

UNITY

FIRST DAYS

TIME	SATURDAY 29 JUNE	SUNDAY 30 JUNE	MONDAY 1 JULY	TUESDAY 2 JULY
11:00	Virtual Reality experience	Morning choir with TØS (30 min)	Morning choir with TØS (30 min)	Morning choir with TØS (30 min)
12:00				
13:00			Sauna ritual bus (13:00-17:00)	Sauna ritual bus (13:00-17:00)
14:00	Music Bingo with Urban 13 (50 min)	Music Bingo with Urban 13 (50 min)	Music Bingo with Urban 13 (50 min)	Music Bingo with Urban 13 (60 min)
15:00	Laughs and Rhymes (60 min)	Laughs and Rhymes (60 min)	Turning Tables (40 min)	Virtual Reality experience
16:00		We gave them this - quiz (16:15-16.45)	We gave them this - quiz (16:15-16.45)	
17:00		Knit and Drink (60 min)	Knit and Drink (60 min)	
18:00				Rap-battle (Freestyle) (90 min)
18:30			Dance pop-up workshop	Dance pop-up workshop
19:00 ↓ 24:00			DJ Sidequest	DJ Sidequest

UNITY

Welcome to Unity – a gathering place for volunteers with morning choir, creative live acts and co-creative activities that amplifies connections between old and new relations and create cozy moments. Open and accessible from Saturday 29 June until Saturday 6 July, around the clock. Check the program for details.

MORNING CHOIR WITH TØS

Come and join when TØS invites you to morning choir and unfolds their talents with cello, double bass, guitar, keyboard, and beautiful voices.

Sunday 30 June, Monday 1 July, and Tuesday, 2 July at 11.00

'KNIT AND DRINK' WITH MORTEN

Join us for a cozy and informal knitting session. Morten will start by sharing his experiences and development as a male knitter. We will continue the conversation about music, knitting, gender roles and breaking patterns. Bring your own knitting project or borrow one from us and participate in the large communal knitting project. Beverages can be brought or purchased at Bar Rock.

Sunday 30 June and Monday 1 July at 17:00

TURNING TABLES CONCERT WITH CHILDREN AND YOUNG PEOPLE FROM TURNING TABLES DENMARK

Public, media, and politicians. There are many opinions – often negative – when the conversation is about the country's social housing areas and their residents. Some even go as far as to label the housing areas as "ghettos". But what is it really like to grow up and live in social housing areas as a child and young person?

Come and get part of the answer when children and young people from Brøndby Strand, Æblehaven in Roskilde and Nørrebro in Copenhagen tell their own stories through music and text they have written themselves. These are surprising, honest, and funny stories that challenge the often stereotypical perception of social housing areas.

*Saturday 29 June – Tuesday 2 July at 14:00
+ Wednesday 3 July at 14:00*

MUSIC BINGO BY URBAN 13

The Urban 13 Association provides entertainment, music, and prizes for sharp music enthusiasts.

*Saturday 29 June – Tuesday 2 July at 14:00
+ Wednesday 3 July at 14:00*

LAUGHS AND RHYMES

A musical comedy show where the boundaries between stand-up comedy and freestyle rap get merged. The two disciplines are performed by "experts" in each field, after which they are thrown into each other's territory – and you get to see familiar faces in deep waters.

Saturday 29 June and Sunday 30 June at 15:00

RAP BATTLE

The rap collective 'On the Spot' bring us hard-hitting and entertaining Freestyle Rap Battles. While the rappers impress with improvised rhymes, YOU as the audience decide the theme of the rap and which of the eight rappers who will leave the event as the ultimate winner.

Tuesday 2 July at 18:00

SAUNA THERAPY BUS

Stop by for a 12-minute cleansing session in Butchers Heat's sauna bus – a great opportunity to reset body and mind. Sauna therapy is aromatherapy in a sauna, where a gusmaster uses essential oils on hot stones, creating a pleasant and relaxed atmosphere. Butchers Heat only uses pure essential oils, which provide a mild scent with varying effects of relaxation, calmness, improved circulation, and cleansing effect. There will also be an ice bath with buckets, so you can finish - or start - with a cooling. You can sign up for a session by the bus.

Monday 1 July and Tuesday 2 July at 13:00-17:00

AAU VR VIRTUAL REALITY EXPERIENCES

Virtual Reality experiences focused on sound with a common goal of creating calm at the festival. As an example, you can explore through an ear, learn about the effects of sound, and understand how to avoid hearing damage at the festival.

Saturday 29 July at 11:00 and Tuesday 2 July at 15:00

DJ SIDEQUEST

DJ duo – lounge & house music.

