

Studyplan

Spring 2012



Schedule Spring 2012

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Schedules

Schedule 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:35-8:05 BREAKFAST				
8:20-8:50 ASSEMBLY	8:20-8:50 ASSEMBLY	8:20-8:50 ASSEMBLY	8:20-10:30 SUBJECT C	8:20-8:50 ASSEMBLY
9:05-11:30 SUBJECT B	9:00-9:30 EXERCISE	9:05-11:30 SUBJECT A	10:30-11:00 HOUSEMEETING	9:05-11:30 SUBJECT D
11:30-12:00 CLEANING	09:45-12:00 SUBJECT D	11:30-12:00 CLEANING	11:00-12:00 CLEANING	11:30-12:00 CLEANING
12:00-12:30 Lunch				
13:00-15:15 SUBJECT C	13:00-15:15 SUBJECT A		13:45-15:15 SUBJECT B	12:45-14:30 CORE SUBJECT
	15:30-17:00 DANISH			
15:15-16:00 COFFEE				
17:45-18:15 SUPPER				
		19:00-20:30 ACTIVITY		
21:00-21:30 COFFEE				

Schedule 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:35-8:05 BREAKFAST				
8:20-8:50 ASSEMBLY	8:20-8:50 ASSEMBLY	8:20-8:50 ASSEMBLY	8:20-10:30 SUBJECT A	8:20-8:50 ASSEMBLY
9:05-11:30 SUBJECT C	9:00-9:30 EXERCISE	9:05-11:30 SUBJECT A	10:30-11:00 HOUSEMEETING	9:05-11:30 SUBJECT B
11:30-12:00 CLEANING	09:45-12:00 SUBJECT B	11:30-12:00 CLEANING	11:00-12:00 CLEANING	11:30-12:00 CLEANING
12:00-12:30 LUNCH				
13:00-15:15 SUBJECT A	13:00-15:15 SUBJECT B		13:45-15:15 SUBJECT C	12:45-14:30 CORE SUBJECT
15:15-16:00 COFFEE				
17:45-18:15 SUPPER				
		19:00-20:30 ACTIVITY		
21:00-21:30 COFFEE				

Schedules

Schedule 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:35-8:05 BREAKFAST				
8:20-8:50 ASSEMBLY	8:20-8:50 ASSEMBLY	8:20-8:50 ASSEMBLY	8:20-10:30 SUBJECT A	8:20-8:50 ASSEMBLY
9:05-11:30 SUBJECT A	9:00-9:30 EXERCISE	9:05-11:30 SUBJECT A	10:30-11:00 HOUSEMEETING	9:05-11:30 SUBJECT B
11:30-12:00 CLEANING	09:45-12:00 SUBJECT B	11:30-12:00 CLEANING	11:00-12:00 CLEANING	11:30-12:00 CLEANING
12:00-12:30 LUNCH				
13:00-15:15 SUBJECT A	13:00-15:15 SUBJECT B		13:45-15:15 SUBJECT B	12:45-14:30 CORE SUBJECT
15:15-16:00 COFFEE				
17:45-18:15 SUPPER				
		19:00-20:30 ACTIVITY		
21:00-21:30 COFFEE				





Choosing subjects

You choose the subjects the first week at UHR. The teachers will explain how.

To make your own schedule, you will - in the first teaching period - have to choose one 1A subject, one 1B subject, one 1C subject and one 1D subject.

As classes best function with a certain amount of students, you will be asked to make a first and a second - and sometimes a third - priority, when choosing the subjects.

Small changes can be made in the Study Program. We can not guarantee that you get your highest priorities in all subjects.

Program Spring 2012

Period 1

16. jan. - 3. feb.

Schedule 1

Subject 1A

Basketball (DF)
Music (HB)
Comic Life (SEH)
Theatre (LH)

Subject 1B

Intro to outdoor life (LJ)
Vocal workshop (HM)
1.min Stop Motion Movie (LS)
Drawing/Illustration (AG)

Subject 1C

Volleyball (LJ)
Nutrition – what should we eat? (AK)
Land art, photo and video (AG)

Subject 1D

Music (HM)
Controlled Art (LS)
Yoga (SEH)
Basic Strength Training (AK)

Period 2

20. feb. - 22. mar.

