



AARHUS SPORTS FOLK HIGH SCHOOL



WELCOME TO THE SPORTS FOLK HIGH SCHOOL IN AARHUS

You are looking in this brochure because you're considering attending a folk high school or trying to decide which one to choose. At Sports Folk High School Aarhus – also known as IHÅ – we strive to create an environment where you can have an incredible experience, pursue your interests, challenge your current skills, and acquire new ones. All of this happens in a safe and supportive setting as part of a wonderful community.

Here, you'll embark on a "journey" that will expand your horizons and hopefully help you grow as a person – physically, mentally, and socially – through sports, music, and culture.

At the school, you will meet passionate and attentive teachers, as well as a team of dedicated staff in the kitchen, office, and service departments. You will live in a community that you might never experience again, and without a doubt, you'll have a time you'll never forget.

EXPLORE THE MANY OPPORTUNITIES AT IHÅ

In this brochure, you can explore the numerous opportunities offered by Sports Folk High School Aarhus. First, you'll be introduced to our wide range of exciting subjects, as well as our trips, and other practical information.

Enjoy!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Sport Subjects X	Assembly	Assembly	Sport Subjects 1 / Academy	Sport Subjects 2 / Academy
Assembly	Electives	Team Meeting		
		Sport Subjects X		Folk High School Subjects
Lunch	Lunch	Lunch	Lunch	Lunch
Sport Subjects 1 / Academy	Sport Subjects 2 / Academy	Quiet Hour	Electives	
		Folk High School Subjects		Good Weekend
Dinner	Dinner	Dinner	Dinner	Dinner
		Folk High School Evening		

At <https://www.ihhaarhus.dk/en/> you can see all our different subjects

CREATE YOUR VERY OWN SCHEDULE

At IHÅ, you'll undoubtedly get to do many things that you find incredibly exciting. Gone are most of the traditional school subjects you've been used to so far. Instead, you'll get to choose from a wide range of exciting subjects, many of which are related to sports. But there are also subjects focused on music, creativity, culture, personal development, and community.

Start by deciding which two Sports Subjects you want on your schedule. After that, you need to choose one Sport Subject X, one Elective, and one Folk High School Subject. In addition, you also have the opportunity to choose from our optional subjects, which are offered outside the regular schedule. If you are interested in handball, you can find more information about the possibility of joining our Handball Academy on pages 14–15.

You'll choose your sports subjects when you sign up for one of our programs on our website. However, you always have the option to change your choices once you start, in case you've changed your mind since enrolling. During your first weeks at the school, you'll be introduced to all the available subjects, and then you get to create your very own schedule.

AT IHÅ YOU MUST CHOOSE

- █ 2 Sports Subjects or Handball Academy
- █ 1 Sport Subject X
- █ 1 Elective
- █ 1 Folk High Shcool Subject

SPORT SUBJECTS

As a student at Aarhus Sports Folk High School, you'll choose subjects from several different categories. The first group you'll select from is our Sports Subjects, which likely includes some of the activities you're most passionate about. You'll need to select **two Sports Subjects**, and we've put together a wide variety to ensure there's something for everyone.

If you're into ball games, you'll find classic sports like Badminton, Basketball, Football, Handball, Tennis, and Volleyball. You can also try something new, such as Outdoor or Triathlon. Fitness and Dance are also very popular choices.

Please note that the subjects may undergo minor adjustments between semesters. You can always find the updated list of subjects we offer on our website: <https://www.ihaarhus.dk/en/>



BADMINTON



BASKETBALL



DANCE



FITNESS



FOOTBALL



HANDBALL



OUTDOOR



TENNIS



VOLLEYBALL



TRIATHLON

SPORTS SUBJECTS X

When putting together your schedule, you'll also select a subject from our collection of 'Sports X' subjects. Here, you'll pick **one subject** that you'll attend twice a week. Although there aren't as many options compared to our general Sports Subjects, there's always something enticing to choose from.

