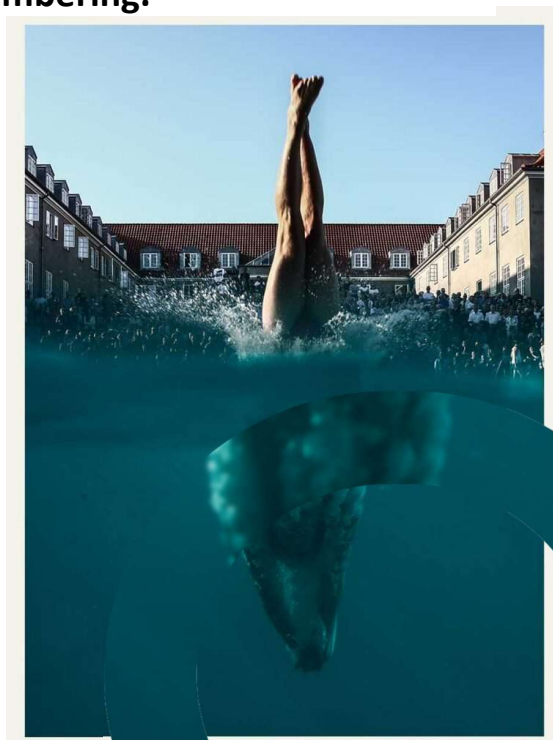


Take the plunge

OLLERUP

“How about a **unique experience** that lasts a lifetime. **An investment** that returns itself 1,000 times over – one that **you’ll never regret**. How about a new **community**, new friends and how about writing a **new chapter** in your life.

A story worth remembering.”



Gymnastics New Zealand Scholarship Application Handbook

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Gymnastics New Zealand Scholarships



Gymnastics New Zealand has a number of 6-month Scholarship and 12-month scholarships worth approx. \$7000 \$16,000 respectfully.

The Scholarship is available to active members of Gymnastics New Zealand members who are 18 years old at the time of study at the Academy, please refer to page 6 for further information on the scholarship criteria.

To find out more, check out our GNZ portal or contact Cara Pax on cara@gymnasticsnz.com or 0273898229.



What is Ollerup?

The International Academy (INTAC) is an integrated part of *Gymnastikhøjskolen I Ollerup* - a Danish Academy offering informal education with a special focus on Gymnastics. The school is based in a small town 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.

Students are between Ollerup of 18-30 years (*Must be 18 by time of travel*) and stay either 6 or 12 months. As a student you will eat, study and sleep at Ollerup and spend most of your time at the school. The course is completely practical which means there are no exams but, on the completion, you will be presented either a certificate of attendance (6 month) or a diploma (12 month) as a proof of your attendance.

Classes are based on dialogue and mutual learning between teachers and students. One focus is to discover and strengthen the unique skills of each student in a challenging yet supportive social atmosphere. Another focus is to provide knowledge and skill for becoming trainers and leaders in sport and voluntary organisations. Sports – especially gymnastics – are thus not considered as an aim, but also as a mean of education, aiming personal development as well as making the students more harmonious human beings and active citizens.

As a student of an International Academy, (INAC) you will receive an international youth leader education (IYLE). The IYLE course is in constant development, Ollerup aim to give you the best 'tools' for your future life. For example, we will use sport as a media for achieving skills that are vital in the modern world: international competences, coaching, team building, supervision, co-operation, leadership, event planning and management.



Ollerup Programme

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 different lines (you choose one at the time of application- [INTAC Lines - Gymnastikhøjskolen i Ollerup](#)):

January – July (Autum)

- ☐ TumblingX (Performance Tumbling)
- ☐ Rhythm (Rhythmic Gymnastics)
- ☐ Dance
- ☐ Team Gym
- ☐ Power Tumbling
- ☐ Health and Fitness – only available on 12-month scholarship

July – August (Spring)

- ☐ TumblingX (Performance Tumbling)
- ☐ Team Gym
- ☐ Power Tumbling
- ☐ Health and Fitness – only available on 12-month scholarship

- Sports – (swimming, ball games; nature and outdoors activities)
- 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, Learning, Development and Perspectives (LUP - 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

At the *Gymnastikhøjskolen i Ollerup* all subjects and lessons are equally important. The overall idea is placed on holistic development and in order to gain such an experience, it is important that students show interest in all their lessons and not only focus on particular subjects. It is mandatory that students are present (both physically and intellectually) at every lesson.