Monday 1 July and Tuesday 2 July at 19:00 until midnight

VOLUNTEERS' GARDEN

TIME	SATURDAY 29 JUNE	SUNDAY 30 JUNE	MONDAY 1 JULY	TUESDAY 2 JULY	WEDNESDAY 3 JULY	THURSDAY 4 JULY	FRIDAY 5 JULY	SATURDAY 6 JULY
10:00	Hatha Yoga ZINA	5 Tibetans KIRSTEN	Morgen Yoga ZINA	Hatha Yoga KI	Morning Dance COLETTE	Morning Dance COLETTE	Morning Dance COLETTE	Morning Dance COLETTE
11:00		Tai Chi KRIOS	Workout JEANETT	Chanting KRIOS	Power Hatha Yoga ANNE	Breathwork Yoga ANNE	Breathwork SUNE	Flow Yoga ANNE
12:00		Gentle Kundalini Yoga KIRSTEN	Hatha Yoga ZINA	Mindfulness MIKALA	Hard Rock Yoga JEANETT	Qi Gong SUNE Knitting MORTEN	Chanting KRIOS	Hatha Yoga ANNE
13:00	Siesta	Siesta	Siesta	Siesta	Siesta	Siesta	Siesta	Siesta
14:00	Hatha Yoga ZINA	Mindfulness MIKALA Knitting MORTEN	Knitting MORTEN	Hatha Toga KIRSTEN	Flow Yoga ANNA	Mindfulness MIKALA	Mindfulness MIKALA Knitting MORTEN	
15:00	Sound Meditation COLETTE	Sound Meditation COLETTE	Breathwork SUNE	Sound Meditation COLETTE	Hatha Yoga ZINA	Sound Meditation COLETTE	Sound Meditation COLETTE	
16:00		Yoga Nidra KI	Restorative Yoga JEANETT	Gentle Hatha KIRSTEN	Gentle Hatha Yoga ZINA	Flow Yoga ANNE Knitting MORTEN	Hatha Youga ZINA	

Massages are offered every day in between 10:00 and 13:00. Booking 09:45 at the massage tent
 Massages are offered every day in between 14.00 and 15:00. Booking 13:45 at the massage tent

VOLUNTEERS' GARDEN

In the Volunteers' Village, you will find the Volunteers' Garden – a tranquil, green area inviting you to take a break, relax and reset your nervous system by participating in various activities. Look forward to yoga, massage, mindfulness, knitting, dancing, breathwork and other activities.

THE ALCOHOL-FREE GARDEN

Come by and take a break in an alcohol-free environment.

MEETING ROOMS

We have three meeting tents that you can book. They are in a quiet area, allowing peaceful conversations.

STYLING TENT

In the Wellness Tent, you can style your hair and apply makeup. Our glitter hosts are happy to add a touch of glitter to your cheek, getting you ready for the party.

OPENING HOURS IN VOLUNTEERS' GARDEN

Saturday 29 June until Saturday 6 July at 10:00-20:00

- **Sound Meditation:** A calm session where you can relax to soothing sounds.
- **Knitting:** Knit with Morten and join a discussion about gender roles and breaking patterns.
- **The Five Tibetans:** Five powerful yoga exercises for the body and nervous system.
- **Chanting:** Krios has combined chanting with popular songs that everyone can sing along to.
- **Mindfulness:** You will be guided into a deep state of relaxation.
- **Workout:** Lively and active training that creates joy and energy.

- **Morning Dance:** Morning Dance in the Volunteers' Garden gives you a chance to feel free and happy in contact with other dance-loving people. You can dance in your own universe with closed eyes, dance with others and loosen up stiff joints after a night's sleep.
- **Yoga:** You can participate in various yoga classes in the Volunteers' Garden in a large yoga studio. There are active and calm yoga sessions. Yoga is excellent for reconnecting with your body after all the impressions from the festival. You can stretch and strengthen sore muscles and connect with your mind and body.
- **The Alcohol-Free Garden** You can relax in the festival's most tranquil spot. Here, you can lie alone or with friends and take a nap while the birds sing for you. Guests have said, "This garden has saved my festival experience. I come here to unwind peaceful surroundings. Normally, I would go home because all the impressions can be overwhelming. But now I can come here to this little garden and recharge, so I'm ready to perform my volunteer tasks, enjoy the music, be with many people and party."

VOLUNTEERS' PRINT AND OG ILDSJÆLEGAVER.

You can get the Volunteers' print on your own clothes and get your Year-round Volunteers' gift in Volunteers' Garden.

WARDROBE

You can put your personal belongings in the wardrobe.

