DESCRIPTION OF ELECTIVES IN ALPHABETICAL ORDER

Archery
We will use a bow and arrow in the sports hall, learning technique, shooting and competing against each other.

Art Workshop
We will be exploring different artistic forms and techniques. You will learn drawing, painting and working with different kinds of print methods. For example, linocut, collagraphy and xerolitography, as well as cyanotype “sunprints” that produce beautiful, blue images.

Badminton
Everyone can participate here - both beginners and experienced. We learn both strokes and technique and play a lot of singles and doubles matches against each other.

Band
We find good pop/rock songs we like, that we want to play cover versions of. We rotate on the instruments guitar, bass, drums, vocals and keyboards, so everyone is suitably challenged either on instruments you can already play, or on a new instrument. The main objective is to make it sound good together. No prior knowledge is required.

Body, Gender, and Love - Psychology (teaching will be in Danish)
In the second period, where the focus will be on the topics of body, gender, and and love.

Ceramics
You will learn the basic ceramic techniques: Pinch-pot, slab built technique, coil technique and kurinuki, and an introduction to painting and dipping in glazes. In addition, you will learn how to use the pottery wheel. The class is also for those with experience in ceramics. In addition to learning how to make pottery you will also learn how to run and look after a pottery workshop. All students have access to the workshop, as long as they attend the introduction workshop by Mette and are accompanied by an elective student. More information about the introduction of the workshop will come later.

Choir
We sink into the music when we sing together. We warm up, learn voices and put it all together so that we sing a multi-part choir. Anyone can join. It is not a prerequisite to know sheet music, but you will be given sheet music and you will learn to follow your voice. Singing together is a great experience of music and of being able to create something beautiful together.

Come! Let’s Try!
You get time, a place and support to dare to try something new or to improve your skills in something you already have experience with. We always start as a group, among other things, to be inspired by each other's projects. Then you will have time to work on your own project.

Extra Danish
Care for some more Danish? The elective Ekstra Dansk offers an additional option for those Danish Language and Culture-students, who want to spend more time on their Danish studies during the regular course week. In Ekstra Dansk we focus on both basis vocabulary and normal Danish speaking phrases, and we practise Danish pronunciation and everyday conversation.

Flow Yoga
We will be practicing yoga together to bring our body in balance, become stronger, more flexible and connect our body and mind. We will explore different yoga forms and breathing techniques with focus on flow yoga.

Foraging (teaching will be in Danish)
We walk out into nature - into the forest, open countryside and on the beach and find edible plants, get to know the plants and how we can use them best.

Form in Motion – Abstract Sculpture
We will work with clay as a material and investigate how it can be shaped and processed into a sensual and moving abstract expression. Through practical work with various ceramic techniques we investigate the inherent properties of clay and its potential as a sculptural material.

In the subject we do not work with glaze, as the focus is primarily on form rather than surface. However, there will be the opportunity to work with the clay's natural colors and possibly stains through the Japanese ceramic technique *nerikomi*, where patterns are created by stacking, cutting and combining clay in different colors and integrating the color directly into the material.

Guitar for beginners (Bonfire guitar)
You borrow an acoustic guitar and learn the basic chords. The goal is to be able to play around the fire or for group singing elsewhere.

Handicrafts
We work with wood and leather. You will learn to use different tools and how to work with different materials. You can make your own knife, wooden spoon or other DIY projects.

Hiking
We will hike around the Kalø Forests and Mols Bjerge National Park, giving us time to slow down, get fresh air and enjoy both nature and historical cultural sites along the way. We'll go on different routes (between 5-10 km) exploring the varied, hilly ice-age landscape.

Hunting (teaching will be in Danish)
Learn about nature care, regulation, hunting history, hunting ethics, climate, biodiversity, species and a few times we will visit the shooting range and test ourselves. You do not get a hunting license from the course, nor is a hunting license required.

Knitting
Knitting is both for those who have never touched a knitting needle and for those who want to knit another sweater. Once we've got the beginners up and running, we go to the local yarn shop and learn a bit about yarn. Here is an opportunity to buy yarn for a knitting project yourself if you don't want to use the school's yarn. While we immerse ourselves in knitting, we will listen to music, talk, watch television, hear about the history of knitting.