Padel and Tumbling are both popular choices. For these, we make use of excellent facilities, all located near the school. If you're more interested in strength and stability training, Body Factory or Body & Balance might be the perfect match for you. For those who enjoy variety, Multisport offers the chance to explore different sports from around the world.



BODY & BALANCE



MULTISPORT



TUMBLING



BODY FACTORY



PADEL

ELECTIVES

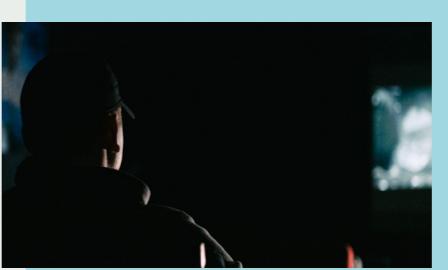
After selecting your Sports Subjects and your Sport Subject X, it's time to choose an Elective Subject. **Halfway through your stay, you'll switch electives**, giving you the opportunity to customize your experience here at the folk high school even further.

Do you love playing music, or would you like to explore the world of music? Then you can choose either Band or Your Voice. Meanwhile, Nature Calls is for those curious about nature, culture, and cooking. If you're someone who enjoys pushing personal boundaries, Crash or Drama might be the perfect fit. For those who want to explore their creative side, Multiart is definitely the right choice. Other options include Grow, a sustainability-focused subject, or Games, where you can explore all kinds of games.

No matter what you choose, boredom is not on the agenda!



DRAMA



FILM



GAMES



GROW



NATURE CALLS



MULTIART



BAND



CRASH



YOUR VOICE



EVENT

FOLK HIGH SCHOOL SUBJECTS

The final subject group you need to choose from is our Folk High School Subjects, where you choose **one subject**. If you're interested in music or poetry, then Song Writing is definitely for you. If you want to engage with the world and keep up with what's happening around you, Horizon is guaranteed to be your Folk High School Subject. In the Event course, you'll work on planning and hosting events. If you attend our spring program, you will, among other things, help organize the IHÅ Festival.

Additionally, you have the option to choose from our optional subjects. Here, you can choose from Guitar, Piano or Choir all of which take place outside your regular schedule – either in the afternoons or on weekends.



SONG WRITING



HORIZON



CRAZY ABOUT HANDBALL? THEN CHOOSE HANDBALL ACADEMY

Our Handball Academy is a unique opportunity for both men and women to immerse themselves in the sport and test their talent, while enjoying life in a fantastic folk high school environment. At the academy, you will train four times a week with fellow students who share your passion for handball. Girls and boys train together and are matched in ways that ensure everyone is challenged and develops as much as possible.

You don't need to be at elite level to join the Handball Academy, but you should be motivated to take your training and development seriously. If you sign up for the folk high school, you must choose Handball Academy instead of two Sports Subjects, since they fall within the same subject block.



PRACTICAL INFORMATION

Our students are primarily young people aged 18-24 who typically use IHÅ as preparation for their future lives or education. They represent a broad cross-section of Danish youth in terms of social, educational, and cultural backgrounds. Additionally, approximately 10% of our students are international, coming from all over the world.

Before deciding whether to attend a Folk High School and, if so, whether Aarhus Sports Folk High School is the right choice for you, it's essential to have the practical details in place. On the opposite page, we've answered some of the questions you might have. You can find even more answers on our website, and of course, you're always welcome to contact us directly.

WHEN CAN I START?

You can start at our folk high school twice a year. You can choose our spring semester, which starts in January and ends in June (24 weeks), or our autumn semester, which starts in August and ends in December (19 weeks). Typically, students attend our folk high school for "only" half a year, but each term, about 15 students choose to stay for a full year at IHÅ.

WHAT DOES IT COST?

