

# SUNDAY

August 7th 2011

Opening hours 12.00-20.00



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## DANSESCENEN

### 12.00-13.00 Al-Djimal Al-Saida - De Glade Kameler

See exotic oriental dance performed by the association's solo dancers and dance troupe. Join in the workshop and learn the steps for yourself.

### 13.00-14.00 Kizomba Dance

Kizomba is a type of African dance that's gaining in popularity throughout Europe. We will present an hour-long introduction to the dance and everyone is welcome regardless of skill level.

### 14.00-15.00 Girlz United

Come see the cool chicks of Girlz United perform various dances on stage. Think it looks fun? Then join us on stage and learn the steps!

### 15.00-16.30 Den Dansk-Græske forening Argonaftes

The Greek-Danish association Argonaftes presents Greek folk dancing from all over Greece and you are invited to join in the fun! Come share in the joyous Greek atmosphere and love of dancing!

### 16.30-17.30 SalsaParadis

Catch the Zumba rhythm when SalsaParadis invites visitors to take part in a one-hour Zumba class on Kulturplænen. Everyone is welcome, so come along and feel the joy of the dance.

### 17.30-18.30 Kizomba Dance

Kizomba is a type of African dance that's gaining in popularity throughout Europe. We will present an hour-long introduction to the dance and everyone is welcome regardless of skill level.

### 18.30-20.00 Colombia Viva

Colombia Viva will stage folkloristic and popular dances in local folk costumes from the different regions of Colombia, and you're invited to take part.

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## STREETOMRÅDE

### 12.00-16.00 StreetMekka

Copenhagen's indoor street athletics facility, StreetMekka, takes to the streets once again this year at the Cultural Harbour Festival.

StreetMekka brings energy and verve to the festival with Basketball Shoot Outs, open workouts in Street Skipping, Hiphop Dance and Street Fit as well as the wildest-ever Break Dance Battle. All to the sounds of DK's best HipHop DJs. Check it out!

StreetMekka and Fairplay are partnering to present the following activities at Cultural Harbour Festival street area:

12.00-13.00: Double Dutch (Open workout)

13.00-15.00: Hiphop Dans (Open workout)

15.00-16.00: Street Fit (Open workout)

16.00-20.00: Sweet Sixteen

Street basket tournament with two-on-two games held on the street court. Some of Denmark's very best players will turn out to play for victory, so expect a great competition as well as top-class basketball.

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## HAVNEBADET

### 13.30-15.00 Swim in words

With your head on a floatation device and the rest of you bobbing in the clean harbour water, you can listen underwater to the famed stories of the Brothers Grimm featuring Cinderella, Snow White, Little Red Riding Hood and many, many more. Remember your swimwear! Event hosted by Team Bade and Copenhagen Libraries/Team Ung.

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## KULTURPLÆNEN

### 12.00-18.00 Skakklubben K41

Play chess with oversize pieces (if you're in shape!). Challenge one of the chess club's top players and participate in simultaneous chess in which one player plays everyone at the same time.

### 18.00-19.00 Salsaparadis

Catch the Zumba rhythm when SalsaParadis invites visitors to take part in a one-hour Zumba class on Kulturplænen. Everyone is welcome, so come along and feel the joy of the dance.

### 19.00-20.00 MIMA København

Submission wrestling combines martial arts such as Judo, Jujutsu, Brazilian Jiu-jitsu, Greco-Roman wrestling, freestyle wrestling, and more. We'll explore throws, pins, and various locks for arms and legs.

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## BØRNEPLÆNEN

### 12.00-13.00 Fremtidens Helte

Tiger training for the whole family by athletics teacher Lise Steffensen. Join us to try tiger training together with your children. We'll do children's yoga, family acrobatics and fun-filled games that everyone can enjoy. It's all about exercise, play, and movement in which all family members are active in untraditional ways. Children ages 2 and up can participate.

### 13.00-15.00 Natha Yoga for Børn

A fun and soul-nourishing yoga lesson designed especially for children. It's never too early to learn how to do yoga, to discover one's awareness and control of the body and its energies, to learn how to breathe properly, to improve one's balance and flexibility, increase curiosity and creativity, etc. And your parents are also welcome!

