



## COPENHAGEN

### 'A COPENHAGEN CHRISTMAS TALE'

The Ultimate Food & Travel Photography & Visual Storytelling workshop

December 6th-9th 2018

*Sisterhood Retreats*

# PRESENTATION

Join me for four magical December days in Copenhagen packed with solid amounts of Christmas hygge (meaning 'Christmas coziness'), classes and training sessions travel & lifestyle photography + visual storytelling, photo walks to hidden treasures and tucked away Instagram-worthy nooks of the city, charming local bakeries, chocolate stores and shops, that ooze of hygge, delicious meals and baked Christmas goods in the city, I am born and raised in: Copenhagen.

We will explore my favourite wintry districts, each with their own unique secrets and characters, and capture the soul and identity of the city with our cameras, while I share stories with you from my life as a Dane, a professional photographer and award-winning lifestyle- and cookbook author, who has the concept of hygge (pronounced 'hoo-ga') running in my veins. Copenhagen provides an amazing photogenic backdrop so this is a 'learning on the go' experience, designed to maximise our time photographing the gorgeous nooks and neighbourhoods of the city. During the workshop we will also attend the the loveliest cooking class, go on a sail trip on the canals and enjoy delicious meals served at my favourite places in Copenhagen, that are not so easy to find unless you are a local and a whole lot of talks about Scandinavian food, lifestyle and ways to celebrate Christmas.



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## WHAT IS 'HYGGE'?

Over the past couple of years, the Danish concept of hygge has stolen the spotlight globally with hordes of books, newspaper features and magazine articles published on the subject. Loosely translated 'hygge' means: a quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being. Research on hygge has found that in Denmark, it's integral to people's sense of well-being. It acts as a buffer against stress, while also creating a space to build camaraderie. It would be fair to say that hygge is fully integrated into the Danish cultural psyche and culture. However, 'hygge' is difficult to describe but easy to experience, and on this inspiration-packed Copenhagen Christmas workshop, you get a chance to experience hygge in full-force - and capture it with your camera.

## WHERE?

During our four days together, I will bring you to hinged nooks, winding streets and atmospheric neighbourhoods, that your camera lens will fall in love with. I will teach you how to capture the soul and identity of Copenhagen with your camera and incorporate storytelling in your imagery. On our food and photo walks we'll bring all the new tools into play, and whether you are a beginner or an experienced photographer, I will help you capture the types of photographs you are aiming for. Everything you learn over the workshop will be easy to apply on any photo walk back home or during your travels. Each day you will get a small photo assignment from me, and at the end of the workshop I will give you a constructive critique of a selection of your photos.

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## DETAILS

### WHEN:

December 6th-9th, 2018

The workshop begins on the 6th at 2 PM and ends on the 9th at 11 AM.

### WHAT:

4 days of Christmas celebration, sweet and savory tastings, cobbled street strolling, photo walks, delicious meals, canal tour, visits to local shops, bakeries, delicacies, cafés and restaurants, classes in travel and lifestyle photography and Christmas cooking.

### WHO:

People from all walks of life is welcome.

Space is limited to 6 attendees.

### HOW TO GET THERE:

The nearest major airport is Copenhagen airport, about 15 minutes to the center of Copenhagen by taxi/train.

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#### PRICE & ACCOMODATION:

From €1.697

Prices listed are per person

Accommodation is not included, however, you can add it when checking out with three nights accommodation. In case you prefer to find your own place to stay during your visit, just ask me for suggestions, and I will be happy to email you a list of recommendations.

#### HOTEL

If you book with accommodation you will be staying in a lovely double room (for 1 person) at one of my favourite hotels in Copenhagen called 'Babette'. Babette is located in historical Copenhagen, close to major attractions such as the Royal Palace and the Little Mermaid. Luxurious simplicity, happy hostmanship, an unpretentious atmosphere and uncompromising sustainability are the hotel's guiding stars. A really delicious breakfast can be purchased at the hotel if you should wish for that - however, we do meet for coffee and a simple workshop breakfast each morning. [See more here.](#)

#### EQUIPMENT

I encourage participants to shoot with gear that they are very familiar with. A pair of comfortable walking shoes is also important as we will be walking quite a lot. If you wish to join us on this learning journey but don't have a proper camera - don't worry! Newer model iphone cameras can capture brilliant images and are a welcome alternative.



## WELCOME LETTER, AND WORKBOOK

A couple of weeks prior to the workshop you will receive a welcome letter with more practical information, a list of participants and a detailed itinerary. I will also include a tailor-made workbook filled with inspiration and a few simple exercises about travel photography and storytelling, so that we kick off your learning journey already before we meet up in Copenhagen. After the workshop I will follow up with another workbook with tips and tricks, recommendations, links and a final small exercise, that will help you take new exciting steps to up your visual storytelling.

