

2017-2018 Ollerup Scholarship

Frequently Asked Questions and Information

What is Ollerup?

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 1st August) that focuses on the sport of gymnastics – particularly team performance/ display gymnastics/ Power Tumbling. 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 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

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

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:

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?

Every year there is one scholarship available to clubs in the Wellington area, this year as there were no applicants this scholarship is being offered on a National Level. Scholarship awardees undertake a 9-month course. At the three-month mark students are asked to re-apply with a motivation written document this enables both the participant and the school to leave the agreement if need be however it is very rare). As Ollerup is a world renowned academy these scholarships are sort after. The motivational letter is 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?

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?

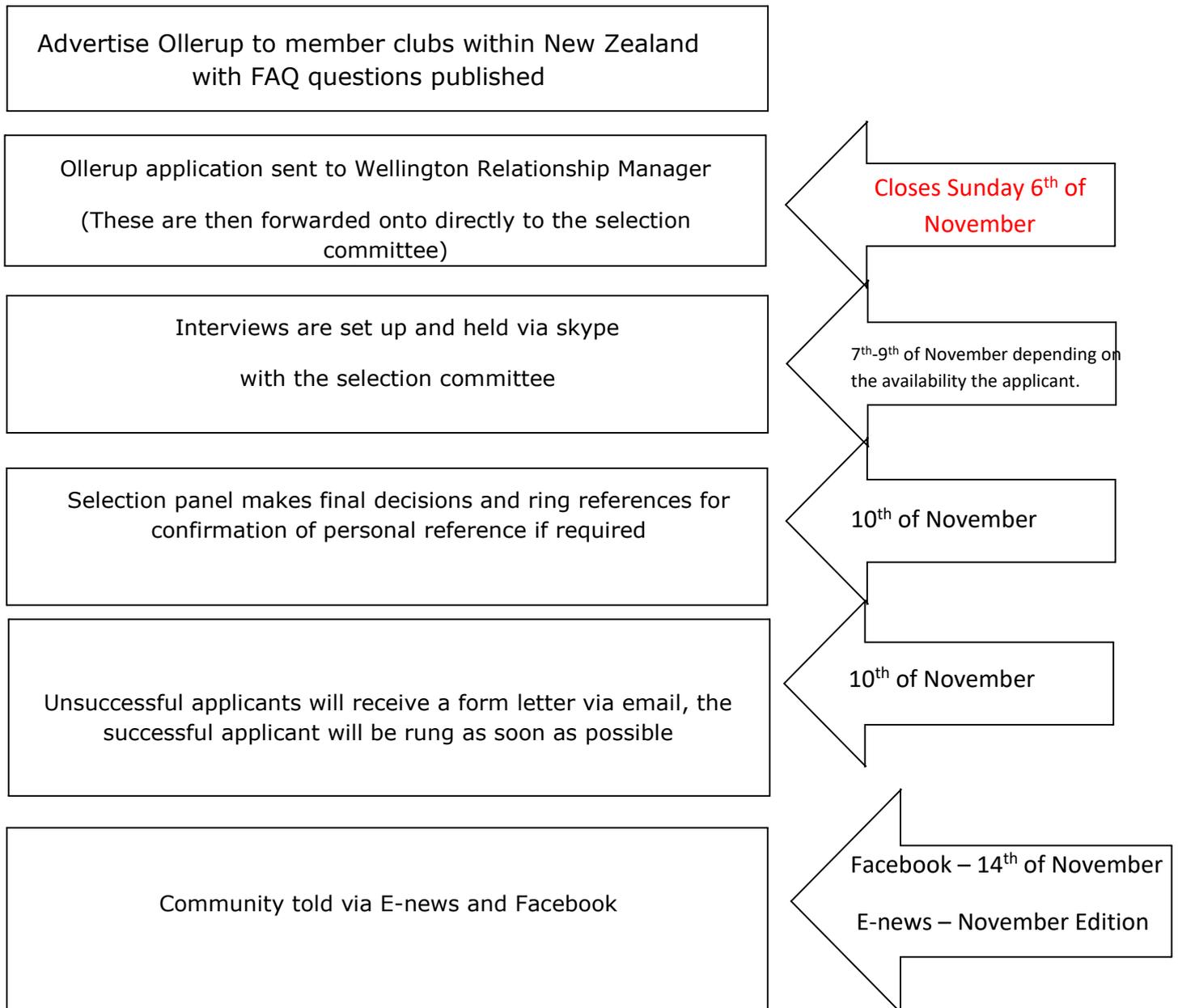
Nominations will only be accepted from your member club on the official application form and accompanied by two appropriate references for example: Head Coach, Centre Manager, school teacher. The applicant must also write a short letter to explain your personal reason on why you believe they are suitable for the scholarship.