### 15.00-17.00 Irakisk Hus

Children and young people from the Iraqi House recreation centre look forward to displaying their drawings dealing with their childhoods in Iraq, Palestine, Lebanon and Denmark. They will show their emotions, background and the exciting combinations achieved through the encounter between Danish culture and that of their homeland.



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## BEVÆGELSESPLEENEN

### 12.00-13.00 Judoklubben Mitani

The Mitani judo club offers judo lessons, and afterward you can try your moves on the demo participants. Everyone is welcome, children and adults alike.

### 13.00-14.00 Karate og Budo klub Kokusai Sougobudo Renmai

Take part in an open martial arts workshop that welcomes everyone. There will be both Genseiryu and Genkidokai karate for all age groups.

### 14.00-15.00 Taoistisk Tai Chi Forening Danmark

Taoist Tai Chi, the "internal art of health". Come and experience a true path to health and inner peace.

### 15.00-16.00 Sporvejenes Idrætsforening

Senior gymnastics are a lot of fun as well as good exercise for your body and your mind. Come swing those arms and legs with the rest of us at the Cultural Harbour Festival.

### 16.00-17.30 Astanga Yoga Skolen

Drop by and check out our playroom with positions from our Astanga yoga practice. Some are more complex than others, but we offer something for everyone.

### 18.30-20.00 Capoeira Senzala Amager

Capoeira, a Brazilian martial art, is a beautiful cross between fierce martial art techniques, impressive acrobatics, play, dance and music. With history in colonial Brazil, Capoeira was performed by Afro-Brazilian slaves who hid their martial arts in a dance accompanied by song and music. Discover this acrobatic martial art form and try your hand at Capoeira in the company of trained capoeiristas.

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## BRYGGENS KAJAKPOLO

### 12.00-20.00 Bryggens Kajakpolo

Kayak polo is one of the most fun things you can do in a wetsuit and it's open to men and women alike. There are two teams of 6-12 players (incl. reserve players). The rules of the game are a mix between polo, handball and basketball. The trick is to keep your kayak, paddle, and ball under control while also keeping your balance. Up close and personal fun is guaranteed - and so are soaked teammates! Our lanes are located at Islands Brygge. Drop by and see if kayaking is for you. We offer the equipment and the services of trained instructors.

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## SALEN I K-I-B

### 12.00-13.00 Baggårds Big Band

With many years of experience, Baggårds Big Band brings to the stage their own style of joyous and enthusiastic swing music as well as similar sounds.

### 13.00-14.00 Tango Urquiza Skolen

Learn to dance the tango! Get an introduction to Argentinean tango with Tango Urquiza - Bryggen's local tango school. The lesson is just a taste of what it is to dance the tango, and no experience is necessary, but if you want to be certain of taking to the floor, bring your own partner.

### 14.00-17.00 ARTStudio ART-n-ME

It's the Draw-Paint-Event, to which everyone of all ages is invited to play with colours, draw/paint and create pictures. This year's theme is "Fantasy World", and the idea is to draw a character that you feel belongs in a Fantasy World. Afterwards, we'll cut out the drawings and place them into a shared collage picture that everyone can join in creating.

### 17.00-18.00 Det Hvide Snit

The ImproComedy Connection consists of some of Denmark's best improv actors with at least 20 years experience in one of their craft's most challenging genres: Improv theatre. As always, the audience influences what happens on stage, which is entirely in tune with the times - Look at me! Listen to me! If you seek entertainment featuring your own dreams and fantasies, there's nothing like a wacky, moving, and thought-provoking show by The ImproComedy Connection!

### 18.00-20.00 Natha Yogacenter

Tantra workshop for opening the heart. Tantra is all about embracing life and awakening our heart's deepest yearning to experience life. This workshop seeks to take us deep into our souls to discover our unlimited capacity for the joy of love. We do this through performing simple group movements as well as a heart circle, angel walk and other sense-awakening, humorous and playful tantra techniques.



**12.00-13.00 KAS Havnens Sangforening**

The KAS Havnens Sangforening of 1892 choir is a four-part male choir originally founded by coal workers. The repertoire is mainly comprised of worker's songs, so come out and hear the old lyrics, laden with meaning.

