## INTERNATIONAL STUDENTS' SURVINAL GUIDE

to life in Denmark









Roskilde University

Made by The Cooperative of Danish Student Unions (Danske Studerendes Andelsselskab) in collaboration with the National Union of Students in Denmark (Danske Studerendes Fællesråd).

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Please note: At the time of publication, all links are working. If you stumble upon a link that isn't working, please let us know, thanks!





www.dsfnet.dk



The International Survival Guide for Students in Denmark is available and applicable to all international students in Denmark,

**BUSINESS ACADEMY** 

but published specifically for international students at:





www.ruc.dk/en



**AALBORG UNIVERSITET** www.internationaloffice.aau.dk

www.cbs.dk/en/international-opportunities/ international-students/full-degree-students



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### WELCOME TO DENMARK

**WELCOME!** You have decided to study in Denmark, and for that we salute you. We hope that you will enjoy your stay. We know that acclimatising to a new country and a new city can be complicated – and we know that the Danes can be a little weird at times, so this book will give you tips, insights and background information on how to experience the best possible student life in Denmark.

In each chapter you will find useful information, tips and tricks, fun (and not so fun) facts about Denmark, and a variety of links and places to get even more information.

This book is a guide to many different aspects of Danish student life. It is not comprehensive, but we have tried to cover as much ground as possible. We will give you tips, information and where-to-go places, but we will not be able to solve every problem that you encounter.

We hope this book will give you the tools and the knowledge to solve your problems on your own.



We believe that this will bring you further than any quick fixes could otherwise do.

If you have any questions during your stay here and don't know where to go, our best tip is simple: Ask a Dane! Approach one of your Danish classmates and ask them how they find their way around your university's intranet, how they navigate the Nem-ID-system, or where they bought their bike. They know these things better than any book ever could, and the best cultural knowledge is gained through meeting people – so ask for information and help when needed.

Before you plan your trip to Denmark, remember to check whether your new university offers pre-semester introduction activities and language classes. If they do, we recommend that you plan to participate in those, as these will give you the best possible start to your stay here.

We hope that you will have fun, learn a lot, and enjoy your experiences as a student in Denmark.



For more information about studying at Danish universities, see below:

www.studycph.dk www.studyindenmark.dk

### Language Courses

The majority of universities in Denmark have Danish language courses for international students either pre-semester or in the beginning of the semester. Check with your local international office (or Student Hub if you are studying at CBS) when you

arrive if it's not mentioned in your admittance package. After 1 July 2020, tuition fees on language courses will be removed, however the deposits will be increased. If you would like to continue studying Danish, there are numerous private and public centres offering language

courses for internationals.
Contact your local Citizen
Service Center or municipality
to get specific information
about your options. Be sure to
ask about any potential tuition
fees or deposits that may be
charged when taking continued
language courses.

#### **READ MORE HERE:**

www.dedanskesprogcentre.dk/english www.lifeindenmark.borger.dk/Coming-to-Denmark/Danish-language-training www.kbh-sprogcenter.dk/en/blog/free-danish-language-courses/



## CULTURE SHOCK

**ARRIVING IN A NEW COUNTRY** can result in both practical and personal issues. Some people even talk about experiencing an actual "culture shock". Here are some tips on how to make your first time in a new culture easier and more enjoyable.

Although Denmark is a well-organised country and people here are eager to make you feel comfortable, you will need some time to settle in. There may be times when you question why you left home, which is likely similar to what your fellow students are feeling.

When this happens, it is important for you to remember that you are going through a learning process. By accepting this brief adaptation period as a learning experience, you will ultimately return home with greater self-confidence and the skillset to succeed in a multicultural environment.

So keep active, engage in social opportunities, talk to people and try to learn Danish.

Remember: you are not alone in experiencing this. Talking about your feelings and worries is the best way to deal with loneliness or homesickness.

TIP!

#### Here are some tips on easing yourself into a new culture from Study in Denmark (www.studyindenmark.dk)

- Accept that you cannot know everything about your new country and language
- > Keep an open mind
- > Try to do things that you did at home
- > Stay in touch with family and friends at home
- > Talk to other students about how you feel
- Stay active by getting involved in nearby clubs (foreninger), or by joining a sports team



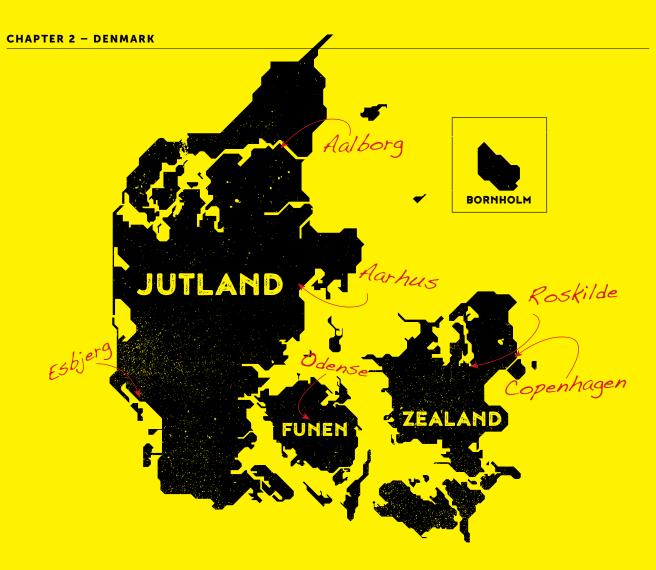
## You're not alone!

(Even if you feel like it)

Moving to a new city can be tough. Moving to a different country and culture altogether can be even tougher.

Surveys indicate that about one in four of the international students in Denmark have experienced loneliness during their stay. However, this is not only a problem for international students – similar surveys from 2015, amongst Danish students, show that about one in six of them also feel lonely at university.

Students' loneliness may be caused by the fragmented university structure and the lack of centrally located social activities. If you want to counter this, there are many ways to get involved both at your university and in your city, and through the local Student House (Studenterhus). See chapter 6 for more ideas.



## DEHMARK AT A GLANCE!

**DENMARK.** Home of Hans Christian Andersen, Tivoli, LEGO, beer, pastries and hygge.

On the surface it's hard not to see Denmark as a tiny cute country, mostly known for its fairytales and tourist attractions... unless you arrive in January. Then you'll probably notice the grey, rainy and cold weather, and crazy Danes who will bike to class regardless of snowstorms and rain.

Denmark is a lot of things, and we hope that you will discover a great deal of those things during your stay here.

#### Geography

Denmark consists of the Jutland peninsula and 443 named islands, linking Northern Europe and Scandinavia via the Øresund bridge. Copenhagen, the country's capital, is situated on the biggest island in Denmark, called Zealand. You can find Funen, a slightly smaller island, between Zealand and Jutland.

The big university cities are Aalborg and Aarhus in Jutland, Odense on Funen and the Greater Copenhagen area (including Roskilde and Lyngby) on Zealand.

#### **Danish demography**

Denmark has a population of a little over 5,8 million people. Copenhagen is the biggest city with 1,3 million inhabitants, followed by Aarhus (approx. 340.000 inhabitants), Odense (approx. 200.000) and Aalborg (117.000).

Most of Denmark's population can be described as middle class, and there is little divide between most people's living conditions, compared to other western countries.

Around 85% of the Danish population is considered "of Danish descent", meaning that they have one or two Danish parents. The remaining 15% of the population is a mix of Western and Non-Western immigrants, guest workers and refugees.

It is mandatory that all Danish kids receive at least nine years of education, normally until the age of 15 or 16, resulting in a 99% literacy rate in Denmark.

Government-funded education is free of charge and open to all. 60% of all Danes between the ages of 15 and 69 have a higher-level education.

#### **Climate**

**DENMARK IS SITUATED** in the temperate zone, and has a coastal climate, resulting in generally mild temperatures that rarely become either too cold or too hot.

Winters seldomly get much colder than 0 to -10 degrees Celsius.

The weather tends to be mixed throughout the year in terms of sun, wind and rain, but be prepared for wonderful sunny, rainy, and grey days, and then those days where it simply feels like you're about to get blown away by a storm. Get a pair of rainboots, a raincoat and a big scarf, and remember that layers are the way to go all year round.

Due to Denmark's geographical placement, which is quite north, we have short days in the winter (from 9-16 around winter solstice) and long days and bright nights in the summer. This results in a lot of indoor cosiness (hygge) in the winter and outdoor fun in the summer.

Outdoor life is an important part of enjoying life in Denmark, even if it's just biking through the city on your way to university - so be prepared for that. Get a bike, and pack some warm clothes that will enable you to go outside and enjoy yourself regardless of the weather.

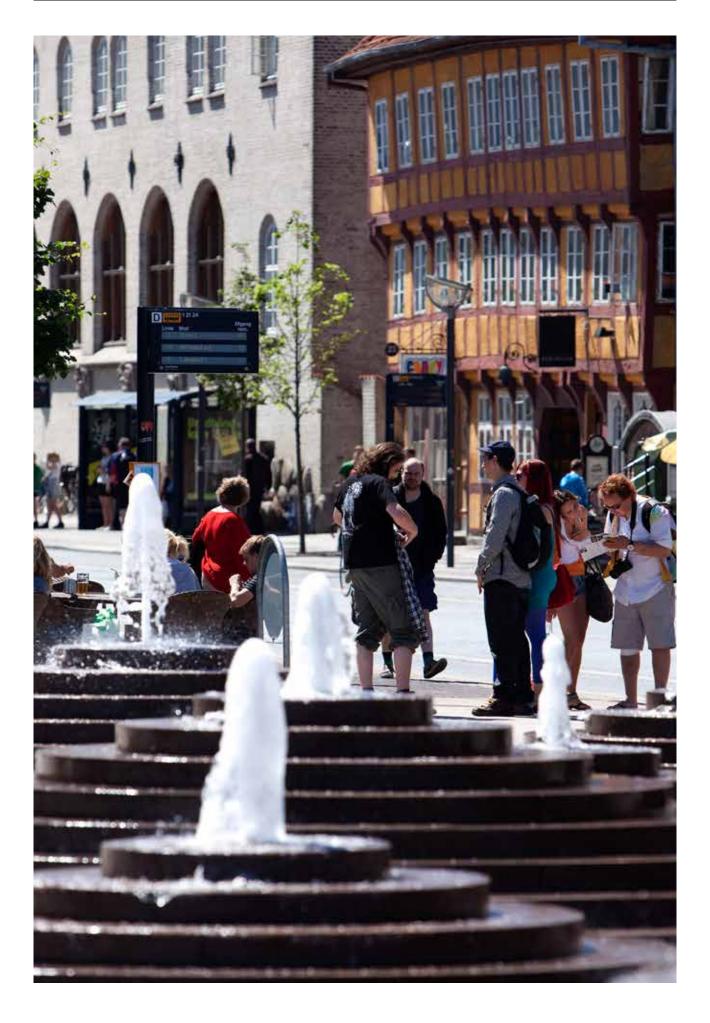
If you don't have winter or autumn clothes with you, several shops such as H&M, etc. have plenty of affordable options.



RELIGIOUS FREEDOM is a constitutional right in Denmark. The country's official state religion is Christianity, in the form of the Evangelical Lutheran Church of Denmark (Dansk Folkekirke).

