

# VIBORG ACADEMY OF PHYSICAL EDUCATION

- take a leap into the playground of life

## INTERVIEW

Meet an international  
former student, Matheus,  
in a personal interview



## SUBJECTS

More than 50 different subjects  
You design your course yourself!

## COLLEGE IN DENMARK

Personal development  
An experience for life!

**VIBORG**  
IDRÆTSHØJSKOLE





# STATEMENTS

## ” “SUPPORTING ENVIRONMENT

*A phenomenal experience. It has given me so much to experience that kind of support and inclusion despite all of our differences. I have fallen in love with this way of living. Therefore, I have chosen to prolong my stay at the school. :)*

*Christoffer, former student*

## ” PERSONAL GROWTH

*I have grown as a person and become more mature. I have learned to be more open and outgoing – to dare to speak up in a crowd or be the first one to try things in class. I have grown as a sport practitioner and have become much more competent within sports and dancing.*

*Lise, former student*

## ” THE BEST TIME OF MY LIFE

*Those six months were the best of my life. I've learned so many things – both about me and others.*

*Ida, former student*

## ” THE FOOD

*The Food here exceeds all expectations. There is always plenty - also when it comes to meat. That is important when we do as much sport as we do. I am always looking forward to the meals - both breakfast and lunch, as well as dinner.*

*Julie, former student*

## ” GREAT TEACHERS!!!

*Good quality – I am very satisfied with what I've gained. Suitable levels, so everyone can participate. I was tumbling in my first semester, and my tumbling skills were awful. However, Morten managed to make the experience great both for me as well as those who have been tumbling for 15 years. That's the way it is - all subjects are awesome!*

*Christian, former student*

## ” EXPANDING MY HORIZONS

*My horizons have been expanded in regards to sport and physical education. Everything from mountain biking and kayak polo to adventure racing. Additionally, I've become better at controlling my body, and I now have a more natural perception of myself. Also, I have become more aware about having a positive attitude when facing new things.*

*Poul, former student*



# CONTENTS

The students share.....	2
Introduction .....	3
Everyday life and sustainability .....	4
Meals at the School .....	5
Academy of Physical Education .....	6-7
Outdoor life .....	8
Lifestyle .....	9
Subjects .....	10
Weekly Schedule.....	11
The Teachers.....	12
Meet an International student .....	13
Travelling.....	14-15
Facilities in pictures.....	16-17
Map.....	18-19
Contact.....	20





# INTRODUCTION

**VIBORG - ACADEMY OF PHYSICAL EDUCATION  
WITH A WIDE RANGE OF SUBJECTS - KAYAKING,  
CLIMBING, FELTING, FOOTBALL AND MUCH MORE!**

- YOU DESIGN *YOUR* STAY

At Viborg IH, the selection of subjects and activities is wide. You can mix and match between a lot of different subjects and design your own course based on your interests and how adventurous you want to be.

Do you want to be as fit as never before while getting new friends as well as learning to play the ukulele?  
Do you dream about dedicating your time to philosophical thinking, yoga and cooking in a nice and warm poncho, which you knitted yourself?

Both of these scenarios can become a reality here.

You will be choosing your subjects at the beginning of your stay. We will guide you through the process so you will get exactly those subjects that are important to you.

## A chance to...

- give yourself a break
- participate in a social atmosphere with new friends
- get a healthier lifestyle
- become part of the nature
- grow as a person, find self-acceptance and learn lots of new things

**QUESTIONS?**  
You are always welcome  
to call or write to us:  
[info@viborgih.dk](mailto:info@viborgih.dk)  
+45 8667 2011



**#VIBORGih**



# EVERY DAY IS A BREATH OF FRESH AIR

A quick look at the calendar will show that most days are "workdays", but it won't feel like it when you get up on a Monday morning and go to the breakfast buffet at 7:15 AM.

After you've had your breakfast with 150 other young people, the rest of the day, the week and the month will pass exclusively with activities and physical training of your own choice. In between, you will experience unforgettable excursions, physical challenges, great conversation and amazing nature experiences.

You will find that the days pass by very quickly and you become a part of a big family and meet so many like-minded people. The very best thing is that you can always find someone who is up for a workout or a competition, someone to talk to, laugh with, hang out with, or someone who wants to go to Viborg City (it only takes five minutes by bike, which you can borrow from the school).