Schedule 2

Subject 2A

Music tour (HB + HMS)
Fashion design & fashion show (SEH)
Sports (DF)
Outdoor life (LJ)
Theatre production (LH)
Art (LS+AG)

Subject 2B

Jazz and improvisation (HB)
Movie projects (LS)
Sculpture/"Useless stuff" (AG)
Martial Arts (AK)

Subject 2C

Choir (HM)
Personal growth (SEL)
Move your body when playing games (AK)

Program Spring 2012

period 3

10. apr. - 11. maj

Schedule 2

Subject 3A

Music tour (HB + HM)
Fashion design & fashion show (SEH)
Sports (DF)
Outdoor life (LJ)
Theatre production (LH)
Art (LS+AG)

Subject 3B

Long live The Beatles (HM)
Movie projects (LS)
Self portrait (AG)
Exercise Physiology and how to design a training program (AK)

Subject 3C

Sport Crossover (LJ)
Conspiracy theories (LS)
Running (AK)

all-day

14. maj - 5. jun.

All-day

Subject 2A + 3A

Music tour (HB + HM)
Fashion design & fashion show (SEH)
Sports (DF)
Outdoor life (LJ)
Theatre production (LH)
Art (LS+AG)

Period 4

6. jun. - 26. jun.

Schedule 3

Subject 4A

Soccer (DF)
Choir (HM)
Posters (AG)
Design (SEH)

Subject 4B

Sea kayak & water activities (LJ)
Mixing (HB)
Movie editing (LS)
Crossfit and Functional physical training (AK)

1A Classes

Basketball

Dorte Fugleberg

A basketball program where the hall should use of energy, joy and high spirits. Technical basic skills such as dribbling, pass / reception and finishes, combined with physical training will be at the center. It all seasoned with plenty of game.

Music

Henrik Bülow

We are going to play "cover-songs" in different styles. So you will work with pop, rock and latin - both new and old. The group is open to everybody, but it is important that you are willing to sing and play percussion.

Comic Life

Sofie Eggers Hansen

Comic Life is a computer program, which at a very quick and easy way to work to make comics and picture stories. You will have a number of challenges where you must solve various tasks based on different themes. So, we should both take some photos and scan the drawings into as to manipulate their expression and compose them resulting in exciting stories. The themes can go in both artistic, informative and classic comic-directional. Profession requires that you have a laptop computer and that you are willing to work alone as well as in groups.

Theatre for all

Lone Hee

A fun tour round the world of drama. Theatre can be played in so many ways! And we are going to try them all!! Improvisation, building a character and text are only some of the ways in which we can make drama. The subject is for everyone – with or without experience, and the goal is to have fun while we're playing our way through the theatre landscape.



1B Classes

Introduction to outdoor life

Lars Johansen

If you want to experience different kinds of outdoor-activities this subject might be for you. We will examine the diversity of animals and plants surrounding us and hiking, climbing-activities, playing games and cooking on open fire (buns and pizza) are all issues we will deal with.



Vocal workshop

Helle Møller

Sing it out - sing along - sing alone.

In the vocal workshop you will learn how body, voice and breathing are connected, how to use your voice in a healthy way and how good vocal technique allows you to sound in many different ways. Do you like jazz, rock, pop or? You will have the opportunity to sing as a soloist and as a in a choral singer. Everybody is welcome – beginners and experienced singers.

1.min Stop Motion Movie

Lasse Snorgaard

Now its time to challenge ourselves with a small move project where we aim to make a 1.minute stop motion movie. We are going to work with your normal digital cameras and a video editing program to be able to create your short animated masterpieces. It's possible to work with different types of models in your movies including dolls, plasticine or real human beings. It's a huge advantage to have your own camera and computer.

Drawing/Illustration.

Anne Grarup

Do you want to be good at drawing? Here is your chance.

Throughout the course you will be presented with various techniques, quick drawing exercises, indian ink and pen, pencil, shading techniques, collage and working with stencils. We will work with different setups, and there will be opportunity for you to makedrawings from your imagination.

1C Classes

Volleyball

Lars Johansen

Volleyball is a TEAM-sport as everyone can join. The game becomes dynamic and fun when we can manage the basic strokes and understand the nature of the game.

We will always start with a specific warm-up followed by lots of game related exercises and then we will play the game. Beside the practical issues we will consider how a player can contribute to his or her team in the best possible way.

Nutrition – what should we eat?