In this respect Denmark is a non-secular state; however, atheism and most religions are represented within Danish society, and religion is rarely mentioned in political or state matters. The second largest religion is Islam, which has witnessed an increase since the 1980s as a result of immigration. There are Jewish, Muslim and different Christian congregations in the bigger cities, so contact them, if you are interested in getting involved.

Most Danes see themselves as secular in their daily lives, and church attendance is generally low. Religion plays little role in most people's life choices, and it can actually be seen as a social faux pas to discuss religion at lengths with people you don't know very well. Most Danes prefer to keep their religious preferences private, so maybe don't bring it up as the first topic when meeting new people.





## TRANSPORTATION AND GETTING AROUND TOWN

**WITHIN THE CITIES,** biking, walking, and taking public transportation are more than enough to get you around town.

Bikes can be quite cheap, often the fastest solution (no waiting for the bus), and most Danes will bike regardless of rain or snow. If you have only just learned how to ride a bike upon coming to Denmark, do be careful so that you don't hurt yourself. In some Danish cities, Red Cross occasionally organises "bike schools" for foreigners who would like to learn.

If you know how to ride a bike, find an affordable yet reliable one (ask your classmates where they bought theirs, or check various Facebook groups where you can buy a used one), and remember to be safe while using it.

Signal when you turn and when you stop, stop for red lights and you should always (always) stay in the bike lane or as far right on the road as is safely possible. Remember to get lights for your bike (white for the front, red for the back) to use at night, and to not bike on sidewalks or through pedestrian crossings.

It is not mandatory to wear a helmet in Denmark, but keep your brain safe and get a proper one that fits you and has the CE certificate (a sticker inside the helmet with CE, stating that it's approved). It can save your life. For safety reasons, we recommend that you do not listen to loud music, and know that the use of your mobile phone while biking is illegal.

E-scooters have also become quite a thing in major Danish cities. These are great for a quick trip, but can add up and be a bit expensive. Use the various e-scooters with caution as they can be tricky to handle.

In the bigger cities, busses, metros, and local trains are all good reliable options for transportation. In Aarhus, you also have the Light Rail, which is a great alternative to other means of transportation.

Across Denmark, there are trains (check out DSB's "Orange" tickets), ferries, and coach services that you can take. Train lines run between the different regions.

You must have a valid ticket or commuter card when using public transportation, as the fines for riding without one are high in all cities.

Outside the cities people often travel by car, and most families have at least one. It is expensive to own a car in Denmark due to high car taxes, high fuel prices, and high insurance costs, so few students own one. But there are services which allow cheap car rental and car-pooling like GoMore.

The app "Rejseplanen" is a great tool to plan your trip, and provide you with an overview of public transport options.

#### **AALBORG**

CARNIVAL On May 28th of each year, Aalborg turns up the heat for the biggest carnival in Northern Europe with 60.000 parade participants in extraordinary costumes and over 100.000 cheering spectators.

JOMFRU ANE GADE "Gaden" (The street) is probably the most famous and notorious party street in Denmark, and the street in Scandinavia with most restaurants, bars, pubs, and clubs in one place. Bring friends.

THE SINGING TREES Park in central Aalborg where a wide array of international music stars have planted a tree that "plays" a musical creation by the various artists at the push of a button.

**SKAGEN** The Northern-most point of Denmark with spectacular nature, a sand-buried church, and the possibility of standing with a foot in the two different seas that meet at the tip of Skagen.

www.visitaalborg.com

#### COPENHAGEN

TIVOLI AND BAKKEN The two oldest operating amusement parks in the world - what's not to like? Many of the old rides are still in function and the atmosphere is magical.

**SUMMER BARBECUES IN THE PARKS** Bring a disposable grill, good food, some wine/beer/soda and maybe even a ball to kick around. There are no laws against open containers or consuming alcohol outside in Denmark. This is how Danish students celebrate summer.

BOAT TRIP IN THE HARBOUR Harbour boats run all year long and are a great way to see Copenhagen. In summer the boats are a breezy break from the city's heat, and in winter you get to have an outdoor adventure, while still shielded from the rain.

SOCIAL AND CULTURAL FESTIVALS From CPH:DOX's documentaries to Distortion's massive block parties, there's a festival for you in Copenhagen no matter what you're into.

www.visitcopenhagen.com

H.C. ANDERSEN'S HOUSE The famous Danish fairytale writer grew up in Odense, and there are plenty of subtle references to his stories throughout the city.

BRANDTS Museum of Art and Visual Culture - The central city art centre and museum is a great place for everyone who is interested in art, photography, and culture.

WAREHOUSE FESTIVAL A part of Generator Festival, this is for electronic music that gathers genre enthusiasts and party people for a two-day melting pot of beats, bits, and big pop hits by the harbour in Odense.

TINDERBOX Newly established festival in Tusindeaarsskoven, with mainstream and established artists from both Denmark and abroad.

www.visitodense.com

## ress ane:

Most Danish students dress in a style that lands between casual and very fashion forward. There's no tradition for formal dress codes, so suits, ties, and high heels are optional (if you want to rock it, go you!) and most people



dress for a certain level of comfort and practicality, as most students use bikes to get around. However, Danish students still manage to look stylish while doing so. Think jeans - not track pants; casual does not mean sloppy here.

#### **ROSKILDE**

**ROSKILDE FESTIVAL** is the biggest music festival in Scandinavia and a constant in many Danish student's lives. Lots of people go for the full 8 days, setting up camps with their friends and "checking out of" everyday life so as to immerse themselves in art and music.

**INSP!** is a highly diversified cultural and social community center that describes itself as a 'fourth-sector' enterprise – this is to say a social-economic enterprise with the status of an NGO. INSP! has a great kitchen with 90-100 % organic products. Aside from food, INSP! also facilitates a number of cultural and social events.

**VIGEN BEACH** North of Roskilde, you will find a go-to favorite for all the locals. Vigen Beach offers a sandy beach with surrounding green meadows.

**ROSKILDE CATHEDRAL** Experience a magnificent church and an architectural masterpiece. 1000 years of Danish history are gathered here under beautifully decorated vaults and in dark crypts. The cathedral is a UNESCO world heritage site.

www.visitroskilde.com

#### **AARHUS**

**AROS** The huge museum of modern art in Aarhus has both permanent and visiting exhibitions. It is famous for Ron Mueck's statue "Boy" and Olafur Eliasson's "Your Rainbow Panorama", from which you can see Aarhus from above, tinted by all colours of the rainbow.

**AARHUS FESTUGE** For 10 days in August/September all of Aarhus is bustling with art, theatre, dance, music, and too many events to mention in the cultural melting pot that is known as the "Aarhus week of festivities".

**NORTHSIDE** A prominent "city festival" (so no camping) with major international rock and pop acts with an emphasis on sustainability and good food.

**BAZAR VEST** If you venture out to the Western Aarhus suburb Gellerupparken, you'll come across Bazar Vest. Here you can find food, spices and groceries from all over the world in the market hall, showcasing the multicultural Aarhus at its finest

www.visitaarhus.com

And yes, we DO wear a lot of black. It is not because we are all goths or coming straight from a funeral, but it's classic and it does make laundry day a lot simpler.

For a fun perspective on Danish style, this outsider per-



### LGBTQ

Denmark legalised samesex civil marriage in 1989 and same-sex church marriages in 2012. Overall, the majority of people in bigger Danish cities are open-minded, tolerant and inclusive towards the LGBTQ community. Copenhagen in particular has a big and diverse social scene. Both Copenhagen and Aarhus host big official pride parades and celebrations, and many smaller cities follow suit.

If you are looking for LGBTQ-friendly venues and events, the "rainbow sticker" system is common, so look for the sticker at the entrance. Info about the community, activities and events can also be found on www. Igbt.dk and www.oaonline. dk.

If you're interested in meeting likeminded students, www.blus.dk is a good place to start.

## GETTING STARTED IN DENMARK

**THIS CHAPTER** will give you a brief overview of how to get started when you arrive in Denmark. In general, check up on the links and follow the instructions given to you by the various authorities. This is not a definite checklist, but a way to get most of your bases covered without too much trouble.

Most of this will not be particularly exciting to read about, but it will be a great deal more exciting to study in Denmark when you get these things fixed upon arrival.

## Getting a CPR-NUMBER

After arriving in Denmark there are some important things you have to take care of before you can start enjoying your new life here. The most important is to register with the authorities and get your CPR-number as soon as possible.

All Danes have a personal Social Security Number called a CPR-number. CPR is an abbreviation for Det Centrale Personregister, translated to: the civil registration service. The CPR-number is used for almost all of your dealings with Danish authorities, such as the health care system, and is the main information on the national health insurance card (sundhedskort).

You will need a CPR-number to gain access to the authorities' self-service online system, to open a bank account, to buy a phone, get a gym membership, and much more.

#### INFO!

We have gathered alot of information on the following pages, but just to be sure (and in case we've missed something): Keep yourself updated on official websites, like the ones below:

- > www.nyidanmark.dk/en-GB
- > http://lifeindenmark.borger.dk
- www.international.kk.dk/checklist-newcomers
- https://newcitizen.dk/welcome/

To get a CPR-number, you need to go to your local International Citizen Service (ICS) or Citizens' Services if you're studying at Business Academy Aarhus. If you're coming from outside one of the Nordic countries, you will need to go to the Agency for International Recruitment and Integration (SIRI) to get a registration certificate, before going to the ICS or Citizens' Services.

You need to have a place to live with a valid address, and you must have been granted a residence permit or certificate as mentioned above.

If you do not yet have a permanent address, ask the staff if you are allowed to use your current address, such as that of a hostel, if you plan to stay there long-term.

If you are in doubt during the process, ask the staff to help you. They are there to provide a service, and will normally be very helpful if you ask politely for help with the forms and procedures. Also, do make sure to check up on the specific requirements, as these may differ depending on which city or municipality you're living in.

You can also ask your university's international office or your mentor (or your International Ambassador in the Student Hub, if you are studying at CBS), but keep in mind that they might not know all of the current rules and requirements. Also, many educational institutions have specific registration events on campus, so make sure to ask about that as well.

We know that the "proof of address" can be the biggest hurdle to overcome. This is why we have dedicated an entire chapter to this. See chapter 5 on housing to learn more.

## WHERE TO GO IN AALBORG AARHUS ODENSE ROSKILDE

## AND COPENHAGEN

#### INTERNATIONAL CITIZEN SERVICE NORTH

Rantzausgade 4, 1. 9000 Aalborg P: +4572142111

#### Office hours:

Monday 9am - 1pm Thursday 12am - 4pm

#### **SIRI AALBORG**

Rantzausgade 4, 1. 9000 Aalborg P: +4572142002

#### Office hours:

Monday 9am - 3pm Thursday 12am - 4pm Friday 9am - 1pm

#### \*CITIZENS' SERVICES DOKK1 AARHUS

Hack Kampmanns Plads 2 8000 Aarhus C P: +4589402222

#### Office hours:

Monday - Wednesday 10am - 4pm Thursday 10am - 6pm Friday 10am - 4pm

#### **SIRI AARHUS**

Åboulevarden 31, 1. 8000 Aarhus C P: +4572142002

#### Office hours:

Monday 9am - 3pm Wednesday 9am - 3pm Thursday 9am - 5pm Friday 9am - 1pm

#### INTERNATIONAL CITIZEN SERVICE SOUTH

Dannebrogsgade 3, 1.
5000 Odense C
P: +4572205420 / south@icitizen.dk

#### Office hours:

Wednesday 8.30am - 12.30pm Thursday 12pm - 4pm

#### **SIRI ODENSE**

Dannebrogsgade 3, 1. 5000 Odense C P: +4572142002

#### Office hours:

Tuesday 12am - 4pm Wednesday 8.30am - 15pm Thursday 12pm - 4pm

#### INTERNATIONAL CITIZEN SERVICE EAST

(FOR COPENHAGEN AND ROSKILDE)
Gyldenløvesgade 11
1600 København
P: +4533666606 / east@icitizen.dk

#### Office hours:

Monday - Wednesday 10am - 3pm Thursday 11am - 3pm and Friday 10am - 2pm

#### SIRI COPENHAGEN

(FOR COPENHAGEN AND ROSKILDE)
Carl Jacobsens vej 39
2500 Valby
P: +4572142002

#### Office hours:

Monday & Thursday 8.30am - 4pm Wednesday 8.30am - 5pm Friday 8.30am - 2pm



The Centres will require you to book an appointment ahead of time, and some arrange registration events on campus. Also, be sure to check the telephone hours as these will vary as well.

