

Vi bevæger
Aarhus
Kultur og Borgerservice
Aarhus Kommune

ÅRGANG:
2026

TEMA:
DRØMME

FERIEAKTIVITETER i Aarhus Kommune

TILMELDING
ÅBNER
MANDAG
DEN 8. JUNI
2026



DRØMME

LÆS OM:

NYT COMPUTERSPI
"OUT OF WORDS"

AARHUS HIGH LINE
EN BRO FULD AF DRØMME

HVAD SKER DER I
HJERNEN NÅR VI
SOVER OG DRØMMER?

OL SOM LEDESTJERNE



Indholdsfortegnelse

Sommerferieaktiviteter

Atletik	4
Brydning	4
Boldspil og bevægelse	4
Bordrollespil	5
Armlægning for børn med særlige behov	6
Cirkus	6
Dans	6
Gymnastik	6
Heste	7
Ridning for begyndere - for børn med særlige behov	7
Kampsport	7
Klatring	7
Kreativitet	8
Kunst(Kunst, Tegn, Mal)	8
Madlavning med mening	9
På vandet	9
Rollespil	9
Sang & Teater	10
Læselyst	10
Skriveværksted	11
Svømning	11
Ud i naturen	12

Artikler

Det hele startede med en idé	12
Aarhus' High Line: En bro fuld af drømme	14
Hvad sker der i hjernen når vi sover og drømmer?	16
OL som ledestjerne	18

Fakta om Ferieaktiviteter

Ferieaktiviteterne er et tilbud for børn, der bor i Aarhus Kommune eller går i folke- eller privatskole i Aarhus Kommune.

For de aktiviteter, hvor der er alderskrav, er det klassetrinnet, man går i FØR sommerferien.

Nogle aktiviteter skal du tilmelde dig, andre skal du bare møde op til på dagen.

Der er voksne tilknyttet alle aktiviteterne. Evt. udstyr til en aktivitet kan lånes på aktivitetststedet.

Har du spørgsmål til en aktivitet eller til selve tilmeldingen, så kontakt den forening, klub eller institution, der står bag.

Vil du eller dine forældre vide mere om Ferieaktivitetsprogrammet, kan I kontakte Abir Saleh, Sport & Fritid, tlf. 89 40 48 43, mail: supersommer@aarhus.dk

Ferieaktiviteteravisen er udarbejdet i en engelsk version i samarbejde mellem Borgerservice og Sport & Fritid, Aarhus Kommune.

Du kan finde ferieaktiviteteravisen som pdf på www.ferieaktiviteter.dk - dansk og engelsk på (dansk side) og på international.aarhus.dk, Aarhus Kommunes engelsksprogede hjemmeside for internationale borgere, på forsiden.

Sommerferien er lige om hjørnet!

Ja, tak – ingen fast sengetid, god tid med familien og venner... nå ja, og så en masse is!

Jeg hedder Jesper og er rådmand for kultur og borgerservice, eller som jeg siger til mine børn, rådmand for sjov og ballade. Vi har lavet denne avis til dig, hvor du sammen med dine forældre kan finde en masse aktiviteter rundt i hele Aarhus.

Måske vil du spille bold, lave musik, tegne, bygge noget – eller prøve noget helt nyt?

I år handler Ferieavisen om drømme.

Da jeg var barn, drømte jeg om mange ting. Jeg ville gerne være skuespiller, lave musik, men var også meget interesseret i politik. Det lyder måske lidt tørt – men jeg kunne godt lide at mene noget.

Jeg drømte om at lave noget, der betød noget for andre mennesker. Og ved du hvad?

I dag har jeg faktisk fået min drøm opfyldt. I dag arbejder jeg med alt det, jeg godt kan

lide. Sådan kan det gå, og sådan kan det nogle gange ikke gå. Men det vigtigste er ikke, om drømmen går i opfyldelse med det samme.

Det vigtigste er, at du bliver ved med at drømme.

For drømme kan vokse. De kan ændre sig. Og nogle gange går de i opfyldelse på måder, man slet ikke havde forestillet sig.

Så brug sommeren på at prøve noget nyt. Måske finder du noget, du bliver rigtig glad for.

Måske opdager du en ny drøm.

Og husk: Man bliver aldrig for gammel til at drømme.

Rigtig god sommer!

Jesper Kjeldsen
Rådmand for Kultur og
Borgerservice i Aarhus.



Skal dit barn gå til en aktivitet i fritiden?

Så få hjælp af ForeningsMentor til at vælge den aktivitet, der passer til dit barn.



Tilmelding via foreningsmentor.dk



Har du brug for økonomisk støtte til dit barns fritidsaktivitet?

Et fritidspas er et tilskud til at betale for dit barns fritidsaktivitet.



Læs mere om regler og rammer på aarhus.dk/fritidspas

HOLIDAY ACTIVITIES

ATHLETICS

ATHLETICS SCHOOL

Join us for a week of athletics! You get to try all of the athletic disciplines, including hurdle race, pole vault and the javelin. Competent trainers, who usually coach the members of Aarhus 1900 Athletics and Track, are ready to teach you to run fast, throw far and jump high.

The first day, you get a cool athletics t-shirt that you get to keep. You also get a diploma at the end of the week.

School years: 2 - 7 year

Organiser: Aarhus 1900 Atletik & Løb (athletics and track)

Location: Viby Stadion, Skanderborgvej 224, 8260 Viby J

Date: 3 - 7 August

Weekday: Monday - Friday

Time: 9.00 - 13.00

Enrolment from: 9 June at 18.00

Enrolment: Via enrolment form at Aarhus 1900 website: <https://www.1900al.dk/tilmelding-til-atletikskole>

NB: The form is not available until 6 PM on 9 June. Max. 120 participants, subsequently a waiting list will open up. First come, first served principle applies. From 14 June, those enrolled will be able to view participant and waiting lists at the same site.

Other information: Remember a packed lunch and water bottle and dress weather appropriate. Even if it is rainy and windy, we will be outside.

The coaches are youth coaches from Aarhus 1900 Atletik & Løb as well as some of our older athletes, who are happy to pass on their joy of athletics.

Transportation: Bus to Viby Torv

ATHLETICS SUMMER CAMP

Come join us for two days of speed, jumping and throwing at a real athletics stadium. You get to try out the many athletic disciplines - e.g. sprint, hurdle race, long jump, high jump, shot put and relay along with other children from 3 - 6 grade. You can look forward to two days of movement, laughter and new challenges, where it is all about having fun together. All participants get a diploma to remind you of two fun days of athletics.

School years: 3 - 6 year

Organiser: Aarhus Fremad Atletik

Location: Aarhus Fremad Atletik stadion, Hvidkildevej 13, 8240 Risskov

Duration: 29 and 30 June

Weekday: Monday - Tuesday

Time: 10.00 - 14.00

Enrolment from: 8 June

Enrolment via: maiken@dansk-atletik.dk include name, age and parents' contact details

Other information: Enrolment follows the principle of first come, first serve. Maxi. 50 participants. We are outside in all kinds of weather, so make sure to dress accordingly. Also bring a canteen and a packed lunch.

Transportation: Bus no. 1A, 16, 18, 123 and 100.

WRESTLING

THROTT'S WRESTLING SCHOOL

Do you want to join in three days of fun at Thrott's Wrestling School when we once more open up our wrestling school?

We wrestle for fun, practice motor skills, games and generally have a lot of fun on the massive wrestling mattress

Our competent coaches have planned 3 days of fun culminating in a small wrestling tournament and award ceremony.

School years: 0 - 3 grade (ages 8 - 11)

Organiser: Brydeklubben Thrott (wrestling club)

Location: The Wrestling Gym - Åby Skole (school), Åbyvej 80, 8230 Åbyhøj

Duration: 29 June - 1 July

Weekday: Monday - Wednesday

Time: 9.00 - 14.00

Enrolment from: 8 June at 8.00

Enrolment via: brydeklubben@thrott.dk

Other information: No meals included in the activity.

Transportation: Bus no. 4a, 11, 12 and 15

BALLGAMES AND MOVEMENT

STREET FOOTBALL

Street football for all girls and boys who love the game.

Come and enjoy some fun hours of football with your friends. We kick off with fun exercises, training matches and do mini tournaments on our street football course. Expect high spirits and great music.

School years: 1 - 4 year and 5 - 9 year

Organiser: Den Boligsociale helhedsplan in Frydenlund (social housing efforts)

Location: Multibanen (multi-purpose sports court) next to the club Musvågevej 32, 8210 Aarhus V

Duration: Week: 27 - 32 (from 29 June - 7 August - Monday, Wednesday and Saturday only)

Weekdays: Monday, Wednesday and Saturday

Time: 17.00 - 20.00

Enrolment from: 15 June

Enrolment via: tmni@aarhus.dk or personal attendance

Other information: Bring your own water bottle and small packed lunch.

Transportation: Bus no 13

BASKET TOURNAMENT

Come join the water tower's basket tournament

School years: 3 - 5 year

Organiser: The social residential area team in the Wattertower area

Location: Mondays at: Multibanen 1, Reginehøj, (multi court) and Wednesdays at: Multibanen 1, Reginehøj, 8200 Aarhus N

Duration: Week 28 + 29: Mondays: 6 July & 13 July
Week 28 + 29: Wednesdays: 8 July & 15 July

Weekday: Monday and Wednesday

Time: 12.00 - 15.00

Enrolment from: 8 June

Enrolment: Via text or call tel. +45 20357691

Other information: Bring a packed lunch and a water bottle. We supply some fruit and snacks No more than 30 participants per. session, of which 3 teams can play at once.

Transportation: Light Rail station Stockholmsgade

BALL SCHOOL 1

Try out fun ball games such as football, volleyball, badminton, pickleball and much more

School years: 1 - 6 year

Organiser: DGI Huset Aarhus (Danish Sports Association)

Location: Værkmestergade 17, 8000 Aarhus C

Duration: Week 28: 6 - 10 July

Week 29: 13 - 17 July

Week 30: 20 - 24 July

Week 31: 27 - 31 July

Weekday: Monday - Friday

Time: 9.00 - 12.00

Enrolment from: 10 June at 11.00

Enrolment: Enrolment ONLY via the DGI booking system, you will find the link at www.dgi-huset.dk. We accept no bookings or enrolments via telephone, email or personal applications.

Other information: No meals included in the activity.

Transportation: All local bus routes and the light rail can be used

BALL SCHOOL 2

Try out fun ball games such as football, volleyball, badminton, pickleball and much more

School years: 1 - 6 year

Organiser: DGI Huset Aarhus (Danish Sports Association)

Location: Værkmestergade 17, 8000 Aarhus C

Duration: Week 28: 6 - 10 July
Week 29: 13 - 17 July
Week 30: 20 - 24 July
Week 31: 27 - 31 July

Weekday: Monday - Friday

Time: 13.00 - 16.00

Enrolment from: 10 June at 11.00

Enrolment: Enrolment ONLY via the DGI booking system, you will find the link at www.dgi-huset.dk. We accept no bookings or enrolments via telephone, email or personal applications.

Other information: No meals included in the activity.

Transportation: All local bus routes and the light rail can be used.

BMI SOMMERCAMP 2026 (SUMMER CAMP)

BMI SommerCamp is a fun and activity filled week in which you and other children can try out a lot of different types of sport. It is not about being the best, it is about having fun, trying new things and finding new friends. At the SommerCamp, you can splash in the swimming pool, try out street basket, tennis, fun-with-balls, dancing and much more. Our friendly and competent coaches help you along the way and make sure everyone can join in - even if you have never tried the sport before. BMI SommerCamp takes place at Beder-Malling Idrætsforening (local sports club) and you don't have to be an athlete to join in the fun.

School years: 3 - 6 grade

Organiser: Beder-Malling Idrætsforening (sports club)

Location: Egelund Idrætscenter (sports club) and playing fields at Malling School, Bredgade 5, 8340 Malling

Duration: 6 - 10 July

Weekday: Monday - Friday

Time: 9.00 - 14.00

Enrolment from: 6 June at 7.00

Enrolment: Visit our website for information about enrolment and activities:

www.bmi-egelund.dk under the tab SommerCamp 2026

Other information: Option of buying meals/snacks. Each activity has a limited number of participants and we apply the first come, first served principle. For more information check our website and social media in weeks 22 and 23

Transportation: 100 to Vennelyst/Odder stops outside the club.