Among all these different young people, who all love physical activity and want to widen their horizon physically, socially and mentally, you'll find friends for life.

## THE CLIMATE, VEGETARIANISM AND THE UN'S SUSTAINABLE DEVELOPMENT GOALS

As a school and workplace, we are very aware of our responsibility towards the world around us. We think and act sustainable in several ways – especially regarding food. We have a meat-free / vegetarian day once a week, and vegetarian dishes are served every day. As far as it is possible, we buy Danish products and the food is cooked from scratch. We also plan the weekly menu in order to avoid food waste. Moreover, at Viborg IH every student will be working with the UN's Sustainable Development Goals.





# MEALS AT THE SCHOOL



*WOW! I think that we must be the one academy in Denmark that gets the BEST food! A lot of the visitors, who have also been students at similar academies, say that our meals are CRAZY good. I can only agree. It's so nice that you encourage us to try so many different things and that the food is healthy".*

*- Louise  
former student*

## COOKING WITH PASSION

The school is a place of physical activity and people are intensively active for many hours every day. That is why the food is nutritious, healthy, varied and simply delicious.

Even though there is a difference between the food we enjoy on a normal day and the feasts we share at festive events, it can be hard to tell when you see the splendid buffet comprising of various hot dishes, greens, whole grain bread and tasty salads. Everything is prepared with love and care, and it is easy to make a healthy choice.

If you are vegetarian, have allergies or religious dietary restrictions, it will be taken into consideration. We have the "Elite Smiley" from the Danish Food Inspection Service as well as the REEFOOD certification, which means that we reduce food waste and reuse leftovers.

### You should expect:

- that we meet the official dietary recommendations
- that we make our own bread, jam, granola etc.
- that the use of fats and oils are kept at a minimum when cooking
- six meals a day







# ACADEMY OF PHYSICAL EDUCATION

## - THE BALL IS IN YOUR COURT

Imagine that you can do your favourite sport every day. Imagine that you become familiar with new, exciting sports. Imagine that you become better, stronger, healthier, wiser and happier.

At Viborg IH you'll find endless opportunities for running, climbing, biking, rolling, sweating and moving your personal boundaries.

Maybe it's the technical aspect of MTB that gets you going? Or a ruthless Rough'n' Tough workout, dancing to music or playing kayak polo?

At the school you share your interests with about 150 other people. Therefore, you can always find someone who is up for a run. Someone to challenge in tumbling. Someone to encourage you when benching at the gym.







## Power · Pulse · Friends · Games Challenges · Travels · Serenity

From day one, you become part of a community where you share victories and defeats and laugh together when someone tries an unsuccessful jump or throws the ball in a funny way.

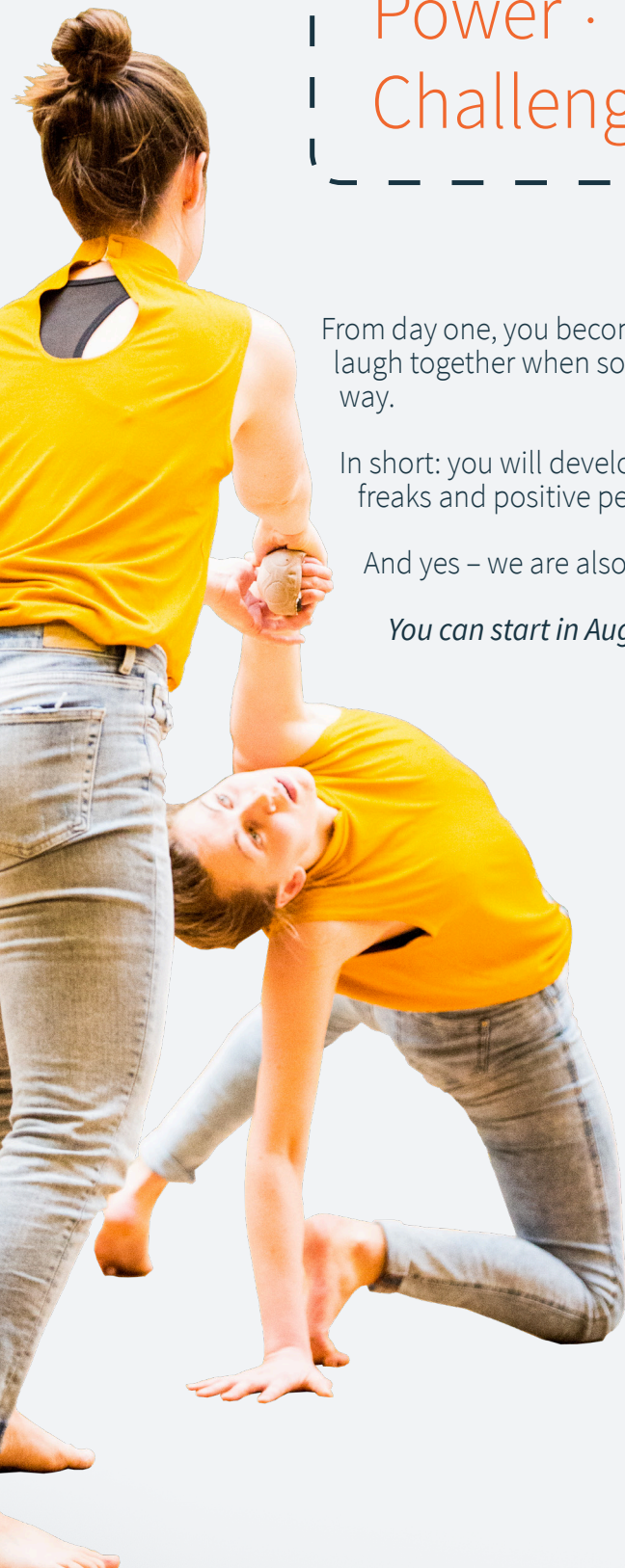
In short: you will develop personal power while living with other sport nerds, outdoor freaks and positive people.