- ➤ For SIRI (the Danish Agency for International Recruit ment and Integration), see <a href="https://www.nyidanmark.dk/en-GB/Contact-us/Contact-SIRI">www.nyidanmark.dk/en-GB/Contact-us/Contact-SIRI</a>
- For International Citizen Service, see <a href="https://www.icitizen.dk">www.icitizen.dk</a>
- ➤ For Aarhus, your place of study has been given a specific time so that you can get all your documents in one place, at one time. You will get information regarding this directly from your educational institution. If you arrive more than a month before study start, you need
- to organize your documentation yourself. See <a href="https://newcitizen.dk/welcome/">https://newcitizen.dk/welcome/</a>, where you'll need to upload documents and register online. Also, see the following pages for additional info whether you're a EU- or non-EU-citizen.
- ➤ If you live in the southern part of Jutland, there is also a SIRI office in Aabenraa. See more at www.nyidanmark.dk/en-GB/Contact-us/Contact-SIRI/ SIRI-branch-offices

# RULES AND REQUIREMENTS FOR GETTING A CPR-NUMBER

#### For EU students

(including EEA and Swiss citizens)

#### You need:

- First you need a EU Residence document (also known as a registration certificate)
- ➤ The Danish Agency for Labour Retention and International Recruitment (SIRI) will issue your registration certificate.
- You can find the nearest office and its opening hours at www.nyidanmark.dk/en-GB/Contact-us/Contact-SIRI

#### To get the registration certificate, you need a number of things:

- > Your passport or national ID Card
- > Passport-sized photo
- A filled out OD1 form (can be found online)
- > Your letter of admission or other documentation from the educational institution in Denmark
- Documentation that you can support yourself during your stay in Denmark
- ➤ Find the entire checklist and more info at www.nyidanmark.dk/en-GB

## Your local International Citizen Service (ICS) or Citizens' Services, will issue your CPR-number. Bring these things to get it:

- Your registration certificate
- ➤ A completed arrival form, get it from the ICS (not relevant if you're studying in Aarhus)
- > Your passport or national ID Card
- ▶ Proof of your address in Denmark (e.g. rental contract)
- ▶ If relevant, marriage certificate and birth certificate(s) for accompanying children
- ➤ If you're living in Greater Copenhagen or Aarhus, you need to apply online via www.ihcph.kk.dk or https://newcitizen.dk/welcome/ respectfully



#### For non-EU students

#### Similar process to the one for EU students:

➤ However, rather than a residence document, you must apply for a residence permit BEFORE your arrival (see www.nyidanmark.dk/en-GB for more information)

### Then bring this to the International Citizen Service (ICS) or Citizens' Services, to get your CPR-number:

- ➤ Residence permit
- ➤ A completed arrival form, get it from the ICS (not relevant if you're studying in Aarhus)
- ➤ Your passport or national ID Card
- > Proof of your address in Denmark (e.g. rental contract)
- If relevant, marriage certificate and birth certificate(s) for accompanying children
- ▶ If you're living in Greater Copenhagen or Aarhus, you need to apply online via www.ihcph.kk.dk or https://newcitizen.dk/welcome/ respectfully

#### VISA/residence permit for NON-EU/EAA citizens

Before coming to Denmark you need to find out whether you need a VISA or a residence permit. Use the link in the info box below to see which nationalities need a visa to enter Denmark.

If your country of residence requires a visa for you to enter Denmark and you plan to stay here for more than three months, you must apply for a residence permit prior to arriving in Denmark.

#### Where to file your application:

You can apply for a visa at any authorised Danish mission in your home country. These include the Danish Embassies and certain consulates abroad.

If you need more information about the Danish immigration rules, visit the website of the Danish Agency for International Recruitment and Integration (see below). You can also contact the nearest Danish embassy or consulate.

INFO!

www.nyidanmark.dk/en-GB/You-want-to-apply
www.studyindenmark.dk/live-in-denmark/permits-visas-red-tape
www.nyidanmark.dk/en-GB/Words-and-concepts/US/Visum/Countries-with-a-visa-requirement-and-visa-freecountries

https://newcitizen.dk/welcome/non-eueea-citizens-entering-denmark/step-1-residence-permit/

#### **EU/EEA or Swiss citizens**

If you are an EU/EEA or Swiss citizen, you can legally stay in Denmark for up to three months without having a residence permit. If you work while in Denmark, you can stay for up to six months.

If you want to stay longer, whether it is for school or work, you will need either a registration certificate (for EU/EEA citizens) or a residence card (for Swiss nationals).

Nordic citizens (Sweden, Norway, Finland, and Iceland) do not need visas or registration certificates for living, studying, and working in Denmark but they do need a CPR-number

#### How to get a registration certificate:

You can apply for both the registration certificate and residence card at the Danish Agency for Labour Retention and International Recruitment (SIRI) within three months of arriving in Denmark. Book an appointment before going, and remember to bring your passport, two passport photos and your letter of admission from the educational institution. Remember that it can take up to three weeks to get the permit. See more in the links below.

You need the permit in order to be able to get a CPRnumber, so get this done early on and everything will be easier.

INFO!

www.nyidanmark.dk/en-GB/Contact-us/Contact-SIRI www.studyindenmark.dk/live-in-denmark/permits-visas-red-tape www.studycph.dk/settling/visa-residency-permit

https://newcitizen.dk/welcome/eu-eea-and-swiss-citizens-entering-denmark/step-1-eu-residence-document/

#### **No Corruption**

According to studies, Denmark is one of the least corrupt countries in the world. The lack of corruption means that you can generally trust the information given to you by public servants, as well as the information available on the various public offices' websites. However, this doesn't mean that the process is any less time consuming.

# OPENINGA BANKACCOUNT IN DENMARK

IT IS A GOOD IDEA to open a Danish bank account if you have to study here. If you want to have a job or get SU, you will definitely need one.

To open a back account you need a CPR-number, so start by getting that sorted.

If you are wondering about which bank to choose, it's a good idea to ask your fellow students for recommendations. They will know where the good deals are for students and which banks have great service and good online banking options.

Opening an account is pretty simple. Just bring your passport and national health insurance card to the branch of the bank you wish to open an account with.

You will still have to bring enough cash or a credit card for the first few weeks of your stay in Denmark. You might need it for the deposit on your accommodation and other start-up expenses.

Make sure your credit card works in Denmark. It'll be easiest if you have a card with a chip and a pincode, as those are the common type here. Contactless is also pretty common, but the chip/pincode is a good failsafe. Also, check your cash withdrawal limit so you don't get any annoying surprises.

#### "Nemkonto" - the public payment system

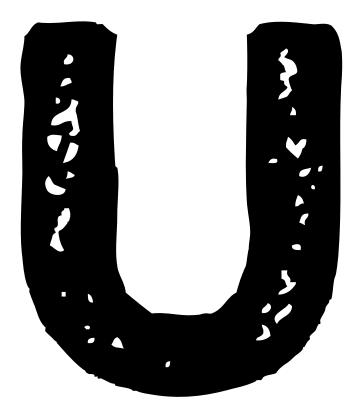
You need to register your Danish bank account with the Danish tax authority as your 'Nemkonto' (translated: 'easy account').

This will make it possible for the public authorities to make direct payments to you – like SU, tax rebates or maintenance payments. It is mandatory for all foreigners with a CPR-number to have a NemKonto, so remember to talk to your bank about it when setting up the account.

Once it has been set up, it can be managed online as well. Follow the link www.nemkonto.dk/da/Servicemenu/Engelsk.







**SU IS THE DANISH STUDENT'S GRANT.** All Danish students at a recognised educational institution are eligible to apply for SU.

Besides Danish students, it is only possible for EU/EEA and Nordic citizens to receive SU. As an EU or Nordic citizen receiving SU, you are required to fulfill a list of criteria. One requirement, for example, is that you have to have a paid (legal) job for 10-12 hours per week.

If you fulfill the criteria, you still need to apply for the SU to get it. Go to the SU office at your school or check SU.dk.

If you receive SU, there is a limit to how much you can earn per year while getting the grant. If you earn more than that limit, you have to pay back some of your SU, so plan your working hours accordingly.

#### **Eligible for SU**

You are eligible to apply if you are:

- ▶ an EU or EEA citizen
- > work at least 10-12 hours a week
- are studying at a Danish educational institution for a full degree (that is, not through an exchange programme)

#### Not Eligible for SU

You are not eligible to apply if you are:

- ▶ a non-EU or non-EEA citizen
- > do not have a job of 10-12 hours a week
- are an exchange student at a Danish educational institution while doing a full degree at your home university

The 2020 SU rate is DKK 6,243 (approximately € 838) per month (before tax) for students who do not live with their parents. Extra support is available for those who are also supporting their own children.

INFO!

www.su.dk/english

#### INFO!

#### Read more about getting mobile phone plans here:

www.forbrugseksperten.dk/english/mobile/exchange-student www.justlanded.com/english/Denmark/Denmark-Guide/Telephone-Internet/Mobile-phone www.lonelyplanet.com/denmark/telephone

## PHONES

#### Denmark uses these frequencies for mobile signals:

GSM/GPRS/EDGE (2G)
UMTS and HDSPA (3G and Turbo 3G)
LTE (4G)

#### The frequencies are the same standard as in the rest of Europe:

GSM/GPRS/EDGE: 900/1800 MHz

UMTS/HSPA+: 900/2100 MHz

LTE: 800/1800/2600 MHz

**NOW YOU HAVE** a CPR-number and a bank account, which will make it easier to get practical issues like your phone plan and Internet sorted.

#### Mobile phones

It is very common for Danish students to use mobile phones in their everyday lives.

Most of the cheapest options will be online-based phone plans, where you pay either a fixed amount per month or pay-as-you-go for the services. Sim cards are very cheap in Denmark compared to all other countries, but the price will vary depending on how much you talk and how much traffic and data you want on your phone.

If you come from a European country, your phone will most likely work here. The majority of phones that are sold around the world will also work in Denmark.

#### How to get a mobile phone

If you need a new phone, most companies has discounted phone deals when you sign up.

This is a great topic to ask the Danish students from your classes about. Ask them what company they use, and if they would recommend it. It is a good idea to ask a local Dane about their phone coverage, especially since their answer will be a lot more honest than that of a phone sales person. Choose according to your needs and budget.