SUMMER BASKET AT FUGLEBAKKEN BASKET

Do you love playing basketball? Are you between the ages of 6-10?

Then Fuglebakkens basketball camp is the place for you this summer. It doesn't matter if you are new to the game or if you have played before, everyone can join and learn new basketball tricks and play with a lot of other children.

Our super-cool coaches are there to help you improve your game.

Hurry up and enrol - and we will see you in week 27.

School years: 1 - 5 year

Organiser: Børnebasket Århus

Location: FrydenlundHUSET, Høgevej 27F, 8210 Aarhus V

Duration: 29 June - 1 July

Weekday: Monday - Wednesday

Time: 10.00 - 14.00

Enrolment from: 22 June

Enrolment: Enrol via text message at +45 21 15 23 81, and include the following information:

- Participant name

- Participant age

- One parent's phone no.

- One parent's email

Other information: 25 places available and we enrol by the first come, first served principle. Remember sports clothes (t-shirt and shorts), appropriate shoes (indoor), water bottle, packed lunch + snacks

Transportation: Bus 2A stops at Ekkodalen, from there it is a 10-12-minute walk. Bus 13 stops at Frydenlund/Fuglebakkevej, from there it is a 6-8-minute walk.

BASKETBALL AT GELLERUP BASKET

Do you love playing basketball?

Are you between the ages of 6-10?

Then summer basketball camp at Gellerup is for you.

It does not matter if you are experienced or not,

everyone can join in the fun.

You are taught new basketball tricks and get to play with a lot of other children. You are welcome to bring your friends.

Our super-cool coaches are there to help you improve your game. Remember to enrol - and we will see you in week 28.

School years: 0 - 5 year

Organiser: Børnebasket Århus

Location: Kløverskolen (school), Karen Blixens Boulevard 59, 8220 Brabrand

Duration: 6 - 8 July

Weekday: Monday - Wednesday

Time: 10.00 - 14.00

Enrolment from: 29 June at 12.00

Enrolment: Enrol via text message at +45 21 15 23 81, and include the following information: Participant name and age as well as the phone no. and email for one parent.

Other information: 25 places available and we enrol by the first come, first served principle. Remember sports clothes (t-shirt and shorts), sports shoes (indoor), water bottle, packed lunch + snacks.

Transportation: Bus 4A stops ad Verdenspladsen/Karen Blixens Boulevard, from there it is a minute walk to Kløverskolen.

BEACH VOLLEY

The Summer Camp gathers approx. 100 children and youths for five days of fun in the sand. The coaches teach them beach volley, as well as round net, blind races, beach soccer etc. If the weather makes trouble, we move into the Beach dome. Friday, we end the camp with a cake spread and parents can come see what the kids have learned and find out that their own smash is little more than a friendly pat on the ball. We promise everyone go home with new friends, new tricks and a lot of sand in their shoes.

School years: 3 - 10 year

Organiser: Aarhus Beachvolley Club

Location: The Beach park, Vesterengvej 26A, 8200 Aarhus N

Duration: 29 June - 3 July

Week days: Monday- Friday

Time: 10.00 - 15.00 (Break from 12.30 13.00)

Enrolment from: 8 June

Enrolment at: aarhusbeachvolley.dk/sommercamp

Other information: Bring a packed lunch and a water bottle. At the beach park the sun always shines, we advise that you bring a cap, sunglasses and sunscreen. We have no limit for number of enrolments.

Transportation: Free paring by the school.

AMERICAN FOOTBALL WITH AARHUS TIGERS

American Football is a great sport packed with action and excitement. You get geared up and learn how to throw a football. You get to try tackling, blocking and catching -and of course you'll score touchdowns!

Our committed coaches ensure focus on safety, co-operation and lots of fun. You get the opportunity to find new friends and try new things.

For all girls and boys who have finished 3-9 school year - no experience required!

Why American football?

Because it is a team sport that accommodates all kinds of children - fast, strong, quiet, wild, tall and short. We don't just focus on the ball - we focus on belonging.

School years: 3 - 9 year

Organiser: Aarhus Tigers

Location: Tigers Field (Bøgeskov Idrætsanlæg - sports centre), Engelundsvej 11, 8260 Viby J

Duration: Week 27: 29 June - 3 July
Week 30: 20 - 24 July

Weekday: Monday - Friday

Time: 9.00 - 15.00

Enrolment from: 8 June at 8.00

Enrolment via: sommer@tigers.dk - state name, age and which week (27/30) you want to participate.

Other information: We provide all necessary gear. All you need to bring is sports clothes and football boots/trainers. Meals are not included in the activity. Remember a packed lunch and water bottle for a long and super-fun day.

Transportation: Bus no. 14 takes you straight there. Bus no. 200 - Hasselager Centervej/ Skanderborgvej. Bus no. 1A - Hasselager Centervej/ Skanderborgvej LightRail- Gunnar Clausens Vej

AGF PLAY & MOVEMENT SUMMER SCHOOL

Join us for an active week of fun and challenging sports. We will do anything from tumbling about to

gymnastics, outdoor activities, ball games, excursions and much more. Once more, instructors from AGF Gymnastics' summer school are ready to provide an unforgettable week for 150 children.

School years: 0 - 5 year

Organiser: AGF Gymnastik (Gymnastics)

Location: Frederiksbjerg Idrætscenter, F. Vestergaards Gade 5, 8000 Aarhus C

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 9.00 - 15.00

Enrolment from: 8 June at 17.00

Enrolment: Enrolment at AGF Gymnastik's webpage: <https://www.agfgymnastik.dk/>

Other information: The children must bring their own packed lunches for the day, and weather appropriate clothes as many activities take place outdoors. Enrolment by the first come, first served principle - we have 150 spots open.

Transportation: Bus no.: 1A, 2A, 4A, 5A, 11, 13, 14, 200 and 202

TRY YOUR HAND AT SQUASH - THE BEST RACKED BALL GAME IN THE WORLD!

Squash is easy to learn, intense and has been elected the world's healthiest sport a number of times AND, most importantly, it is the world's funniest sport!

Try your hand at the racked game squash at Skovbakken Squash Club. Trying out various exercises, games and other activities on the squash court, you will learn the basics of squash - the rules, techniques and tactics. You get to let out steam on the squash court, and we guarantee you'll break a sweat.

School years: 1 - 8 year

Organiser: Skovbakken Squash Klub

Location: Skovbakken Squash Klub, Hvidkildevej 19, 8240 Risskov

Duration: Week 27: 29 June - 3 July
Week 32: 3 - 7 August

Weekday: Monday - Friday

Time: 9.00 - 15.00

Enrolment from: 8 June

Enrolment: Ditte Nørtoft Nielsen: ditte.noertoft@gmail.com

Other information: Bring a packed lunch and a water bottle. Fruit/vegetables or other light snacks will be served during the day. Bring indoor shoes with light soles and sportswear. The club provides racket, balls and protection goggles. Please state name, age and contact details at enrolment.

Transportation: Bus no. 6a, 15 and 100

TRY OUT SQUASH AND RACKETBALL - TWO FUN RACKET SPORTS SURE TO GET YOUR PULSE UP AND MAKE YOU MOVE.

Squash is a fun and creative racket sport combining technique, physique and tactics. Squash is healthy and such good fun. Racketball is well-known in the USA and the fastest growing sport in the UK. You play squash and racketball on a squash court, but you use different equipment. Using various exercises, games and other activities on the squash court, you will learn the basics of squash - the rules, techniques and tactics. You also get to try out racketball - guaranteed to make you laugh and sweat.

School years: 3 - 9 year

Organiser: Egå Squash Klub

Location: Gåseagervej 12, 8250 Egå

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 9.00 - 15.00

Enrolment from: 8 June at 8.00

Enrol via: mail@egåsquashklub.dk

Other information: Bring a packed lunch and a water bottle. Fruit/vegetables or other light snacks will be served during the day. Bring indoor shoes with light soles and sportswear. The club provides racket, balls and protection goggles.

Transportation: Bus no. 12, 100 and 123

BADMINTON AND GAMES FOR BEGINNERS AND LOWER INTERMEDIATE CHILDREN

Do you want to spend a week of your summer holiday learning badminton (or perhaps improving your game) and get a lot of new friends?

Then you should enrol. We mix and match indoor and outdoor activities focusing on badminton and having fun.

School years: 1 - 6 year

Organiser: BMI badminton (Beder-Malling)

Location: Egelund Idrætscenter, Bredgade 5, 8340 Malling

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 9.00 - 15.00

Enrolment from: 9 June at 8.00

Enrolment via: s-harboe@privat.dk or via mobile at +45 24 23 65 58

Other information: First come, first served principle. When you are enrolled, you will receive a confirmation email. Max. 40 participants. Bring indoor and outdoor shoes. Remember packed lunch and water bottle. It is possible to buy sweets and soft drinks in the cafeteria.

Transportation: Bus no 100

SPORTS, GAMES AND MOVEMENT ALL DAY LONG

Come take part in a lot of different kinds of ball games, games and movement

School years: 1 - 6 year

Organiser: Liffen, Lystrup Idrætsforening (sports club)

Location: Lystrup Idrætscenter, Hal 2, Lystrup Centervej 102, 8520 Lystrup

Duration: 29 June - 10 July

Weekday: Monday - Friday

Time: 9.00 - 15.00

Enrolment from: Enrolment by personal attendance

Other information: Bring your own packed lunch and beverages.

Transportation: Bus no. 16 and 18 stop right outside Lystrup Idrætscenter

OPEN GYM WITH LOTS OF FUN SUMMER HOLIDAY ACTIVITIES

Join the Open Gym in Trige and participate in lots of fun activities.

School years: 0 - 9 year

Organiser: ST70

Location: Bakkegårdsskolen, Sports Gym, Bjørnshøjvej 1, 8380 Trige

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 13.00 - 15.00

Enrolment: No enrolment, you just show up

Other information: Bring your own packed lunch and beverages. We supply fruit every day.

Transportation: Bus no. 118 and 2A

VSK FOOTBALL SCHOOL - FOR SPECIAL NEEDS CHILDREN

A football school for children with special needs such as ADHD, autism and physical/mental disabilities. We create a fun and safe football experience - at any level.

Coaches and team leaders consider the individual needs of each participant and create a sense of community through movement and playing ball.

School years: 0 - 6 year

Organiser: VSK Aarhus

Location: Hvidkildevej 17, 8240 Risskov

Duration: 6 - 8 July

Weekday: Monday - Wednesday

Time: 10.00 - 14.00

Enrolment: 19 May - 16 June 2026 via VSK Aarhus

Other information: Bring your own packed lunch and beverages.

ROLE PLAY BOARD GAMES

ROLE PLAY BOARD GAMES (DUNGEONS AND DRAGONS)

Come play Dungeons & Dragons and other role play board games You get to be an adventurer, a powerful sorcerer, a cunning thief, a strong warrior - or any other of the thousands of characters you can dream up. Board games is a way to play a game and create a story together. You join 4-5 other gamers who each assume a character bent on adventure. A game master presents the world and a story for you, and you decided what to do. The story can be anything from fighting an evil zombie army to exploring a theft or invading a castle controlled by flying whales. We play fun and adventurous games Thursday and Friday, and Saturday we play scary games at night

Join the adventures and board games of Elysion!

School years: 4 - 9 year

Organiser: Rollespilsforeningen Elysion (Roll Play Club)

Location: Tværmarksvej 20A, 8240 Risskov

Duration: 2 July, 3 July and 4 July

Weekday: Thursday, Friday and Saturday

Time: Thursday and Friday at 14.00 -18.00, Saturday at 18.00 - 22.00

Enrolment from: 8 July at 12.00

Enrolment:
<https://elysionrollespil.dk/elementor-3032/>

Other information: First come, first served principle. Each team consists of 5-6 players. We can accommodate 42 players per day. You can enrol for one, two or all three days. We do not offer meals during the event, but we do serve snacks such as crisps and fruit.