## SECRET FACEBOOK GROUP

Two weeks before we kick off the workshop, I will also invite you to become a member of a private 'A COPENHAGEN CHRISTMAS TALE' Facebook group. Here I will share some insider's tips to Copenhagen, and upload links, recommendations, and advice, I share with you during the workshop. You can use this online forum to introduce yourself to the other participants, ask for each other's advice and/or feedback on your work, or perhaps coordinate to meet already before the workshop begins, if you are lucky enough to have a few more days in Copenhagen.





## TERMS & CONDITIONS

Due to logistics, the people involved, the workshop is a non-refundable. So please register only if you know you can attend. However, we would be very happy to transfer your spot to someone else should you be unable to make it and know someone who will take your spot. In the unlikely case that we have to cancel the workshop, you would receive a complete refund of the workshop fee. We encourage you to have a valid travel insurance before embarking on the trip. More info about our terms and conditions can be found [here](#).

## TEACHER

Sif Orellana is a Danish six time award-winning cookbook author, publisher, educator and freelance photographer specialising in food, travel and lifestyle photography. She works with clients locally and internationally on a variety of editorial and commercial assignments. Her work has been featured in numerous Danish and International magazines and blogs. She is currently working on her new International cookbook 'My Happy Danish Kitchen'. Sif Orellana is the founder of Sisterhood Retreats, and the co-founder of the healthy, organically based deli, Greenilicious, located in Aarhus.



## THE WORKSHOP INCLUDES

- \* 2 x workbooks with info, tips and tricks, recommendations and a few simple exercises
- \* 3 x morning coffee/tea and Danish pastries
- \* 2 x lunches
- \* A guided canal tour
- \* A hands-on cooking class
- \* 1 x welcome dinner + 1 glas of wine
- \* 2 dinners + 1 glas of wine
- \* Daily classes, talks and exercises on visual storytelling + photography
- \* Visits to local bakeries, delicacy shops & tastings
- \* Transportation within Copenhagen for all group excursions
- \* The unique opportunity to meet and connect with a group of like-minded creatives from all over the world
- \* A welcome gift on arrival

*Not included:* In case you choose to book the retreat without accommodation, this is obviously not included. Transportation costs (flight/train ticket) to and from the workshop destination, taxes & baggage fees. Travel insurance (highly recommended). Dinner on Friday night. Meals/items/ activities bought when you're not with the group.



## TESTIMONIALS



“I’m speechless and so thankful. It was wonderful, eye-opening three days for me. You are such a genuine and colourful person, and it was so generous of you to share your experiences and skill sets with us. I think that it was really good that I participated in this workshop to open up perspectives and possibilities in this time of transition. Your advice and recommendations are precious to me - they filled me with so much energy. I felt stuck when I came, but now I have found a light that gives me a sense of direction - thanks to your guidance. I know organizing workshops is a really hard thing, but you never looked tired and I respect you a lot. Again, thank you so much. I’m looking forward to our next gatherings. With lots of appreciation.”

MINA USUI, JAPAN



“I signed up for Sif’s workshop hoping to hone my visual storytelling techniques, but I left with so much more. For me, the main benefits came when Sif shared the inside secrets of her incredible personal success story and from receiving invaluable individual feedback which she happily provided beyond workshop hours and even upon my return home! Importantly, she makes you feel comfortable instantly, no matter your photographic experience. Her down-to-earth approach helped participants to immediately gel well together which made the workshop fun. Sif’s style of communicating her visual storytelling knowledge is unique and made me feel truly connected and inspired. I returned home equipped with more tools and fully motivated to take action on my dreams. I can’t speak highly enough of Sif’s workshops.”

IVAN EBEJER, MALTA



After spending just a few days together at a Scandinavian Christmas Tale Retreat, a very special bond was created between everyone in our lovely group. It was such an honor to be a part of this creative bunch, made extra special by our lovely leader and teacher Sif. Her passion and ability to inspire, her big heart and kind words, her empathy and unlimited generosity are so precious and inspiring that we were all in awe. I came back home with a full heart and lots of new friends. It was unforgettable! Thank you Sif for bringing us all together and sharing your hearts and wisdom!”

KARMEN VODA, PARIS



## GET IN TOUCH

If you have questions of any kind, please feel free to drop us an email.

We'd be more than happy to answer any question you may have.

E-mail: [sisterhoodretreats@hotmail.com](mailto:sisterhoodretreats@hotmail.com).

We're hope to see you in Copenhagen for 'A Copenhagen Christmas Tale' and to welcome you in The Sisterhood.

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