



Ceramics

Form, Focus & Creative Craftsmanship

In Ceramics, ideas take shape with clay in your hands. We create everything from cups, bowls, and vases to sculptures and artistic experiments while exploring the endless possibilities of the material.

Ceramics combines craftsmanship and creativity. You'll learn techniques such as hand-building, slab construction, wheel throwing, and casting. You'll work with glazes and experience the excitement of opening the kiln to reveal your finished pieces.

Throughout the course, we explore form, function, and aesthetics. How does a cup feel in your hand? How do colours, surfaces, and shapes interact? And how can you develop your own personal artistic expression through clay?

Teaching takes place in the school's large, modern ceramics studio, offering space for focus, experimentation, and community. You'll have access to pottery wheels, slab rollers, an extruder, and several types of kilns. As a line subject student, you can also use the workshop outside class time to pursue your own projects.

Inspired by nature, design, and art, you'll gain the tools to transform ideas into finished ceramic works and experience the satisfaction of creating something with your own hands.

Ceramics welcomes both beginners and experienced makers who want to develop their creativity, build technical skills, and join an inspiring workshop community.



Outdoor

Nature is our classroom. Through challenges, adventures, and strong communities, we develop practical skills, self-confidence, and teamwork. Throughout the semester, you'll explore bushcraft, climbing, canoeing, kayaking, and excursions to some of the most beautiful natural areas. Outdoor Life is for those who dream of woodsmoke in their hair, dirt under their nails, starlit skies above, and experiences that reach far beyond everyday life.

We work with campfires, navigation, outdoor living, and expedition skills, but also with presence, cooperation, and trust. When the weather changes and nature challenges us, we discover just how much we can accomplish together.

During the semester, we travel to **Thy National Park** and to **Norway**, where we experience the breathtaking mountain landscapes on both winter and hiking expeditions.

Outdoor Life is not just about getting out into nature. It's about becoming part of it.

Facilities

- Beautiful natural surroundings close to the folk high school, including the Gudenå Valley, the Gudenå River, Tange Lake, Hjerminde Forest, and Vindum Forest
- Sea kayaks, canoes, and SUP boards
- Outdoor activity area with a large campfire site, grill facilities, an advanced climbing tower, and shelters
- Tents and equipment for outdoor living
- Climbing gear and winter mountain equipment
- Mountain bikes



Nature Food & Brewing

Gourmet Food Meets Outdoor Living

Nature Food & Brewing is all about exploring nature through flavour, craftsmanship, and community. We forage for herbs, berries, seaweed, mushrooms, and shellfish, transforming raw ingredients into meals, drinks, and unique culinary experiences.

We brew beer, cider, and kombucha, bake bread, ferment, pickle, and cook over open fires, grills, and in the kitchen. Along the way, we experiment with flavours, aromas, and traditional crafts that have found new life in the modern Nordic kitchen.

Classes take place in the school's kitchen and microbrewery, as well as outdoors in nature. We go foraging, visit local producers, cook under the open sky, and occasionally spend the night outdoors.

Nature Food & Brewing is about curiosity, community, and the joy of creating something from scratch. From coastline to forest, and from raw ingredient to finished meal, we experience nature through all our senses.

No previous experience is required. All you need is a willingness to taste, experiment, and discover nature's pantry.



Pulse, Steam & Yoga

Balance Between Energy and Calm

In Pulse, Steam & Yoga, we explore the connection between physical activity, nature, recovery, and wellbeing. We raise our heart rates through fitness training, strength training, running, Ashtanga Yoga, and more, while finding calm through other yoga styles, sauna rituals, cold-water immersion, and experiences in nature.

The course is about creating balance between activity, recovery, and mental wellbeing. We feel our bodies work in the cold water, find warmth and connection in the sauna, and experience how nature can provide both energy and inner calm. Along the way, we work with breathwork, mobility, relaxation, and techniques that strengthen both body and mind.

The yoga programme combines energy, flow, and mindfulness. We practise dynamic Ashtanga Yoga, flowing Vinyasa, traditional Hatha Yoga, and restorative Yin Yoga, supported by Mindful Yoga and the Five Tibetans.

Nature plays a central role. We move through forests and along lakes, enjoy silent walks and forest bathing, and experience the changing seasons up close. We also dive into sauna culture, wellness practices, and modern approaches to training and recovery.