Anders Karlsen

You've probably heard it before, your body needs energy, or you need fuel on that engine, but what does it actually mean? Is it really true that "you are what you eat" and what is actually an "empty calorie"? We will figure out how to compose a balanced diet with the help of a little math, and this will help you to understand how to eat to become full of energy all day long.

Land art, photo and video

Anne Grarup

If you want to try to work with photo or video relating to land art, choose this course. We will experiment with materials in the nature, and you can choose to work independently or together with your fellow students.

Our locations are both at the school, in the woods and by the Wadden Sea.

There will be used photo and video to document the visual results.

(If the weather is at its absolute worst, there will be Art History indoors).

1D Classes

Music

Helle Møller

Playing together is about listening to each other and finding the same puls and feeling in the music. We are going to play "cover-songs" in different styles. So you will work with pop, rock and latin - both new and old. The group is open to everybody, but it is important that you are willing to sing and play percussion.

Controlled Art

Lasse Snorgaard

In this class you will meet a lot of different types of art challenges. You will be asked to make art in new ways, and what you normally do will not be used in this art class. Think fast and in different ways and be prepared to see art in a whole new way.

Yoga

Sofie Eggert Hansen

Yoga is healthy for mind and body! We are working quietly with yoga exercises, where breathing and to tighten and relax the body's muscles are in focus. If we want to, we can also include deep relaxation, dream travel, body and facial massage. The keyword is the well-being even if extended can do a little nice pain sometimes.

Basic Strength Training

Anders Karlsen

Are you interested in strength training then you need some basic knowledge on how to do it. You will become familiar with the technique associated with the most basic strength training exercises and you will learn the principles for constructing a safe and effective strength training program for the beginner.

Danish

Danish language & culture

Anders Karlsen

Subject for all the international students.

Welcome to a new country! Denmark is going to be your second home for a semester. In this subject you will learn some basic Danish language, and also learn about the Danish culture, the mentality and humor.

This introduction will help you to be more familiar with all that's Danish, and hopefully make you feel very much at home here.



2A + 3A + all-day Classes

Music tour

Henrik Bülow and Helle Møller Scholten

In this class we will learn how to plan, organize and carry out a music tour with a large band consisting of singer, backing group, wind and rhythm section. Prior to our performances we will have worked hard practicing, listening, and discussing music. You will have read different musical expressions and gained a greater understanding of music and its importance in our lives.

Fashion design & fashion show

Sofie Eggers Hansen

Here is your chance to immerse yourself in a major clothing project. You can work with larger pattern design, or directly on a doll and we can get the shiny substances tulle and chic corsage, beads and sequins.

We got lots of time in this subject and will be able to get around several large and small issues. We just need to work through and have fun. You will have learned a lot of sewing crafts and in return you will get for example a nice, personal gala dress - a dress that nobody else has. If you are not just for dresses, so it is also possible to create other clothes. We end the period with creating a beautiful fashion show with the creations of this spring. You learn how a fashion show is built up with scene choreography, music and styling of clothes and models.

Sports

Dorte Fugleberg

A lovely long period with lots of sports.

We will be playing soccer, tennis, beach volley, basketball, as well as lesser known sports like ultimate, intercross, shooting, boxing, along with others, depending on what the team finds interesting.

Focus will be the vast variety of sports, the possibilities and differences.

We will also be going out to meet other schools, visit different clubs and invite some of these to UHR

Outdoor life

Lars Johansen

Outdoor life is for those of you who are keen on experiencing different activities in the outdoors. The long period during the spring, offers a great possibility to have a deeper look at the diversity of animals and plants in the region. It also offers time to work with activities such as treeclimbing, seakayak, orienteering and fishing. We will learn different methods of cooking and try out different ways to make shelters.



2A + 3A + all-day (continued) Classes

Theatreproduction

Lone Hee

In this subject we will make a theatre production as close to a professional production as possible. We start by finding out who is going to have which functions: actor, prompter, light- and sound-engineer, director, make-up artist, costume designer and so on.... Then we do sight reading. We will read three manuscripts and discuss their qualities before choosing one of them for production. And then it begins – the work of producing a theatre performance – there are lines to be rehearsed, action on stage to exercise, lights to put up, sounds and music to find, costumes to make, wigs to alter, make-up to try, PR and program to make – so that in the end we have a product that we are proud to show the world. You don't have to have theatre experience. As long as you wish to join, and have the guts to be a part of the production, there's room for you.

