

DIPLOMA

International Youth Leader Education

This is to certify that
Tomáš Vacek
Born: 07-02-2001

has completed the Spring course at the INTERNATIONAL ACADEMY (INTAC),
Academy of Physical Education, Ollerup - DENMARK
from 16th January to 3rd July 2022 (24 weeks)

The curriculum includes

- InterCultural Studies
- Sports Diplomacy & Project Management
- Gymnastics/Fitness/Dance line
- Sport subjects
- Creative subjects

Special week courses include

- Line week
- Week with reflections on time
- Study trip in Norway (skiing)
- Special theme days (Democracy Festival, Intercultural Celebration)
- Introduction and final week special programme

Specialization	Powertumbling
Leadership specialization	Sports Diplomacy and project management
Sports subject	Parkour 1, Parkour 2
Optional subjects	Music, Psychology, Boardgames, E-Sport
Extra courses and activities	Music Ambassador, Art of Sharing Committee

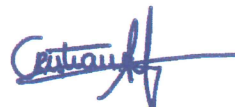
The objective of this course is to instruct youth leaders in the principles of Danish physical education. Furthermore, the course aims at introducing foreign students to the Scandinavian model of society and democracy as well as promoting social skills and a holistic view of man central to the Danish folk high schools.

This has happened by means of extensive physical training through gymnastics, dance and sport, competitive as well as recreational. The general part of the curriculum includes language lessons as well as lessons focusing on democracy, cultural understanding and national identity with special focus on international comparisons of societies and Sports Diplomacy

International Academy (INTAC)
The Ollerup Academy of Physical Education



Thomas Smidt Dissing
Principal



Cristiane Fiorin-Fuglsang
Head of INTAC

Gymnastikhøjskolen i Ollerup

International Youth Leader Education Course Descriptions

Intercultural studies (48 lessons of 90 minutes):

The course includes education about Danish culture, society and way of living. Classes have included political discussions, international comparison of living conditions in different countries (represented by students), current affairs in world politics, event planning and more. The combination of local view and international perspective contribute to broaden the personal, social and intellectual horizon of the students.

Powertumbling(80 lessons of 90 minutes):

The discipline of powertumbling is individual, but development takes place through a community. We go deep into backward jumps, where we break the individual moments down to the smallest detail. The students and teachers together form a culture where immersion and effort are highly valued. We have been through various processes such as goal setting, breakdown of jumps, cultural analysis, feedback and the coaching role. We aim for the student to become a self-directed and reflective gymnast, who can take great responsibility for his own development.

Sports Subject (15 lessons of 90 minutes):

The course includes training in different sport's disciplines. It focuses on personal development as well as development of specific skills and tactical understanding.

Sports Diplomacy and Project Management (34 lessons of 90 minutes):

The course is an introduction to the concept of Sports diplomacy, NGO's and volunteer organizations in the field of sport. Topics included analysis of sports associations and their structure, Sport for All, State, Market and Civil Society, Urban Planning (Active Living), Volunteerism and Project Management. The course also focuses on project management tools and practical experience within organisational work. With the student's use of the theoretical and practical knowledge gained through practical projects, they were able to develop specific projects and use concrete tools like the Action Plan.

English:

Due to a challenging English-speaking environment, students have improved and refined their English skills.

Elective subjects (34 lessons of 90 minutes):

For two lessons per week, the students have attended a class of their own choice focusing on specific themes within a wide range of areas such as Music, Board Games, Food & Fire and Sexuality and Relationships.

Basic Movement-Skills (17 lessons of 90 minutes):

In this subject, the students practice basic movement skills, used in all different lines. The primary objective is to create a common movement base, challenging the student to understand their body and the possibilities for movement in the different lines.

Democratic awareness (15 meetings of 30 min):

Every week the students host a common meeting where they discuss practical and other important issues of being a student at the school. In this they get a stronger awareness on how to be a part of a democracy and in a community.

The Art of Sharing (15 lessons of 90 minutes):

This subject is organized by the students, with focus on offering different workshops with a broader scope of topics, such as cultural experiences, movement and games or language classes.

Common line activities and value based awareness (14 lessons of 90 minutes):

Once a week all the students had classes together, focusing on topics related to our ground values as a folk high school and developing activities together for classes or performances.