Here is an example from Youtube on a day in a life of a Ollerup Student

<https://www.youtube.com/watch?v=gLdjQWEsH2Q>

Example of a week at Ollerup Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.10 am – 7.30am	Breakfast				
7.30 am – 7.50am	Morning Duties/ Cleaning				
8.00 am – 8.20am	Morning Assembly				Morning Assembly
8.30am – 9.45am	Sport Subject	Gymnastics, Dance and Leadership	Intercultural Studies		Gymnastics, Dance and Leadership
9.45 am – 10.15am	Break				
10:15am – 11:30am	Intercultural Studies	NGO World	Intercultural Studies	Self-study (Danish)	Gymnastics, Dance and Leadership
11:30 am – 12:45am	Lunch				
12:45pm – 14:00pm	NGO World	Common Council	Intercultural Studies	Common Meeting	
14:00pm - 15:30pm	Gymnastics, Dance and Leadership	Danish		Sport Subject	
15:30 pm – 16:00pm	Break				
16:00pm – 17:15pm	Gymnastics, Dance and Leadership	Danish	Gymnastics, Dance and Leadership	Sport Subject	
18:00pm – 18:45pm	Dinner/ Tea				



How many Scholarships are on offer?

Every year GNZ is guaranteed one scholarship available to member clubs in the New Zealand from Ollerup, however this can change depending on what Ollerup is able to offer.

For students who choose to study for 12 months (at the four-month) mark students are asked to re-apply with a motivation written letter this enables both the participant and the school to leave the scholarship agreement (if needed however it is very rare). 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, and you will be required to leave the school.

If I am unsuccessful at receiving a scholarship can, I go self-funded?

Absolutely – if you would like to go self-funded, please just email Cara on cara@gymnasticsnz.com

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, your own flight and travel expenses, travel insurance, educational materials, student's arrangements or initiatives away from school and your own personal spending. (Please see budget on page 11 and 12)

How do I complete a nomination?

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, schoolteacher. The applicant must also write a short letter to explain your personal reason on why you believe they are suitable for the scholarship. – Please see page 18 for the full nomination form.

Criteria to apply for the Scholarship:

Suitable applicants must:

- ☐ Read and understand the Ollerup Gymnastics NZ Scholarship Application Handbook
- ☐ Be over 18 years of age at the time of study at the Academy (1st of Jan (6-month scholarship) or 1st of August for year you are travelling for the scholarship);
- ☐ Be a New Zealand Citizen
- ☐ Have active involvement in gymnastics either at club level, multiple clubs or across the region.
- ☐ Graduate of XTND or hold a Elementary Coach qualification (includes all post course requirements)
- ☐ Completed Safeguarding training (Safeguarding Children and Child Protection Module through Sport Tutor) (Click the link if you need to complete it - [LINK](#))

- ❑ Available to attend a online interview with Gymnastics NZ Staff (Normally the week after entries close)
- ❑ Be prepared to contribute to Gymnastics on their return from study at the Academy for example: coach in your local club, run workshops on skills learnt, present for Gymnastics NZ, mentor and support your regions XTND students, volunteer at Gymnastics Nationals.



Application timeline

Outlined below are the process Gymnastics NZ conducts each year when selecting a Scholarship winner for Ollerup



Applications Open

Applications Close

Shortlist of applications

Interviews

Selection Panel

Reference Checked

Contact Scholarship winner

Community Updated

☐	Applications Open	Ollerup application sent to (GNZ contact email) Advertise to all member clubs through helpdesk, GNZ portal and GNZ Facebook page
☐	Applications Close	Application Close for both Scholarships 20 ^h of February 2026
☐	Short list of application	Unsuccessful applicants informed and short list of application compiled
☐	Interviews	Online interviews with those who are shortlisted the week of the 23 rd of February 2026
☐	Selection panel	Selection panel makes final decision of the applicant/s
☐	Reference checked	Reference checks for the preferred candidate
☐	Contact	Successful applicant contacted via phone
☐	Contact	Unsuccessful applications contacted
☐	Community updated	Community updated through Facebook and the newsletter who the scholarship winners

