

Hi!

Thought I would update you on the spring semester so far at Ollerup, sorry it's been a while, there is so much going on here!

I had an awesome Christmas break staying with my roomie from last semester. Experiencing a Danish Christmas opened my eyes up to how other cultures celebrate holidays. There were so many different things that made this experience one to remember. And although it wasn't a white Christmas, it was still just as enjoyable!

So, we are already 5 weeks into the semester! The time has gone by fast! This semester is so much bigger and a lot more intense than the previous one. There is a lot of focus on competitions for all the line classes. This means that the line classes are a lot more structured. I am still loving every minute of it here and time is flying! I am trying hard not to compare the semesters, as I know that they are completely different.

The schedule is very different from before Christmas as there are so many more people, which is taking a while to get used to. There is less time now for ourselves, so I'm getting very exhausted. With all the physical and mental classes during the day, and extra activities in the evening, I try to get to bed earlyish, to ensure that I am fit and fresh for the next day. This is hard sometimes when I am having a great time with my many friends here.

In line classes are working towards competitions. They are going to split us into 2 teams, so we can focus on different skills that we need to achieve to ensure a good competition. We have a rhythmical routine that we also working on, and many elements to go in it. I am quite weak, so am struggling with all the elements in the routine, but I am pushing myself and trying my best with extra trainings. There are so many people here that know TeamGym and can help me with technique, so I using this to my advantage.

In NGO this semester, we are working on an individual project. I have chosen to use TeamGym as my project, so I will hopefully have some good ideas of how I can start TeamGym in Hamilton when I come back. We haven't started working on our projects yet, but I will work really hard and try my best to think of good ideas and hopefully in the future I will achieve my goal!

My favourite class here would have to be Danish class. I love learning about the language and I am amazed at how different it is from English. It makes me think so much, which is good, and it is also giving me a common topic to discuss with all the 180 Danes here.

This semester we also have a Sport Subject for 8 weeks that we can choose. I chose to do Parkour and am really loving this class because it is completely new to me. I have never had any experience with parkour, so everything is new. I am learning so much about the many different ways the body can move, ways I didn't understand before.

Last week we had a visit from Greg Roe (famous trampoline person from Canada). He took all of our line classes and it was an interesting week as he talked to us about how he coaches children as well as trying to change the face of trampolining. He had some interesting coaching perspectives, some that I agreed with, and others that I didn't. He also talked about behaviour and motivation, and gave us some good tips about how to keep children motivated.

The temperature is getting colder...on Sunday, it snowed - a lot! There was snow everywhere, and it stayed! I was really excited!! I went for a walk around the neighbourhood - the Danes thought I was insane because I didn't have all my winter gear on (it was sunny). I even found a nice place to make a snow angel!

Normal daily life here is amazing, not one day is the same! The people, the trainers, the teachers and my friends all make my stay here a good one. I love having normal days and weeks, getting into a routine is good, but I also enjoy the special days too. Tomorrow is a special day, where we don't have any of our normal classes. The schedule says that after the normal breakfast, morning cleaning and morning assembly, we will sing for most of the day, as well as doing some small group activities. Singing is my favourite way to connect with so many different people here from all over the world so I am really looking forward to this!

Next week is a special week, OD week, where we will not have our normal classes. Instead we will have a lot of dancing and singing and lectures about the old days here at Ollerup.

In 3 weeks time, the whole school will travel to Norway for the Ski trip. I am really looking forward to this adventure, and I'm sure it will be a really good experience for me too!

I hope all is well back in New Zealand!

I will update you after the ski trip!

Thanks,

Holly Davies