A good tip is to get a plan that comes with affordable international use. Though we would recommend Skype or similar online communication platforms for long distance calls and daily communication with people back home, the mobile plans with free roaming and data (in EU countries) are useful for when you explore countries outside of Denmark.

If you have to make a lot of international calls, it is also worth looking into the phone companies that specialise in this.

TIP!

The country calling code for Denmark is +45. Remember this when calling Danish numbers from a non-Danish phone provider or network.





**MOST UNIVERSITIES**, libraries, and residential halls/ dorms already have free Internet for students and/or residents. As a student, you will have access to the Eduroam network if this is provided at your school.

#### Read more about Eduroam here:

www.eduroam.org/index.php?p=faq

If you need another Wi-Fi option, there are many phone and internet suppliers that sell USB-modems, which are a cheap and portable solution.

If you are living in a private flat without Internet, talk to your landlord before ordering a cable line. The building might have a deal with a provider, and you don't want to

spend more money on this than you should.

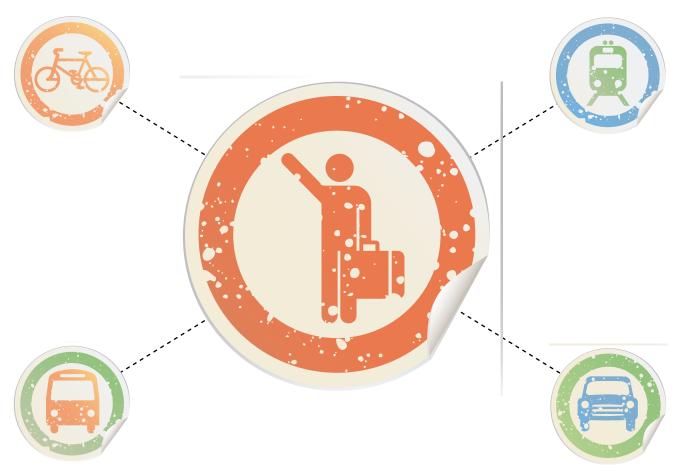
If in doubt, the personal USB-modem is a cheap and easy solution and you are normally not bound for a long period of time. You might even be able to get a combined deal when you order your phone plan.

#### Read more about good Internet solutions here:

www.samlino.dk/blog/expats-and-exchangestudents-internet www.samlino.dk/blog/internet-options-for-thetourist-in-denmark

... And of course ask your fellow students, they might have heard about a good deal.

## TRANSPORTATION



**THE EASIEST WAY** to get around most Danish cities is on bike, by foot or by public transportation. Cars can be expensive to buy, insure, fuel, and park in the bigger cities, so consider whether or not you really need one, especially if you're on a budget.

Cabs are expensive, but it is a good idea to have the number of a local reliable taxi-service saved in your phone in the event that you should need it. Ask other students what taxi-service they prefer.

Public transportation works well throughout Denmark. If you have a longer commute, and fullfil some specific requirements, you might be eligible for a student commuter card (ungdomskort).

Go to your nearest DSB station, bring documentation proving that you are a student (especially if you receive SU) and talk to the DSB staff about the cheapest options for your transportation needs. They are normally very helpful.

DSB: www.dsb.dk/en

Ungdomskort: www.ungdomskort.dk/ungdomskort

If you use bus, local trains or metro, check out how the ticket system works in your city. Is it a digital solution like the Rejsekort? Maybe an app like Mobilbilletter for Copenhagen? Or are you required to carry cash around (and do they give change)? It makes it easier to travel every day when you know the answers to these questions. Be sure to download the app 'Rejseplanen' to better plan your journeys.

You also want to figure out the Rejsekort (travel card) system. You sign up for a card, which then functions as a digital ticket, either as a pay-per-travel or a monthly plan. Go to the central station in your new city and ask them whether this is worth considering.

#### Read more about it here: www.rejsekort.dk/en

Buying tickets for public transportation can vary depending on where you live. It also depends on whether or not you have a Danish CPR-no. and residence in Denmark.

## EMERGENCY



The two phone numbers you need to remember are:

## Emergency 1 1 2

Police

1114

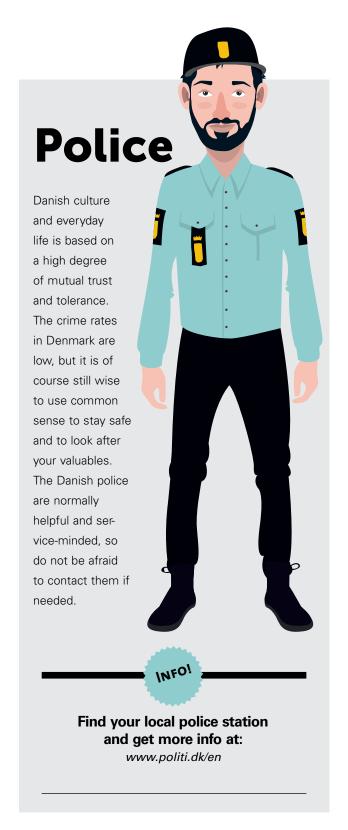
Should you need emergency assistance immediately dial 112. If you need police assistance or have to report something dial 114.

#### **Emergency services**

If you have an emergency situation call 112 for ambulance, police, and fire service. The emergency call centre will ask for your name, address, and the phone number you are calling from. They will then make sure that the appropriate help is sent immediately.

Do not use this number unless it is an emergency and you need the aforementioned services, cluttering the line prevents a quick response to people in real need.

However, if it is an emergency; dial 112





**THE DANISH HEALTHCARE SYSTEM** ensures universal access for all residents. As an international student and a resident of Denmark, you will have access to free medical treatments, except for a few things like dental care and physiotherapy.

#### **Doctors and prescriptions**

You get to choose your general practitioner, when you apply for your CPR-card. If you need to see your GP, you should arrange an appointment by telephone or online. The phone number is on your yellow health card. This can be done a few days in advance or on the same day if your illness requires more immediate attention. Most GPs also offer a consultation service online or by telephone, the latter though often only available for about an hour or so every day.

Your GP will provide you with preventive and general treatment. They can also refer you to a hospital or specialist clinic for further treatment. Your GP is also the doctor you contact to get prescriptions for medication, or if you need to renew your existing prescriptions.

Danish prescriptions can be done as a paper-in-hand version or (more often) as a digital registration that the pharmacies can access through your CPR-number.

You can only buy prescription medicine at the pharmacies (apotek), not the drugstore (Matas).

#### **The Danish National Health Insurance Card**

When you register for your CPR-number, you will receive a national health insurance card ('Sundhedskort'). This card is proof that you are entitled to all public healthcare services in Denmark. Remember to bring it with you to all visits to the doctor, hospitals, and at the pharmacy when collecting prescription drugs.



The card states your name, address, and CPR-number as well as the name and address of your general practitioner (in Denmark referred to as "family doctor").

Read more about the Danish Healthcare system and coverage here:

https://lifeindenmark.borger.dk/Coming-to-Denmark/Healthcare www.justlanded.com/english/Denmark/health

## AFTER-HOURS MEDICAL HELP

The Doctors on Call-service ("Lægevagten") is free and open from 4pm to 8am on weekdays and 24 hours on Saturdays, Sundays, and holidays. Remember to have your CPR-number ready when calling.

Here are the phone numbers of the Doctors on Call in your area:

Greater Copenhagen Region (including Bornholm)

1813

**Zealand Region** 

70 15 07 00

Central-Denmark Region (Aarhus)

70 11 31 31

**North-Jutland Region** 

70 15 03 00

South-Denmark Region (including Funen)

70 11 07 07



## DENTISTS AND EXTRA HEALTHCARE SERVICES

**DENTISTRY IN DENMARK** is unfortunately not covered by the free health care system, nor is physiotherapy or psychological help.

Dentists are private practitioners. Adults over the age of 18 must find their own private dentist. Dental care in Denmark comes at a subsidised rate and the amount paid by the state will be automatically deducted from your bill. Ask your fellow students for a good dependable dentist and remember to ask about the price as well. Most dentists have websites where you can see their rates.

For physiotherapy, psychological help and specialist doctors, you can get a referral from your GP. This might lower the cost, so it is advisable to take this route.

#### Sexual health

More than 90% of all students in

higher education in Denmark have had sex at least once in their life.

Birth control and sexual health are not taboo topics (though not exactly dinner table conversation either), and you're considered to be responsible for your own health and safety.

Condoms are widely available and should always be used to prevent the spread of sexually transmitted diseases.

If you need to talk to a doctor about your sexual health, and don't want to go to your GP, several hospitals in the bigger cities have clinics specifically designated for this purpose. However, your GP interactions are covered by professional confidentiality and the common

Danish GP will never judge you for being sexually active. It is, after all, the normal thing in Denmark.



## INSURANCE

**YOU ARE STRONGLY ADVISED** to make sure that you have proper insurance while studying in Denmark. Some insurances are required by law, if you own a car for instance, but for the average student, the following are the recommended insurance coverage:

#### Third-party liability insurance ('ansvarsforsikring')

- which will cover expenses, if you have to pay compensation to another person.

#### Accident insurance ('ulykkesforsikring')

- this will cover the financial consequences and related expenses of an accident.

#### Home insurance ('indboforsikring')

 this is the insurance for your personal belongings and will protect you if there's a break in or if your things are stolen.

#### Car insurance ('bilforsikring')

- if you bring your car, make sure it is properly insured.

If you want to use the insurance in Denmark we recommend to check out this brief overview of the types of insurance you will need (www.studyindenmark.dk/live-in-denmark/health-safety/insurance). There are many different insurance companies that offer insurance to students at a discounted price. Be sure to research a bit, there might be good deals available through your bank or the trade union related to your field of study. Ask your fellow students what they do.

Be sure to remember to cancel your insurance at home - you're not allowed to have two!

And please purchase insurance even though it seems expensive. You never know when you might need it.

## FAMILY, CHILDREN, AND PETS



**IF YOU HAVE A RESIDENCE PERMIT** as a student at a higher educational programme or at a PhD programme in Denmark, you will normally be able to bring your family with you to Denmark. Family in this context means spouse or partner plus kids.

Your spouse, registered partner, or cohabiting partner can get a residence permit, as can your children under 18, if they are living with you. To be accepted as cohabiting partners, you must have lived together for a period of at least 18-24 months before moving to Denmark.

www.nyidanmark.dk/en-GB/You-want-to-apply/Family/ Accompanying-family-members/Accompanying-family---study-and-PhD

Citizen Service can help you if you have questions regarding daycare for your kids, choosing schools, and general registration of these things. It is worth contacting them

early in the process, if you plan to move to Denmark with kids, since you don't want to have to rush these things when you arrive.

#### Pets

Remember that there are rules for bringing your pet or service animal into Denmark. It normally requires permission before travelling here, so make sure to get this in order.

#### You can read more about it here:

www.foedevarestyrelsen.dk/english/ImportExport/ Travelling\_with\_pet\_animals

Remember to check with your housing contract, landlord, and potential flatmates whether you are allowed to have a pet in your new Danish home. It is better to be prepared than to have any problems with your accommodation once you have already brought your pet.

## SO56712 G731290 HEMID AND DIGITAL DENMARK...

**NemID ("EASY ID")** is the Danish digital login solution for both public self-service, online banking and access to the digital portals for SU, SKAT, etc.

NemID consists of a User ID, a password and a code card with one-time codes. You log on by entering your User ID and your password first, and then a code from your code card.