Art

Anne Grarup og Lasse Snorgaard

In this longer period course, you can immerse yourself in the work of painting and drawing, and you will have the ability to take control of several aspects in the field, so that you can work independently on projects later in life. You will throughout the course have the opportunity to experiment with different materials, techniques, tools, stencils, photography and working in large format. There will also be courses in basic theoretical disciplines such as theory of color and composition. There will be an opportunity to work and develop your own personal visual expression and through the process you will receive coaching and guidance. We will visit art exhibitions and you will get a basic knowledge about contemporary art.



2B Classes

Jazz & improvisation

Henrik Bülow

We will listen to different kinds of jazz music and try to become aware of the fundamental tone language. Then we will work on the theoretical basis of jazz. We will study the composition of different scales and get to know some rhythmic and melodic figures in order to put together a solo. In the end we will play some jazz standards with the possibility of improvising. It will be possible to learn to play some of the wind instruments of the school (alto saxophone, tenor saxophone, and trumpet).

Movie projects

Lasse Snorgaard

Create weird, exciting and challenging pieces of movie art alone or in together with others. Challenge yourself with making funny youtube movies, silent movies, fight scenes, stand up pr stop motion animation. Almost everything is possible as long as the good ideas is present. So be ready to act, make sound and direct your own movieprojects.

Sculpture/"Useless stuff"

Anne Grarup

We will be working with recycled materials, plastic, duck tape, paint, old furniture, chicken wire, tinfoil and whatever else we can find on recycling stations. We will work experimental with the materials and give them new life and function. There is no prerequisite for participating in this project, and you will receive help and guidance to make some wild and wacky products.

Martial Arts – Taekwondo and Self-defence

Anders Karlsen

We will work with the Korean martial art Taekwondo. We will do both classic Taekwondo, with focus on the elementary techniques, flexibility and coordination, and we will also try the new form of Taekwondo – the fighting – where you have to make points on your opponent with fast kicks, but don't worry, we are not kicking with great force on each other. Moreover we will try a number of close combat self-defence technique's similar to the techniques they teach in the Danish police force.





2C Classes

Rhythmic choir

Helle Møller

Rhythmic choir is for everyone, who likes to sing and explore the voice. You will learn more about how the voice works and experience how the voices will amplify and lift each other, when you sing in a choir. We will work on vocal techniques, breathing, common sound and pulse. The repertoire will be wide: swing, rock, African, gypsy songs etc.

Personal growth

Søren Ernst Lüdeking

In this subject you'll get tools that can help you to grow. You should be ready to work with you self. You should be ready to reconsider your view on life. You should be ready to be responsible for your own life.

Important changes in your life start in you self. We'll look at the basic principles we build our lifes on – find your basic values.

We work to improve our relations to other people and we try to find out how we can contribute to the world around us.

The teaching will be planned from Steven R. Covey's book "The 7 Habbits of Highly Effective People"

Move your body when playing games

Anders Karlsen

We are going to have fun and be physically active at the same time. Your imagination is the only limit to a game, and now you have to use your own imagination and creativeness to construct a game for you and your friends.

We can be inside or outside depending on the weather, as long as we are using our body and are having fun.





3B Classes

Long Live The Beatles

Helle Møller

Four young guys from Liverpool revolutionized the music history and gave us a lot of fantastic songs. How did it happen? What was their magic? And how did they end up in *højskolesangbogen*? We are going to look into the history and listen to some of their music. We will choose some favourite songs and play them ourselves. We need a lot of people who would like to sing and some members for the Beatles Backing Band.

Movie projects

Lasse Snorgaard

Create weird, exciting and challenging pieces of movie art alone or in together with others. Challenge yourself with making funny youtube movies, silent movies, fight scenes, stand up pr stop motion animation. Almost everything is possible as long as the good ideas is present. So be ready to act, make sound and direct your own movieprojects.

Self portrait

Anne Grarup

We will work with self portrait. You will learn different techniques, idea-/process work and the teacher goes through portraits made in contemporary art. There will be an opportunity both to work with the classic portrait, but also to work in a new and unconventional way with the portrait. You can work with photos, video, painting and drawing. Anyone can join at this course.