Transportation: Buses 6a and 1a stop nearby. Or you can get off at Grenåvej/Stenagervej riding on most of the blue buses heading north

ARM WRESTLING - FOR SPECIAL NEEDS CHILDREN

AARHUS ARMWRESTLING - STRONGER TOGETHER

Fun strength training and arm wrestling in safe surroundings. We create games, grip duels and challenges for all.

The activity is adapted to the participants' age and level and take place in small groups.

School years: 0.- 3. year, 2 July at 10.00 - 11.30 at Beder skole (school), Skoleparken 6, 8330 Beder
4.- 7. year, 2 July at 12.00 - 14.00 at Beder skole (school), Skoleparken 6, 8330 Beder
7. - 9. year, 1 July 14.-00 - 16.00 in the Ungdomskulturhuset (youth house), Grethe Scheuers Allé 5B, 8000 Aarhus

Organiser: Aarhus Armwrestling

Location: See information above

Enrolment: Phone: +45 31 72 53 05 (state name, year and desired date)

Other information: Bring your own packed lunch and beverages.

CIRCUS

CIRCUS TRAINING AND SHOW

Do you love acrobatics, tightrope walking, riding a one-wheeled bike, juggling, balancing and all kinds of other circus disciplines? Do you want to create a circus act and show your friends and family what you have learned? Then this is your chance. Experienced artists and instructors from Beder Børnecirkus (children's circus) help get your act together. It is important that you can participate every day of the event.

School years: 2 - 7 grade (ages 8 - 14)

Organiser: Beder Børnecirkus

Location: Det Blå Hus, Oddervej 80, 8270 Højbjerg

Duration: 13 - 16 July

Weekday: Monday - Thursday

Time: Monday - Wednesday from 9.00 to 13.00, Thursday from 10.00 to 18.00

Enrolment from: 8 June at 8.00

Enrolment via: bbc@besked.com

Other information: Enrolment rests on the principle of first come, first served. Everyone will receive an email about their acceptance. We offer 60 spots. Remember a packed lunch, water bottle and indoor gym shoes.

Transportation: Bus no. 6a, 16, 18, 100, 103, 302

DANCING

HIP-HOP/SHOW DANCE

You get to dance hip-hop and show dance with some of Denmark's best dancers as your instructors. Prepare for loads of fun and busting moves to cool hits.

School years: 1 - 3 year

Organiser: Århus Sportsdancerforening (ballroom dancing union)

Location: Arresøvej 43, 8240 Risskov

Duration: 3 - 7 August

Weekday: Monday - Friday

Time: 9.00 - 12.00

Enrolment from: 8 June at 8.00

Enrolment:
<http://aarhusdans.dk/aktiv-sommer-2026/>

Other information: Bring a water bottle and snack

lunch as well as indoor shoes.

Transportation: Letbanen (the right rail) and many buses stop nearby.

DANCE-MIX - A VARIED INTRODUCTION TO THE DANCE STYLES LATIN, BALL-ROOM, HIP-HOP AND SHOW DANCE

Dance-mix is developed by the five-time world champions Kristina and Peter Stokkebroe and is an introduction to the styles latin, ball-room. hip-hop and show dance.

To make sure the lessons are fun and varied, you get to learn little series of each style, providing great posture, strong muscles, flexibility and strength, thereby increasing your understanding of dance.

School years: 0 - 2 year

Organiser: Århus Sportsdancerforening (ballroom dancing union)

Location: Arresøvej 43, 8240 Risskov

Duration: 3 - 7 August

Weekday: Monday - Friday

Time: 9.00 - 12.00

Enrolment from: 8 June at 8.00

Enrolment:
<http://aarhusdans.dk/aktiv-sommer-2026/>

Other information: Bring a water bottle and snack lunch as well as indoor shoes.

Transportation: Letbanen (the right rail) and many buses stop nearby.

BREAK - LEARN THE COOLEST TRICKS FROM DENMARK'S TOP BREAKERS

You get to learn break from some of Denmark's coolest break dancers.

You get to dance and learn some badass tricks. We teach the basic techniques of break dancing as well as some of the latest moves.

School years: 0 - 2 year

Organiser: Århus Sportsdancerforening (ballroom dancing union)

Location: Arresøvej 43, 8240 Risskov

Duration: 3 - 7 August

Weekday: Monday - Friday

Time: 12.30 - 15.30

Enrolment from: 8 June at 8.00

Enrolment:
<http://aarhusdans.dk/aktiv-sommer-2026/>

Other information: Bring a water bottle and snack lunch as well as indoor shoes.

Transportation: Letbanen (the right rail) and many buses stop nearby.

CREATIVE DANCING 0 - 2 YEAR

In this summer class we explore the universe of dance together! We are going to move, play and laugh while finding new and exciting ways to move. On Friday, we invite friends and family to watch some of the exercises, dances and games we have been working on during the week for a fun communal finish.

School years: 0 - 2 year

Organiser: Teaterhuset Filuren (theatre and dance school)

Location: Brobjergskolen, Valdemarsgade 1, 8000 Aarhus C

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 13.00 - 15.00

Enrolment from: 8 June at 10.00

Enrolment:
<https://filuren.dk/kulturskolen-for-teater-og-dans/tilmeldinger>

Other information: 15 June we draw lots for the places and then you receive an email about whether you have a spot or are on our waiting list.

Once the courses are filled, you will receive an email about meals, clothing and other practicalities.

Transportation: Brobjergskolen is located near Park Allé and the central railway station.

CREATIVE DANCING 3 - 6 YEAR

Curious about what it is to take dance lessons? In this class, we find common ground in the joy of dancing and everyone is welcome as we explore movement, music and exciting dance techniques! On Friday, we invite friends and family to watch some of the exercises and choreographies we have been working on during the week for a fun communal finish.

School years: 3 - 6 year

Organiser: Teaterhuset Filuren (theatre and dance school)

Location: Brobjergskolen, Valdemarsgade 1, 8000 Aarhus C

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 9.00 - 12.00

Enrolment from: 8 June at 10.00

Enrolment:
<https://filuren.dk/kulturskolen-for-teater-og-dans/tilmeldinger>

Other information: 15 June we draw lots for the places and then you receive an email about whether you have a spot or are on our waiting list.

Once the courses are filled, you will receive an email about meals, clothing and other practicalities.

Transportation: Brobjergskolen is located near Park Allé and the central railway station.

MODERN DANCING 5 - 8 YEAR

In this class, we work on a series of dance techniques and exercises which come in handy when working with modern dancing. For instance, flexibility, rhythm, narration, balance and imagination - as well as other good measures to create a solid "modern dance tool kit"! On Friday, we invite friends and family to watch some of the exercises and choreographies we have been working on during the week for a fun communal finish.

School years: 5 - 8 year

Organiser: Teaterhuset Filuren (theatre and dance school)

Location: Brobjergskolen, Valdemarsgade 1, 8000 Aarhus C

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 10.00 - 15.00

Enrolment from: 8 June at 10.00

Enrolment:
<https://filuren.dk/kulturskolen-for-teater-og-dans/tilmeldinger>

Other information: 15 June we draw lots for the places and then you receive an email about whether you have a spot or are on our waiting list.

Once the courses are filled, you will receive an email about meals, clothing and other practicalities.

Transportation: Brobjergskolen is located near Park Allé and the central railway station.

BALLET, DANCE AND FUN FOR GIRLS AND BOYS

Spend a week of your summer holiday having a blast with classical and modern ballet.

The camp ends with a performance for families and friends.

School years: 2 - 6 year

Organiser: Ballet Akademiet

Location: Mejlgade 44B, 8000 Aarhus C

Duration: Week 27: 29 June - 3 July
Week 32: 3 - 7 August

Weekday: Monday - Friday

Time: 9.30 - 13.30

Enrolment from: 8 June

Enrolment via: ballet@balletakademiet.dk

Other information: First come, first served principle. Send an email stating the full name, age, mobile number, email. You receive a confirmation email which includes information about what to bring for the week.

Bring your own packed lunch, snacks and water bottle. 20 participants per week.

Transportation: Light Rail

GYMNASTICS

CHEERLEADING WEEK 27 (MORNING + AFTERNOON) - AARHUS TIGERS CHEERLEADERS

Do you want to try your hand at acrobatic lifts, trampoline and tumbling and dancing? Then you should try out cheerleading with Aarhus Tigers Cheerleaders!

You will be challenged and learn a lot of new skills while meeting new friends in a sport that is dependent on teamwork and trust.

Maybe you have watched cheerleading on TV, maybe you have tried it before, or maybe you have simply heard about it? In any case, we are looking forward to teaching you what the sport is all about and how to get exercise and have fun at the same time.

School years: 0 - 8 year

Organiser: Aarhus Tigers Cheerleaders

Location: Viby Skole, Kirkevej 2, 8260 Viby J

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: Morning at 9.30 - 12.00
Afternoon at 13.00 - 15.30

Enrolment from: 25 June at 12.00

Enrolment: Tigers' website:
www.aarhustigerscheerleaders.dk
or at: info@tigerscheer.dk

Other information: Remember fruit or other snacks and a water bottle for water or squash. Dress practical in sports clothes and indoor trainers. At the Tigers we have several mix teams. Maximum of 30 participants per team. Once you are enrolled, you get a confirmation email.

Transportation: Any local buses going to Viby Torv can be used. 1A, 4A, 6A, 11 and 14

CHEERLEADING WEEK 32 (MORNING + AFTERNOON) - AARHUS TIGERS CHEERLEADERS

Do you want to try your hand at acrobatic lifts, trampoline and tumbling and dancing? Then you should try out cheerleading with Aarhus Tigers Cheerleaders!

You will be challenged and learn a lot of new skills while meeting new friends in a sport that is dependent on teamwork and trust.

The culmination of all your hard-earned lessons is when we put on a show for the parents on the last day.

Maybe you have watched cheerleading on TV, maybe you have tried it before, or maybe you have simply heard about it? We can't wait to teach you more about what

the sport is all about and how to exercise and have fun at the same time.

School years: 0 - 8 year

Organiser: Aarhus Tigers Cheerleaders

Location: Tranbjergskolen (school), Grønløkke department, Grønløkke Alle 9, 8310 Tranbjerg

Duration: 3 - 7 August

Weekday: Monday - Friday

Time: Morning at 9.30 - 12.00
Afternoon at 13.00 - 15.30

Enrolment from: 25 June at 12.00

Enrolment: Tigers' website:
www.aarhustigerscheerleaders.dk
or at: info@tigerscheer.dk

Other information: Remember fruit or other snacks and a water bottle for water or squash. Dress practical in sports clothes and indoor trainers. At the Tigers we have several mix teams. Maximum of 30 participants per team. When you enrol you get a confirmation email.

Transportation: Bus no 4A

TRAMPOLINE AND TUMBLING IN AMAZING SETTINGS

For the energetic kids this is a unique opportunity to be taught by some of Denmark's most skilful gymnasts at Aarhus Springcenter in Risskov. Your days are packed and the surroundings sublime, containing everything you heart desires when it comes to trampolines and tools, so if you want to learn how to do somersaults and back-flips this is the place to be.

School years: 0 - 4 year

Organiser: Gymnastikklub Aarhus - GK Aarhus

Location: Springcenter Aarhus, Hvidkildevej 11, 8240 Risskov

Duration: 6 - 9 July

Weekday: Monday - Thursday

Time: Team 1: Monday and Tuesday at 9.00 - 14.00
Team 2: Wednesday and Thursday at 9.00 - 14.00

Enrolment from: 10 June

Enrolment via: <https://gkaarhus.dk/events>

Other information: Team 1: Monday - Tuesday Team 2: Wednesday - Tuesday GK Aarhus will provide fruit and biscuits all days.

It is important that you dress in clothes that allow for you to move and bring your own water bottle. Enrolment is first come, first served. 20 boys and 20 girls for each team.