**13.00-14.00 The Gordon Pipes Drums**

Learn to play the bagpipes or Scottish drums. You don't need special skills, the ability to play an instrument or even read music - we'll take care of everything. Become a member of a Pipe Band and get the chance to be part of The 2011 Royal Edinburgh Military Tattoo.

**14.00-15.30 Akwaaba**

African dance, song and music are filled with joy and positive energy. Come and experience the traditional African rhythms performed by the dancers and musicians of Akwaaba Ensembles.

**15.30-16.30 Western Old Times**

Themed role play based on American life and history during the years 1800-1900. Experience several different role plays - Lady Rose, for example. The audience will be invited to participate.

**16.30-17.30 Comparsa - Et Kucheza Fællesskab**

Comparsa views music, song, and dance as parts of a unified whole. Together with Naby Bangoura, we'll perform a show featuring drum and dance from Guinea. Everyone is invited to participate.

**17.30-19.00 Trommeorkestret Slagkraft**

Open stage. Bring your balls or pins if you're up for trying out your juggling skills to musical accompaniment. Or what about the unicycle? Slagkraft drum orchestra provides the musical setting.

**19.00-20.00 Fore-fote**

Traditional African show at its most authentic and infectious. We reach out to our audience and involve those with the curiosity and courage to try something new. Come and enjoy the party atmosphere.

**MUREN****12.00-20.00 Amager Motocross Klub**

Try your hand at motocross/microcross, the sport for men and women who love action. We will have an information café where the Amager Motocross Club will be on hand to get you started in one of the world's toughest and most exciting sports. Come watch thrilling motocross/microcross films featuring Motocross Action.

If you're in the mood for more, you can take the Cultural Harbour boat to Sydhavn for the opportunity to experiment on the Amager Motocross Club track.

**13.00-14.00 & 16.00-17.00 Bech Ballet Akademi**

Come and experience a new interpretation of Hans Christian Andersen's fairytale The Little Mermaid. The Bech Ballet presents a newly choreographed ballet performed open-air by talented dancers aged 13-23.

**PARKOURBANEN****12.00-17.00 Copenhagen Parkour**

Come and test your skills in the art of parkour, a physical discipline developed in the suburbs of Paris that involves moving freely and fluently over urban hurdles. Workshops are scheduled for 12.00-13.00, 14.00-15.00 and 16.00-17.00.

**12.00-14.00 Qajaq København**

Greenlandic qajaq show demonstrates real Greenland qajaqs, rolls and turns. If the weather cooperates, there will be a training session with Greenlandic string games that test strength, flexibility and balance to prepare children for using a kayak without flipping it over in water.

**FREESTYLEBANEN****13.00-19.00 Danske Freestyle Cyklist**

Bikes are the most fun-filled and healthiest way of getting from A to B. Feel like trying out a BMX/Street/Trial bike? Then drop by the DKFC stand and find out how much fun you can have on a bike. If you have the guts, we've got the equipment! Power to the pedals!

**14.00-20.00 Islands Brygges Lokalhistoriske Forening**

Exhibition about Islands Brygge through history and a film showcasing the story of Bryggen.

The board will be present to take questions about the history of Islands Brygge.

**12.00-15.00 Dansk Agility Forening København**

There will be barking, jumping and rolling over in abundance when the Danish Agility Association of Copenhagen puts up their dog runs at Islands Brygge. Come watch the good doggies and meet their owners who will be on hand to talk about their association.

If you have a dog of your own, bring him/her along to Islands Brygge and give the obstacle course a try.

**12.00-13.00 Rockets Cheerleaders**

Rockets Cheerleaders is one of Zealand's winningest cheerleading associations. Experience our show and take part in our workshop for kids and youth of all ages.

**13.00-15.00 Friskis&Svettis**

Work out with Friskies&Svettis, a Swedish athletics association that offers cheery, simple, and solid exercise for ALL kinds of people - young and old, fit and not-so-fit, men and women.

**15.00-17.00 Trommecirkel.dk**

Open drumming with DJEMBUKA JAM. Free rhythm and musical improvisation with hand drums, music and rhythm instruments. Come participate in creating spontaneous music. Bring your own instrument (bought or home-made). Children are welcome when accompanied by an adult.