Exercise Physiology and how to design a training program

Anders Karlsen

How does the body behave when you perform physical activity, how does the body adapt to long term training, and what is junk-training? You will learn about the human physiology and anatomy and gain insight in the art of designing various training programs to ensure a steady progress and avoid a relapse due to injuries.





3C Classes

Sport Crossover

Lars Johansen

Sport crossover is a combination of different games and sports. We will challenge each other in different competitions and work in teams or individually. We will try out different types of adventure races. Physical activity, competition and cooperation are all keywords. Most of the activities will take place outside. You need a bike for this subject.

Conspiracy theories and world politics

Lasse Snorgaard

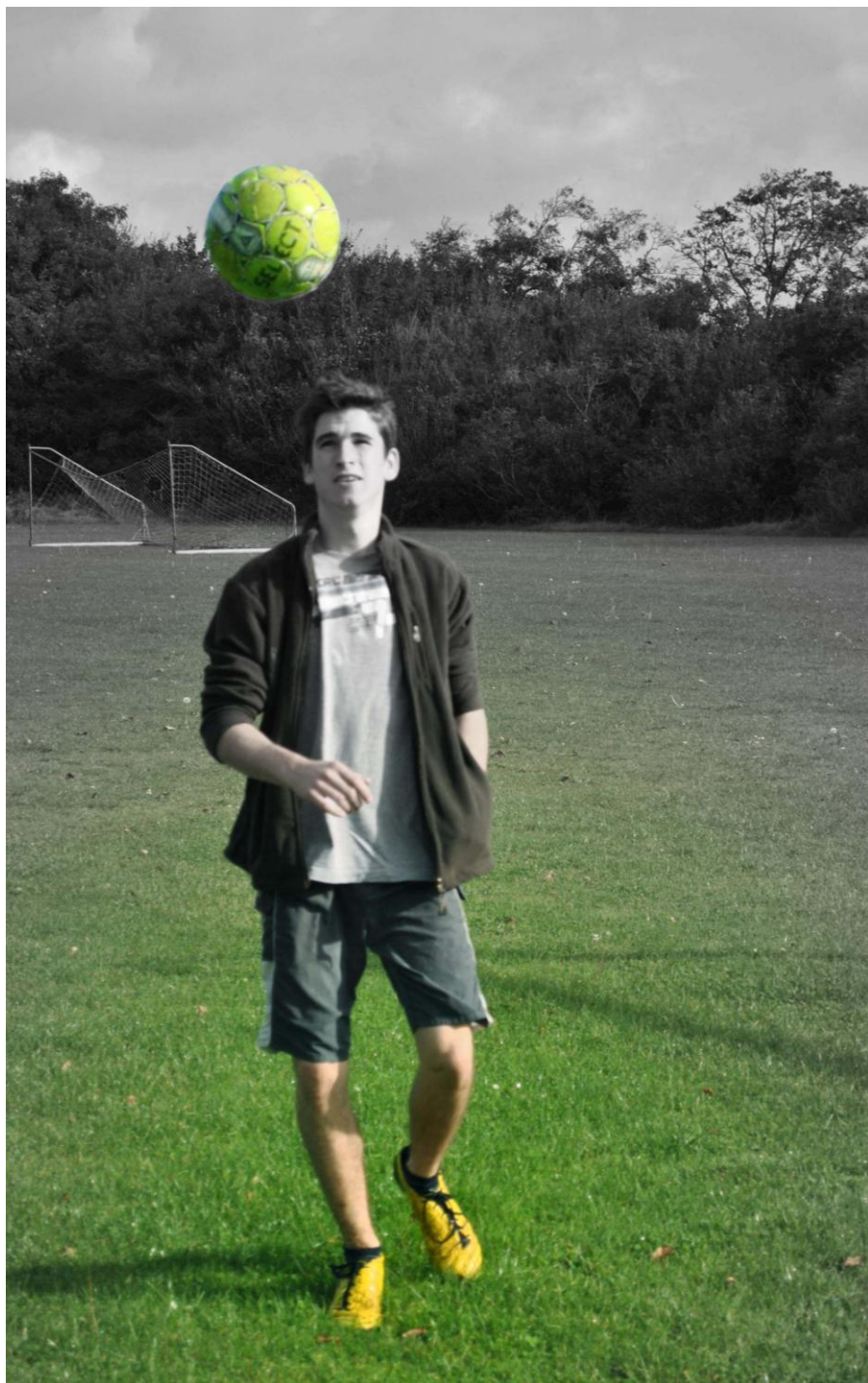
In the fall we worked with the worlds most famous conspiracy theories and now you have the chance again to gain a greater knowledge of world politics and at the same time learn about the most famous theories like Elvis is still alive or that humans have never walk on the moon.