Transportation: Bus no. 1A, 13, 15, 100, 121, 122, 123

TUMBLING SCHOOL 1

Learn how to use the trampoline, do back handsprings and somersaults.

School years: 1 - 6 year

Organiser: DGI Huset Aarhus (Danish Sports Association)

Location: Værkmestergade 17, 8000 Aarhus C

Duration: Week 28: 6 - 10 July
Week 29: 13 - 17 July
Week 30: 20 - 24 July
Week 31: 27 - 31 July

Weekday: Monday - Friday

Time: 9.00 - 12.00

Enrolment from: 10 June at 11.00

Enrolment: Enrolment ONLY via the DGI booking system, you will find the link at www.dgi-huset.dk. We accept

no bookings or enrolments via telephone, email or personal applications.

Other information: Meals are not included in the activity.

Transportation: All local bus routes and the light rail can be used.

TUMBLING SCHOOL 2

Learn how to use the trampoline, do back handsprings and somersaults.

School years: 1 - 6 year

Organiser: DGI Huset Aarhus (Danish Sports Association)

Location: Værkmestergade 17, 8000 Aarhus C

Duration: Week 28: 6 - 10 July
Week 29: 13 - 17 July
Week 30: 20 - 24 July
Week 31: 27 - 31 July

Weekday: Monday - Friday

Time: 13.00 - 16.00

Enrolment from: 10 June at 11.00

Enrolment: Enrolment ONLY online via the DGI booking system, you will find the link at www.dgi-huset.dk. We accept no bookings or enrolments via telephone, email or personal applications.

Other information: Meals are not included in the activity.

Transportation: All local bus routes and the light rail can be used.

HORSES

HORSE AND RIDING

Do you love horses too? This is your chance to spend an entire week around the horses at Sabro Rideklub (riding club). The week includes learning about, being with and caring for the horses as well as how to be social across ages. You will also get to ride the horses every day.

School years: 0 - 9 year

Organiser: Sabro Rideklub

Location: Grønvej 110, 8471 Sabro

Duration: Week 28: 6 - 10 July
Week 29: 13 - 17 July
Week 30: 20 - 24 July

Weekday: Monday - Friday

Time: 9.00 - 13.30

Enrolment from: 8 June between 10.00 and 12.00

Enrolment at: hestepleje@gmail.com

The email MUST contain the following information: The child's name, age, experience with horses/riding, contact phone no. and email and which week/s you apply for.

If you have been accepted, you receive an email as soon as possible after the last day of enrolment.

Other information: Meals and drinks not included. We always get many enrolments and have very limited spots, which is why you must apply for a spot using the email above. If you are accepted, you will receive a response within 5 days at the email you used for enrolment. Subsequently, you need to confirm the enrolment

Transportation: Bus no. 14 or 114

RIDING FOR BEGINNERS - FOR SPECIAL NEEDS CHILDREN

RIDING FOR BEGINNERS

A fun introduction to riding - with no requirement of previous experience!

We start the day at the stables where the children learn how to socialise with the horses and handle them in a safe manner. Afterwards, we go for a ride in the riding hall or in nature. After the ride, we help each other take off saddles and have fun with stable activities.

School years: 3 - 9 grade (ages 6-9)

Organiser: Åstrup Sportsrideklub

Location: Åstrup Strandvej 70, 8541 Skødstrup

Duration: Week 28: Thursday - Saturday: 9 - 11 July
Week 32: Friday - Sunday 7 - 9 August

Time: 10.00 - 14.00

Enrolment from: 8 June at 8.00

Enrolment via: rideskole@aasrk.dk

Other information: Remember a packed lunch - we provide snacks. If your child requires one-on-one support, an adult must participate.

MARTIAL ARTS

MARTIAL ARTS SUMMER SCHOOL

Thai/kick-boxing is a week's worth of training on The Colosseum's own premises. We will incorporate elements from Thai/Kick-boxing, working with kick and punch techniques. There will be time for playing, outings and lots of fun.

School years: 4 - 8 year

Organiser: The Colosseum

Location: Mejlgade 36 A, basement, 8000 Aarhus C

Duration: Week 27: 29 June - 5 July
Week 28: 6 July - 10 July

Weekday: Monday - Friday

Time: 9.00 - 15.00

Enrolment from: 8 June at 8.00

Enrolment: Personal attendance Monday - Thursday at 16.00 - 20.00, Friday at 16 - 18.00 Phone no. +45 86 19 36 01 or via email: info@thecolosseum.dk

Other information: We have bath facilities and a common room. Remember food and drinks for the mornings. Max. 20 participants.

Transportation: All bus routes since we are located in the centre of Aarhus.

JAPANESE MARTIAL ART

Learn how to tumble like a Ninja and fight like a Samurai!

Take better care of yourself and the people around you. Train your body, mind and senses.

As a bi-product, you learn self-defence and good values such as mutual respect and discipline.

School years: 6 - 9 year (before summer holiday)

Organiser: Aikido Yuishinkai Aarhus

Location: Møllevangsskolen, Møllevangs Allé 20, 8210 Aarhus V (Gym Hall 3)

Duration: Week 31: 27 - 31 July
Week 32: 3 - 7 August

Weekday: Monday - Friday

Time: Team 1: 9.00 - 10.30
Team 2: 10.30 - 12.00

Those who are able to focus can participate in both teams after the first meeting.

Enrolment from: 8 June

Enrolment:

- Enrol via: www.aikidoaarhus.dk/nye-medlemmer/
- Fill in the form at the bottom and choose Aktivsømer.

Other information: Max. 12 participants to a class with a designated trainer. Come dressed in sports clothes and bring a water bottle.

Practical information and guide how to get there:
www.aikidoaarhus.dk/praktisk-info/

Transportation: Bus no. 13 and 5a (walking distance 2-5 minutes)

AKIAIDO IS MORE THAN JUST SELF-DEFENCE

Learn how to protect yourself and others. Build up your self-confidence and avoid bullying.

School years: 2 - 9 year

Organiser: Aikido Mushinkai (Ki-kai, Aarhus)

Location: Møllevangsskolen, Møllevangs Allé 20, 8210 Aarhus V (Gym Hall 3)

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 2 - 4 year: at 12 - 13
5 - 7 year: at 13 - 14
7 - 9 year: at 14 - 15

Enrolment from: 8 June

Enrolment via phone: 41 10 27 27
or via email: sorenz63@gmail.com

Other information: We are usually able to fit all applicants. 10 participants per school year. Remember packed lunch and water bottle.

Transportation: Bus no. 13 and 5a (walking distance 2-5 minutes)

CLIMBING

CLIMBING SCHOOL 1

Learn how to climb as high as 16 metres on one of Denmark's tallest climbing walls.

School years: 1 - 6 year

Organiser: DGI Huset Aarhus (Danish Sports Association)

Location: Værkmestergade 17, 8000 Aarhus C

Duration: Week 28: 6 - 10 July
Week 29: 13 - 17 July
Week 30: 20 - 24 July
Week 31: 27 - 31 July

Weekday: Monday - Friday

Time: 9.00 - 12.00

Enrolment from: 10 June at 11.00

Enrolment: Enrolment ONLY via the DGI booking system, you will find the link at www.dgi-huset.dk. We accept no bookings or enrolments via telephone, email or personal applications.

Other information: Meals are not included in the activity.

Transportation: All local bus routes and the light rail can be used.

CLIMBING SCHOOL 2

Learn how to climb as high as 16 metres on one of Denmark's tallest climbing walls.

School years: 1 - 6 year

Organiser: DGI Huset Aarhus (Danish Sports Association)

Location: Værkmestergade 17, 8000 Aarhus C

Duration: Week 28: 6 - 10 July
Week 29: 13 - 17 July
Week 30: 20 - 24 July
Week 31: 27 - 31 July

Weekday: Monday - Friday

Time: 13.00 - 16.00

Enrolment from: 10 June at 11.00

Enrolment: Enrolment ONLY online via the DGI booking system, you will find the link at www.dgi-huset.dk. We accept no bookings or enrolments via telephone, email or personal applications.

Other information: Meals are not included in the activity.

Transportation: All local bus routes and the light rail can be used.

CREATIVITY

EXPERIMENT WITH MEDIA AT IRIS LAB IN DOKK1 (MAIN LIBRARY)

Be among the first to test the IRIS Lab, where we spend 3 exciting days experimenting with media. Investigate the life in the harbour using underwater cameras, make podcasts in our sound studio or try out VR.

School years: 4 - 6 year

Organiser: Aarhus Hovedbibliotek (main library), Dokk1

Location: Hack Kampmanns Plads 2, 8000 Aarhus C

Duration: 29 June - 1 July

Weekday: Monday - Wednesday

Time: 9.00 - 13.00

Enrolment from: 8 June at 10.00

Enrolment at: email: ersb@aarhus.dk or: silr@aarhus.dk

Other information: Maximum 12 participants and the enrolment covers all three days.

Participants are asked to bring their own packed lunch. We meet up Monday at 9 at the information booth on Level 1, Dokk1.

Transportation: The light rail takes you straight there.

THE CITY CALLS - CREATIVE SUMMER CAMP FOR CHILDREN AND YOUTHS

Join us for five fabulous summer days at the Aarhus School of Architecture to explore the city spaces and create new friendships.

Architects from the Utzon Center and students from the architect school are ready to present a summer school in which you will work with some of the architect's methods and tools when you experiment, draw, design and build. And you get to hang out with other children who share your interests.

School years: 4 - 7 school year

Organiser: Arkitektskolen Aarhus (Architect school)

Location: Exners Plads 7, 8000 Aarhus C

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 9.00 - 14.00

Enrolment from: 8 June

Enrolment via: <https://aarch.dk/sommerskole-2026>

Other information: Enrolment rests on the principle of first come, first served. Bring your own packed lunch, clothes for working - and maybe money for ice cream. 12-person limit for the class

MODELLING (CREATE LITTLE CLAY FIGURES)

Are you creative by heart? Monday to Thursday in the weeks 27 and 28 you can create your own cool and fun clay figures. Use your imagination, try different moulds and techniques and create something unique. If you have never tried it before that's okay too!

School years: 4 - 7 school year

Organiser: FOF - Folkeligt Oplysnings Forbund

Location: Søren Frichs Vej 36 G, 8230 Åbyhøj

Duration: Week 27: 29 June - 2 July
Week 28: 6 - 9 July

Weekday: Monday - Thursday

Time: 10.00 - 14.00

Enrolment from: 8 June

Enrolment via: <https://www.fof.dk/aarhus>

Other information: Meals are not included in the activity.

DRAWING

Learn how to draw MANGA

School years: 4 - 7 school year

Organiser: FOF - Folkeligt Oplysnings Forbund

Location: Søren Frichs Vej 36 G, 8230 Åbyhøj

Duration: Week 27: 29 June - 2 July
Week 28: 6 - 9 July

Weekday: Monday - Thursday

Time: 10.00 - 14.00

Enrolment from: 8 June

Enrolment via: <https://www.fof.dk/aarhus>

Other information: Meals are not included in the activity.

VENTURE INTO JAKOB MARTIN STRIDS' UNIVERSE

Would you like to create art like Mimbo Jimbo (Danish cartoon)? Or how about building your very own version of The Amazing Bus? If you love using your imagination then this is the summer camp for you. All activities are inspired by the Danish children's book author, Jakob Martin Strids, playful books. The days are a combination of physical activities, exploration of universes, fun games and creative adventures. This is for the playful, creative and those who just love a great story.

School years: 1 - 3 year

Organiser: Viby Bibliotek

Location: Skanderborgvej 170, 8260 Viby J

Duration: 29 June - 2 July

Weekday: Monday - Thursday

Time: 9.00 - 12.00

Enrolment from: 8 June and no later than Wednesday 21 June

Enrolment: Send an email to: katkoni@aarhus.dk

Other information: Max. 12 participants. Bring your own packed lunch.

First come, first served enrolment with confirmation email.

You enrol for all four days.