The code card is a small laminated card, the size of a credit card, with one-time codes corresponding solely to your user. In addition to the physical card, you can download the NemID code app. It is very handy, as everything can be done via your smartphone; but just in case, do keep a physical code card around.

The system is secure and reliable when used wisely (don't save your password, don't use it on public computers or without a firewall, etc.), but it can be the source of many frustrations and jokes about how it is not, despite its name, easy. If you are having problems with NemID, know that this is not due to you being a foreigner. Chances are that your Danish classmates have experienced some of these issues as well.

You don't have to be a Danish citizen to get a NemID, and having one will allow you to handle a lot of interactions with the Danish authorities digitally, which is easier in the long run. So it's generally worth the trouble, and you can't really function in Denmark without it!



#### Read more here:

www.nemid.nu/dk-en

Once you have a NemID, you can access Borger.dk, where you will find links to almost all of the Danish public services and authorities.

http://lifeindenmark.borger.dk

## You're eligble for a NemID if:

- You have a Danish CPR-number.
- You are 15 years old or older.
- You have a valid and approved ID (such as a valid passport and/or driver's license from a EU/EAA country).

## STUDENTS WITH DISABILITIES

**INFORMATION REGARDING YOUR POSSIBILITIES** and rights as an international student with a disability may be difficult to find. The Danish support system for mentally and physically impaired students is called SPS.

#### What is SPS?

Special Educational Support provides compensatory support for full degree students with physical or psychological disabilities, giving you the opportunity to undertake your studies on equal terms with other students.

#### You are eligible to apply for Special Educational Support (SPS) if:

- You are accepted into a full degree programme
- Your disability is long-term (e.g. hearing or vision impairment, dyslexia, psychological, or physical disabilities)
- You have formal documentation of your diagnosed disability (e.g. from a specialist physician)
- > You are an active student
- You have a CPR-number

#### As well as support, you can apply for:

- > Special conditions during your exams
- ▶ Exemption from academic progress requirements
- ➤ Exemption from maximum study period requirements (apply early!)
- ▶ If you're an exchange or guest student, you can only get help from the SPS with funding from your home country

INFO!

#### Read more on the relevant link below:

- > Full Degree students: www.studies.ku.dk/masters/studying-at-ucph/disabilities/
- Exchange and guest students: www.studies.ku.dk/exchange/studying-at-ucph/students-with-disabilities
- If you're a student at CBS: See 'Special Educational Support (SPS)' on http://my.cbs.dk/
- > We also recommend that you contact HSK the organisation for students and alumni with disabilities. They can help you if you lack information or have additional questions.



# WE HATE TO SEE YOU LEAVE, BUT...

#### ... THERE ARE A NUMBER OF THINGS TO REMEMBER IF YOU DO!

If you should choose to leave Denmark to move back home, there are different things that are important to have in order before you do.

- ▶ The important cut-off to remember is six months. You can stay outside of Denmark for up to six months, before you have to report it to the authorities
- If you stay abroad for more than six months, then you must de-register with the Civil Registration Service (CPR), and report to the authorities that you are moving. You can do so digitally via borger.dk, or on your municipality's website
- > When you have de-registered, you will still keep you CPR-number, you will just be registered as having left Denmark
- After moving, you will still have access to digital correspondance with the authoritites, like your login to borger.dk. However, this is only as long as you have an active NemID, so make sure to order an extra physical code card so you do not run out of codes. If you use the NemID app, you will still need to have a physical code card (just in case)
- ▶ Also, you should contact you bank and insurance company, check up on your pension, and make sure to have everything with housing sorted out

INFO!

#### Read more here:

https://lifeindenmark.borger.dk/Leaving-Denmark/Practical-matters-before-leaving www.cpr.dk/english/moving-from-denmark





**OKAY. YOU HAVE ARRIVED,** you have conquered the paperwork and braved the weather, and now you are ready to start your studies.

Even though you're probably already aware that there are great differences between your home country's education system and the Danish one, you might still find yourself surprised by how Danish student life works.

Though the Danish universities and bigger educational institutions often have a campus area actual university campuses do not exist.

Rather than be confined to a "campus", the universities function as part of the city they are placed in. As a student you will get to utilise the surrounding city as part of your university and overall educational experience.

The universities are mainly concerned with the academic part of your student life. They aim to ensure your academic development, but generally don't interfere with your life outside of class. This means that you might not be offered the same non-academic services that you're used to back home. Don't worry!

The services are still there; only they're not necessarily run by the universities or institutions themselves, but by governmental or non-profit organisations, or by student-run communities.

Being a student is generally seen as a job in Denmark. It is something you do for a living (full time), and not as a bubble shielded from the things you have to deal with in a "normal" adult life.

As a student, you will normally live in residential halls (called kollegiums), shared flats, or maybe even your own flat. You will cook, clean, pay your bills, and do everything else yourself, and then commute (by bike or public transportation) to the university where you have your classes. You will study, prepare, read, and agonise over exams, but what you do in your free time is not based on what you study.

While a lot of Danish students are very social with their fellow students, the basis of social life and activities for students are not organised through their studies as such. You will (hopefully) meet people and make friends there, but what you choose to fill your life with outside of your studies is completely up to you, but also dependent on the available opportunities in your new city.

You are the one who gets to structure your life and studies in a way that makes sense to you.



If you want tips on how to structure your life as a Danish student, there are useful tips here:

www.studycph.dk/study/study-tips www.isicdanmark.dk/en/student-life https://newcitizen.dk/study (for Aarhus)



## BEING A STUDENT

**MOST DANISH UNIVERSITIES** use a mix of lectures and smaller classroom-based sessions. The larger lectures mainly consist of the professor discussing a subject, often using slides or examples, whereas the smaller classroom sessions are more interactive and place a greater emphasis on student participation and discussion.

The ethos of Danish education is to "take responsibility for your own education", meaning that you are rarely tested on the reading or having your attendance checked. Do not take this as a reason to skip class or not do the reading. You will still have exams and assignments that you need to pass and many subjects might include group work with other students, who are depending on you to show up prepared.

As a rule, the Danish education system requires the students to be independent, inquiring, and responsible. It is rare to encounter a professor who will tell you exactly how you should complete an assignment, or what to write in an exam, and this can be a big adjust-



ment when compared to educational styles from other countries.

Ask all the questions you need to, but be aware that most teachers in Denmark would be more inclined to help you to find the solutions for yourself, than to give you a straight up answer. Being able to solve the problems on your own is a large component of the Danish exams, and imaginative and individual inputs are often rewarded, as long as they are academically sound and validly argued.

There is generally not a very strict hierarchy between the professor and the students in Denmark, most professors will ask you to call them by their first name rather than address them as Mrs. or Mr. The lack of hierarchy also means that you can discuss various ideas for exams and assignments with your professor, without having to follow all of their instructions or ideas on the subject. If your point of view is academically valid, you don't necessarily have to agree with every point your professor makes.

As a student, a lot of your work will be based on the assigned reading and on completing assignments either on your own or in groups.

Studying on your own is a big part of your education here. You will have to keep yourself motivated throughout the semester, since some places don't have quizzes or take attendance to check if you are actively following the course.

Even if you don't have required group assignments, having a small study group can be beneficial and will both hold you accountable and prevent the studying from getting too lonely and boring.

In order to maximise your efficiency, we recommend that you find other places than your bedroom to read and work.

If you live at a kollegium, there might be common study halls in the building that you can use. If you live in an apartment or house, try to go elsewhere. Your place of study or faculty will definitely have areas that are suitable for studying, and both the various institutions and public libraries have rooms for reading and writing, as well as small study rooms where you can discuss assignments and the literature with your study group. A lot of cafés have Wi-Fi and separate quieter areas that people use for studying. There is also your local Studenterhus (student house) which is a failsafe space to meet up with your study group – they even have cheap coffee.



#### Libraries

In Denmark, we have public libraries as well as university libraries. The public libraries are open to everyone and you can register as a user if you have a CPR-number. Ask your local library how. The public libraries function more as civic centres than research facilities and have a diverse selection of genres and media. Your local library will often host events and various social initiatives.

The university and royal libraries have more restrictive user policies – ask about or look up the rules before assuming that you can use them. As a rule, your home university and institute's libraries will definitely be open for you. Click the link below to find relevant and updated academic materials, reading halls, and librarians who can help your literature search. Also, being a user will often grant you with access to online databases and materials as well.



#### Database and reservation from all Danish libraries:

www.bibliotek.dk/eng

#### The Royal Library and links to university libraries:

www.kb.dk/en www.library.au.dk/en

#### The CBS Library:

www.cbs.dk/en/library

# PRACTICAL UNIVERSITY INFO

#### **Semesters**

The Danish academic year starts by September 1st of each year. Some universities will hold classes in late August. It is normal for the spring semester to start around February 1st, after the winter exams, which are often in January. The

summer break usually takes place from late June to mid-August.

Most universities and faculties use the 2-semester model, but some schools have a "quarter"-structure, where the academic year is divided into 4 quarters with exams after each one. Summer break and start-of-year dates are usually the same throughout the different universities and schools.

Remember to check when your semester starts, so you will have enough time to get settled before you have to be in class.

Account for time for pre-semester activities and courses.

Your stay here will be far more enjoyable if you don't have to get a CPR-number, find an apartment, AND start class on the same day.

#### Marks/Grades

The Danish School system uses a 7-point grading scale. It was introduced in 2007 to make Danish grades easier to compare in an international context. The top grade is a 12 (an "A") and the lowest passing grade is 02.

Some of your classes might have an attendance requirement for passing, while some courses might simply be pass/fail, in which case it will be determined at the end of the semester.

The type of grading normally depends on what kind of exam you take for the course and what kind of curriculum is required and used.

When you start a new course, remember to check the form of the curriculum, the method of exam, and what kind of grading system your professor plans to use. Your professor should know the above and be able to tell you. If not, your department or institute's student guidance counsellor (studievejleder) can help you.

#### For more information on the grading scale and the Danish Education System:

www.ufm.dk/en/education/the-danish-education-system/grading-system www.ufm.dk/en/education/the-danish-education-system

## Counselling and "where to go":

There are various places you can go to get answers to your questions and help for the issues you might have as a student in Denmark. If you have questions about being an international student - your local Internationale kontor (International office) is the place to go. Note that if you are a full degree student at CBS, you should instead contact Student Hub. If your questions are of a more course and study based nature, your department or institute's student guidance counsellor (studieveileder) is your go-to person. If you have issues with a professor or are having administrative problems you can also start by talking to your studievejleder. They can advise you on where to take your complaints and how to solve your problem. Some universities have a "student ambassador" that can help with such things as well.

Remember that if you feel like you've been treated unfairly or incorrectly, you will always have an opportunity to appeal. There are processes set in place for filing complaints and appeals, and you shouldn't be persecuted for doing this, as

long as you follow the correct procedures.

The incorrupt and generally unbiased nature of the Danish education system allows all voices to be heard, even if the decision doesn't end up in your favour.

If you feel like there are things about your student environment or structure that you'd like to change, you can get involved in your local student council.

#### National Union of Students in Denmark

All the local student councils are working for the interests of students on a national level through the umbrella organisation National Union of Students in Denmark - DSF.

See www.dsfnet.dk for more information.