Classes take place both indoors and outdoors. We use the school's fitness facilities, yoga and movement spaces, surrounding forests, trails, lakes, and rivers. We also have access to several saunas, including those on campus, at the riverside sauna house Åpromenaden, and at the extensive wellness facilities of our neighbouring sports centre and swimming complex.

Students on this course also have the opportunity to earn a **Sauna Master Certification**.

Keywords: Sauna Master Certification, sauna rituals, Finnish sauna, winter swimming, lake swimming, river swimming, relaxation, breathwork, yoga, silent walks, forest bathing, nature connection, detox, mental wellbeing, running, meditation, fitness, training science, sweat lodge, ice baths, active and passive recovery.



Music

Ensemble Playing, Community & Musical Joy

Music is all about playing together. We create, listen, and develop in a supportive and creative environment where both beginners and experienced musicians can thrive.

We explore a wide range of genres, from pop, rock, and indie to funk, bossa nova, and R&B. Through ensemble playing, you'll learn your role within the music, strengthen your musical expression, and experience the joy of creating together. Sometimes we reinterpret well-known songs; other times we arrange them in new ways or create original music.

Lessons combine practice and theory, helping you put music into action quickly. We work with rhythm, groove, chords, singing, improvisation, and musical interaction. Workshops may include guitar, bass, drums, piano, and vocals.

Music is meant to be shared, which is why we perform concerts both at the school and beyond. You'll experience the energy of being on stage with your band and connecting with an audience.

We have access to three fully equipped rehearsal rooms, a recording studio, grand pianos, and upright pianos. Outside class, the music environment is vibrant, with plenty of opportunities to jam, write songs, and spend time with fellow musicians.

Music is for anyone who wants to play, sing, create, and be part of a vibrant musical community.



Art Class

Creativity, Immersion & Personal Expression

Art gives you the opportunity to explore your creativity and develop your own visual language. We work with shapes, colours, materials, and ideas, experimenting, reflecting, and challenging how we see the world.

You'll be introduced to drawing, painting, printmaking, sculpture, and public art. Alongside technical skills, we explore how art can tell stories, inspire reflection, and express emotions and ideas.

The programme values process as much as finished work. We experiment freely, embrace the unexpected, and help each other grow through constructive feedback.

Classes take place in the school's creative ART Studio, equipped with easels, printing presses, drawing materials, paint, tools, and everything needed for both two- and three-dimensional projects.

Art is for everyone, whether you've never held a paintbrush before or have years of artistic experience. Curiosity and the desire to create are what matter most.



Adventure Sport

Challenge, Community & Adventure

Adventure Sports turns nature into our training ground. We run, cycle, paddle, climb, and navigate our way through forests, lakes, and varied terrain, challenging both our physical abilities and teamwork skills.

Activities include orienteering, mountain biking, kayaking, climbing, bike & run, and swimrun. Along the way, you'll learn navigation, improve your technical skills, and gain confidence moving through the outdoors.

Adventure Sports is also built on strong team spirit. We solve challenges together, push ourselves and each other, and experience the satisfaction of reaching goals as a team.

Throughout the semester, we take part in trips, events, and longer adventure races where endurance, teamwork, and a spirit of exploration are put to the test.

We use nature year-round and complement outdoor training with strength training and theory related to fitness, nutrition, and performance.

Adventure Sports is for anyone who loves being active, challenging themselves, and experiencing the outdoors with others.



Dance Class

Movement, Community & Expression

Dance explores what the body can communicate without words. We move to music, work with technique, rhythm, and choreography, and experience the joy of creating together.

Dance combines physical training with artistic expression. You'll develop strength, flexibility, body awareness, and endurance while exploring storytelling, presence, and creativity through movement.

The programme centres on contemporary dance and hip-hop but also includes jazz, ballet, urban fusion, musical theatre, improvisation, and composition. You'll work with technique, choreography, and creative processes, with opportunities to create and perform your own work.

Throughout the semester, guest teachers from the dance world join us, and we attend performances, workshops, and inspirational events that provide insight into the artistic and professional dance scene.

Classes take place in the school's dance studio and movement facilities, creating a supportive and energetic environment for development and community.

Dance is for anyone who loves movement, music, and creativity, regardless of experience. Curiosity, energy, and a willingness to grow are what matter most.