Transportation: Bus no. 1a, 4a, 14

SUMMER CAMP AT GELLERUP BIBLIOTEK (LIBRARY)

Do you love reading, playing with technology and being creative? Then this year's summer camp at Gellerup Bibliotek is for you! Over the course of the week, we are going to immerse ourselves in exciting activities that combine the love of books with creativity and technology. We are going to work on creative projects and exhibitions in the library. Get plenty of time to read and lots of inspiration from great books. Thursday, we visit the main library, Dokk1, and their IRIS Lab. Where we will get an exclusive tour and try some exciting activities.

School years: 4 - 6 year

Organiser: Gellerup Bibliotek (library)

Location: Gudrunsvvej 78, 8220 Brabrand (Thursday: Dokk1, Hack Kampmanns Plads 2, 8000 Aarhus C)

Duration: 29 June - 2 July

Weekday: Monday - Thursday

Time: 9.00 - 14.00

Enrolment from: 8 June

Enrolment via: gellerupbibliotek@aarhus.dk

Other information: Bring your own packed lunch and water bottle. Parents' phone numbers are collected at enrolment and GDPR forms must be signed.

Transportation: Bus no. 4A

ART (ART, DRAW, PAINT)

DRAW AND PAINT IN DEN GAMLE BY (LIVING MUSEUM)

Do you like to draw and paint? Den Gamle By (living museum) is packed to the rafters with beautiful motifs and exciting historical houses and things that are fun to draw and paint. Two teachers help you throughout this week-long course with techniques and materials to ensure you take away some beautiful images. The event takes place from Monday to Friday, every day from 10 -14. It is NOT possible to enrol for individual days.

On Friday, we make an exhibition using all the participants' images.

School years: 2 - 8 year

Organiser: Undervisningsteamet (education team), Den Gamle By

Location: Den Gamle By, Viborgvej 2, 8000 Aarhus C

Duration: Week 27: 29 June - 3 July
Week 28: 6 - 10 July
Week 32: 3 - 7 August

Weekday: One week course (Monday-Friday)

Time: 10.00 - 14.00

Enrolment from: 8 June

Enrolment via: www.dengambleby.dk/aktivsommerferie

Other information: The course spans Monday through Friday. We expect the child to participate all five days.

Meals are not provided, so remember a packed lunch and beverages.

Max. 24 participants. The enrolment link does not go live until Monday 8 June.

If too many enrol, we will draw lots.

Transportation: Bus no 3a, 14, 4a, 11, (5a)

EXPERIMENTAL ART - RECYCLING

We are going to create experimental art and work with recycling. Outside and indoors, we are going to create pretty, quirky and crooked works. On the last day, we invite your family to come see the small exhibition we are working on during the three days.

School years: 2 - 4 year

Organiser: Museum Overtaci

Location: Museum Overtaci Børn & Unge Atelier, Olof Palmes Allé 11, 8200 Aarhus N

Duration: 30 June - 2 July

Weekday: Tuesday, Wednesday, Thursday

Time: 10.00 - 14.00

Enrolment from: 8 June

Enrolment via: boern@ovartaci.dk

Other information: Bring practical clothes and a packed lunch.

Transportation: Light rail, bus no. 6a.

DRAWING WORKSHOP 1

This is a drawing summer school. You get to explore classic and alternative drawing exercises as well as graphic printing. We draw on a wide variety of materials and motives and one of the days, we draw at a different location. The art workshop ends with a small exhibition.

School years: 2 - 5 year

Organiser: Aarhus Billed-og Medieskole (art and media school)

Location: Valdemarsgade 1E, 8000 Aarhus C

Duration: 29 June - 2 July

Weekday: Monday - Thursday

Time: 10.00 - 14.00

Enrolment from: 8 June at 9.00

Enrolment: aarhusbilledogmedieskole.dk/sommerhold/

Other information: Enrolment opens Monday 8 June at 9 and closes Monday 15 June at 9. We draw lots for the places. Max. 13 participants.

Transportation: Most buses and the light rail will take you straight there

DRAWING WORKSHOP 2

Using drawing techniques and games we investigate and experiment using different materials, techniques and expressions. We also dabble in graphic prints and you get your own sketch book and make a portfolio for all your work. The art workshop ends with a small, informal exhibition.

School years: 3 - 7 year

Organiser: Aarhus Billed-og Medieskole (art and media school)

Location: Valdemarsgade 1E, 8000 Aarhus C

Duration: 29 June - 2 July

Weekday: Monday - Thursday

Time: 10.00 - 14.00

Enrolment from: 8 June at 9.00

Enrolment:
aarhusbilledogmedieskole.dk/sommerhold/

Other information: Enrolment opens Monday 8 June at 9 and closes Monday 15 June at 9. We draw lots for the places. Max. 13 participants.

Transportation: Most buses and the light rail will take you straight there

COMIC BOOK SKETCHING

Create a story using imagery. You get to create your own universe when you do comic books and fill them to the brim with superheroes and heroines, talking animals and dragons, magic and love. You get to learn about drawing and the art of narration. It is all hand-drawn, we don't use computers.

School years: 2 - 7 year

Organiser: Aarhus Billed-og Medieskole (art and media school)

Location: Valdemarsgade 1E, 8000 Aarhus C

Duration: 29 June - 2 July

Weekday: Monday - Thursday

Time: 10.00 - 14.00

Enrolment from: 8 June at 9.00

Enrolment:
aarhusbilledogmedieskole.dk/sommerhold/

Other information: Enrolment opens Monday 8 June at 9 and closes Monday 15 June at 9. We draw lots for the places. Max. 13 participants.

Transportation: Most buses and the light rail will take you straight there

DRAWING

Come draw with us at UKH. Everyone is welcome, no matter if you are new to it or a seasoned drawer. The workshop is a mix of drawing techniques and creative processes. In this workshop, we will explore observation drawing, modelling, perspective drawing and colour theory. Come spend a fun-filled week with lots of creativity. The teaching is in English.

School years: 7 - 10 year

Organiser: Ungdomskulturhuset - UKH (Youth Culture House)

Location: Tage-Hansens Gade 8b, 8000 Aarhus C

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 10.00 - 15.00

Enrolment from: 10 June at 9.00

Enrolment at: ukhungdomskulturhuset@gmail.com

Other information: After 16 June, you will receive an email from us informing you if you have gotten into the workshop. 10 participant limit for the course.

Free tea and coffee is available, you have to bring your own food.

Transportation: Bus no 4A, 5A,11, 14, 113, 114 and 118 all stop near UKH.

CERAMICS

Ceramics - Create your own!

Are you ready to mould, model and create? In Ceramics, you learn how to work creatively with clay. We explore various techniques such as turning, modelling and shaping and you get plenty of time to do exactly what you want - your imagination is the only limit. Classes consist of both specific tasks that help frame your projects and plenty of time to explore and unfold your own ideas.

Together, we turn clay into art!

Come join us - and let your imagination run free!

School years: 7 - 10 year

Organiser: Ungdomskulturhuset - UKH (Youth Culture House)

Location: Tage-Hansens Gade 8b, 8000 Aarhus C

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 10.00 - 15.00

Enrolment from: 10 June at 9.00

Enrolment at: ukhungdomskulturhuset@gmail.com

Other information: After 16 June, you will receive an email from us informing you if you have gotten into the workshop. 20 participant limit for the course.

Free tea and coffee is available, you have to bring your own food.

Transportation: Bus no.: 4A, 5A,11, 14, 113, 114 and 118 all stop near UKH.

SENSIBLE COOKING

THE SUMMER KITCHEN OF LOVE

Help other young people cook for families who suffer illnesses. We cook nutritious and flavour-some food from scratch, learn new kitchen techniques and have fun while making a difference for others.

School years: 6 - 8 year

Organiser: Det Kærlige Måltid (caring cooking)

Location: Kalkværksvej 3, T2, st. 8000 Aarhus C (TRÆ)

Duration: 29 June - 2 July

Weekday: Monday - Thursday

Time: 10:00 - 15:00 (Monday - Wednesday)
13:00 - 19:00 (Thursday)

Enrolment from: 6 June at 10.00

Enrolment:
projektkoordinator@detkaerligemaaltid.dk

Other information: Enrolment follows the first come, first served principle. You enrol for all four days.

We invite 20 participants to visit Det Kærlige Sommerkøkken (caring summer kitchen). Det Kærlige Måltid will supply meals for all days.

Thursday 2 July at 17.00 family and next-of-kin are invited to visit Det Kærlige Sommerkøkken to get a glimpse of the week and join in our communal meal (3 people per participant).

Weekly schedule and other relevant information is sent via email before the activity commences.

Transportation: Our kitchen is close to the central bus terminal, main train station and Lightrail

AT SEA

ROWING SCHOOL, TEAM AND INDIVIDUAL SPORTS, COMMUNITY, NATURE AND EXERCISE

The activity is targeted girls and boys in the school years 6 and 7 (school year 2025/26). The participants have to arrive at 9.30 when we, depending on the weather, start the day's program, either on the water, indoor in the training centre or maybe we begin with an alternative activity. We are planning on rowing boats in Babrand Lake. We primarily use large team boats, e.g. a boat with 8 oarsmen and a coxswain, but offer the opportunity to try out smaller boats in which you row alone or with a partner.

Rowing is a versatile sport that does not just focus on physical strength and fitness, but also on cooperation, a committed positive community and individual activity. In the youth department at Aarhus Roklubs at Brabrand Rowing Stadium you get the opportunity to try everything during the week.

School years: 6 - 7 grade (school year 2025/2026)

Organiser: Aarhus Roklub (rowing club)

Location: Brabrand Rostadion, Vandværksvej 14, 8260 Brabrand

Duration: 3 - 7 August

Weekday: Monday - Friday

Time: 9.30 - 15.00

Enrolment from: 8 June

Enrolment: Enrolment for AR holiday activity/rowing school 2026 is completed by registering at Aarhus Roklub WITHOUT DEMANDS OF MEMBERSHIP FEE.
<https://www.aarhusroklub.dk/meld-dig-ind-her>

Other information: Please use the standard enrolment form. You will be asked to include credit card information at enrolment. This is standard procedure at enrolment, BUT WILL NOT BE USED FOR THIS ACTIVITY. In the field "Tidligere medlem af roklub" (former member), please type: "Sommer Roskole"

Transportation: Bus no.: 11 or 12

SAILING AND BEACH ACTIVITIES

Do you want to sail on the high seas? At the Aarhus Sea Scouts, you can board a sailing boat and feel the wind catch the sails! We sail, orchestrate water fights, go on small expeditions, build a fire, catch crab and bathe by the seaside.

Come join the fun, get sea spray in your hair and enjoy your summer with us!

School years: 4 - 6 year

Organiser: Stifinderne Sø, Sea Scouts of Det Danske Spejderkorps

Location: Marselisborg Havnevej 100 A, 8000 Aarhus C

Duration: 6 - 9 July

Weekday: Monday - Thursday

Time: 10.00 - 15.00

Enrolment from: 8 June at 18.30

Enrolment via: www.stifinderne.dk/sommer

Other information: We expect that you are keen on sailing. No meals included in the activity. In case of too many enrolments, we pick the participants from the moment of receipt (date and time) and a fair distribution of ages and gender.

Transport: to Tangkrogen / Marselisborg Havn

SAIL AN OPTIMIST DINGHY

Get ready to learn how to sail an optimist dinghy, and there will be other aquatic activities as well.

The only prerequisite we ask of you is the desire to learn how to sail and that you enjoy water activities.

You don't have to bring any special equipment, just a positive attitude. We will provide all necessary equipment.

School years: 2 - 10 year

Organiser: Kaløvig Bådelaug

Location: Sailing Århus/Århus Internationale Sejlsporthuset - Esther Aggebos Gade 80A, 8000 Aarhus C

Duration: 6 - 10 July

Weekday: Monday - Friday

Time: 9.00 - 16.00

Enrolment from: 8 June

Enrolment at: kbloptimist@gmail.com

Other information: Enrolment based on the principle of first come, first served. Bring a packed lunch and beverages for the day. Max. 30 participants.

