

TOMORROW'S YOUTH LEADERS

ACADEMY OF PHYSICAL EDUCATION



Come join the International Youth Leader Education (IYLE) at the Academy of Physical Education in Ollerup, Denmark.

Our International Academy welcomes all motivated, physically active, and open-minded international students between the age of 18-30 years to join us for a stay of four or nine months. For more information please visit www.ollerup.dk.

PLAY AN ACTIVE PART



... hundreds of students
from all over
the world



"My participation in the IYLE Programme at INTAC directly inspired and enabled me to initiate TEMPOS Gimnasia Danesa – a local gymnastics club within the concept of Sport for All – back in Costa Rica!" says Jorge Sánchez (29).

Jorge refers to his INTAC stay in 2008 as 'a unique education for life itself' and he emphasizes the valuable network he has gained through it, too.

"Without INTAC I couldn't have come so far."

INTERNATIONAL YOUTH LEADER EDUCATION

The International Academy, INTAC, at the Academy of Physical Education in Ollerup, Denmark, offers the internationally recognized **International Youth Leader Education** (IYLE), a residential, non-formal education programme aimed at fostering tomorrow's young sports leaders.

A global sports laboratory ...

INTAC at Ollerup cooperates with universities, various educational institutions, NGOs, and international voluntary sports organizations all over the world, and IYLE is organized in collaboration with the worldwide Sport for All organization, International Sport and Culture Association, ISCA. Several international youth projects initiated by INTAC and ISCA jointly have received substantial funding from the European Commission.

... with social aspects

Through intercultural understanding, democratic values, and active social aware-

ness, we encourage our students to take responsibility and play an active part in their communities. Besides having the time of their life, we encourage them to help bring about social change through their own educated leadership – by initiating community-based activities and exercising active citizenship – and in our intercultural learning environment, we provide them with the necessary skills to do so.

Not just any campus

The Academy of Physical Education is not just any campus – it is a 40.000 m² campus, fully equipped with modern sports facilities and accommodation for more than 220 students. Each year hundreds of motivated students from all over the world stay here, creating together a unique international learning environment.



COURSE CONTENT AT IYLE

Motivational and inspiring leadership requires theoretical as well as practical and personal skills. Within the area of sports, and especially **Sport for All**, we provide a thorough understanding of organizational work and both theoretical and practical experience with different approaches to coaching and instruction, just like we encourage students to further develop their personal skills on an individual level.

InterCultural Studies

Cultural studies has its starting point in Denmark, its history, culture, mindset, and various social, democratic, and political aspects of society. Cultural Studies soon

turns into Intercultural Studies, though, as students learn about and from each other. We encourage personal development, critical analysis, and active social awareness.

NGO World/Project management

In NGO World, students will come to understand the structures of NGOs and other volunteer organizations, with a particular focus on sports organizations. They will learn about project management and project tools, fundraising and networking, enabling them through innovative thinking to be actively involved in society and contribute to the development both at the national and the international level. Skills

that will prove useful and valuable in any future career.

Language

Students will improve and refine their English skills during their stay at INTAC. Classes are primarily conducted in English and within just a few days, students will find themselves speaking, reading, thinking, and even dreaming in English. In addition, students attend classes in Danish, the object being to enable international students to understand and take active part in the local environment surrounding them and help them interact more with the Danish students.

INSPIRING LEADERSHIP



Gymnastics

Gymnastics play an important and long-standing role at Ollerup. We offer a choice of specialisations within Rhythmical- and Tumbling gymnastics, Dance and Parkour. In classes we focus on technical training, individual skills, biomechanics and theory behind. The course also focuses on leadership and development of individual competences as instructor and leader as well as coach.

Specialisations:

Performance tumbling focuses primarily within the traditionally Danish tumbling elements (tumbling, mini-trampoline,

vaulting horse/box), as well as in elements of dance, agility, acrobatics, and circus related exercises. Through development of personal goals, students will work with focus on technical skills in different tumbling/vaulting elements, as well as experience a creative process in the combination of tumbling, movements, music and different gymnastics equipment.

Team gym is a competitive type of gymnastics for men, women and mix. It consists of 3 parts: a Rhythmical sequence, Floor Tumbling and Mini-trampoline (incl. vaulting). Our aim is to create good experiences for

the gymnasts as they compete with other teams in tumbling and rhythmical sequences. The team aspect of the sport is a main focus.

Power tumbling focuses on Tumbling technique and combination drills, Strength training, Physical training, Video feedback, Judging rules and Competitions.

Ollerup has one of the most advanced video feedback systems in the world. In Tumbling video is used to directly improve technique as well as to track progress.

Danish rhythmical Gymnastics

Rhythmical gymnastics is a well-rounded discipline in which traditional Danish gymnastics is used in a modern and trendy way. It includes movement techniques and physical training in connection to gymnastics and dance. We offer three focus areas – Aesthetics, Modern Gymnastics and Movement and Expression.

Modern Gymnastics focuses on creating well-rounded movements, movement tech-

niques, the use of apparatuses and dance. Aesthetics is a competitive form of Danish gymnastics, which focuses on perfection and execution of the required elements. Movement and Expression focuses on improvisation and the expression of movement.

Modern dance

Ollerup has a modern approach to dance. Students are exposed to different dance genres while focusing primarily in the contemporary and modern fields. Throughout the term, students will be exposed to modern, new dance, jazz, ballet, house and hip hop as well as contact improvisation, partner work, choreography, composition, improvisation, and repertory.

