



# Jessie Mok

My time at Ollerup has been amazing so far!

One of the standouts has been the world-class facilities. The tumbling centre is incredible, with trampolines attached to bungys, raisable pits, multiple mini-tramps, and a very safe setup for trying new skills. Beyond that, the campus has an outdoor pool with a trampoline and 10m diving platform, an indoor pool, a dedicated parkour centre, a full fitness centre, sauna, dance and yoga studios, and much more. Having all of this right outside my door has created a fun, active lifestyle where I get to train or try something new every single day.

Some of my personal highlights so far include:

- Attending two dance workshops with internationally accredited teachers.
- Coaching a performance team from a local gymnastics club. It is challenging but rewarding, especially as most students mainly speak Danish, making me adapt my usual coaching style.
- Participating in two parkour events, including one in Germany.
- Learning not only from my coaches, but also from other students, many who are experienced coaches themselves and bring perspectives from all around the world.

While I expected to develop new coaching skills, I've also had the unexpected bonus of improving my own gymnastics. We are currently preparing for some performances, and I'm training some tumbles which I can hopefully compete when I arrive back in NZ.

A major highlight was attending one of the largest international grassroots sports congresses. I had the opportunity to lead a short meditation exercise during one of the sessions. This was super exciting as that session was also lead by two former Olympians. The congress also expanded my international network and gave me new insights into funding, safe sport, inclusion, and other key topics shaping grassroots sport today.

Ollerup is not just about gymnastics. I've been able to explore self-defence, photography, sewing, sauna gus, and other activities I never expected to try but have genuinely enjoyed.

Finally, I'm very excited to share that I have been awarded a further scholarship to stay for the Spring semester. I'm incredibly grateful and absolutely thrilled to continue my Ollerup journey.

Thank you to everyone who has supported me. I'm learning a lot, being challenged in the best ways, and can't wait for what's next!



# Millie Woodley - Phillips

The highs have definitely been meeting new people and making lots of new friends.

Getting to train and learn is such amazing facilities has been wonderful, getting to do that with people as eager to learn new things as me has made it very worthwhile.

I definitely miss people back home, so keep in touch often.

The school challenges you by encouraging you to step out of your comfort zone and try new things even when you don't feel like you can, it pushes you to find things you didn't know about yourself.

The different cultures at the school is really amazing to see, being apart of that is so fun and comes with a lot of laughter.

I have learnt so much about myself these past few months things I never thought I was capable of, weather it's doing things I've never done before to helping others try new things there always something going on eagerly waiting for someone to try. We have a performance coming in the next few weeks so gearing up for that.