Transportation: Bus no 3A

SAIL AN OPTIMIST DINGHY

Get ready to learn how to sail an optimist dinghy, and there will be other aquatic activities as well.

The only prerequisite we ask of you is the desire to learn how to sail and that you enjoy water activities.

You don't have to bring any special equipment, just a positive attitude.

We will provide all necessary equipment.

School years: 2 - 10 year

Organiser: Kaløvig Bådelaug

Location: Åstrup Strandvej 68A, 8541 Skødstrup

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 9.00 - 16.00

Enrolment from: 8 June

Enrolment at: kbloptimist@gmail.com

Other information: Enrolment based on the principle of first come, first served. Bring a packed lunch and beverages for the day. Max. 30 participants.

Transportation: Bus no 17

SPLASHING SUMMER SCHOOL

Maybe you can't go to Hawaii this year, but you can go to AWC, where some of our best wake-boarders are ready to help you on the surf. Experience the real surfer atmosphere and try your first wake-board trick with us!

Keep in mind, you must love the water and be able to swim before enrolling. The summer school is for everyone! Experienced or rookie, we make sure that you have a fun time. Once you have finished the summer school, the goal is that you know how to wake board, water ski and SUP - Maybe you will even leave with a couple of cool tricks up your sleeve, no matter what, we promise that you will leave with an unforgettable experience and a big smile on your face!

School years: 5 - 9 year

Organiser: Aarhus Watersports Complex

Location: Hveensgade 3, 8000 Aarhus C

Duration: Week 27: 29 June - 3 July
Week 28: 6 July - 10 July
Week 29: 13 July - 17 July

Weekday: Monday - Friday

Time: 8.30 - 14.30

Enrolment from: 8 June at 9.00

Enrolment:
<https://app.wakeque.com/awc/products/sommerskole2026>

Other information: Enrolment follows the principle of first come, first served. However, children and teens who have not tried this course before will have first claim.

Beware the enrolment opens on 8 June at 9.00. Applications received before this time and date will not be taken into consideration.

Remember a packed lunch and beverages.

Transportation: Get on the Light Rail bound for Østbanetorget, from here it is a 5-minute walk to reach the AWC. Bus no 3A.

ROLE PLAY

TIME TRAVEL TO 1864

Do you want try living like a kid in Denmark 170 years ago?

In this role-play, every day you travel back to life as a kid in 1864.

Everyone is dressed in historical costumes and you have to go to work, school and play in Den Gamle By, just like the kids did back then.

The event takes place from Monday to Friday, every day from 10 -15.

It is NOT possible to enrol for individual days.

School years: 3 - 6 year

Organiser: Undervisningsteamet (education team), Den Gamle By

Location: Den Gamle By, Viborgvej 2, 8000 Aarhus C

Duration: Week 27: 29 June - 3 July
Week 28: 6 - 10 July
Week 32: 3 - 7 August

Weekday: One week course (Monday-Friday)

Time: 10.00 - 15.00

Enrolment from: 8 June

Enrolment via: www.dengambleby.dk/aktivsommerferie

Other information: The activity runs Monday to Friday - we expect the child to participate all five days. Meals are not provided, so remember a packed lunch and beverages. If too many enrol, we will draw lots. The enrolment link does not go live until Monday 8 June 2026. EVERYONE will be informed as soon as possible after the enrolment deadline.

Transportation: Bus no 3a, 14, 4a, 11, (5a)

TIME TRAVEL IN DEN GAMLE BY, BACK TO THE 70S

Do you want to take part in a role play where you are given the opportunity to be a kid in an after-school centre in the 70s like when your grandparents were young? Throughout the week, we do activities, watch documentaries and explore our 70s quarter. We also play singing games and plan protests which we use in a role play at the end of the week. The event takes place from Monday to Friday, every day from 10 -15. It is NOT possible to enrol for individual days.

School years: 4 - 6 year

Organiser: Undervisningsteamet (education team), Den Gamle By

Location: Den Gamle By, Viborgvej 2, 8000 Aarhus C

Duration: Week 27: 29 June - 3 July
Week 28: 6 - 10 July
Week 32: 3 -7 August

Weekday: One week course (Monday-Friday)

Time: 10.00 - 15.00

Enrolment from: 8 June

Enrolment via: www.dengambleby.dk/aktivsommerferie

Other information: The activity runs Monday to Friday - we expect the child to participate all five days. Meals are not provided, so remember a packed lunch and beverages. If too many enrol, we will draw lots. The enrolment link does not go live until Monday 8 June 2026. EVERYONE will be informed as soon as possible after the enrolment deadline.

Transportation: Bus no 3a, 14, 4a, 11, (5a)

SONG & THEATRE

THEATRE (0 - 2 SCHOOL YEAR)

Do you want to be on stage? This summer, we deep dive into the world of theatre! We are going to play, do plenty of theatre exercises and work on characters and roles. On Friday, we invite friends and family to watch some of the exercises, scenes and games we have been working on during the week for a fun communal finish.

School years: 0 - 2 year

Organiser: Teaterhuset Filuren (theatre and dance school)

Location: Brobjergskolen, Valdemarsgade 1, 8000 Aarhus C

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 13.00 - 15.00

Enrolment from: 8 June at 10.00

Enrolment:

<https://filuren.dk/kulturskolen-for-teater-og-dans/tilmeldinger>

Other information: 15 June we draw lots for the places and then you receive an email about whether you have a spot or are on our waiting list.

Once the courses are filled, you will receive an email about meals, clothing and other practicalities.

Transportation: Brobjergskolen is located near Park Allé and the central railway station.

THEATRE (3 - 6 SCHOOL YEAR)

Do you want to be on stage? This summer, we deep dive into the world of theatre! We are going to play, do plenty of theatre exercises and work on characters and roles. On Friday, we invite friends and family to watch some of the exercises, scenes and games we have been working on during the week for a fun communal finish.

School years: 3 - 6 year

Organiser: Teaterhuset Filuren (theatre and dance school)

Location: Brobjergskolen, Valdemarsgade 1, 8000 Aarhus C

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 9.00 - 12.00

Enrolment from: 8 June at 10.00

Enrolment:

<https://filuren.dk/kulturskolen-for-teater-og-dans/tilmeldinger>

Other information: 15 June we draw lots for the places and then you receive an email about whether you have a spot or are on our waiting list.

Once the courses are filled, you will receive an email about meals, clothing and other practicalities.

Transportation: Brobjergskolen is located near Park Allé and the central railway station.

THEATRE (5 - 8 SCHOOL YEAR)

Do you want to be on stage? This summer, we deep dive into the world of theatre! Through lots of theatre exercises and games, we explore a variety of characters, scenarios and roles. On Friday, we invite family and friends to be our audience as we show them what we have worked on during the week.

School years: 5 - 8 year

Organiser: Teaterhuset Filuren (theatre and dance school)

Location: Brobjergskolen, Valdemarsgade 1, 8000 Aarhus C

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 10.00 - 15.00

Enrolment from: 8 June at 10.00

Enrolment:

<https://filuren.dk/kulturskolen-for-teater-og-dans/tilmeldinger>

Other information: 15 June we draw lots for the places and then you receive an email about whether you have a spot or are on our waiting list.

Once the courses are filled, you will receive an email about meals, clothing and other practicalities.

Transportation: Brobjergskolen is located near Park Allé and the central railway station.

THEATRE AT BAKKEGÅRDSSKOLEN

Do you want to be on stage? This summer at Bakkegårdsskolen, we deep dive into the world of theatre! We create our own characters and little scenes. We are going to play and make up stories together. On Friday, we invite family and friends to be our audience as we show them what we have worked on during the week.

School years: 1 - 3 year

Organiser: Teaterhuset Filuren (theatre and dance school)

Location: Bakkegårdsskolen, Bjørnshøjvej 1 8380 Trige

Duration: 29 June - 3 July

Weekday: Monday - Friday

Time: 10.00 - 12.00

Enrolment from: 8 June at 10.00

Enrolment:

<https://filuren.dk/kulturskolen-for-teater-og-dans/tilmeldinger>

Other information: The class takes place at Bakkegårdsskolen's after school care. You can enrol even if you do not attend the after-school care

SUMMER CHOIR SCHOOL

Welcome to the Church of the Holy Spirit Summer Choir School

The summer is upon us and at the end of the Danish school summer holiday, we offer some exciting / activities for the children. On Friday at 14.00, we hold a concert for everyone who is interested.

We invite all boys and girls in 0-3 school years who love to sing to join our children's choir camp where we sing and explore music. No previous choir experience is necessary. Everyone can join. The programme includes choir practice in groups and as one big choir where body and voice unite in movement and song.

Besides the singing there will be a lot of other fun and

creative activities. We are going to build a bonfire, play games, be creative using brushes, colours, scissors and glue, and much more.

We look forward to sharing three days of song, fun and community with you.

School years: 0 - 3 year

Organiser: Børne- og ungdomsarbejdet i Helligåndskirken (children's and youth work - church)

Location: Helligåndskirken (church), Torpevænget 1, 8210 Aarhus V

Duration: 5 - 7 August

Weekday: Wednesday - Friday

Time: 9.00 - 14.00

Enrolment: from 1 May

Enrolment: Enrolment at kontor@helligandskirken.dk

Other information: Enrolment follows the principle of first come, first served and closes on 20 June. Maximum 30 children. Remember packed lunch and water bottle.

Transportation: Bus no 2A

MUSIC THEATRE WORKSHOP: A SEA OF EMOTIONS

Together, we create a musical theatre show.

It all begins with 2 children who need help. They have sent us a message in a bottle. A cry for help. This is the beginning of a journey out of the darkness and into the light. On their journey they encounter a series of emotions that help them along.

We sing, dance and play - all of which brings the story to life. At the end, we put on a show for parents and siblings.

At Flaskeposttilfremtiden.dk (website) you can explore the story we are going to bring to life.

School years: 0 - 3 year

Organiser: Aarhus Musikskole (music school)

Location: OFFICERSBYGNINGEN
Vester Allé 3
8000 Aarhus C

Duration: 29 June - 3 July

Weekday: Monday - Wednesday

Time: 9.00 - 14.00

Enrolment from: 8 June at 10

Enrolment: Flaskeposttilfremtiden.dk

Other information: First come, first served principle. You get a confirmation email. Meals are not included in the activity. Remember a packed lunch and beverages.

Transportation: There are many buses to the city centre/Music School

MUSIC THEATRE WORKSHOP: A SEA OF EMOTIONS

Together, we create a musical theatre show.

It all begins with 2 children who need help. They have sent us a message in a bottle. A cry for help. This is the beginning of a journey out of the darkness and into the light. On their journey they encounter a series of emotions that help them along.

We sing, dance and play - all of which brings the story to life. At the end, we put on a show for parents and siblings.

At Flaskeposttilfremtiden.dk (website) you can explore the story we are going to bring to life.

School years: 0 - 3 year

Organiser: Aarhus Musikskole (music school)

Location: OFFICERSBYGNINGEN
Vester Allé 3
8000 Aarhus C

Duration: 6 - 7 August

Weekday: Thursday and Friday

Time: 9.00 - 14.00

Enrolment from: 8 June at 10

Enrolment: Flaskeposttilfremtiden.dk

Other information: First come, first served principle. You get a confirmation email. Meals are not included in the activity. Remember a packed lunch and beverages.

Transportation: There are many buses to the city centre/Music School

HAPPY READING

READING CAMP AT DOKK1

Reading camp at Dokk1 is for anyone who wants to curl up with a good book, meet other readers and participate in creative activities!

As part of the summer holiday activities, you can spend three days with great books, lots of chatting and Danish 'hygge'. Every day involves a common activity.

School years: 4 - 6 year

Organiser: Aarhus Hovedbibliotek (main library), Dokk1

Location: Hack Kampmanns Plads 2, 8000 Aarhus C

Duration: 30 June - 2 July (both days included)

Weekday: Tuesday - Thursday

Time: 9.00 - 13.00

Enrolment from: 8 June at 8.00

Enrolment via: <https://pretix.eu/aakb/qnuwe/>

Other information: Tickets are awarded by the first come, first served principle and your enrolment is for all three days.