Your courses are measured by the ECTS system, which determine how much of a "full time study" the course constitutes. One year of full time studies is 60 ECTS points. The system is used to compare courses across universities and countries in Europe, and is valuable when you need to transfer your merits from one university to another. A bachelor's degree in Denmark is normally 180 ECTS points and a master's degree is 120.

www.studyineurope.eu/ects-system

## Your local student council – Studenterråd

At all Danish universities there is a student organisation that works for the interests of all students.

Your local Studenterråd (Student Council) is open to all students who want to improve student living conditions, the curriculum, the study environment, and many other things. Activities and membership is usually free. Most of the Studenterråd don't have a lot of information about the groups in English yet, but they are really nice people, and will try to help you in anyway that they can. Contact them by mail, Facebook, etc. or set up a meeting.

#### University of Copenhagen:

www.srku.dk

**Technical University of Denmark:** 

www.en.pf.dk

IT University:

www.studentcouncil.dk

Copenhagen Business School:

www.cbsstudents.dk

Roskilde University:

www.studenterraadet.dk

**University of Southern Denmark:** 

www.syddanskestuderende.dk

University of Aarhus:

www.sr.au.dk

**Business Academy Aarhus:** 

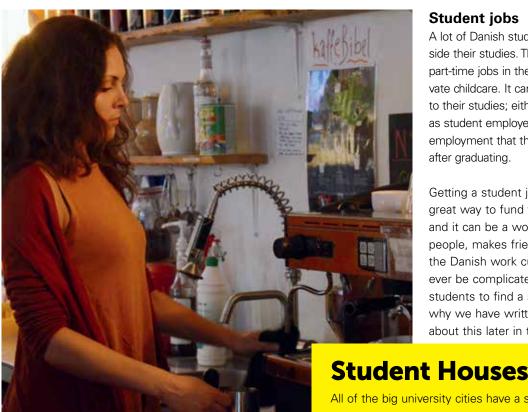
www.baaa.dk/student-life/studying-at-theacademy/student-and-academy-council

University of Aalborg:

https://studentersamfundet.aau.dk



## LIFE OUTSIDE UNI



#### Student jobs

A lot of Danish students have jobs alongside their studies. These can be either part-time jobs in the service sector or private childcare. It can also be jobs relevant to their studies; either at the university as student employees or in the field of employment that they wish to work in after graduating.

Getting a student job is of course a great way to fund your life as a student, and it can be a wonderful way to meet people, makes friends, and learn about the Danish work culture. It can however be complicated for international students to find a student job, which is why we have written an entire chapter about this later in this book.

All of the big university cities have a student house, all of which are called Studenterhus, Studenterhuset or something similar. These are volunteer-run student organisations with a café/bar/concert venue that host a lot of social and student-related activities. You can either join their events or sign up as volunteer.

#### Copenhagen:

www.studenterhuset.com/en www.facebook.com/studenterhusetkbh

www.studenthouse.dk www.facebook.com/StudentandInnovationHouse

#### Roskilde:

www.studenterhusetruc.dk www.facebook.com/StudenterhusetRUC

#### Odense:

www.studenterhus.dk www.facebook.com/StudenterhusOdense

www.studenterhusaarhus.dk www.facebook.com/StudenterhusAarhus

#### Aalborg:

www.studenterhuset.dk www.facebook.com/studenterhuset.aalborg

#### Social life and student-run initiatives

Not having a campus life as such means that your social life as a student will depend on how much you choose to engage in social activities.

Though not run directly by fx the university, there are a bunch of social activities at the universities, often run by students either from your own field of study or from the university as a whole.

Some of the most common social initiatives at the Danish universities are the SU-friendly Friday bars. This is where you can go to hang out with your fellow students each Friday, wind down with a drink and have fun. Some of the bars function as volunteer cafés during the week, which can give you a social meeting point Monday to Friday. Often there will be a party committee related to the Friday bar as well, that will organise bigger parties for either their own field of study or the entire institute or faculty. If you want to meet students from other programs than your own, doing a "Friday bar pubcrawl" can be a fun way to do so.

#### Meeting people

Most universities have social immersion programs designed specifically for international students. These can be referred to as mentor, tutor, or buddy programs, the names can differ a bit.

They are essentially programs pairing Danish (or already established international students) with newly arrived students in order to give them a fun and safe introduction to their new life as a student in Denmark. They'll also be able to help with social activities and advice about jobs.

In most cases, you can sign up as soon as you have been admitted, so remember to check if this is a possibility for you once you have received your admittance letter.

A lot of the activities that you are used to having offered at your home institution might also be available here. There are student or university-run sport clubs, choirs, societies for various interests, and charities. Often you just have to ask around and keep an eye out for the posters hanging around campus, or check relevant international Facebook groups to see what activities are available.

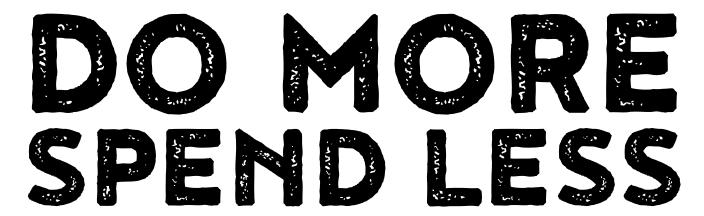
Most universities also have a yearly party or event for all of their students.

#### **Hobbies & interests**

Since Danish students often have social lives that take place outside of their studies, you should also try to find activities off campus. Get involved in the city - enjoy the cultural opportunities or the outdoors, volunteer for an organisation that is not necessarily related to the university or seek out your own interests. Most of Danish civil life is organised in the form known as "foreninger" and there is something for almost every interest on the planet, so if you are looking for something specific in terms of sports or hobbies, just Google it. Chances are that your new city will have a forening for whatever it is that you are looking for, and joining that club or activity will be a great way of meeting new people.

For more tips on how to get involved socially and meet new friends – see the chapter "Meeting the Danes".





- the smart student's guide to a good life in Denmark

Living in Denmark can be DAMN (pardon us) expensive if you're not used to being a little budget or money savvy. Here are some tips on how to save money, but still have a fun and social student life:



#### Make a budget

This way you don't end up spending all of your money before the end of the month. Remember that you need to eat, buy books and boring things like toilet paper and light bulbs as well.

INFO!

Tips on budgeting and how to properly do so can be found here:

www.studyindenmark.dk/live-in-denmark/ bank-budget



#### **Bikes**

Get one. Use it, and use it wisely so you don't get fined. Ask your fellow Danish students about great bicycle etiquette.



#### **Drinks**

Don't spend all your money on expensive drinks in fancy bars. Student houses and the Friday bars are where it's at.

Danish students often meet up privately to "pregame" before going out, which can also help to make your partying a bit more budget-friendly. Remember to check how the busses and trains run at night. Biking while intoxicated is dangerous and illegal and taxis are expensive.



Among many other things, Facebook is a great place to find info on new events and fun things to do in your new town.



If you would like to buy new, affordable clothing, one of the high street larger chain shops would normally be your best bet. The big supermarkets in Denmark also often have special offers on well-known sports brands and other apparel, so keep an eye out for this, if that is your thing.

Flea markets and online markets like trendsales.dk are also great ways to buy new wardrobe items and to get rid of things you are not using anymore. Oh, and Marketplace on Facebook is also a great place to shop new things!



# **Student discounts**

Remember to check for student discounts – both on services, events and when shopping. Your student ID-card should cover it. The ISIC Card is a great option (www.isicdanmark. dk/en), but in general be wary of schemes trying to sell special additional student cards for you to get discount. Ask your friends and co-students where they get their discounts.



# Dinner at home with friends

A budget-friendly and fun way to share a meal with your friends. You can take turns cooking or cook together.

If there are communal kitchens in your city, those can be a great and cheap solution for dining out with friends as well and even to meet new people.

# **Shopping**

Be aware of the various price tags on supermarkets in Denmark.

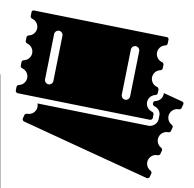
The budget-friendly options like Netto, Fakta, Lidl, and other "discount" shops have a great variety of goods, without the hefty price tag of the more upscale shops. If you have room for storing goods, it can also be a good solution to buy larger amounts of groceries when the shops have "special offers" and bargains. Just don't buy too many perishable goods, as you then risk that they go bad before you can consume it.



# **Packed lunch**

Buying lunch at university or in the city might lead to empty pockets very quickly. Start bringing a packed lunch instead.

Danish kids grow up eating packed lunches throughout their educational upbringings and there is nothing socially awkward in bringing your own food. Homemade sandwiches, salads (get some sturdy plastic boxes for this), and leftover dinner all make for great options.



# **Volunteer for experiences**

One way to experience fun and interesting things while being a student is to volunteer at festivals, cultural events, and local volunteer-run concert venues. This way you don't have to pay the entry fee, you will get a diverse amount of work experience and meet new friends, all while getting to attend events that would otherwise be outside of your budget. At times, there are goodie bags, after-parties, drink vouchers, food or other benefits for being a volunteer, so it's a big win for the financially-challenged student who still wants to have fun!

# **Books**

Books for your classes can prove to be a substantial cut into your student-finances. Always check out whether students who have already taken the class might be selling their old books. It is often still the same edition - at of course a lower price. You should also consider selling your textbook once you have passed the course to recover some, if not all, of the initial cost.

Also check if the books you need are available via online shops or for an e-reader if you have one. Remember to factor in the shipping costs and to buy the books within the EU region, so you don't risk high tax and toll costs when paying for shipping or upon the books' arrival.

# **Free events**

There are usually a wide and interesting variety of free cultural and social events in all of the big cities in Denmark. Keep an eye on your local newspaper, posters and flyers at the university and local student house, and follow the various groups that share and post links to free events in your area.



# A MORE SUSTAINABLE STUDENT LIFE

# - Be a sustainable role model on campus

As a student in Denmark, there are a lot of options to choose from if you want to minimise the negative effect your study-life has on our planet. You will notice very quickly that this can also save you a lot of money!



# Coffee

What do most students need to survive? Coffee! However, coffee is often expensive when you buy it on campus and even worse, all the single-use coffee mugs are increasing our problems connected to plastic pollution and waste management in general. Counter this by either bringing your own coffee mug (sometimes you even get a discount) or just bring your own coffee you made at home.



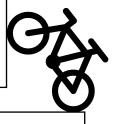
These tips on everyday sustainability are from our friends at



# Books are \$\$ and CO<sub>2</sub> heavy

One of the first things you will need to pay for as a student in Denmark is academic books. As mentioned, these are often a nasty expense and they have a large effect on your carbon footprint. This is why we recommend you to buy your books second hand or as an e-book. There are many Facebook groups relevant for nearly every Danish university. If you're studying at CBS, there are also platforms like www.unibazaar.dk.





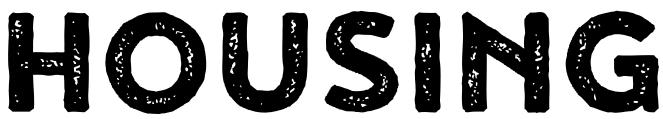
# **Getting around sustainably**

We've just said it: Get yourself a bike! One of the quickest, cheapest and most sustainable ways to get around is by bike. A good bike can be expensive, but you can find an affordable used one in good quality on ww.dba.dk (similar to Ebay). There are also shops that specialize in used bikes, Rebike in Aarhus or Buddha Bikes in Copenhagen. By riding a bike, you save money and limit your carbon footprint. Compared to taking the metro you roughly save 52 g/km and 87 g/km compared to taking the bus. During a year, this means you can save up to three tons of CO2 by choosing the bike. Also, it's good for your health...