And yes – we are also going travelling!

*You can start in August - a 19 week stay!*

**” It has been the most wonderful six months of my life. I am really happy about my decision to go to Viborg IH. I never regret it when thinking back - my friends, teachers, subjects, travels and everything else”**

*- Christian, former student*







# OUTDOOR LIFE

## NATURE - TEAM WORK - FREEDOM!

If the great outdoor is calling you, the academy gives you all the means to sign up for a course.

We give you the opportunity to grab your backpack and breathe in the fresh air as many of our classes take place outside the school.

Do you want to cook over a campfire? Do you dream of sleeping in a bivouac and making your own knife? Do you want to learn how to plan hiking trips, climbing, how to steer a canoe and balance on a SUP-board?

You'll find forest and lakes in the near surroundings of the school. We offer quality gear, amazing team experiences and teachers who are really passionate about sharing their knowledge and love to nature.

We cannot guarantee that you will never be tired, wet or frozen when going on our expeditions in Denmark and Norway. However, we do promise that you will be seriously tested, get a lot of new skills, have a wonderful time and get a closer look at the nature, the group and yourself.

The outdoorlife classes are for everyone who long for adventure. It is for the student who has been a girl scout all her life as well as the student who is dreaming of sleeping under the stars for the very first time.



Camp life · Climbing ·  
Kayaking · MTB · GPS ·  
Expeditions · Group ·  
Craftsmanship





# LIFESTYLE

## YOUR GATEWAY TO A HEALTHIER LIFE

Many of our students want to live a healthy and more active life. When you put together a schedule where lifestyle and personal growth are the key words, your stay will become an eye-opening journey towards increased energy, fun exercise, inner peace and moving your personal limits.

At the school you will find, that a healthy life is not about your strength of will, but about having the right tools and knowledge. You can get it all here.

Whether your exercise consists of roller skating, swimming or dancing is up to you. We will check out different ways of exercising, and it is very likely that you will discover a new favourite sport.

Our competent teachers will help you improve your training progress and strengthen your joy of movement. Your teachers will encourage you and help you set realistic goals that are extra motivating.

Together, we will find a serious and joyful strategy to a healthy mindset when it comes to food, the body and movement. This will also make friendships grow which is useful for inspiration and support.

Your teachers will help you choose the subjects that support your aspiration for a healthy lifestyle. Anyone can be a part of this, when we have the topics of nourishment, exercise, mentality, habits and health trends.

Useful tools · Workout plan ·  
Sleep · Body · Mind ·  
Myths of exercise and diets





# SUBJECTS

## WHAT DO YOU WANT TO DO?

With a wide variety of different subjects, divided into the categories below, you can mix and match so you get your own customised schedule.

In both semesters, you must choose three sports subjects, one theoretical subject and one practical subject. It gives you the opportunity to try up till six different sports subjects and two theoretical and practical subjects.

