

Activity Opportunities at HEG

As a student living at the boarding school, you have access to a wide range of facilities that help you enjoy an active and enjoyable everyday life.

You are free to use the school's sports hall, fitness center, activity room, mini cinema, and gaming room – whether you want to get moving, relax, or spend time with others.

The school collaborates with several local partners, giving you the opportunity to buy tickets for various activities through the school. This could include trips to the cinema, motocross track, swimming pool, or experiences at Landal Holiday Center.

In addition, group activities are regularly arranged for boarding students. You can take part in company visits, climbing, football training, game nights, movie nights, and Thursday cafés.

There are excellent opportunities here for both social connection and leisure time.

POSSIBLE INDOOR ACTIVITIES

- Additional equipment and access cards for activity rooms can be collected from the security guard.
- If the equipment is not handled properly, the activity will be permanently stopped for everyone.

Activity	Activity Area	Equipment Location
Pool/Billiards Darts Air Hockey Table Football Dice / Board Games	Activity Room	Room key available from boarding school guard Extra cues, darts, and balls from the guard
PlayStation	Mini Cinema	Cinema key from boarding school guard Extra controller available
Table Tennis	Oasen	Balls & bats next to the table
Table Football	Oasen	
Gaming	Gamer Room	PC access card from boarding school guard
Board Games	Oasen	Glass cabinet by boarding school guard
Fitness	Fitness room in Energien and basement	Requires fitness card
Volleyball Indoor Football Badminton Basketball Floorball Tennis	Energien	Balls and equipment in Drawer 1 Rackets from boarding school guard
Movies	Mini Cinema	Cinema key from boarding school guard

POSSIBLE OUTDOOR ACTIVITIES

- Additional equipment and access cards for activity rooms can be collected from the security guard.
- If the equipment is not handled properly, the activity will be permanently stopped for everyone.

Activity	Activity Area	Equipment Location
Football	Street court / lawn at dept. O	
Østermark School pitch	Footballs – Boarding school guard	
Basketball	Street court	
Basket hoop by dept. G exit	Basketballs – Ball net in 'Energien'	
MTB / Cycling	Aars and surroundings	Bike shed
Fitness	P1 parking lot at Energien	
Action Park	Kettlebells, weights, skipping ropes, resistance bands – Energien (bring outside)	
Dodgeball	Street court	Dodgeballs – Drawer 1 Energien
Cones – Shelf MKM office		
Badminton	Lawn by dept. O	Badminton rackets – Boarding school guard
Street Floorball	Street court	Floorball sticks & balls – Drawer 3 Energien
Goals – Energien		
Foam Tennis	Street court	Foam tennis rackets – Drawer 7 Energien
Beach Volleyball	Beach volleyball court in front of dept. O	Beach volleyballs – Drawer 1 or 4 Energien
Net – Basement storage room		
Golf	Aars Golf Club (buy ticket at guard)	Golf equipment – Luggage storage room (P)
Running / Orienteering / Star races		
Frisbee / Frisbee Golf	Lawn by dept. O	
Action Park	Discs – Drawer 4 Energien	
Discs in shed by climbing tower		
Football Golf	Action Park	Football – Drawer 6 Energien