**15.00-17.30 Kulturværkstedet Dagmar**

An enthusiastic team of youngsters from the Culture House Dagmar is ready to show children, youth and adults the rules of the game of cricket. We'll perform fun exercises that everyone can do and finish with a game of cricket.

**17.00-19.00 Natha Yoga Spiritual Creativity**

Art is the soul's way of expressing itself and another mode of communicating with the world around us. Come to our workshop and allow your creativity to unfold.

**17.30-18.30 La Gym Danmark**

La Gym Danmark offers visitors an hour of fun and effective exercise with safe movements for the entire body. We put to use the resistance of our own bodies and detox our souls with music filled with joy and inspiration. And you'll want to do it all over again immediately afterwards!

**18.30-20.00 Copenhagen GAA**

Gaelic football! The Copenhagen GAA, three-time European Championship-winners and Denmark's only Gaelic football club come out to show us an exciting and challenging sport, where you can come and discover a game that melds together elements from football, handball, and rugby. We're happy to accept players of all levels, including absolute beginners.

The Floating Lounge will serve as a chill-out zone where visitors can take a break from the activities on the festival grounds and just relax for a while being close to the water.

**12.00-13.00 Dansk Kurdisk Kulturcenter**

Come out and see traditional Kurdish folk dancing. We'll dance the traditional old steps of the Govend and sing songs about the Kurdish new year, Newroz.

**13.00-14.30 Swingin' Hepcats**

Feel like trying your hand at swing dancing? The Swingin' Hepcats introduce the audience to the swing dance steps and offer lindy hop lessons for beginners. Stay afterwards and dance to some catchy swing music.

**14.30-16.00 Global Kidz**

Vibrant dance from every country in the rainbow. Children and teens belonging to the Global Kidz association will perform with Afro, Bollywood, ragga, Latin, Oriental dance and more, followed by demonstrations to teach the audience.

**16.00-17.30 Bollywoodfever**

Indian dancer Murai Lal Saini and his pupils perform Bollywood dance, Rajasthani folk dancing and classic Kathak dancing. Stay for the colourful show and learn the beautiful and exotic steps in the workshop.

**17.30-19.00 Orientalsk Danseunion**

The Oriental Dance Union invites you to a colourful and vivid show combining a number of Oriental dance styles. In order to raise awareness of the many-faceted art of belly dancing, there will be a short presentation before each dance number highlighting each one's exciting and unique history.

**19.00-20.00 Den Persiske Kulturforening**

Latin American dancing to southern rhythms with a demonstration of a dance instructor. You'll feel like you're in the tropics. Men, women and children alike are invited to join in.

**12.00-20.00 Sportsdykkerklubben Polyfemos, Dykkerklubben Goplerne, Københavns Sportsdykkerklub, Akademisk Undervandsgruppe & KingKlub.**

Copenhagen's diving clubs give you the chance to try your hand at diving, snorkelling, or underwater rugby in the pool. Underwater rugby is the ultimate ballgame for anyone who loves water and team sport, and enables you to challenge yourself and develop your underwater skills both physically and mentally, while diving is more demanding on your inner resources and ability to stay calm.



**12.00-19.00 Roforeningen KVIK**  
Come and try the sport of rowing. We'll take a brief rowing trip in the harbour and test out your strength with our row ergometer on the quay.

**12.00 -18.00 KingKlub**  
Come and try the sport of rowing. We'll take a brief rowing trip in the harbour and test out your strength with our row ergometer on the quay.

**12.00-18.00 Akademisk Undervandsgruppe**  
Akademisk Undervandsgruppe will show films from the waters in and around Copenhagen, which hold the secrets of countless shipwrecks. They offer an exciting insight into the nautical history of the busy waterways of Copenhagen. We will also demonstrate safe diving in the harbour pool.

**12.00-20.00 Københavns Sportsdykkerklub**  
Using images and video, the sports diving club "Københavns Sportsdykkerklub" will talk about diving in Danish waters and you can also find out more about diving, diving equipment, and our club. In addition, you can try your hand at a "trial dive" in the harbour pool. There's something for everyone, from beginners to advanced divers.