# Eat sustainable

Besides planing your meals in a weekly meal plan, there are several apps that work towards reducing food waste (and save you some time and money at the same time). A great example is the app "TooGoodToGo". They are trying to fight the increasing waste of food in supermarkets, cafes and restaurants. Every day you can buy surplus food at discount from local businesses that would have been thrown in the garbage otherwise. The app is perfect for the "poor student" who wants to try local restaurants, bakeries and cafes, but also for picking up perfectly fine vegetables and fruits from the local supermarket.





### **CUE THE HORROR MUSIC...**

Now we come to the really complicated part about being a student in Denmark: Finding a place to live.

House hunting is never a particularly fun thing to do, but here are some tips to help you navigate the jungle of flats, shares, dorms, sublets, and dodgy landlords.

First of all: Start early. Preferably, you should begin looking as soon as you are accepted into a Danish university, but at least a month or more before you arrive in Denmark, as it can take quite a while to find a place.

In the months leading up to the start of a semester, there is normally a rush of people looking for student-friendly accommodation, particularly in the bigger cities. This is especially a problem in July and August, leading up to the start of the academic year in September.

If you haven't been able to find anything prior to coming, make sure that you have the funds to cover the worst case scenario; such as staying at a hostel or a hotel for a long period of time. Airbnb and other private temporary sublet services are also an option here, but are often more expensive than traditional student housing.

Universities in Denmark usually have a very limited number of student residences at their disposal. However, some universities do offer assistance in finding accommodation, so ask your university before trying to find accommodation on your own. Note that Business Academy Aarhus, RUC and CBS do not have the possibility of assisting their full degree students with accommodation.

In regards to budgeting, remember that different cities have different price tags. Copenhagen is the most expensive housing-wise, but Aarhus is hot on its tails. Odense, Roskilde and Aalborg are less expensive, but

### www.studyindenmark.dk/live-in-denmark/housing-1/how-to-find-housing

no one in their right mind would call living in a Danish university town *cheap*.

If you are okay with living outside the city centre/right next to the university, you can save on rent. Remember to check bus/train access, commute time and "bike-to-city-and-university" times before signing a contract, so that you are sure it is possible to get to university on time in the morning.

Student housing is somewhat different in Denmark than it is in other countries. Rather than applying through the university, you must apply directly to the residence hall (kollegium) or sign up on a waiting list. It can be difficult to get a room in a Danish kollegium due to the high levels of competition, so we advise you to start applying before you arrive in Denmark.

As this kind of housing is not always readily available in Denmark, we encourage you to look at other housing options as well. By living off-campus, you will be exposed to more of the city and be more likely to experience life in Denmark outside of the university bubble.

Good luck with your house hunting!

# Make a budget

Here are a few links with information on suggested budgets so as to give you an idea about living expenses in Denmark, including rent:

www.international.au.dk/life/lifeindenmark/ costofliving

www.studyindenmark.dk/live-in-denmark/ bank-budget

There are also various apps than can help you budget and keep track of your expenses - ask your Danish classmates!







# HOW TO FIND A PLACE TO LIVE

# Official channels

This is where most people start. It is not good for short-term solutions, but if you get in you will have a secure housing situation as long as you are a student. You simply contact the various providers of kollegiums and student flats and sign up for the waiting list. If you are lucky, they have something for you on short notice, but it's not something we would recommend that you count on. However, if you plan to stay in Denmark for more than one semester, join a waiting list or complete an application for one or several dorms. That way you might have better prospects for semesters to come, instead of a long string of sublets and temporary solutions.



**RENT:** It may prove to be rather expensive to pay for rent in Denmark. A 2016 survey found that almost 50 % of students payed between DKK 3,000 - 5,000 (€ 400 - € 670) in rent per month, while 25 % payed more than DKK 5,000 (€670) per month.

Keep these figures in mind while house hunting, as some may provide you with an unreasonably high rent. A bit later in this chapter, you can read more about how to avoid scams, and what to do if you experience it.

www.dsfnet.dk/politik/publikationer/boligundersogelsen-2016/ (in Danish)

# Private/ public postings

It is pretty self-explanatory. You check for postings either on social media, poster walls, in forums, and on services for these postings. Contact the person renting out a room or an apartment and take it from there.

It is common to go see the apartment before you agree to move in. Do not pay any deposit or hand over any money without having signed a contract beforehand or received your key. Bring a friend with you when you go to see the apartment, that way you won't be as vulnerable to a landlord pressuring you into accepting terms you don't want to.

# Facebook, social media, and network

There are a bunch of housing groups on Facebook and some of them are even specifically for international students. Find the ones relevant to your city and join them. Be aware that most postings will get a ton of replies and quickly be gone. Use caution in regards to deposits and contract.

There is always the risk that the posting may be a scam. In these groups, people might also warn each other about frauds, so they are great places to keep yourself updated.

You can also use Facebook and other social media platforms to let your network know that you are currently looking for a place to stay. Let your classmates, friends, and co-workers know that you are looking for housing, so that in the event that they hear of something, they will be sure to let you know. Danish students often use Facebook to find a place to live, so you might as well join the party.

Make a post stating that you are looking for housing, remember to mention your city, preferred area, and your budget for rent and ask people to contact you if they hear about anything. If you make your post public, your friends can even share it for you, resulting in a larger network of people who will see it.

# **University services**

All of the major universities in Denmark offers advice on housing. What they can offer differs from city to city, but it is worth contacting them. Some of the big universities are listed here - otherwise ask at your school's international office:

### Copenhagen:

www.housingfoundation.ku.dk

### Aarhus:

www.kollegiekontoret.dk/english

https://newcitizen.dk/study/housing-for-students/finding-a-place-to-live/

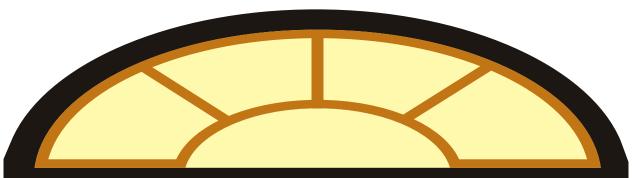
### Aalborg:

www.en.aau.dk/education/apply/international-accommodation-office

### Odense

www.sdu.dk/en/Uddannelse/internationale\_studerende/Accommodation

# HOUSING OPTIONS



# Kollegium (Residential halls and dorms)

Kollegiums are the Danish form of student residences. The kollegiums in Denmark house students from a variety of different universities and education levels and are often located throughout the city. Many of the kollegiums have their own traditions, and will encourage an active social participation. This is a good way to meet students outside your own field of studies.

Here, students stay in a single room and usually share a big kitchen with 3-25 other people. The kitchens have common areas where students hang out with other residents. Living in this type of kollegium is often a very social experience and a great way to meet new people. Some kollegiums are designed as apartments, either with your own kitchen and bathroom, or as big apartments where you share a kitchen, bathroom, and common area with 2-5 other people. These kollegiums offer a bit more privacy, but don't have the same social environment as the kollegiums with large, shared kitchens.

Danish students living in kollegiums often sublet their rooms to other students when they go abroad for a semester. Ask people living in kollegiums if they know of anyone who will be subletting their room, or keep an eye out for relevant Facebook posts in the kollegium groups.

Admittance to a kollegium is usually determined by a waiting list, but some kollegiums accept new residents based on motivated or creative personal applications.

Finally, it is worth mentioning that many kollegiums were built in the 50's and 60's, which are now showing signs of wear and tear. Obviously, you get what you pay for, so instead of expecting luxury, enjoy the experience and the fact that kollegiums are a great way to meet new people and fellow students.

# CIU – the centralised Kollegium and Student Flat Service:

www.findbolig.nu/Common/Help/English.aspx

### **Housing Anywhere (subletting)**

www.housinganywhere.com

### **UBSBOLIG** (for Copenhagen)

www.ubsbolig.dk/en

### Kollegie Kontoret (for Aarhus)

www.kollegiekontoret.dk/english

TIP!

**CULTURAL TIP:** Danes normally consider it a given that you take your shoes off when you enter a person's flat.



# Shared flats, renting, sublets, rooms

Most of the Danish students who don't live in kollegiums or student flats choose to live in privately rented or shared flats, often sublets or flats owned by private landlords.

There are a lot of websites that you can search to find housing advertisements from private landlords. Some of them are free, but the majority of sites will charge a fee to reveal the owner's contact information.

If your university has an online bulletin board or pin boards at campus these can also be good places to look for private postings for rooms and flats. Another good resource for finding people who are subletting or renting rooms is Facebook groups.

When searching online beware of scammers. See our tips to avoid scams on the housing market later in this chapter.

When sharing a flat (or a kollegium kitchen) make sure to talk about rules for cleaning, noise levels, and having parties in the flat. This is normally issues in which people disagree, which can lead to bad atmosphere between flatmates. It's better to set out the rules before any problems occur so that you're not dealing with angry housemates.



# **Student flats**

Most cities in Denmark have a number of rental flats set aside for students and young people. These are normally great deals, but require you to fulfill various criteria and the waiting list is often long, even for Danes.

www.findbolig.nu is a great place to search for these as this website covers most of these apartments.

# What to expect

The harsh truth is that housing is very difficult to come by, even for Danes. It is very unlikely that you will be able to find a place in which you may live on your own that is also considered affordable.

Most live in kollegiums or share a flat with other people. Expect the same to be the case for you.

If you get a room in a flat with access to a shower and kitchen, or a room at a kollegium and it's within 30-40 minutes (bus or bike) from your university, you're living under the same conditions as your Danish co-students.

You can often save money by moving further away from the city, but remember to factor in the time and money you will need for transportation



**IF YOU ARE SUBLETTING** or renting a private room or flat, it is often already furnished, which will make your life a lot easier. However, there might come a time when you need furniture or other things, so here are some tips on how to pick up the things you need, without breaking the bank.

IKEA is big in Denmark, as it is in the rest of the world. Sometimes they even have student discounts so remember to check for those before going. Some universities do "IKEA drives" by bus from the campus during the start of the semester, which makes transportation so much easier. Keep an eye out for postings about this or ask your fellow students if they want to join you on an IKEA adventure. Also, a dinner of IKEA's famous Swedish meatballs is a cheap price to pay for help with carrying and assembling your new furniture.

Though Denmark is known for its expensive designer furniture, there are cheap furniture alternatives, which are available at shops such as Jysk, Tiger, Søstrene Grene,

and many of the large supermarkets.

Secondhand furniture is another way to go. Most cities have a Red Cross and other charity stores, which sell both affordable and more expensive secondhand furniture. The furniture from these stores should have already been cleaned by the time of purchase.

Online postings like dba.dk are also a great place to look for cheap furniture. It is a good idea to go and see the object in person to check that the quality is as you believed it to be before you purchase it.

Finally, and obviously, you can also look for and check out various Facebook groups where people sell used furniture. Like with dba.dk, it's again a great idea to see the item in person, so you don't buy the cat in the sack. If you live near Aarhus, be sure to check ReUseAarhus (www.reuseaarhus.dk), where you'll be able to get free stuff that others don't need anymore.