Running – strengthen your cardio fitness and improve your endurance

Anders Karlsen

Running has gained in popularity in the last 5-10 years, and is highly addictive once you have made a good start. But running is more than just running, and we are going to try out a number of different ways to run. The training will be individualized so everybody can join no matter their level of experience.

NB! To avoid injuries from running you should consider getting yourself a pair of running shoes. But this is sometimes a jungle and please do ask for advice before you go out there and invest your money.



4A Classes

Soccer

Dorte Fugleberg

Last chance of the year to work with soccer at UHR. The technical aspects will be the focus, mainly passes, turns, shots, tackles and takedowns. This will be combined with lots of matches, so the field will be steaming with positive and sweaty energy in the summer heat.

Rhythmic choir

Helle Møller

Rythmic choir is for everyone, who likes to sing and explore the voice. You will learn more about how the voice works and experience how the voices will amplify and lift each other, when you sing in a choir. We will work on vocal techniques, breathing, common sound and pulse. The repertoire will be wide: swing, rock, African, gypsy songs etc.

Posters

Anne Grarup

This course allows you to create your own graphic posters. We will work with different typography, communication exercises, and make some beautiful two colored posters, both in the graphic and illustrative expression. Our materials are mainly ink, pen, style, and stencils.

Design – the best of

Sofie Eggers Hansen

Here is the class which is the perfect ending of the design classes for you, who are a design - and clothing freak on UHR. We're talking about what we would like to do for the last time with design - it is clear that we need to get around many themes. Your teacher has the following ideas - which do you have? Recycle design - portfolio, we collect your best stuff in a nice folder - fashion photography, you in your own design - jewellery - hair accessories - rapid clothing functions in alternative materials - exhibition visits - fashion drawing - conceptual clothing design, working in the zone between art and design – design of shoes - Theory: fashion's role in modern society - different design than clothing design, etc.



4B Classes

Sea kayak & water activities

Lars Johansen

This is the last opportunity to experience sea kayak. It is a short period where we are playing games and having fun. You don't need any skills on forehand. If you haven't had the experience or you just are keen on water activity, this is the place to be.

Mixing

Henrik Bülow

We'll work on some of the songs and compositions from the school year. Using some of the basic techniques we'll try to uncover the secret behind the perfect mix.

Movie editing - movie project

Lasse Snorgaard

It is now the time to edit the final movie. The many scenes have been shot and now they are waiting to be cut, edited and made into final scenes in the movie. We also need to do the music the effects, animations, subtitles and create a cool soundtrack. So if you have a good computer and like to work on it – this is definitely a class for you.

Crossfit and Functional physical training

Anders Karlsen

Crossfit has become very popular in almost no time, and the principle is that you constantly challenge your body through new exercises combined with a high training intensity. We will focus on proper technique and we will make sure that everyone will be able to complete the training no matter your previous experience. Functional physical training is widely used to optimize sport-specific performance in the elite-athletes, and we will try a number of different approaches to this type of training.

Calendar - Spring 2012

Intro:	7 th – 15 th January
Guidance:	9 th January
Guidance:	1 st February
Theme week:	6 th – 10 th February
Winter holiday:	11 th – 19 th February
Theme days:	12 th – 13 th March
Travel:	22 th – 30 st March
Theme week:	2 nd – 4 th April
Easter:	5 th – 9 th April
Guidance:	25 th April
Theme day:	18 th May
Parents day:	2 rd June
Realkompetence:	4 th and 8 th June
Outro:	26 th – 29 th June

Guidance

The days where there are guidance, there is time to individual conversations. You will have a conversation about 15 to 20 minutes with your house teacher. Here you will have the possibility to talk about, how things are, what you want with your stay at the folk highschool, and what you expect to do afterwards.

Theme days/theme week

The days where there is a theme, the standard schedule is cleared and the whole school is involved in a common topic.

Travel

In the spring you can choose to travel to La Santa Sport or London.

Parent's day

Saturday June the 2nd we have a parent's day. Where parents, grandparents, siblings and friends are very welcome. We send an invitation about a month before.





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