**12.00-20.00 Dykkerklubben Goplerne**  
The diving club explains diving in Scandinavian waters and takes us through a display of diving equipment. Try holding your breath underwater in the pool, and visit the cutter Hydrofobia and learn all about how to dive from a cutter.

**12.00-20.00 Sportsdykkerklubben Polyfemos**  
For everyone between the ages of 12 and 17. Come and give underwater rugby a try - it's a sport for those who love challenges! Bring your own swimsuit and towel, and borrow the rest from us. If you're keen to learn about other types of diving sports, we've got instructors on hand to guide you on your way.

**12.00-18.00 Amager Ro- og Kajakklub**  
You find ARK - Amager Rowing and Kayak Club at the wooden promenade. Here you can try polo kayak for beginners. You'll be instructed on how kayaks and paddles work before trying it out for yourself in water. The area where you can row is marked off and under supervision. Children over the age of 12 and adults are welcome.

**12.00-17.00 Hjemmeværnets Flotille 369 Holmen**  
The Danish Marine Home Guard will be represented by flotilla 369 Holmen. The boat will be open to the public and demonstrations will be held in equipment use, first aid, man-overboard rescue, and the employment of floating barrages.

**16.00-20.00 Jyllinge Sejlklub**  
Jump into the latest trends in water activity when Cultural Harbour Festival presents the chance to try the new Stand Up Paddle surfing (SUP). SUP is performed on a large and wide surfboard where you paddle your way forward using a long paddle. Get into your swimwear, hop aboard, and see if you can keep your balance.



## 17 COPENHAGEN MARRIOTT HOTEL

**12.00-16.00 Danish Arabia Expedition**  
It is 250 years since the Danish King Frederik V sent six men on a long sea journey in search of "Arabia Felix" ("Happy Arabia"). Their mission was to spend two years exploring the Arabic world. Seven years later, when all had given up hope of ever seeing the travellers again, Carsten Niebuhr returned to Denmark as the only survivor. The Journey to Arabia has since entered history as a decisive encounter between Denmark and the Arabic world. This year at Cultural Harbour Festival, we celebrate that encounter with an old schooner and a wealth of exciting Danish-Arabic activities.

12.00-13.00 Brief 15-minute discussion of the political changes taking place in today's Middle East. Hear about Libya with Ulla Prien, Iran with Claus Pedersen, and find out more about Tunisia, Yemen and India.

14.00-15.00 A storytelling performance with music: "Niebuhr's Night" by Jan Cirkula. Suitable for children and adults.

15.00-16.00 A reading of "1001 Nights" - suitable for children and adults.

## 18 COPENHAGEN ISLAND HOTEL

**09.00-18.00 Københavns Kajakpolo Klub**  
The Copenhagen Kayak Polo Club invites you to watch the fourth round of the Danish kayak polo tournament. Come see the elite of Danish kayak polo when they cross paddles in the battle for the Danish Championship.

## 19 FISKETORVET

**Fisketorget shopping centre is open Sunday from 11-17**

**12.00-16.00 SNIK-Vandpolo og GI40 Hermes**  
SNIK-water polo and GI40 Hermes invites you to a game in a 15-meter inflatable pool wearing swim caps. Beginners and experienced players are welcome to jump in and try a game of water polo!

**12.00-18.00 Stand Up Paddle (SUP)**  
Jump into the latest trends in water activity Fisketorget presents the chance to try the new Stand Up Paddle surfing (SUP). SUP is performed on a large and wide surfboard where you paddle your way forward using a long paddle. Get into your swimwear, hop aboard, and see if you can keep your balance.

Cultural Harbour Festival will feature a free festival boat to Sydhavnen. Jump aboard at Nyhavn, at Marriott, Islands Brygge or Fisketorget.

**12.00-20.00 Illutron**  
Illutron is an artist's association and open studio for interactive installation art and fire, sound and performance art. Illutron opens its doors for a tour of their interactive art studio and gives visitors the opportunity to experiment with interactive art in their 800m<sup>2</sup>-large workshop.

**12.00-20.00 Amager Motocross Klub**  
If you are a roadrunner and love speed then this is definitely something for you. Try out a real motocross court in Sydhavnen. You can borrow all the safety gear from the club. So come and enjoy a great experience - there's room for everyone.