Online examples of Ollerup:

Facebook:

@ Gymnastikhøjskolen i Ollerup (Official)

Youtube:

Youtube 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:

A Day in a life of a Ollerup Student - <https://www.youtube.com/watch?v=gLdjQWEsH2Q>

TeamGym Denmark Test Konkurrence Odense Senior Damer Rytme:

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

Rhythm (: https://www.youtube.com/watch?v=KLTGI68tL_U

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

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



Frequently asked questions by students:

IS THERE PUBLIC TRANSPORT TO AND FROM THE SCHOOL?

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 (\$4.35 NZ), but you can buy a 10-ride card for 155 DKK (\$33.70 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 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, Gluten Free or have any food allergies, the kitchen will meet your special needs.

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 ARE THE RULES OF 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 will need to find your own accommodation either for a few days or 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.

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.

HOW DO I WASH MY CLOTHES?

- There are two laundry rooms and two drying rooms at accommodation, washing is free but you do need to buy your own washing powder

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 you are there

CAN I FLY OVER EARLY OR STAY OVER THERE?

Of course, you have full control over your flights as you are booking and paying for them.

WHAT DO I NEED TO PACK?

Need to Brings: Your own cup, Lots of sports / active wear clothes, one set of togs/ swimming trunks (the school has two pools), laptop computer (if you have one) and a Power convertor (in Denmark they 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 formal dress /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)

Visa Information

New Zealand is one of the lucky countries which is on the official list in Denmark – this means you can enter the country without a visa. When you arrive at Ollerup the international students will travel as a group to get their student visas – make sure you go!



As things change often (especially with covid) for the most up to date information please check out - <https://www.nyidanmark.dk/>

If you are unsure please contact the school the international advisor is: Cristiane Fuglsang cf@ollerup.dk

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. It is also recommended by Ollerup that students have health insurance while studying abroad.

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.

Word of Caution

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 scholarship students have injured themselves thinking they can do what they did before the break – just like a break in your own gym or training take the time to get your body back into action.

Budgeting

Although the Gymnastics New Zealand the cost of your time away it does not important you think through how you will you are successful and accept the scholarship, you are committing to. This the approx. costs involved.



Scholarship will cover some of cover all your expenses. It is fund the additional money as if Gymnastics New Zealand section will give you an idea of

What does the scholarship cover?

Cost of accommodation, meals and tuition fees – please refer to the Ollerup Website for more information on cost: [Economy - Gymnastikhøjskolen i Ollerup](#).



When is my first payment and how much do I need to pay in advance?

Enrolment fee of 2000DKK needs to be paid with the enrolment form for Ollerup roughly \$535 NZ depending on exchange rate at the time of payment. This first payment is due late February / March of the year you are traveling. Please refer to the budget for additional payments required before and after arrival.

Travel Visa – This can cost up to \$850 NZD please refer to page 10 for additional visa information

Please note this is just a guide and prices can increase due to exchange rates, flights, Ollerup costings etc.

Fundraising

You are able to fundraise, please talk to your club manager before you start planning to get permission.

Do I need to report back when I am away?

Yes, when you are away you are expected to send 2 for 6 months and four report for 12 months back to the Gymnastics NZ Cara Pax cara@gymnasticsnz.com These report 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 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 out on GNZ Clubland (newsletter) or used to published in the national e-news. Please see examples of reports, photos and you tube clips below.

Monthly reporting example - YouTube

Miriam Wilson 2011 Recipient Clips: Performance Team E11:

https://www.youtube.com/watch?v=nvBD_39wdTQ

Monthly reporting example - Blog

Sarah Golding (nee 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

From Ollerup to Full Time Firefighter – Alanah Goldingham (Originally Hutt Valley Gymnastics)

Why did you originally apply for ollerup? I was interested in going to Ollerup because it was an opportunity to go overseas and live and learn in a new country. I have always enjoyed travelling and this came at a time when I didn't know what I wanted to do in the future. Learning about what Ollerup could offer made me excited to go. The idea of training, eating and sleeping with 200 other likeminded people excited me.

