

# EXCEED YOUR LIMITS

- 
- Challenge
  - Culture
  - Development



# Introduction

Egmont Højskolen offers 15 places on our international programme focusing on intensive Danish training and preparation to get employment as a personal assistant for a person with a disability. The study programme is open to anyone between 18 and 30, who would like to spend a year on a Danish Folk High school and who is interested in working as a personal assistant. If you are a citizen in one of the new EU member states (Estonia, Latvia, Lithuania, Poland, Slovakia, Czech Republic, Hungary, Slovenia, Malta, Romania, Cyprus and Bulgaria) you can even have your participation in the program financed by a grant from the Danish state. In the following programme description you can read more about Egmont Højskolen, the content of the study program, application procedure, economy and other practical issues.

*»the most important were great people,  
who changed my mind, opened my heart  
and taught me what is really important  
in our lives.«*

*Dagmar Valovcinová*



## What is a folk high school (højskole)?

Folk high schools are unique to the Scandinavian cultural tradition and an integral part of the democratic development in Denmark and the other Scandinavian countries. The folk high schools are based on the pedagogical principles formulated by the Danish poet, priest and philosopher N.F.S. Grundtvig (1783-1872). In opposition to the elitist school system of his time, Grundtvig envisioned a democratic »school for life«, which was based on dialogue between teachers and students. Since the founding of the first folk high school in 1844, the folk high schools have operated outside the formal education system. In accordance with Grundtvig's ideas these schools have no exams and don't prepare students for any specific profession or work field. By enhancing knowledge, body, intellect, musicality, reflection and creativity the folk high schools aim at making students fully aware of their potentials as human beings and as citizens in a democratic society.

A folk high school is like a small community where students are together 24 hours a day, seven days a week. You study, eat and attend lessons together. Teaching goes on all day, then afterwards you have a choice of leisure activities and can use all of the schools many facilities: workshops, music rooms, kitchen, sport facilities and computers.

Folk high schools are for everyone above the age of 18.



# What is Egmont Højskolen?

A folk high school is open for everyone, and at Egmont Højskolen we take this very seriously. Egmont Højskolen was established in 1956 in realization of the fact that the existing folk high schools in reality were not accessible for people with disabilities. Today we have a school, which is 100 % accessible for people with disabilities.

Between 30 and 40 students out of 130 have different kinds of physical, social, cognitive, or perceptual disabilities. These students participate fully in the daily life and classes at the school. The lectures are, to a large extent, differentiated to meet the individual student's needs and abilities.

The key words for Egmont are:  
**competence, dignity and solidarity.**



## Purpose of the program

The purpose of the program is to equip the participants with knowledge and skills that will enable them to get employment as personal assistant for a person with a disability.

## The job as personal assistant

The students at Egmont Højskolen who are employed as personal assistants are working for a fellow student. We call this relationship for a user/helper relationship. The helper is working for the same user through out the semester in a 37 hour working week. The working hours are always outside the class room. This means that in class the helper student is not working, but he is a student on ordinary terms. The working periods are in the mornings until classes begin, during the breaks and meal times, in the afternoon and evening after classes and during week-ends and holidays. Most user students will have 2-4 helper students attached. This means there will be plenty of free time.

The need for help for the individual user student varies a lot. Some only needs practical help like personal care, laundry and someone to push the wheel chair. Others need help to administer their finances and working schedules for their helpers. Others again need a lot of pedagogical support. And some will need a combination of all of it.



## The expectations of the knowledge of the helper students

It is the individual user student who decides which helper students he/she will employ. The school only facilitates the contact between the two groups, through a day where interviews take place. A contact teacher and sometimes the parents of the user students participate during the interview.

In general, most user students value the personalities of their helpers more than their practical and professional knowledge and experience as a personal assistant. They want someone who is fun to be around, who might become a friend and who will help include the user students in a normal life as a young person, with visits to the pub, a concert or to the disco.

*»Egmont Højskolen is a good place where you can develop and grow.«*

*Ausra Klemaite*



# Description of the programme

The programme consists of 5 elements:

- Intensive Danish training (app. 5 x 90 minutes per week)
- Personal assistant training (app. 10 x 90 minutes per week)
- Common subjects (2 x 90 minutes)
- Theme days and theme weeks
- Study trips

## **INTENSIVE DANISH TRAINING:**

The Danish lessons will be a combination of e-learning, where the students will work on their vocabulary and the grammar, and oral exercises. Each participant will be attached to a »table group« of Danish students. The table groups eat at least two meals a day together and there are some weekly meetings within the table group. This daily interaction with the Danish students will give the participants an opportunity to hear and speak Danish.

