

Portfolio



Christopher

Fact File:

Name: Idrætsskolen for udviklingshæmmede

Address: Hvidkildevej 64 – 2400 København

Leadership: Søren Stenkilde

Profile: An institution where handicapped adults can learn different sports and can be active every day.

Mission statement: Idrætsskolens basic idea is through the daily work and teaching of physical education to provide adults with learning opportunities for personal development within four main areas: the physical, mental, social and physical culture.

History: It was founded 20 years ago.

Facts and figures:

- It is a great place and an opportunity to learn sports for handicapped adults, but also a good place to become substitute teacher and pedagogue.
- It is just around the corner from Fuglebakken station.
- The students are either transported there by bus or taxi.
- It is not a very big place, but it includes everything that is needed. A cantina, a hallway, changing rooms, a place to relax and hang out, and a place for the teachers to have meetings and hang out.
- Even though the place is small, there are a lot of places in other parts of Grøndalscenteret where the students are doing sports (including outside).

Logbook:

Day 1:

Today was our first day at socialpraktik. We arrived at Idrætsskolen for udviklingshæmmede and we were introduced to the people working at the institution. We were showed around by our main teacher, Jeppe, who we are working with for the next three weeks. Today was a special day, normally the students would just stay at the institution from 9-14, but today we were going out. We were driven to Valby Park by a mini bus. When we arrived we were welcomed by some people who were all studying to get a degree as a pedagogue. We spent the whole day with them and did different athletic exercises with them and the students.

Day 2, 3, 4:

On day 2 we were given our schedule for the three weeks we have to stay at Idrætsskolen. Some of the main things listed on the schedule are that we have to attend the morning meeting with the staff every morning, we have to help serve the supper at 13:30, half an hour before the students are going home.

We split up into three teams, adventure sport, "tons & tummel" and football. Joël and I were on the football team. Jeppe, Manne, and Mads had planned different exercises for the students. We did different physical exercises, such as, sit-ups push-ups and the plank.

During the whole of this week we were on the football team. Every Wednesday, as we were taught, is the day that everyone at Idrætsskolen would go out running, and afterwards we would have basic training: Fitness, boxing, spinning and zumba.

Day 5:

Today was the last day of football, because the next week we are going to train with the students for an event called "special Olympics". We did the same procedure as Tuesday when we made exercises for the legs and arms. We shot at goal and trained our passing.

Day 6:

Today we were introduced to the topic: Special Olympics. During the whole of this week we will do Olympic sports like 100m and 400m sprint. We will also do shot putting, long jumping and handball. Today we were on the athletics team with Jeppe and a substitute teacher called Stine.

Day 7, 8, 9, 10:

On Tuesday the weather was horrible. It rained all day and we had to stay inside. So instead of doing Olympic exercises we practiced handball. We practiced dribbling and shooting a prepared for Thursday where the team is going to take a bus to Slangerup to play a friendly match.

Wednesday we went out running. We went to a park where we split up into four different teams. There was a team on each base from where we had to run to a cone and back again, until we had to shift to the next base. After the break we were on the boxing team and we practiced boxing skills.

On Thursday we took the bus to Østerbro stadion, where we practiced athletic disciplines again. Just on a better surface.

Friday was a holiday so we didn't have work that day.

Day 11:

This week we were still training for Special Olympics. We were on a small handball team because some of the students were either sick or had a day off to do practical things like going to the dentist. Some of the teachers were also sick, so there were substitute teachers replacing them. During handball practice, we did the usual routine, shooting at goal and dribbling.

Day 12, 13, 14:

Tuesday: Many of the teachers were still sick so we stayed on the handball team, practicing.

Wednesday = Basic training day. We went out running with a team, and after the break we went boxing. Some journalists were also there that day. They were taking pictures of the students doing sports for an article.

Thursday: This was our last day because Friday everyone will go to the Special Olympics for the weekend, challenging other handicapped people in athletics and handball. During the morning meeting, Alastair came to talk to us about our experience at socialpraktik. Afterwards we continued the usual routine with sports. We were on the handball team and practiced different methods of attacking and defending with the students. Normally after lunch we would continue the training but because of Special Olympics we were packing for the event instead. We said goodbye to everyone and thanked the teachers for letting us stay at Idrætsskolen.

10 Good Photographs:



Interview:

1. What is your full name?

Jesper Olsen

2. Why did you choose to start at Idrætsskolen?

Because I like to do sports

3. Do you like Idrætsskolen?

Yes

4. What do you like about Idrætsskolen?

The ball games

5. Is there something you would change about the school?

No

6. What do you like doing in your spare time away from Idrætsskolen?

Play football

7. How do you get to Idrætsskolen?

By bus

8. Who are your best friends at Idrætsskolen?

All of them

9. Are the teachers nice?

Yes

10. What is your favourite topic at Idrætsskolen?

Football

Feature Article:

The negative view on challenged people

“Don’t judge people on how they look or how they behave. Judge them on how they treat you”

Christopher Guillaud-Kleberg

All over the world there are institutions made to help physically or mentally damaged people. At Bernadotteskolen the teachers have a theory that they want their students to go out to a similar institution as those scattered around the world. Therefore all 8th grade students from E-5 were sent out to those in Denmark to witness the atmosphere of being with handicapped people.

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By working at an institution for handicapped people for three weeks, the students of E-5 had definitely learned something about the atmosphere of working with handicapped people. For instance, working is already a thing that many of them aren’t used to. Here in Denmark you can apply for a job from the age of 15, and start working. Many of the students at

Bernadotteskolen don’t have jobs yet and therefore they don’t know how the conditions and atmosphere is working in the shoes of an adult. Luckily many of them have now been at institutions and have been able to participate in the daily life of an adult, working at an institution like these. The experience they have had for the three weeks was a really different experience from what they had expected. People imagined that the mentally or physically handicapped people would be a lot different and opposite compared to us, but not at Idrætsskolen. Idrætsskolen, one of the many institutions in Denmark for disabled people, is in fact the only institution in Denmark where you do sports all day and nothing else.

In fact after being in the atmosphere and surroundings of handicapped people, the eight graders have learned a lot, and for them it didn’t even feel as if the physically or mentally challenged grown-ups were “different” compared to us. Furthermore the students at Bernadotteskolen have also learned how to go out of their comfort-zone and act

normally towards more challenged kids or adults.



The students at Idrætsskolen live normal lives just like we do. They go to the dentist, they go travelling and they do sports as well. They may have some difficulties physically but it doesn’t prevent them from doing what they want to. A girl at Idrætsskolen in Grøndalscenteret, is missing a hand but it doesn’t prevent her from doing all the different exercises.



The atmosphere at Idrætsskolen was amazing. Everyone was happy, people didn’t think about all the negative factors of their lives but only the positive. Everyone is friends. Just like a student said;

“Everyone is my best friend”.

By staying and working at multiple versions of a handicap institution, the experience had certainly changed many of the students’ view on handicapped people. Their view had changed drastically like in a debate. In a debate where an enough convincing argument or statement can drastically change the audience’s view on the matter or subject and make them gain the mutual point of view as the person winning the debate.

Now the experienced students think that there is no need to treat the students at institutions differently to people we deal with in the daily life. They have opinions like us, they have humor and they know when to say stop and when not to. They are normal people and shouldn’t be looked upon differently.