What did you learn while you were away? Ollerup really is a place where you can learn so much about yourself, others and gymnastics. The equipment we got to train on allowed me to learn tumbling skills I never even dreamed of. I learnt how to work within large and small groups, event organising/project management and even dealing with conflict. The skills we get taught allowed me to boost confidence within myself and push my own boundaries. The teachers at Ollerup encouraged self-development and forming relationships with those around us.

When you came back why did you look at Firefighting? When I came back home, I thought it was time to start looking for a career. I wanted something that would allow me to be active and out and about in the community. FENZ was having an open day where you try out a couple of the physical tests and I went along to see what it was like. I came away from the day thinking this is what I want to do. The comradery and the opportunities that you could get really inspired me, so I spent the next few months working my way through the application process and here I am.

Are you still involved in Gymnastics? I stopped coaching just before my training began for FENZ, but I still go down every so often to do adult classes at Hutt Valley when my shifts work around the days.

How did ollerup and gymnastics support you in apply for becoming a firefighter? I think my time with gymnastics not only helped me with my physical strength which is important as a firefighter but also my mental strength. My determination and perseverance helped not only in the application process but also on course where we still needed to prove ourselves and push through the challenges in order to graduate. Attending Ollerup helped by giving me life experience especially because I applied so young. Living away from home, mixing with different cultures and personalities provided me with so many life skills.



From Ollerup to Full Time Gymnastics NZ Event Assistant



Teresa also nicknamed 'T', joined gymnastics at the age of 5. As someone who was afraid of balls flying at her face she decided gymnastics in many forms including WAG, AER, TRA and TUM was a safer option. Gymnastics helped her become independent, strong and resilient. In 2015 T started her coaching journey as an XTND coach at ARGOS "I looked back on when I was a gymnast, I had some amazing coaches and some horrible coaches and I really thought to myself, the coaches that had a positive impact on my life really helped me, they made me love the sport, so I wanted to be that for someone else". Whilst she was at an XTND Display course, the presenter told her about this awesome opportunity called Ollerup. At the time she was not quite old enough however in 2019 it came full circle as T got a scholarship to Ollerup.



Ollerup, based in Denmark, by definition is an international academy of physical education based on the fundamental movement patterns but in her words "I would describe it as the best year of your life." There was a lot to learn at Ollerup, despite it being one of the most difficult years of her life, being stuck overseas during a pandemic, she grew to be a better gymnast and person because of the community around her. During her stay they went to Copenhagen and visited not-for-profit gymnastics and sports organisations. This sparked her interest in project management working with sports, children, and growing communities. She also got an O (for Ollerup) tattoo that represents "a full circle as everything you do comes back around and as a reminder to be your full, authentic self."

Since coming back from Ollerup T has been volunteering as a brand strategy advisor for a not-for-profit organisation called Neighbourhood. As a part of the gymnastics community volunteering has been ingrained into her life, "I have been volunteering at every single gymnastics event my entire life". She has been in many gymnastic based volunteer roles including helping at four National Gymnastics Championships. Life has come full circle again for T as she takes on her new role at Gymnastics New Zealand as Events Assistant. Wish her luck as she takes on this new role with Gymnastics NZ and don't forget to say hi to her at Nationals.

From Ollerup to working at Ollerup as a Relief Teacher

Tara Fitzgerald originally from Waikanae Gymnastic Club and travelled to Ollerup in 2020. Tara returned to Ollerup and to a job where she is relief teaching, housekeeping and mainly planning the elite teams tour of NZ. Check out her story below:

I got my job here super simply by asking! At the time I really wanted to continue traveling but with the boarder restrictions coming in and out of NZ I needed somewhere guaranteed to be safe, so I messaged the school and asked them if there was anything I could do and here I am! It's super common for former students to work as caretakers, housekeepers etc at the school which is great because we get to live and work here with our friends! That's the cool thing about the school, it's very flexible and open to new ideas and processes which means your relationship with the school doesn't have to end when your time as a student does.

The tour of the elite team is a great example of that spirit! When I was a student, we had a class twice a week about building projects and a friend and I came up with this idea of bringing the schools performance team to NZ to display the possibilities of performance gymnastics, using the best former gymnasts from the school. We pitched it to the teachers who took it to the principal and here we are, ready and booked to bring 65 gymnasts to nz to showcase a great example of Danish gymnastics, the things you can get from the school and most importantly for us at home;

the possibilities of performance gymnastics (and I get to visit home!!) This is a great example of their openness to different ideas and just how many possibilities there are here.

