginning of a 'normal' week. Time to get some good training of technique and skills in while we have normal classes it's not long now, in a couple of weeks we will be off to Germany! It is getting so close now and will be such an amazing experience for everyone!

The past 2 weeks we have had what we call a 'special weeks'. The first one was a week of gymnastics. We were training hard 24/7 and learning many routines for our performance. On Friday morning we put all the pieces we had learnt together for the first time and had 2 practices before we left Friday

afternoon. We headed for Ikast where we participated in Aspartantstævne. There were 180 Ollerup students in the performance which included all the lines except the Team Gym.

It was our first performance, and we couldn't have asked for a better one. The performance was incredible and went really well. You can check out a video of it on the face book page – Gymnastikhøjskolen i Ollerup (Official). It was a weekend long event starting Friday night and finishing on Sunday morning. With a 90s themed party with most of those that were involved on Saturday Night =) Getting back Sunday everyone was exhausted and therefore took time to relax before were to start our second 'special week'. Last week was a week which was based on our sport subject which we do here at Ollerup. We had the option to sign up to do a sports tournament, adventure race or workshop. As my sport I am playing football again, so I decided why not give it a go and try playing football for the tournament. This was a great experience for me as before coming to Ollerup I had never played football as a sport.

On Wednesday everyone went to different parts of Denmark to play there sports. The football and handball players (popular sport over here) went to Arhus which is the second Largest City in Denmark. We spent Wednesday and Thursday playing football games against other sports schools Højskolens from parts of Denmark. It was so much fun playing – The team worked so well together and it was nice to be able to play real games against other teams. =) It was also very cool as I got the opportunity to watch a few handball games!

So as well as training or sports Monday and Tuesday we also had 'World and Me' with all the Nordic Students. We joined into the lecture they had. The school had borrowed a special set with a mic and headphones where the whole time there was someone translating the lecture for us. It was the first time they had tried this and it worked extremely well! =) It was really nice being able to understand. Until next time,

From Alana Thorne (Home Club – Waikanae Gymnastics Club)



## Monthly reporting example - YouTube

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Wei Lee was the Ollerup recipient in 2013 and decided a written report wasn't for him so instead he created you tube clips! Check them out below:

Ollerup E13: <https://www.youtube.com/watch?v=y-Djse-Hz9k>

Ollerup E13/F14: <https://www.youtube.com/watch?v=0eHq3dXS8dA>

## Monthly reporting example - Blog

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Sarah Fleming was the Ollerup recipient in 2014 and decided a written report wasn't for her either so instead she ran a blog while she was away, check out her take on reporting home below:

<http://adventuresforsarah.tumblr.com/>

## Process of Selection

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# Contact for any further Information:

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*GymSports New Zealand:* (Wellington Region Relationship Manager)

Name: Megan Russell

Email: [megan.preston@gymsportsnz.com](mailto:megan.preston@gymsportsnz.com)

Phone: 04 560 0440 or 027 653 1144



If you would like to talk to a previous recipient of this scholarship please contact me on the above address and I can put you in touch with someone.

## **Ollerup – Academy of Physical Education**

Website: [www.ollerup.dk](http://www.ollerup.dk)

Email: [info@ollerup.dk](mailto:info@ollerup.dk)

Phone: (+45 6224 1230)



## **Facebook:**

Gymnastikhøjskolen i Ollerup (Official)

## **Youtube:**

You tube has lots of examples of what Ollerup does and different performances: If you just type in Ollerup different examples will come up although here are some specific examples:

Academy of physical education, Ollerup, Denmark

TeamGym på Ollerup

TeamGym Denmark Test Konkurrence Odense Senior Herre Rytme

Camp Ollerup 2012

Ollerup Elevhold i Solrød 16-5-12

## **Miriam Wilson 2011 Recipient Clips:**

Snatch - Parkour Week E11: <https://www.youtube.com/watch?v=YOxfJjdiPRM>

Performance Team E11: [https://www.youtube.com/watch?v=nvBD\\_39wdTQ](https://www.youtube.com/watch?v=nvBD_39wdTQ)