Parkour & Free running

The course includes Parkour, Freerunning, Tumbling and Tricking, Strength training and Conditioning as well as work with video feedback and goal setting techniques. One



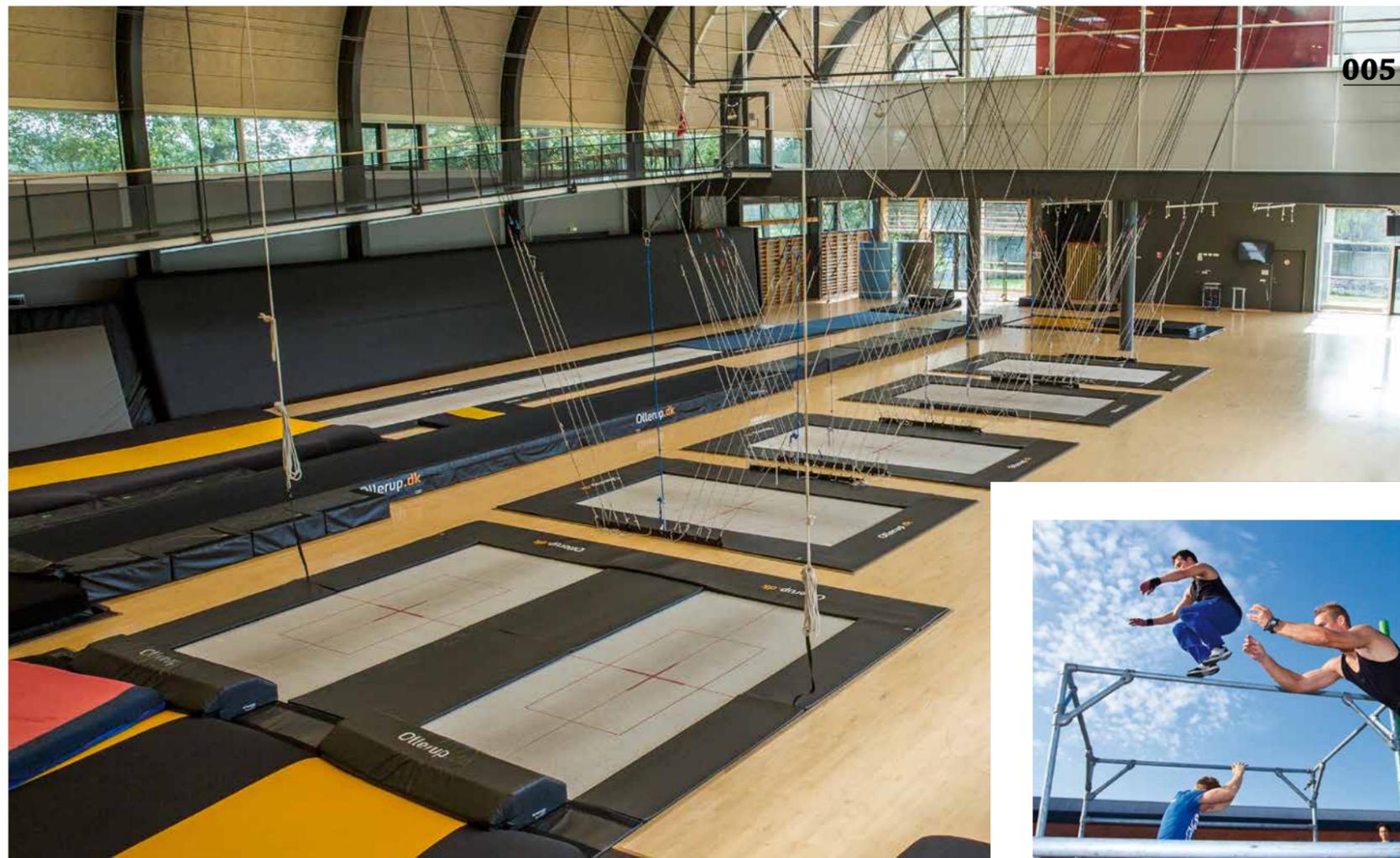
of the goals is to find the joy of movement and play – aiming for the ultimate freedom of moving

Sport and creative classes

We offer classes in swimming, volleyball, football (soccer), outdoor activities and climbing, strength and fitness training. It is focussing on personal development, skills, tactical understanding and skills in teaching.

Various creative classes are offered in parts of a semester. Subjects like photography, music, painting and more are among the choices.

For more information please visit www.ollerup.dk



SO MUCH MORE ...

THEY WILL LIVE, EAT, AND WORK TOGETHER ON CAMPUS, THEY WILL SPEND ALL THEIR FREE TIME TOGETHER, SHARE THEIR HOPES AND DREAMS, LAUGH AND CRY TOGETHER, AND MAKE FRIENDS FOR LIFE.



... friendship ...

At the Academy of Physical Education in Ollerup, students will meet young people from all over the world – representing different countries and cultures as well as personal and religious beliefs. They will live, eat, and work together on campus, they will spend all their free time together, share their hopes and dreams, laugh and cry together, and make friends for life. Friends that will form a unique future network – both on a personal and a professional level.

... and insight

A stay at the academy is an intense, challenging, and maturing experience. Within a relatively short period of time, students will become more insightful and much more experienced in human nature and interaction – not least based on their own (re-)actions. They will develop new personal skills, thus gaining a valuable basis for future personal choices and decision-making.

Requirements

INTAC welcomes all motivated, physically active, and open-minded international students between the ages of 18 and 30 years to join us for a stay of four or nine months. Classes are primarily conducted in English, requiring students to have a basic knowledge of the language.

Diplomas

Though internationally recognized by ISCA and the European Union, IYLE is a non-formal education. All students completing the stay will, however, receive The Academy of Physical Education Diploma, an International Youth Leader Certificate from ISCA, as well as a Europass Skills Passport available through the European Union.

For more information please visit www.ollerup.dk.



"It is possible to study at Ollerup under the umbrella of and with support from ERASMUS+"

**A valuable basis
for future choices and
decision-making**





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