Ollerup is a great place to work, they have a philosophy that there is no hierarchy in the workplace and really value all of their employees in the same way no matter their role. There's also lots of space to grow in the school, for example if some of the cleaning staff or groundskeepers have expertise in a sport or topic, they are more than welcome to teach it to the students as one of the optional subjects offered. I've really enjoyed teaching here and seeing how the structures in the schoolwork from the other side and how different each semester is from the last. Working in a different country is of course always a good experience too. Overall, I would of course always recommend anyone to come here as a student but also if you're interested in working, it's a great opportunity!



Application Form for Ollerup Scholarship

Name of Applicant: Click or tap here to enter text.

Email Address: Click or tap here to enter text.

Cell Phone/ Contact Number: Click or tap here to enter text.

Date of Birth: Click or tap here to enter text.

Member Club: Click or tap here to enter text.

Club contact (Name and Email): Click or tap here to enter text.



Please make sure you have attached:

- ☐ Cover Letter from yourself.
- ☐ Letter of reference from club or school
- ☐ Two photos for use if successful - One a head shot and one of you either as an athlete or coaching in the club, please be aware these will be used on Facebook and e-news if you are the successful applicant.
- ☐ Personal Letter of reference

1) Are you applying for the 6-month Scholarship or the 12-month Scholarship?

☐ 6 Month Scholarship ☐ 12 Month Scholarship

2) Which scholarship are you applying for:

☐ January - December 2027 – July 2027 (12 months)

☐ January – July 2027 (6 months)

☐ August - December 2027 (6 months)

3) Relevant gymnastics and leadership experience (e.g. competed for 4 years, now coaching general gymnastics classes 2 times a week) (separate sheet may be attached):

Click or tap here to enter text.

4) Reasons why I (the applicant) am suitable for the Scholarship to the Academy (separate sheet may be attached):

Click or tap here to enter text.

5) Before you leave/ On return to New Zealand you are required to volunteer time back to your club/ region – what would you like to do?

Click or tap here to enter text.

6) What are your future goals? Both within Gymnastic and in the wider world?

7) If you were selected, what line would you like to study? If you



January – July (Autum)

- ☐ TumblingX (Performance Tumbling)
- ☐ Rhythm (Rhythmic Gymnastics)
- ☐ Dance
- ☐ Team Gym
- ☐ Power Tumbling
- ☐ Health and Fitness – only available on 12-month scholarship

July – August (Spring)

- ☐ TumblingX (Performance Tumbling)
- ☐ Team Gym
- ☐ Power Tumbling
- ☐ Health and Fitness – only available on 12-month scholarship

Applicant Signature – Just type in name [Click or tap here to enter text.](#)

He kupu whakamarama Terminology

Scholarship

Money available for the winner of the scholarship

Performance Tumbling

Beginners Tumbling class

Parkour / Free Running

Parkour is an athletic training discipline in which practitioners (called traceurs) attempt to get from point A to point B in the most fluid way possible, without assisting equipment and in the fastest and most efficient way possible

Rhythmic Gymnastics

Is a gymnastics sport which gymnast perform with apparatus i.e. Ball, Hoop, Clubs, Rope or Ribbon. Rhythmic Gymnastics also at Ollerup also concentrates on dance

Power Tumbling

Power Tumbling requires more strength and skill than basic gymnastics classes. Most gyms recommend your child be a little older before signing up for a tumbling class, and they must have some basic gymnastics training.



Team Gym

Is a TeamGym is a **team competition for men and women**, which includes routines being performed on three pieces of apparatus: floor, trampette and a tumbling track. ... TeamGym competitions may consist of three categories: women, men and mixed teams



NGO – Ollerup

Non – Government Organisation

NSO – GNZ

National Sports Organisation

FOR MORE INFORMATION CONTACT

Gymnastics New Zealand:

Name: Cara Pax

Email: Cara@gymnasticsnz.com

Phone: 027 389 8229

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

Phone: (+45 6224 1230)