### SPORTS CLASSES

Adventure  
American football  
Badminton  
Ballgames  
Beachvolley and Volleyball  
Climbing  
Dance and Rhythmic gymnastics  
Fitness  
Kayak  
- Fos kayak  
- Kayak polo  
- Seakayak  
- Surf kayak  
Handball  
Mountainbike  
OCR  
Outdoor life  
Padel tennis  
Running  
Rough'n tough

Soccer  
Sports 360°  
Strength  
Swimming  
Trail running  
Tumbling  
Underwater swimming  
Watersport SUP  
Yoga

### MANDATORY CLASSES

Lecture  
Singning  
Perspectives of life  
100% VI

### THEORETICAL CLASSES

Communication  
About Life  
Home Economics

### PRACTICAL SUBJECTS

Beer brewing  
Board games  
Clay workshop  
Cooking  
ConCreation  
Crochet  
Guitar for beginners  
Knife workshop  
Longboard  
Outdoor living  
Piano for beginners  
Ukulele  
Utility garden  
Visual communication

Some classes can change, as new classes are added all the time, and others are changed or closed down.

You choose your subjects at the college once you have started at the college, and we are there to advise you.

## QUESTION?

Call: +45 8667 2011  
Or write: [info@viborgih.dk](mailto:info@viborgih.dk)



*It has been the best decision of my life.*

*I have grown as a person and much more than I had ever dreamt of.*

*- Ian, former student*



## YOU'LL ALSO GET...

The life at Viborg IH is not all about a sweating and sportswear. You will also experience cognitive training, theme days, project work, existential subjects, lectures and the wonderful encounter of singing with your fellow students. You will also experience quiet, creative moments, when you make your own knife, paint a mug or enjoy some crocheting. You will have opportunities for traditional Danish “hygge”, relaxation and restitution – **there is room for tranquillity and concentration!**

## A WEEKLY SCHEDULE

Here is an example of a schedule.

On our website [VIBORGIH.DK/english/classes](http://VIBORGIH.DK/english/classes), you can read about the individual subjects. You choose YOUR subjects when you start at the school.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.00-7.30			BREAKFAST		
7.50	MORNING ASSEMBLY	MORNING ASSEMBLY	MORNING ASSEMBLY	MORNING ASSEMBLY	MORNING ASSEMBLY
8.20-9.50	Sports classes	Theoretical classes	Sports classes	Sports classes	Sports classes
10.20-11.50	Lecture & debate Singing	100% VI	Lecture & debate	Philosophy of Life	Sports classes
12.00			LUNCH		
13.30-15.00	Sports classes	Practical classes	Practical classes	Theoretical classes	Sports classes
15.30-17.00	Spare time Choir - (optional)	Spare time Open indoor pool	Spare time	Spare time Open indoor pool	Spare time
17.30			DINNER		
EVENING			SOCIAL EVENT		



# THE TEACHERS CHEER FOR YOU!

What is the best thing about Viborg IH? When you ask the students, the answer is clear: the feeling of social inclusion, the subjects and the teachers.

Some of the teachers have backgrounds in teaching elementary school; others have relevant university degrees. Common for them all, is their love to challenge themselves and you, with all sorts of gymnastics, outdoor life and sport. They have impeccable instructor training and remarkable skills when it comes to training and teaching the students at all levels.

Each of them is an expert– you may call them nerds – within their own field. You will see it in the way they love to inspire, motivate and communicate their knowledge. They care about your wellbeing and want to make sure that you feel welcome and become a part of the supportive community that you find at the school.

- Get ready to meet Laura, Trine, Henrik, Peter, Mille, Hans, Claus, Kasper, Daniel and all the others!

**” INSANELY SKILLED TEACHERS,  
WHO KNOW HOW TO INCLUDE  
EVERYONE REGARDLESS OF  
THE STUDENTS’ DIFFERENT  
LEVELS.**

*- Former student*







## IF I HAD TO SAY ONLY ONE THING I LEARNED DURING MY STAY AT VIBORG IH IT WOULD BE ABOUT BEING A BETTER PERSON

**Interview whit: Mateus Poltronieri Pereira from Brazil.  
A 23 year old student in the Spring 2018**

**Why did you choose to join a Folk High School Course?**  
Being an exchange student has always been a dream. I was in college, studying Physical Education, and one day a Professor in college said, that she had the perfect opportunity for me and told me about Viborg IH.

