

## Find us on Facebook, Instagram and our website.

### LIVING WITH CULTURAL HERITAGE

A modern family and business life at a Danish manor house. Sanderumgaard estate, just southeast of Odense, has since 1828 been in the Vind family. With Sanderumgaard comes a 15-hectare historic Romantic Garden!

**Lecturer:** Susanne Vind

**Place:** Sanderumgårdsvej 150, 5220 Odense SØ

**Date:** Sunday the 20th of March

**Time:** 14.00 — 16.00

**DKK:** 75

### WELCOME TO ODENSE (FAMILY EDITION)

Welcome to Odense is a tour in Odense to explore the culture, food places, sport places, playgrounds and more in Odense. We will show you around. Your whole family is welcome! Hope to see you!

**Guides:** Louise B. Thomsen og Laura M. Stephsen

**Meeting point:** Filsofgangen 30B, 5000 Odense C

**Date:** Saturday the 26th of March

**Time:** 10.00 – 12.00

**DKK:** 200 for a family and 130 for students

### QUEEN CHRISTINE'S ODENSE

Historical walk with the story of Denmark's queen who lived in Odense in the early 16th century. Infidelity, siege and murder. These were some of the things that the Queen of Denmark experienced up close at the beginning of the 16th century.

**Guide:** Mikael Manøe Bjerregaard

**Meeting point:** Sortebrødre Stræde 9, at Odense City Museums.

**Date:** Tuesday the 19th of April

**Time:** 14.00 — 15.30

**DKK:** 75

### COMMUNITY FOR JOBSEEKERS

Are you looking for a job and a community with others in the same situation as you? Then we hope to see you in our community.



**Coordinator:** Benedikte Stigkær Lekbo

**Place:** First Tuesday every month at Analog Kaffebar (60 DKK), the other tuesdays every month at AOF, Hundrupvej 103 (10 DKK).

**Start:** Tuesday the 18th of January

**Time:** 09.00 – 12.00

**DKK:** 60/10

### FIRST-AID COURSE FOR CHILDREN (0-1Y/O)

First-Aid Course with focus on children. Teaching the basics of first aid training in children.

**Teacher:** Rasmus Nymand Larsen

**Place:** AOF, Rugårdsvej 15B, 5000 Odense C

**Date:** Thursday the 3rd of March

**Time:** 09.00 – 13.00

**DKK:** 150

### DO YOU WANT TO TEACH OR GIVE YOUR OPINION?

Give us a call +45 69160600 or send an e-mail [benedikte@aofcenterodense.dk](mailto:benedikte@aofcenterodense.dk)

Sign up here:

[aofcenterodense.dk](http://aofcenterodense.dk)

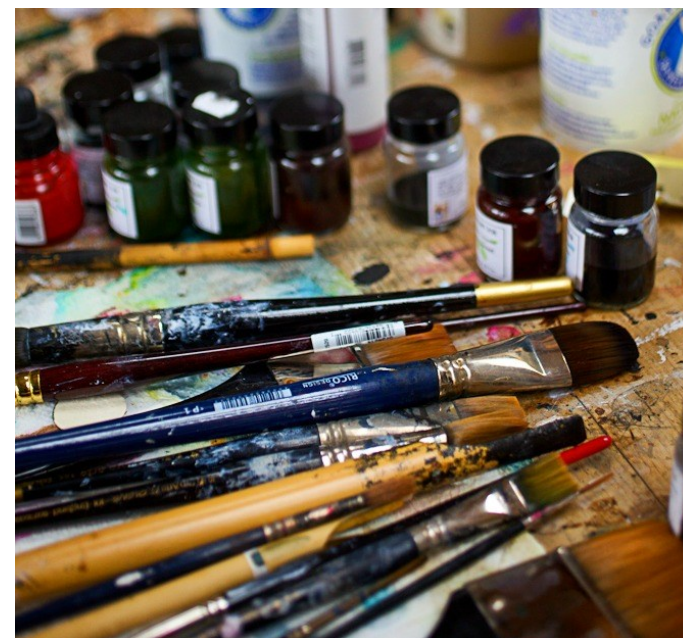
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Or call AOF on +45 69160600



VIDEN · UDVIKLING · SAMVÆR

## Course catalog SPRING 2022



FIND YOUR NEXT COURSE AT

[AOFCENTERODENSE.DK](http://AOFCENTERODENSE.DK)



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# A special selection of courses in English

## Welcome

*AOF welcomes you to an active leisure time.*

*Cultivate your hobby or learn more about Odense together with others.*

*English will be the spoken language for all activities.*

## HATHA YOGA IN ENGLISH

Hatha yoga is classic yoga, where we combine physical exercises, breathing techniques, and relaxation in order to feel a greater sense of peace and presence. Through yoga we cultivate a bigger body awareness, release tension and create new energy.



**Instructor:** Elisabeth Knuth

**Place:** AOF, Hunderupvej 103, 5230 Odense M

**Period:** Mondays from 21st of February to 4th of April

**Time:** 19.30-21.00

**DKK:** 675/633

## LEARNING ACADEMIC ENGLISH THROUGH CREATIVE WRITING AND STORYTELLING

Having a strong understanding of academic English is crucial for many people working and living in Denmark, but learning the art and craft of the English language can be tedious.

**Teacher:** Dr. Rob Book

**Place:** AOF, Rugårdsvej 15B, 5000 Odense C

**Period:** Mondays from 28th of February to 4th of April.

**Time:** 17.00 — 18.30

**DKK:** 680/640

## HOW TO DRAW A STILL LIFE AND A PORTRAIT

10 basic drawing classes focused on perspective, shapes, shading, objects, still life and a portrait drawing.



**Teacher:** Dagmar

**Place:** AOF, Rugårdsvej 15B, 5000, Odense C

**Period:** Wednesdays from 9th of February to 27th of April.

**Time:** 17.00 — 18.50

**DKK:** 1030/970



## DANCE & TONE IN ENGLISH

Do you want to have fun?

Dance & Tone is for you who want to burn a lot of calories to cool music.

**Instructor:** Lis Lindgaard

**Place:** AOF, Hunderupvej 103, 5230 Odense M

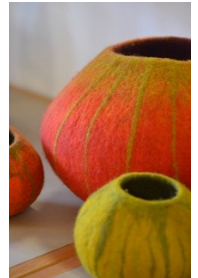
**Period:** Fridays from the 25th of February to the 8th of April.

**Time:** 10.30 — 11.20

**Kr.:** 350/329

## FELTED VESSELS

Felting vessels is a basic introduction to wet felting with wool fibres. You can make small and very simple vessels or larger and more complicated ones. In any case you can blend the colours and shape your felt to make your very own design.



**Teacher:** Mette Østman

**Place:** Filtværket, Ørstedsgade 20 tv. 1st floor, 5000 Odense C.

**Date:** Wednesday the 23rd of February

**Time:** 18.00 – 22.00

**DKK:** 175/163



## DRAW YOUR PET/ FAVORITE ANIMAL

In 4 hours you will draw your animal friend. You will learn how to build an animal head+body from basic shapes, how to mix colors, how to shade, draw details...

**Teacher:** Dagmar

**Place:** AOF, Rugårdsvej 15B, 5000 Odense C

**Date:** Saturday the 12th of February

**Time:** 10.00 – 13.50

**DKK:** 200/188