Criteria to apply for Scholarship

Suitable applicants must:

- Be over 18 years of age at the time of study at the Academy (1st of August 2017);
- Have active involvement in GymSports either at club level, multiple clubs or across the region.
- Completed XTND Year 1 and 2 (If XTND is not offered in your region, be on the GymSports NZ education pathway)
- Be a New Zealand Citizen
- Read and understand the Ollerup FAQ Handbook.
- Attended a Skype Interview (The week of 7th-9th of November).
- Be prepared to contribute to GymSports on their return from study at the Academy for example: coach in your local club, run workshops on skills learnt, present for GymSports NZ, mentor and support your regions XTND students, volunteer at GymSports Nationals.

Process of Selection



Online Examples of Ollerup:

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:

TeamGym Denmark Test Konkurrence Odense Senior Damer Rytme
<https://www.youtube.com/watch?v=DBaxtMBdedQ>

Ollerup Efterår - Rytmask Gymnastik https://www.youtube.com/watch?v=KLTGI68tL_U

Team Performance - https://www.youtube.com/watch?v=hd5n9b_3Wao

Parkor : <https://www.youtube.com/watch?v=zc21h1OIfd8>

Power Tumbling Slow Mo - <https://www.youtube.com/watch?v=UMzhfBoDYyE>

Getting Around the town:

HOW ARE THE TRAFFIC CONNECTIONS TO AND FROM THE SCHOOL?

The connections are quite good. Buses to and from nearby Svedberg run every half hour during daytime.

IS PUBLIC TRANSPORT EXPENSIVE?

It can be quite expensive, so if you intend to travel around the country by train, it's a good idea to buy a Wildcard. This will give you discounts on train tickets. A single bus ticket to Svendborg costs 20 DKK (\$4.50 NZ) , but you can buy a 10-ride card for 155 DKK (\$33.50 NZ)

ARE THERE ANY ALTERNATIVES TO PUBLIC TRANSPORT?

International students have access to bikes that can be used to travel around on your own. There is a lot of great sightseeing all around Fyn, so it should be easy to find an interesting destination for a bike ride. In the summer you can go to the beach which is only around 5 kilometres.

What can I do in my Spare Time?

You can use the school facilities such as the tumbling centre, indoor and outdoor swimming pools (you can also enjoy the hot sauna after swimming), climbing wall, outdoor adventure track, beach volley court, ballgames etc.

You are also allowed to use the music room, where you can play various instruments.

Most of our free time we spend in the living room where you can play board games, piano, guitar and mingle with the others. It is also possible to play table football and watch movies in the TV-room or classrooms.

What kind of rules are at Ollerup?

Absolutely no alcohol or drugs are allowed in or around the school. Curfew is 11pm during school days (If curfew is broken you can be removed from the hostel and stripped of your scholarship). 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 Full cover Travel insurance.

Where do I sleep?

- You will share a room with one other student of the same gender (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?

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 do people eat in Denmark?

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.

When is the 1st payment due?