**Why did you choose exactly Viborg IH?**

From what I was told and saw on the website, I freaked out instantaneously. I understood what the school was all about and it was exactly what I wanted. I love sports, I love nature and I love being around people - Viborg IH was all that. I heard that there was another school but it was more about Gymnastics, so I had no doubt that Viborg IH was where I should go to. It was indeed!

**What did you hope to achieve during your stay at Viborg IH?**

I wanted to learn the most I could every minute. And it's not only about the technical part of teaching sports but it was also about the culture, relations, the way things were done and why/how it affects me and the people involved.

**What was the best of being a student at Viborg IH?**

The social life, the food, the facilities, the buildings and the placement in the nature, the teachers and the daily schedule.

**It's impossible to choose one of the alternatives. I loved the people, I LOVED the food, the facilities, the buildings and the beautiful nature around it. The teachers were all amazing, they were very patient with us, and the schedule was very well thought and balanced.**

**What subjects did you choose, and what do you think about them?**

I chose Kayak Polo, Swimming/Lifeguarding, Communication, Trail-running, Handcraft, Adventure, Swimming, Sea kayak and Picture communication. I loved each and every one of them, but I will tell about the ones I liked the most. I loved to play Kayak polo, but I think Sea kayaking is what I would do for the rest of my life. I loved the classes and the way the teachers would approach us students. Trail-running changed a lot in me. I always thought the people running on trails were crazy, but after this class I fell in love with it, and I now practice it back in Brazil. Swimming and lifeguarding were also very cool. Swimming on a regular basis was very cool and it got me in very good shape.

The Adventure classes were AMAZING. We tried so many different things. I would wait the whole week for the classes!

**Have your expectations been met?**

Definitely! They were not only met but they were exceeded.

**Can you recommend a stay at Viborg IH to others?**

Without a single doubt. I would recommend it to anyone willing to have a life changing experience.

**How can you use what you have experienced at Viborg IH now and in the future?**

**If I had to say only one thing I learned in Viborg IH, it would be about being a better person.**

The Danish people and their way of living taught me so much. They were helpful and treated me well. I learned to think more about the common interest than my own, I learned to see the best in people and to trust people. I also learned to face challenges better and to pursue my goals and dreams. I learned to do things with my heart. I learned that smiling is a universal language and if you're ready to respect, accept and open up to people, they will probably do the same.

Moreover, the things I experienced during my time in Viborg have taught me to deal better with the obstacles I face every day and to appreciate life more.

**Can you recommend some specific subjects to others? If so, which ones and why?**

Each person have their particularities and I believe the subjects at Viborg IH could fit different interests. If you're ready to be challenged, go outside and get dirty like me, I would recommend the Adventure subject.

**Do you have something special about your stay at Viborg IH that you would like to highlight?**

**I feel nothing but gratitude about Viborg IH. Life there felt like a dream. I woke up every day to do the things I love most in life, in a beautiful and loving place, surrounded by nice people.**

I was very far away from everything and everybody I knew, but quickly they made me feel like I was at home. I made friends for life and I have only good memories.

**Read the full interview at:**

[viborgih.dk/english/meet-a-student](http://viborgih.dk/english/meet-a-student)



# TRAVELLING

A full-page background image showing three people rappelling down a steep, grey rock face. They are wearing helmets, harnesses, and ropes. The person in the foreground is wearing a black and red wetsuit and a white helmet. The person in the middle is wearing a black wetsuit and a purple helmet. The person in the background is wearing a black wetsuit and a black helmet. They are all wearing blue and yellow gear. The rock face is steep and has some green moss or lichen. Below the rock face is a river with green water. In the background, there are green hills and a small village with white houses and red roofs.

## NUMBER OF TRAVEL DAYS

You may travel 1/7 of your stay - this means that for every week you are a student at the school, you can travel for one day.

So if you are a student for 19 weeks, then you must travel for a maximum of 19 days during your stay at the school!





## MANDATORY FIELDTRIP

In week 38, everyone goes to the area of Les Vans at the natural regional park Monts d'Ardèche, close to the wine region of Rhone Valley. This trip offers great sport activities. We are going canoeing down the legendary Ardèche River with rapids and amazing nature. We are going mountain biking through vineyards, and we shall climb on limestone rocks along the river Chassezac. An unforgettable trip.