Literature
We read to know we are not alone, the author C.S. Lewis once wrote - and in the elective Literature we 'do' just that: Reading and community. Here we read different smaller literary text (short stories, poems, novel excerpts, essays and more) from the best international and Danish authors - from Murakami and Kafka to Hans Christian Andersen and Naja Marie Aidt - and

together we talk about what makes literature work, its meanings, expressiveness and the many life impressions, we experience from reading. Go and read!

Mountain biking (MTB)
We go on mountain bike tours in various places in the area. We rent the bikes in Mols Bjerge. While we use our bodies, the technique we learn, and sweat on our foreheads, we will also experience a lot of natural landscapes. Depending on how many choose the subject, we will split up so that sometimes you are on a bike and other times you are in the outdoor life class.

Nature's Apothecary
Immersion in nature's vast selection of medicinal plants, with a special focus on Nordic species that we can find in nature ourselves. We work both with prevention and with what to do if an accident happens. You will learn about the properties of the plants and different methods such as tea, tincture, herbal oil, ointment, soap, infusion and compresses, so you are equipped to build your own natural pharmacy.

Nature Connect
Nature contact is about finding peace, feeling well-being, and experiencing that nature can be a positive partner in getting your body and mind into gear. The elective is largely about 'being' in nature and becoming aware of the impact nature can have on you and your well-being. We will work with simple exercises that everyone can participate in, including silent walking, body demarcation, breathing exercises, campfires, sitting outside, nature meditation, etc. Put on some casual clothes, go offline and join us in nature.

Orienteering run (Ø-løb)
Orienteering is for those who want to learn how to find their way through the forest. We search outside the trails where knowledge of map signatures, compass and route selection is needed. Along the way, you will become part of the planning and execution of the orienteering. We adapt the course to people's abilities and the level of difficulty that suits each individual.

Outdoor life
The subject is for you who love all kinds of active outdoor life. We walk, forage, sense and experience nature in all its glory (and all kinds of weather). We learn to find our way, cook on a fire and build a raft - and join us on a fishing trip, a canoe trip and an overnight stay in the open air.

Pickling and Food Preservation
Food! We play with the food and rediscover the well-stocked pantry. Together we explore the flavor universe. We have a particular focus on various preservation techniques when we ferment, dry, pickle and boil. We cook with ingredients from the GRO garden and examine the diverse perennial vegetables that provide the opportunity for locally produced vegetables throughout the year.

Primitive
In Primitive, we explore some of the skills, materials, and technologies that humans throughout history have used to survive and build a life in nature. We will work with our hands and use nature's own materials. We are going to tan a deer hide, work with bones and flint, craft primitive hunting tools, learn to move silently through the terrain, and forage for our own food. We will build campfires, share stories around them, and perhaps even try to produce iron in a simple clay oven.

Sports and Games

In Sports and Games we will do a lot of different sports and games. We start every class with a minor game as a warmup. Then we play e.g. badminton, volley, basketball, soccer, hockey, spikeball or ultimate. Sometimes we follow the rules, sometimes we make our own rules. The elective is for everybody! – maybe you know a sport or a small fun game we should try.

Sustainability

We will explore sustainability as a concept encompassing the social, environmental, and economic aspects of sustainable lives and societies. We will engage in discussions, exercises, and reading of key texts, as well as work with concrete case studies involving sustainability challenges. The course will also cover topics such as climate anxiety, hope and avenues for action, and climate activism, while also examining concepts of personal development, lifelong learning, and popular education through the lens of sustainability.

The power of one (Lets make a movie)

In this elective, you'll learn how to find a great story and get the tools to write it. Through classic movie clips, group discussions and hands-on exercises, you'll develop your own stories. Then, in the final sessions, you'll form film crews, shoot them and see your work on the big screen.

Wool and Expression

We work with wool as a material and investigate how it can be shaped into both artistic expressions and functional objects through artisanal processing. The teaching is based on the fibers of wool and their properties. You will learn how the fibers change through different processing methods, including spinning, wet felting and dry felting, and how these techniques affect both expression, structure and function. Through the work, the students follow the wool's path from raw material, while it is still on the sheep, to finished product or work. As part of the class, we will participate in sheep shearing at the agricultural school and learn about the different breeds of sheep, their wool types and possible uses.

Yin Yoga

A gentle and slow-paced form of yoga where the postures are held for a longer period of time, targeting the connective tissues. Yin yoga helps to restore your body and improve your mental state of being.