When considering attending a folk high school, it's essential to ensure that you can afford it. You pay a weekly fee for attending, calculated based on the duration of your stay. Exact weekly rates can be found on our website: <https://www.ihhaarhus.dk/en/practical-info/economic/>

Upon enrollment, you pay a registration fee of DKK 1,000, which secures your spot at the school. After that, your stay is paid in three installments:

- First payment: Paid 2.5 months before the semester starts. This includes a starter package and a material account to ensure you have the best start and don't need to worry about unforeseen expenses.
- Second payment: Paid just before the semester begins. This covers half the total cost of your stay.
- Third payment: Paid halfway through your time at the folk high school.

It is also possible to pay the total amount before the semester starts – it depends on your preference.

WILL THERE BE ADDITIONAL EXPENSES?

You can customize your stay with various trips all of which will impact the total cost. If you're unsure about the cost of your stay, feel free to call us at +45 86 21 38 00 or send us an email at ihaa@ihhaarhus.dk, and we'll help calculate it for you.

WHERE WILL I LIVE?

You will live in a double room with a roommate. The room includes beds, wardrobe space for storage, a desk, and a private bathroom and toilet for the two of you.



IMPORTANT TO KNOW BEFORE TRAVELING TO DENMARK

Your preparations for traveling to Denmark may vary depending on your nationality and circumstances. Whether you are a citizen of a Nordic country, an EU member state, a non-EU country, or a Danish citizen living abroad, there are specific steps you may need to take before your journey. Additionally, certain actions may be required once you arrive at the school.

If you have any questions or need further assistance, please don't hesitate to contact us via email ihaa@ihaarhus.dk or phone +45 86 21 38 00.



ALL FACILITIES WITHIN WALKING DISTANCE

At IHÅ, we offer fantastic facilities that you'll enjoy as a student. Located next to the Vejlby-Risskov Center, we provide perfect training conditions year-round, regardless of the sport you choose. In addition to our excellent indoor and outdoor sports facilities, we also have amazing spaces for creative expression.

Most of our facilities are available for use during your free time, including the Multiart room, music rooms, fitness center, activity hall, dance studio with mirrors, and classrooms. Outdoors, you can relax in the courtyard, play on the beach courts with handball, spikeball, or volleyball, or enjoy games on the grass.

The main school building closes at 11 PM, and alarms are activated. After this, you can gather in your rooms or the lounge areas in the student corridors if you'd like.





AMAZING TRIPS IN DENMARK AND ABROAD

While attending Aarhus Sports Folk High School you'll have the opportunity to participate in a variety of trips and excursions. Some trips are tied to specific sports subjects, while others are trips for the entire school. All trips are paid for in addition to the standard weekly tuition fees.

Here we'll introduce you to some of the trips and excursions available to you. For a complete overview of destinations and prices, visit our website at <https://www.ihaarhus.dk/en/life-at-ihaa/trips/>
Please note that trips can be changed.



THE ALPS (SKI TRIP)



CLUB LA SANTA



SWEDEN (OUTDOOR)



NORWAY (OUTDOOR)



COPENHAGEN (DANCE)



SLETTEN (RY - DENMARK)



FLENSBURG (HANDBALL)

.... AND MANY MORE

LOOK FORWARD TO A TIME YOU'LL NEVER FORGET

You've now reached the end of our brochure, and we hope you feel much more informed about life at Aarhus Sports Folk High School. We also hope it has inspired you to consider starting your journey here at IHÅ. No matter which folk high school you choose, you'll have an incredible experience.

If you're still unsure whether Aarhus Sports Folk High School is the right fit for you, we recommend visiting our website, where you can read much more about all our subjects, trips, life at the school, and other practical information.

If you decide to choose Aarhus Sports Folk High School as your folk high school, we promise to do everything we can to ensure you have an unforgettable time.



IDRÆTSHØJSKOLEN AARHUS
VEJLBY CENTERVEJ 53
8240 RISSKOV, DENMARK

PHONE: +45 86 21 38 00
E-MAIL: IHAA@IHAARHUS.DK

WWW.IHAARHUS.DK/EN/