## SKIING TRIPS

Do you love snow and would you like to join an extra trip, we arrange a week with plenty of skiing in nice areas with lots of snow-covered slopes. You will have classes every day, so your skiing or snowboarding skills are guaranteed to improve. Additionally, there will be chances to participate in various workshops and events.

## SCUBA DIVING TRIP

Students who have chosen the Scuba Diving course, or already have a diving certificate can join this awesome scuba diving trip. We will either stay in a hotel and get transported to our diving destinations, or we will be accommodated on a boat and go diving straight from there. There will be about 16 dives, of which two will be night dives. We guarantee an unforgettable experience below the surface.

*Read more about all of our amazing trips on [viborgih.dk](http://viborgih.dk)*







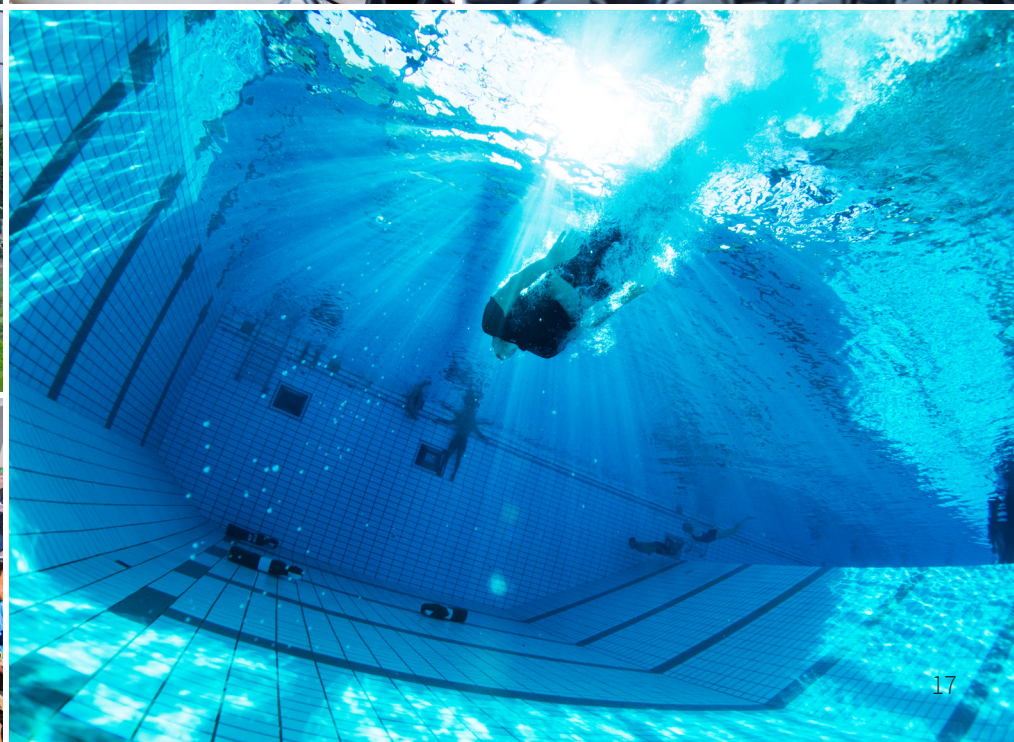




# THE BIGGEST

MAN-MADE MOUNTAIN IN EUROPE

## FOR CLIMBING





# QUESTIONS?

You are always welcome  
to call or write to us:  
[info@viborgih.dk](mailto:info@viborgih.dk)  
+45 8667 2011



Main building

International athletic  
Stadium and  
Soccer fields

Tumbling Hall

Gym

OCR

Spinning  
studio

Fitness center

Movement and  
dance hall

Annex hall





Sports hall

The biggest man-made mountain in Europe

Boulder room

Indoor pool and white water wave

Indoor climbing wall

Beachvolley courts

Outdoorlife and shelter area

MTB practice track

The boat house

Outdoor Rough'n Tough

Principal Housing

Dining Hall

Terrace area

# YOU WANT TO READ MORE?

Visit our website [www.viborgih.dk/en](http://www.viborgih.dk/en)





# CALL · WRITE · SIGN IN

Do you want to know more?  
CALL: +45 8667 2011

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NOTE! We are a school in constant development. Therefore we often start up new subjects and courses. We do everything to keep our communication platforms updated, but we do reserve the right to make changes and are not liable for any printing errors.

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