## **PERSONAL ASSISTANT TRAINING:**

The training as a personal assistant will be divided into 5 blocks:

- Personal care
- Communication and conflict management
- Interpersonal relationship
- Introduction to alternative communication methods
- Transport, incl. wheelchair, car and lifting techniques.



## **COMMON SUBJECTS:**

Common subjects are compulsory for all students. Common subjects are:

- House meetings where practical issues are discussed (the meeting is conducted by the student parliament).
- Table group meetings where students meet with their contact teacher
- A weekly cultural event (lecture, concert, poetry reading, etc.) with an invited guest. The International evening will take place as such a cultural event.

## **THEME DAYS AND THEME WEEKS:**

With regular intervals we break up the schedule and do something different. This could be a theme day where everybody is engaged in writing newspapers, or it could be a theme week where the whole school works together on the production of a musical. Theme days and weeks usually end with a big party.

## **STUDY TRIPS:**

Twice a year we leave the school and go on study trips abroad. The duration of the study trip is 5 days in the autumn semester and 2 weeks in the spring semester. We usually don't travel the whole school together so there will be 3-4 destinations to choose between. Destinations vary from year to year. In the autumn semester the destination will typically be nearby capitals like Berlin, Amsterdam, Stockholm and Prague. In the spring semester we usually travel a bit further to places like Malta, Italy, and Spain.



# Participants' profile and conditions

## WHO CAN APPLY FOR THIS PROGRAMME?

- You must be between 18 and 30 years old.
- You must be fluent in English.
- You must have a valid driving license and have minimum one years driving experience.
- You must be willing to learn Danish language.
- You must be interested in receiving the training to become a personal assistant.
- You must be interested in applying for a job as personal assistant at Egmont Højskolen after 1 semesters training.

## ECONOMY

During the first semester:

If you are accepted to the programme you will receive a grant from the Danish state. The grant is paid out to the school and will cover the following expenses\*:

- Tuition fee.
- Board (you will share a room with another student).
- Food.

You will have to pay the following expenses yourself:

- Transport to and from Egmont Højskole.
- Pocket money (app. 500 DKK per month including expenses for laundry).
- Small contribution to study trips abroad (approximately 1000 DKK).
- Materials in some creative subjects.
- Stay outside the school during autumn break and christmas break.

*\*)Please note that if you are not a citizen of one of the new EU member states, you will have to pay 1600 DKK per week for tuition, board and food.*



## IF YOU ARE EMPLOYED AS A PERSONAL ASSISTANT:

If you are employed as a personal assistant you will work app 37 hours per week. From your salary you have to pay 1600 DKK per week for tuition fee at Egmont Højskolen. The tuition fee covers food, board, tuition. Also you have to pay tax to the Danish government.

Your salary after Danish tax and tuition fee will be between 3500-4000 DKK.

Please note, that Egmont Højskolen can not guarantee employment, as it is the individual student who decides who will be assisting him/her. Egmont Højskolen is only responsible for coordinating the job applications and the interviews.

*»Egmont is the best school for life.  
This school isn't about study  
subjects. It is much more than  
foreign people can imagine«  
Dagmar Valovcinová*



# Practical information

## BEFORE YOU LEAVE:

If you are accepted to the program there are some things you need to do before arriving at Egmont Højskolen:

You have to contact your national health authorities and get a European Health Insurance Card. This card gives you the right to receive free medical treatment from the public health system in Denmark.

Take your passport and your birth certificate with you. A registration sheet will be filled in and sent to the Danish authorities after arrival to the school.



## WHAT TO BRING WITH YOU:

- Bring clothes for different kinds of occasions and activities: Clothes for outdoor activities, sports clothes, swim suit, clothes for festive occasions. Since Denmark can be very cold, windy and wet, warm clothes and a rain jacket would be a good idea. During daily lessons Danish students dress casually.
- Please bring traditional dress, songs, games, music, pictures, etc. from your country. You will be asked to tell about your country and your culture, and it would be fine if you could bring something special to illustrate this.

## EGMONT HØJSKOLEN IS:

For women and for men and for musicians

For mechanics and dreamers and sportsmen

For couples and for grownups

For your self and for them, who has broken up

For glassbreakers and for Tai chi and for filmmakers

For wheelchairs and for postmen and for swimmers

For eaters and for skypers and for travelers

For them who are sad and for believers

For everyone who needs that.

Airika Penning









## egmont højskolen

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