**14.00-16.00 Foreningen Ørkenfortet & AFUK**  
Foreningen Ørkenfortet and AFUK Akademiet for Utænnet Kreativitet present a workshop in contemporary circus and drama for children and the young. We play, juggle and jostle with many kinds of contemporary circus acts, including walking on glass, fakir acts, devil sticks, and acrobatic acts such as making human pyramids and twin summersaults.

## 21 REFSHALEØEN

Cultural Harbour Festival will feature a free festival boat that shuttles between Islands Brygge & Refshaleøen. Come aboard and experience a spectrum of Copenhagen neighbourhoods from the waterside.

**10.00-16.00 B&W Loppemarked v. Storebælt Antik & Moderne**  
Refshaleøen's antique and recycled flea market is open for business - join us to find a good bargain.

**13.00-17.00 YARD**  
Photo Exhibition: B & W shipyard  
Once, Refshaleøen was a hectic and crowded area where Burmeister & Wain created some of history's largest motor carriers. Since 1996, the giant industrial buildings has remained desolate and almost deserted. But in between the rusting metal structures new growth begin to emerge.  
Kristian Holm's "Working Class Hero" is a series of documentary portraits of the city's contractors and artists who today choose to create a new life in this area.  
Claudia Munkeboe's "second nature" is a depiction of nature's intake of forgotten areas of the island, contributing to a different interpretation of the industrial area and its possible future

**13.00-16.00 B&W-workers**  
With the context of the photo exhibition, former B&W shipyard workers talk about the island's development and history. You will also hear some of the many anecdotes that tell of the buildings in and around Refshaleøen.

**12.00-18.00 Skabelonloftet**  
Experience an artist's collective consisting of 17 studios at the old B&W shipyard. Find out how artists work together to transform their space with audio-art, light installations and much more.

**12.00-17.00 Copenhagen Paintball Arena**  
Hourly tours of Europe's largest paintball and event centre. Try sumo wrestling, Human Football and Bungee Tag.

**12.00-18.00 Frederiksberg Adventure Sport**  
Frederiksberg Adventure Sport holds a mini-adventure run to which everyone is invited. If you dare to challenge your body and your mind, come and try your strength with adventure sports. You can also borrow a mountain bike and explore the island on two wheels.

**12.00-20.00 Refshaleøens Tennisklub (RTK)**  
RTK offers festival goers the chance to play a free game of tennis, get some coaching, or just come and experience the ambience of our unique courts. There will be refreshments available and the possibility of a musical show game on one of the days of Cultural Harbour Festival. Check 'Refshaleøens Tennisklub' on Facebook for updates. Remember to bring your racket and tennis balls.

**12.00-16.00 Copenhagen Beachvolley**  
Experience Copenhagen's brand-new beachvolley facilities when CPH Beach opens its doors on Refshaleøen. Club players will trim courts, watch the balls and make sure that there are activities for all visitors. Put on your swimwear and revel in the beach atmosphere at Refshaleøen - both indoors and outdoors.

**14.00-18.00 Copenhagen Suborbitals**  
Experience Denmark's first manned space rocket project. We're building, developing and testing rockets in order to send a human being out into the Earth's atmosphere and into space. We'll open the doors to our rocket workshop, where you can see our activities, our start ramp, and meet some of the people behind the project itself.

**16.00-17.00 Teateret Asterions Hus**  
The Asterions Hus Theatre performs Homer's "Iliad". Experience this fascinating pastiche of humans and gods as they come alive in the form of three actors performing at breakneck speed. War, love, lust, pride, jealousy - venture into a universe of non-stop, hour-long violence, limitless pathos and bubbly humour.

**16.00-17.30 The secret tour - guided tour of Refshaleøen**  
Come along with us on a secret tour of Refshaleøen. We'll visit the unknown nooks and crannies, the hidden, forgotten, and the private sections of the island - and seek out signs of both old and new. Refshaleøen is mysterious, messy, beautiful and strange. History, nature, art, industry, architecture - and a whole lot of nothing. Only guide Annette Skov knows the route we'll take, so come if you dare. And remember to wear good walking shoes! We'll meet at the arrivals area for the Cultural Harbour Boat. Register by email: info@annetteskov.dk