

# Lifeworks Goes to Denmark 2010

## August 24 - 31, 2010

Do you love music and want to be in a band? Do you want to travel to Europe? Do you love to meet new people? Are you interested in what people with disabilities in other countries are doing? Then consider this opportunity to travel with Lifeworks to Aalborg, Denmark this summer!

For this trip we are developing a band to play at the Husfest music festival and are holding auditions for six band member positions.

Band members must be able to commit to attending all practices and have their own transportation. They must have musical ability, experience, and access to instruments for practicing between formal sessions.

The band members will get together two times a month from March to June. From June 14th – August 20, there will be individual and group practice sessions for 3-4 hours a day, four days a week, with Roxxy Hall. All gatherings will be held in Roxxy's Van Buren Studio.

**You do not have to be in the band to go on this trip! There is room for up to 14 additional travelers with or without disabilities. All travelers must be 18 years or older.**

### Highlights of this trip will include:

- Attending the "Husfest" outdoor music concert for people with disabilities at Aalborg Kommune on August 26.
- Touring the northern part of the Island of Jutland.
- Visiting services for people with disabilities in Denmark.

### About Aalborg, Denmark

Situated at the narrowest point of Limfjord, the fjord that bisects Jutland, Denmark's fourth-largest city is a good shopping and dining destination. Aalborg offers more than 300 restaurants, a casino, lively nightlife, excellent shopping, and a busy port with ships heading in all directions. Aalborg Zoo, breeding place for rare Siberian Tigers, and parks Waterland and Tivoliland make this an appealing destination.

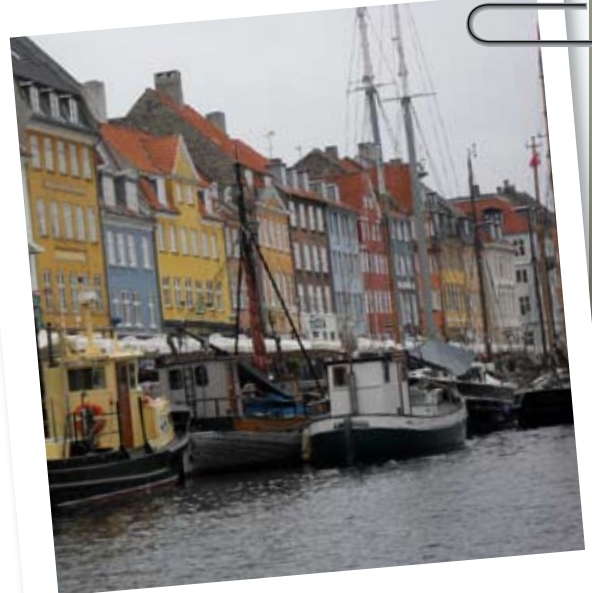
**Lifeworks**  
A nonprofit serving  
people with disabilities

### Interested in joining us?

Please plan to attend one of our information sessions on **Thursday, January 21 at 7:00 p.m. OR Friday, January 22 at 10:00 a.m.** at the Lifeworks Administrative Office:  
2965 Lone Oak Drive, Suite  
160, Eagan, MN 55121.

**If you cannot make it to an information session or have further questions, please contact:**

Mary Lenertz  
Director of Service Innovation  
651-365-3749  
mlenertz@lifeworks.org



**OVER**

## Requirements for Travel

### All individuals with a developmental disability are welcome who:

- › All travelers will need a passport. Allow at least twelve weeks to obtain a passport. <http://travel.state.gov/passport/>
- › Are able to travel in a small group setting within the 1:4 staff-to-traveler ratio provided.
- › Are ambulatory and able to climb stairs. Transportation on this trip requires that people be able to climb stairs into a tour bus.
- › Are cooperative and considerate of others on the trip.
- › Are able to provide for their personal-care needs with reminders or minimal assistance.
- › Are able to adjust to changes in the itinerary due to circumstances beyond our control.
- › Respect the property of others.
- › Can stay in their room with a roommate, with staff available at all times.

**The price for people with disabilities is \$3,500**

**The price for staff is \$2,750**

**The price for band members is \$4,200**

*(includes 6 months of lessons with Roxxy Hall)*

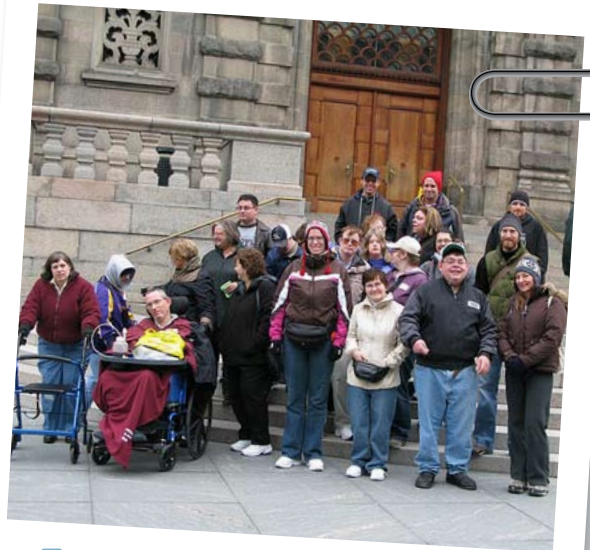
Lifeworks will provide fun, caring, supportive supervision. The average ratio will be one chaperone to four travelers. They will provide assistance with dispensing medications, if needed, budgeting spending money, and supervision. Travelers should bring spending money for snacks, purchases, gifts and additional entertainment that the travelers might choose.

#### Deposits

A deposit of \$500 must be received by February 12, 2010. Final payment is due by August 1, 2010. Monthly payments can be arranged.

#### Cancellation Policy

Full refund will be given if cancelled by May 1, 2010. Any cancellation after May 1 will include the cost to reserve the airfare, approximately \$500. If for any reason Lifeworks cancels the trip, a full refund will be given.



The group of Lifeworks travelers on our 2009 Denmark trip.

## About Roxxy Hall

Prior to the trip, band members will practice with and learn from Roxxy Hall of The Roxxy Hall Band.

Roxxy founded her band in 1992. She wrote her first song in 4th grade, had a band in high school, and has been writing and playing ever since. In the 80's, Roxxy's band "The Babysitters" toured the greater Midwest. She produced and hosted

"Musical Chairs," a news and magazine show which featured outstanding women in music from 1994 through 1999. On two occasions, Roxxy won the Hometown Video Festival award for her work on Musical Chairs. She has been nominated by the Minnesota Music Academy for song writing, best new band, and video production. She's produced and recorded the band's CDs at her own Van Buren Studios, as well as recorded projects for other local artists. She plays bass, writes originals, and coordinates all facets of the show. Roxxy leads the band with flair and grace. She's all about getting people together to make music and she believes that music should always be fun.