Enrolment fee of 1500kr needs to be paid with the enrolment form for Ollerup roughly \$320 NZ depending on exchange rate at the time of payment. This first payment is due late February / March of the year you are traveling.

Getting a Visa:

Advice from Current Student: Brianna Mckenzie:

I did my visa process here in Denmark.

The Visa Process was pretty easy; In the first few weeks here all the internationals sit and fill out all the forms needed together and then make the payment for it online. (The teachers took us through it step by step so there wasn't anything we had to do by ourselves really apart from fill out the boxes correctly). Then we took a class trip to the police station in Odense a couple of weeks after that and went through the final stages there which was just handing the forms over and getting a photo taken, they did the rest and then we got sent our visas and residence cards in the mail.

That was the way we did it, but it was more delayed than previous years because they changed the process when we got here to online so they had to make sure it was still okay if we went with paper forms as we were such a big group and had already started. So I'm not sure what the process will be next year, would you like me to ask and get back to you? It was so much easier getting the visa here as opposed to trying to get it sorted in NZ.

Insurance: You need travel insurance!

- 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.

Ollerup in house knowledge regard travel insurance: once you have 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.

Is there a Holiday Break?

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)

Word of Warning:

Please make sure when you return from your break over Christmas you take it easy week one, over the past 6 years at least 4 of our students have injured themselves thinking they can do what they did before the break – just like a break in your own gym take the time to get your body back into action.

What to Pack?

- **Need to Brings:** Your own cup, 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, Something traditional from your country, It can be nice to read books in your own language – bring some cash for the bus ticket.

Recommended: 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, you don't need any kind of book (The school give you refill and a binder so you're set to go)

How do I wash my Clothes?

- There are two laundry rooms and two drying rooms at accommodation
- Each load of laundry costs 12 DKK = \$2.50 NZ
- You have to pay for the washing powder yourself
- The tumbler costs 10 DKK per load = \$2.10 NZ
- It is possible to iron your clothes

Advised budget - 9 month course costs

Items	Cost in DKK	Exchange rate to New Zealand Dollar as of 18 th of October 2016	Information
Visa		Up to \$700	Please see information above regarding visas.
Enrolment Fee	1.500kr	\$311	A mandatory fee for administration and starting package
Tuition Fee	59.430 kr	\$12,310	This is covered by the scholarship and includes – food, classes and accommodation
Study Trip / Ski Course / Excursions - Educational Materials, performance clothes etc. and key deposit	14,700	\$3,044	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
Excursions	550kr Dance – 1.550kr	\$122 Dance - \$350	Expenses and excursions within the gymnastics line you have chosen
Feature Week	0-2500Kr	\$250	
Pocket Money		\$120 - \$170 per month Total - \$4,320- \$6,120	This is about how much money you need per month but it can be very different person to person

Estimated cost of return Flights		\$3,800	
Travel Insurance		\$600	All inclusive
Total Estimated Cost	78,680kr	\$24,457 - \$26,235	
Cost to Student	19250kr (Ollerup Costing non exclusive of flights or insurance)	\$13,147- \$14,925(Ollerup Costing as well as estimated of flights or insurance)	

Do I need to report back when I am away?

Yes, when you are away you are expected to send four report back to the GymSports Wellington Regional Relationship Manager. These report do not have to be long approximately half a full page in length) and can be informal although in appropriate language. When ever possible it is great to include photos (of the facility, your dorm, people you have meet, you in action at Ollerup or just out and about) youtube links are also a great way to share information if thing are super busy when your 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 you tube clips below.

Monthly reporting example - Written

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 Aspirtantstævne. 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 their 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

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>

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

Monthly reporting example - Blog

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/>

Contact for any further Information:

GymSports New Zealand: (Wellington Region Relationship Manager)

Name: Megan Russell

Email: megan.russell@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

Email: info@ollerup.dk

Brochure information: http://brochure-outsource-dk.com/ollerup_intac/intro/#p=1

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