Participants are asked to bring their own packed lunch. The building has a café. We meet at 9 AM by Æsken (area) in the children's library, Dokk1.

Transportation: The light rail takes you straight there.

WRITER'S WORKSHOP

WRITER'S WORKSHOP

Do you like to make up stories and experiment with words? Are you curious to meet others who enjoy writing? Then the writer's workshop is the place to be. Based on the theme HOME we play with words and text and try out different creative and artistic writing techniques. We let loose the imagination as we unleash the potential of words together.

School years: 4 - 8 year

Organiser: Aarhus Billed-og Medieskole (art and media school)

Location: Valdemarsgade 1E, 8000 Aarhus C

Duration: 29 June - 2 July

Weekday: Monday - Thursday

Time: 10.00 - 14.00

Enrolment from: 8 June at 9.00

Enrolment: aarhusbilledogmedieskole.dk/sommerhold/

Other information: Enrolment opens Monday 8 June at 9 and closes Monday 15 June at 9. We draw lots for the places. Max. 13 participants.

Transportation: Most buses and the light rail will take you straight there

SWIMMING

Open swimming, free play and water activities with great music

We fill up the swimming pool with fun mattresses, plates, flippers and much more that makes it fun to swim and play in the water. There are lifeguards present to help the children and keep an eye on safety. Great fun for children aged 6 - 16. Bring your friends, create new games and enjoy a lot of fun and splashing around.

School years: 0 - 9 year

Organiser: Lystrup Svømning

Location: Lystrup Skole Svømmehal, Lystrup Centervej 47B, 8520 Lystrup The school/swimming pool also has an entrance via Lystrup Centervej 47B, 8520 Lystrup

Duration: 6 - 12 July

Weekday: Monday - Sunday

Time: 12.00 - 18.00

Enrolment from: No enrolment, just show up. You show up at the swimming pool between 12-18, and it is free admission for anyone who attends school.

Enrolment: Personal attendance

Other information: Floatation devices, swim belts and flippers are available. You are not allowed to bring your own floatation devices and inflatable water toys. You have access to plenty of fun play things for the water. Simply show up at the entrance of Lystrup School's Swimming Pool.

Transportation: Bus no. 18, 16 The light rail, line 1 and 2, goes to Lystrup, from there it is a 10 - 15-minute walk to the public swimming pool.

NATURE BOUND

ORIENTEERING

By means of little exercises and running in the woods, we learn to use a map and compass to find our way in the woods in Aarhus. Bring practical and comfortable clothes that are easy to clean.

School years: 3 -7 grade (ages 8 - 14)

Organiser: Orienteringsklubben Pan (orienteering club)

Location: Silistria, Ørneredevej 15, 8270 Højbjerg

Duration: 3 - 7 August

Weekday: Monday - Friday

Time: 9.30 - 14.00

Enrolment from: 8 June at 10.00

Enrolment:

okpan.dk/2018/tilmelding-til-aktiv-sommerferie-orienteringsloeb/

Other information: Bring a packed lunch. Enrolment is limited to the first 50 applications (4 teams of 12 distributed by age and ability)

Transportation: Bus no 18

SWIM-BIKE-RUN: TRIATHLON SUMMER SCHOOL FOR CHILDREN

Triathlon is a sport that combines swimming, cycling and running - and where you can join no matter your level.

Aarhus 1900 Triathlon invites you to join a fun and active triathlon summer school for children. During the week, the participants will encounter the three sports that make up triathlon, while we focus in playing, community and great experiences.

The summer school takes place Monday to Thursday in week 28 and is directed at 5 - 7 school year pupils, both girls and boys.

We will do an orienteering race in Marselisborg Forest, alternative and fun bike training and try out open-water swimming at Tangkrogen (Aarhus). Thursday, we end the week with a mini-triathlon at Tangkrogen where anyone can join.

To participate, you need to bring a bike (racing bike not required - a regular city bike will do), bike helmet and running shoes. We supply all additional equipment.

We are excited to see you for a great week full of triathlon, movement and new communities!

School years: 5 - 7 year

Organiser: Aarhus 1900 Triathlon

Location: The club house at Observatoriestien 1A, 8000 Aarhus C

Duration: 6 - 9 July

Weekday: Monday - Thursday

Time: 9.00 - 13.00

Enrolment from: 8 June

Enrolment: Send an email to the club youth coach, Ingrid Kyed Jensen at: ingrid.kyed@hotmail.com

Include the following information in the email: Participant name, gender, school year, age, height, mobile number (parents), email address (parents).

Other information: We need at least 8 participants to hold the summer activity. We need max.15 participants (first come, first served).

You receive confirmation from Ingrid Kyed Jensen once you are enrolled and no later than 26 June, you will receive information about if the activity will be held (depending on number of enrolments), as well as information about the activities during the week.

You need to bring a packed lunch which we take every day before you are picked up, and some days there will be pancakes made on a Trangia, bread twists baked on a fire etc. which the club pays for.

Transportation: You have to appear at this address: Observatoriestien 1A, 8000 Aarhus C every day at 9 and the participants can be picked up here at 13.

Transportation to and from the activities during the day will be on bike which is why the participants must bring a bike every day - both as a means of transportation and as a part of the programme.

Det hele startede med en idé

I Aarhus er et nyt computerspil ved at blive lavet. Det hedder 'Out of Words' og handler om to børn, Karla og Kurt, der har mistet deres munde og pludselig havner i en fantasiverden, der hedder Vokabulantis.

I Aarhus sidder en masse voksne og knokler for at få spillet 'Out of Words' helt færdigt. Ferieavisen har taget en snak med holdet bag spillet, der her fortæller om, hvordan man går fra idé til færdigt spil, hvordan man opfinder en fantasiverden, og så har de et ganske simpelt råd, hvis du selv drømmer om at lave dit eget spil en dag.

Hvad handler 'Out of Words' om?

– 'Out of Words' handler om to børn, der har mistet deres munde, da de ikke ved, hvordan de skal få sagt det til hinanden, de gerne vil. De er nu faldet ned i en fantasyverden - Vokabulantis - hvor de skal finde ud af, hvordan de får deres tale tilbage. Man skal være to til at spille det samtidig, enten i sofaen sammen eller online: én som Karla og én som Kurt. De skal hoppe, løbe, snige og krybe sig gennem verdenen, hvor de møder en prins, en Aleph og månen samt mange andre.

Hvem er Kurt og Karla, og hvad kan I fortælle om dem?

– Kurt og Karla er 13 år gamle og har været venner siden børnehaveklassen. Det gode ved deres venskab er, at de altid har været i stand

til at tale om alt muligt, selvom de er blevet ældre. Det ændrer sig dog, da noget opstår mellem dem for første gang: en misforståelse, en uenighed, en lille fornemmelse af noget nyt og mærkeligt i luften.

Hvordan opstod idéen til 'Out of Words'?

– Digteren Morten Søndergaard og stop motion-instruktøren Johan Oettinger, der også ejer WiredFly, ville engang for enormt mange år siden lave en film om, hvordan det kan være svært at finde de rigtige ord, når man skal snakke med en, man måske er forelsket i. Sidenhen kom de på, at det skulle være et computerspil, hvorefter de tog fat i Esben Kjær Ravn fra spiludviklingsselskabet Kong Orange, og de gik i gang med at lave den idé om til et computerspil med rigtig stop motion-animation, håndlavede dukker og scenografi.

Hvordan finder man på en helt ny verden som Vokabulantis?

– Det tager lang tid og mange forsøg, men det hele starter med en idé. Vokabulantis er idéen om to børns indre verden og sprog, der kommer til live, så de kan rejse i den. Det bliver langsomt til en færdig verden.

Hvad er det sjoveste ved at opfinde figurer og verdener?

– Det er muligheden for at skabe en stor oplevelse for de mennesker, der skal spille spillet.

Hvis I selv kunne bo i spillets verden én dag - hvad ville I så lave?

– Vi ville nok lave en hel myriade af småting, som findes i den verden. Lead Writer Boris Hansen ville måske bo på biblioteket med en bog som hoved. Instruktør Johan Oettinger ville måske ligge med et græsstrå i engen efter at have kørt derud på prinsens motorcykel. Artistic Lead Mikkel Maltesen ville gå rundt og forme graffiti i hemmelighed på lermurene i Nounberg. Ida, der er værkstedschef, ville måske svømme en tur med Kurt, Karla og den gamle karpe. Morten Søndergaard ville helt sikkert være en digter på jagt efter sine mange ord, der gemmer sig på tværs af Vokabulantis.

Hvad er det sværeste ved at lave et spil?

– At få alt til at spille sammen: udseende, animation, spildesign, lyd, kode, musik, fortæl-





ling, sværhedsgrad, længde, rytme osv. Hvis de enkelte elementer eller helheden ikke er der, så vælter korthuset.

Hvis et barn drømmer om at lave spil en dag – hvad skal man så gøre?

– De skal simpelthen begynde at lave spil nu. Alle kan lave spil. Der er mange muligheder online, nemme tutorials og ting, man kan prøve af, selvom man hverken kan kode, tegne eller

animere. Der er også steder, man kan gå til spil, fx Coding Pirates.

Hvad vil jeres bedste råd være?

– Stop med at læse mere nu og find et stykke papir: Skriv, tegn eller krusedul en idé til et lille bitte spil, og prøv at lave det med det samme.





Aarhus' High Line: En bro fuld af drømme

Forestil dig en bro, hvor du kan gå højt oppe over byen og kigge ned på træer, bygninger og mennesker, der skater, leger og spiller musik. Det lyder måske som en drøm, men i Aarhus er den faktisk ved at blive til virkelighed.

I Sydhavnen er den gamle Kulbro nemlig i gang med at blive forvandlet til et af byens sejeste steder.

Fra kul til kreativitet

For mange år siden havde Kulbroen et helt andet job. Dengang blev der kørt kul hen over broen til et kraftværk, og området var fyldt med larmende maskiner og travle mennesker. Det var et sted med fart på og masser af arbejde. I dag er det hele ved at forandre sig.

Projektleder for Kulbroen, Marc Sejr Eggen, blev nysgerrig på den gamle bro. Den store betonbro stod glemt midt i et område, der var ved at forandre sig, og det fik ham og andre til at tænke: Hvad nu hvis man kunne give den gamle bro et nyt liv i stedet for at rive den ned?

De begyndte at dykke ned i broens historie og opdagede, hvor vigtig den engang havde væ-

ret. Og så opstod idéen: Hvad hvis man kunne gøre den gamle kulbro til et sted for mennesker, idéer og oplevelser i stedet for kul?

En gammel bro var på vej til at blive noget helt nyt.

En bro, der binder byen sammen

Den nye Kulbro bliver meget mere end bare en bro. Den kommer til at binde byen sammen på en helt ny måde, så man kan gå fra midtbyen, over Spanien og gennem Sydhavnen, mens man oplever Aarhus fra et anderledes perspektiv.

Broen er inspireret af den berømte High Line i New York, men den får sin helt egen stil med rå materialer og masser af liv.

Marc mener, at det er vigtigt at bevare steder som Kulbroen, fordi de fortæller noget

om vores historie. Hvis man fjerner de gamle spor fra byen, mister man også fortællingen om, hvordan livet engang var, og hvem vi er i dag.

Et sted fyldt med oplevelser

Når Kulbroen er færdig, vil Sydhavnen blive et sted, hvor der næsten altid sker noget sjovt. Man vil kunne opleve musik under åben himmel, se kunst i byrummet og møde mennesker, der dyrker sport eller bare hænge ud.

Midt i det hele kommer Kultårnet til at rejse sig som et særligt samlingspunkt. Her vil der være plads til både café, kunst og musik, og nye talenter kan få chancen for at optræde og vise, hvad de kan.

En bro til fremtidens drømme

Kulbroen er ikke kun lavet af beton og stål. Den er også bygget af idéer og drømme.



Marc drømmer om en bro fyldt med liv og gode oplevelser. Et sted, hvor dig og dine venner og resten af byen kan gå på opdagelse i det helt særlige kvarter i Sydhavnen. Han håber, at Kulbroen kan give kulturlivet i Aarhus ny energi og få endnu flere til at have lyst til at være med.

Måske er det her, nogen står på en scene for allerførste gang. Her der bliver skabt kunst, eller hvor nye idéer bliver til virkelighed.

Hvad drømmer du om?

Når Kulbroen åbner, kan det også blive dit sted. Måske går du deroppe og får en idé, du ikke har fået før. Måske møder du nye venner eller oplever noget, du vil huske meget længe.

En ting er sikkert: Kulbroen er ikke bare en bro. Det er et sted, hvor drømme kan vokse – midt i vores fælles by, Aarhus.



Projektleder og medlem af Kulbroens Venner, Marc Sejr Eggen.



Hvad sker der i hjernen, når vi sover og drømmer?

Hvorfor drømmer vi?

Kan vi selv bestemme hvad, vi vil drømme om?

Og hvordan undgår man at få mareridt?

Vi har spurgt en af Danmarks førende søvnforskere, **Ali Amidi**, som er PhD ved Psykologisk Institut på Aarhus Universitet.

Vi ved stadig ikke med sikkerhed, hvorfor vi drømmer. Nogle forskere ser drømme som et biprodukt af hjernens aktivitet, mens vi sover. Andre mener, at drømme hænger sammen med, hvordan hjernen arbejder med vores oplevelser, minder og følelser.

Man kan godt tro, at hjernen lukker ned, når vi sover. Men sådan er det ikke. Hjernen er aktiv hele natten, men bare på en anden måde end, når vi er vågne.

Når vi falder i søvn, ændrer hjernen gradvist aktivitet. Den bliver mindre optaget af omgivelserne og mere fokuseret på indre processer. Det betyder dog ikke, at hjernen holder op med at arbejde. Tværtimod.

Søvnens forskellige faser

Søvnen består af flere stadier. Først kommer stadiet 1, som er en meget let søvnfase. Her befinder vi os som regel kun i få minutter. Derefter går vi hurtigt videre til stadiet 2, som også kaldes let søvn. Det er her omkring halvdelen af vores samlede søvn foregår. Denne form for søvn spiller blandt andet en vigtig rolle for, hvordan hjernen bearbejder det, vi har lært, og for vores hukommelse.

I den dybe søvn, stadiet 3, bliver hjernens aktivitet langsommere og mere rytmisk. Det er her, det er sværest at vække os, og både hjernen og kroppen får særligt gode betingelser for samle nye kræfter.

Senere på natten bevæger vi os flere gange ind i REM-søvnen. REM står for rapid eye movement, fordi øjnene ofte bevæger sig hurtigt bag de lukkede øjenlåg. I denne fase er

hjernen meget aktiv, og nogle gange næsten lige så aktiv, som når vi er vågne. Det er også her, vi oftest har de mest levende, mærkelige og følelsesladede drømme.

Selvom hjernen er meget aktiv under REM-søvn, er kroppens muskler næsten helt lammede. Det kaldes søvnparalyse og er en vigtig beskyttelsesmekanisme. Den gør, at vi normalt ikke bevæger os, mens vi drømmer.

Når vi drømmer, skaber hjernen oplevelser indefra. Den bruger minder, følelser, billeder og indtryk og kombinerer dem på nye måder. Derfor kan drømme føles meget virkelige, selvom de ofte er ulogiske. Man kan pludselig flyve, møde mennesker, man ikke har set i årevis, eller befinde sig flere steder på én gang. Det betyder ikke nødvendigvis, at drømme altid rummer et skjult budskab, men det peger på, at hjernen arbejder aktivt med information, minder og følelser, mens vi sover.

Hvorfor er vi bevidstløse, når vi sover?

Vi er faktisk ikke helt bevidstløse, når vi sover, men vores bevidsthed om omgivelserne er meget begrænset. Hvis der lyder et højt brag, vil de fleste af os vågne, selvom vi er midt i en drøm.

Når vi bliver mindre bevidste under søvn, hænger det sandsynligvis sammen med, at hjernen har brug for ro til at udføre en række vigtige funktioner. For eksempel at bearbejde dagens oplevelser, genopbygge energi og fjerne affaldsstoffer, der ophobes, mens vi er vågne.



Søvnforsker, Ali Amidi, PhD ved Psykologisk Institut på Aarhus Universitet.

Søvnforskeren Allan Rechtschaffen sagde en gang, at hvis søvn ikke har et livsvigtigt formål, så er det den største fejltagelse i evolutionens historie. Det er rigtigt set: Søvn gør os sårbare. Når vi sover, reagerer vi langsomme, og vi er mindre opmærksomme på potentielle farer.

For mange dyr er det en reel risiko. Derfor sover dyr ofte på bestemte tidspunkter eller på steder, hvor de er beskyttet. Nogle dyr sover om natten, hvor de er sværere at få øje på. Andre bygger reder, søger skjul eller finder sovepladser højt oppe, hvor rovdyr har svære ved at nå dem.

Søvn er altså så vigtig for overlevelse og funktion, at evolutionen har bevaret den, selvom den også gør både dyr og mennesker mere udsatte. Nogle arter har udviklet særlige løsninger. Delfiner kan for eksempel sove med den ene halvdel af hjernen ad gangen, mens den anden halvdel forbliver vågen og sørger for, at de fortsætter med at svømme og kommer op af vandet for at trække vejret.

Kan man selv bestemme, hvad man vil drømme om?

Man kan som udgangspunkt ikke helt selv styre sine drømme, men forskning viser, at drømme ofte hænger tæt sammen med det liv, vi lever, og det, der fylder i vores hverdag.

Noget forskning tyder på, at man i visse tilfælde kan øge sandsynligheden for at drømme om et bestemt emne. Metoden går ud på, at man retter sin opmærksomhed mod noget bestemt lige før, man lægger sig til at sove - for eksempel en person, et

problem eller et bestemt billede, og gentager for sig selv, hvad man gerne vil drømme om.

Hvorfor kan man opleve at være bevidst om, at man drømmer?

Nogle mennesker oplever, at de under drømmen bliver klar over, at det faktisk er en drøm. Det kaldes lucid dreaming eller klare drømme. I den tilstand kan man i nogle tilfælde få en vis indflydelse på drømmens forløb, men der er sjældent helt fuld kontrol.

Man kan til en vis grad træne evnen til at have klare drømme. Blandt andet ved at skrive sine drømme ned, lægge mærke til tilbagevendende mønstre i dem og arbejde bevidst med sine drømme før sengetid.

Hvorfor får man mareridt - og kan man undgå det?

Mareridt er ubehagelige drømme, som ofte opstår, når hjernen bearbejder stærke følelser eller ubehagelige oplevelser, mens vi sover. De kan hænge sammen med stress, bekymringer, sygdom og i nogle tilfælde traumer. For lidt søvn kan også øge risikoen for mareridt.

Man kan ikke altid undgå mareridt helt, men risikoen kan ofte mindskes. Regelmæssig søvn, faste sengetider og hjælp imod angst, uro eller dårlige oplevelser kan gøre en forskel.

OL som ledestjerne

Søskendeparret Rasmus og Nanna Vestergård Johansen fra Malling deltog ved De Olympiske Vinterlege i februar. Her fortæller de om drømmen om OL, hvordan var at stå ved den gigantiske sportsbegivenhed og nye drømme for fremtiden.

- Det var helt vildt at træde op på bjælken til det første løb. Folk skreg vores navne, og man kunne se OL-ringene. Det var en vild oplevelse, som man næsten ikke kan beskrive.

Sådan lyder det fra skeleton-køreren Nanna Vestergård Johansen, der i februar deltog ved De Olympiske Vinterlege i Italien. Ved sin side havde hun sin bror Rasmus, og for begge var det en drøm, der gik i opfyldelse.

- OL har været en ledestjerne for mig, og jeg har drømt om at deltage siden 2012. Det er det ypperste. OL er ikke bare store præstationer, men også minderne om, hvordan vi sad og heppede i idrætscafeteriet, imens vi så det som yngre, siger Rasmus Vestergård Johansen.

Men det er svært at blive god. Sådan rigtig god, så man kan komme til OL. Nanna og Rasmus træner mere eller mindre alle ugens dage. Det handler om at finde de små marginaler, der gør, at de kan slå konkurrenterne, når der suses ned gennem en iskanal med 130 kilometer i timen og hovedet først.

- Jeg overdriver ikke, hvis jeg siger, at man bruger de første to år, når man skal lære skeleton, på at banke ind i banderne langs kanterne. Man æder bander til morgenmad, og armene gør ondt. Det siger bam-bam-bam, imens man ryger ind i dem. Der er en robusthed, der skal opbygges. Det er hårdt at ville være god, forklarer Rasmus Vestergård Johansen og griner.

Kulminationen skete i februar ved OL, hvor søskendeparret stod klar ved startrampen som de første danskere i disciplinen nogensinde. Oplevelsen var det hele værd.

- Det vildeste var selve konkurrencen. At stå klar og skyde det hele i gang. Det var drømmen, der gik i opfyldelse, siger Rasmus Vestergård Johansen, der suppleres af Nanna.

- Det overraskede mig, at selv de bedste i verden syntes, det var vildt at være med. Det var fedt at opleve, hvordan atleterne og alle omkring dem lyste op i øjnene, da det gik i gang. Selv vores mekaniker havde julelys i øjnene hver dag.

Ved åbningsceremonien stod de pludselig tæt på den amerikanske rapper Snoop Dogg, der var forbi for at hilse på de amerikanske atleter, men også noget så jordnært som spisesalen emmede af noget specielt.

- Når vi spiste, kunne vi fx følge med i curling-kampene i fjernsynet, og når de var færdige, kom de ned og spiste sammen med os en time senere. Man følte sig omringet af verdensstjerner, fortæller Nanna.

Rasmus og Nanna deltog både hver for sig og sammen i en mixed-konkurrence, hvor en mand og en kvinde deltager som hold. Det blev ikke til medaljer, men der blev skabt en interesse omkring skeleton, som de er glade for.

- Vi håber, at vores deltagelse har skabt noget interesse, og at der er en dansk mur af fans, når der er verdensmesterskaberne i Lillehammer næste år, siger Rasmus Vestergård Johansen, der ligesom sin søster håber, at de har inspireret andre.

- Vi håber ikke, at der er 10.000 børn, der nu vil køre skeleton, men vi håber at inspirere børn til at gøre og prøve noget andet end de store sportsgrene, siger han.



4 hurtige til Nanna og Rasmus

Hvad drømte I om, da I var børn?

Nanna: - Jeg havde virkelig mange drømme, og det skiftede hver måned, men drømmen var at finde noget, jeg var rigtig god til. Jeg har drømt om at komme til OL i svømning, jeg har også drømt om at blive overlæge. Altid har det handlet om at blive den bedste, jeg overhovedet kunne.

Hvad er det sjoveste ved skeleton?

Nanna: - Det er, når det går hurtigt, og man mærker vinden suse om hovedet på en. Hvis man er heldig, kommer man i mål i en god tid med et et-tal. Dén følelse.

Hvor hurtigt kører man i skeleton?

Rasmus: - Det hurtigste, jeg har kørt, er 138,38 km/t.

Bliver I bange, når I suser ned ad banen med hovedet først?

Rasmus: - Nogle dage står man da på toppen og skal trække vejret en ekstra gang. Men det handler mere om, at man skal huske banen og de enkelte kurver, for man kaster sig ud i en linedans, hvor linen er ekstremt tynd. Én fejl kan virkelig koste meget.



HVAD ER SKELETON?

Skeleton er en sport, hvor man ligger på maven på en lille slæde og styrer ned ad en isbane i rigtig høj fart. Man bruger kroppen til at dreje og holde balancen, og det gælder om at komme hurtigst muligt ned til bunden uden at vælte.



Sommer, sjov og plask

- Kom i svømmehallen

Find sommerens åbningstider på vigirbyenpuls.dk

Gellerupbadet | Lyseng Svømmebad | Badeanstalten Spanien