# HOW TO AVOID HOUSING SCAMS

**AS IN ALL CITIES** with a competitive rental market, housing scams do occur when it comes to student accommodation in the Danish university cities. Students, and international students in particular, are often in urgent need of housing and are unfortunately therefore more likely to fall victim to dishonest people.

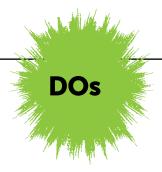
Make sure you set aside time to look at housing ads and ask your friends and classmates, so that you have a solid understanding of prices and housing standards. The key elements here are to never pay without getting anything in writing and remember that if it seems shady or too good to be true, it probably is.

If you don't get the rental agreement in writing or if you "pay money under the table" to get the flat, and it turns out to be a scam, you have no legal claim. So get a contract stating how much the rent is, how long you can live there and what the terms are for giving notice, being asked to move out, etc. You can avoid a lot of unpleasant experiences by doing this.

If you do encounter unpleasant experiences or are scammed, the organisation Lejernes LO offers advice and legal counselling to people who have problems with their landlords. They can advise you on your rights and possibilities.

INFO!

www.llo.dk/om-llo/internationalt www.rentguide.dk/en



- > Check who owns the rental property
- ➤ Always see the rental property
- > Check the rent level
- > Get everything in writing
- Document any defects (photos are a good idea)
- ➤ When subletting, note what the rules are for the specific subletting deal
- Make sure that the property is consistent with the rental contract
- Make sure to go through the property
- Double-check the legality of the arrangement if you are told not to have your postal address there



- > Never pay by cash
- Never pay via a foreign bank account or money transfer service
- Don't accept landlord pressure
- > Don't be too critical about location
- > Never pay money under the table
- > Don't pay too much in deposit and prepaid rent
- > Be aware of non-Danish speaking landlords

# DANISH APARTMENTS AND ADDRESSES...

Danish housing calls the ground floor 0 (or st. for stuen), the floor above that is the 1st floor and so forth.

In Denmark, the number of "rooms" determines the apartment size. This number is created by combining the bedrooms and living room – but does not include the kitchen, bathroom, or hallways.

In regards to apartment blocks, apartment addresses are written as street name, house number, floor number (st., 1st, 2nd, etc) followed by apartment placement – th., mf., and tv. This means "to the right," "the middle" and "to the left."

Remember to include your postal code and city name (as in 1608 København V) when writing your address.

# PRACTICAL INFO

Tap water is drinkable all over Denmark and often of a better quality than expensive bottled water.

Danish houses are normally very well insulated – double (or even triple) glazed windows and double walls will keep the cold out during the winter.

Most Danish apartments are heated with radiators that use hot water. Turn them on when it starts to get cold. Normally the "3" setting will ensure a nice and cosy room. As the radiators run via thermostats, remember to turn off the radiator when you have opened windows - that way you'll avoid expensive heating bills.

It's normal for kollegiums and apartment buildings to have a common laundry room for all of the tenants, so don't be surprised if there isn't a washing machine in your apartment. Ask for info about the "vaskekælder" when moving in.

# LET THE HOUSE HUNTING BEGIN – here are some links to get you started

www.boligsurf.dk: Flats, shared apartments, and rooms for rent

**www.boligdeal.dk:** Site coordinating communication between tenants, buyers, and landlords of private housing.

www.findroommate.dk: Students and others looking for roommates.

**www.lejerbo.dk:** Lejerbo manages apartments across Denmark, including youth housing.

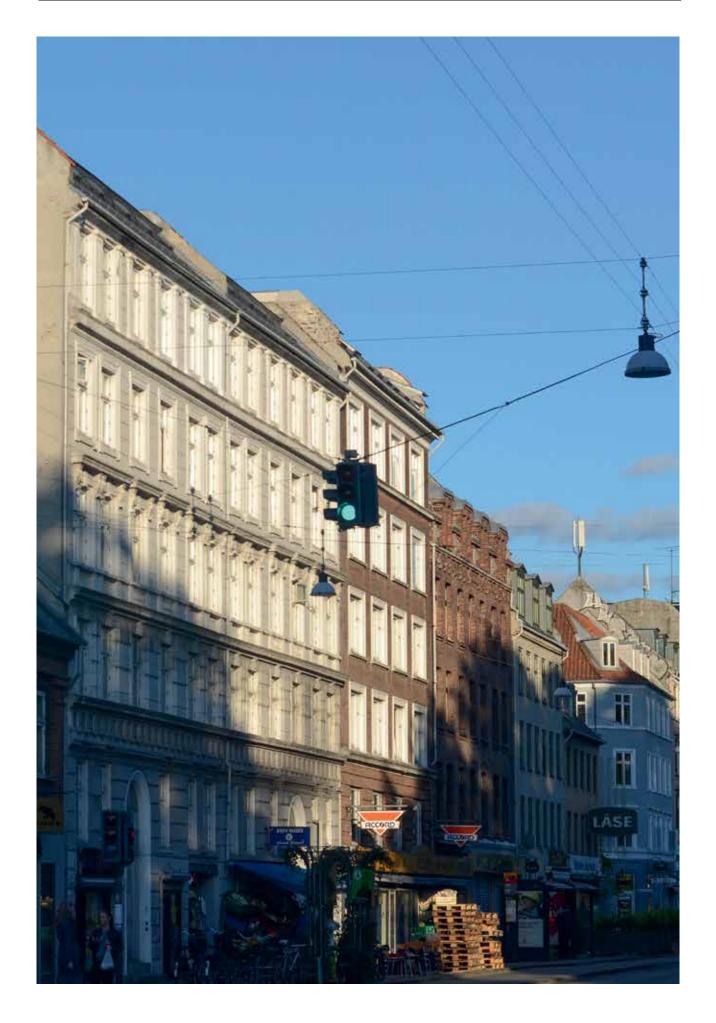
www.dba.dk: Similar to Ebay. List of flats and rooms for rent. Some ads are free to view.

https://en.lejebolig.dk: Flats, shared apartments, and rooms for rent.

www.findbolig.nu: Flats and youth housing. See relevant English guides on the site.

www.boligportalen.dk/en: Rooms and apartments for rent all over Denmark.

www.studyindenmark.dk/live-in-denmark/housing-1/how-to-find-housing







**DANES.** They're everywhere and yet they can seem like an elusive rarity in your life as an international student.

Naturally, they are there physically, but how do you meet them? Let alone, how do you get to know or befriend them and maybe even (drumroll) date them? It can seem like an insurmountable task, and maybe it's easier to just hang out with the other international students and joke about the antisocial Danes, but if you want a local network as a student (the shortcut to jobs, housing, and an all-around fun time in Denmark), befriending the Danes is a must.

### **Cultural differences**

First of all: The Danes aren't antisocial or hate hanging out with international students such as yourself. Yes, there are antisocial and dismissive people amongst us, but it's not the rule. We just socialise and form friendships in slightly different ways compared to what you might be used to in your home country.

Denmark has been a culturally homogenous country for centuries, so your Danish classmates might not even realise that other cultures don't do "friendships" and "hanging out" similar to how they do them.

In the same way, you might misinterpret the Danish behaviour as a lack of interest or as them being "weird", because it's different from what you're used to.

Use the cultural differences to your advantage by being curious and interested in your fellow Danish students and talk about their culture compared to yours. Most people love to talk about their background and appreciate people who are genuinely interested.

Most Danes learn to form social bonds through school, hobbies, sport, and work. This means that we're not used to socialising with strangers, and many Danish students who haven't developed friendships within those traditional categories also struggle with being lonely at times.

The ones who aren't lonely might still be interested in new friends too, but they probably already have a fully packed life with old friends, family, jobs, and hobbies, so they might not be as active in looking for new friends as you are, leaving you to believe that they aren't interested in hanging out.

The thing you need to remember is that even if your new Danish classmates don't say so, they might be interested in getting to know you. You just have to approach them in the right way and maybe take a bit more initiative than you're used to doing in your home country.

Generally speaking, many expats will say that "Danes only talk/hang out with people they know," which of course can become a problem if you're interested in meeting new people and forming a network in a new city. However, there are ways around this and we will cover those as well as certain quirks of social interaction that are culturally typical for Danish students.

As with all people, regardless of culture, your fellow students have individual personalities, so unfortunately we can only offer tips and tricks, not an one-size-fits-all solution.



# Hygge

We have to cover it, right? The elusive and alluring Danish concept of hygge... Google translate will tell you it means "fun," "cosiness" or "comfort", but you can't really grasp the idea until you have experienced it. Hygge is both hanging out with friends, cosying up on your own, being outside in the summer or inside by candlelight in the winter. Try asking your Danish classmates to explain it, and you will get at least five different ideas about what hygge is.



# **Humour**

Another thing that you might find "weird" about your Danish friends could very well be their sense of humour. The Danish humour is "dry", sarcastic (irony is BIG here) and irreverent. You can make fun of all authority figures and are not expected to "spare" people in leadership positions or religious figureheads. It is also very popular to be self-deprecating (often called selvironi) in your jokes. Research shows that the Danes generally don't have a problem looking foolish or laughing at their own mistakes. The emphasis on "cringe-worthy" situations and stories might seem weird to you, but try to watch a Danish comedy show or Danish stand-up with subtitles to get an idea about what the Danes currently find funny. Remember that it's okay not to find Danish humour funny or not to participate in the joke telling, but try not taking the sarcastic and irreverent jokes too personally. They are rarely meant as an insult.



The first step to finding new Danish friends is knowing where to meet your fellow students. Certain circumstances make for excellent time windows during which you can meet and make Danish friends, even if you don't know anyone yet.









# **Mentor/buddy programs**

Most places have various mentor and buddy programs that provide a safety net, practical contacts, and a social network for new international students. If you get a chance to join one, it's a great way to meet other people from both Denmark and the rest of the world, and the people signing up to be mentors or buddies are most likely interested in getting an international network.

Even if you haven't been in one of the programs yourself, and are a long-term international student in Denmark, ask your local international office if it's possible for you to become a mentor or buddy in the future. This is a great way to use your experiences to help new international students and to meet new people in the process. Please note that CBS does not have an actual mentor/buddy programme but have international ambassadors available.

# **Clubs and activities**

Most schools have a wide variety of clubs, activities, and foreninger (see explanation on the following pages) that you can join as a student. Are you interested in music? Join the choir, the glee club, or the yearly revue. Like your local SU-friendly Friday bar? Join the group organising it! Do you like sports? Most departments or institutes have their own sports team. If not, the universities should have bigger central sports organisations that you can join. Each department or institute will often have academic clubs and an alumni organisation, both of which have members who will plan social and academic events for their members.







# **SU-friendly Friday bars and parties at your course/institute:**

They're cheap, local, and jam-packed with other students from your own area of education. This means, that you will definitely have something to talk about while drinking cheap beer, drinks or soda, playing board games and complaining about exams together.

Often, the institutes or the universities have a cheap student-run café, where you can hangout after classes and chat to fellow students.

If you have any initiatives like this at your school, go there! It is a great way to meet Danish students, especially at the beginning of the semester, when everyone will be looking for new friends and are very social and more open-minded.

# Studenterhuset aka the Student House

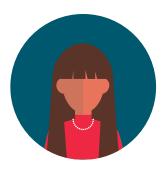
All the major university cities in Denmark have their own Studenterhus aka Student house. They are volunteer-run non-profit organisations that organise social activities for the entire university (or all the universities if there are more than one in the city), and provide a social space for all students.

The prices are student friendly and the student houses function as cafés, bars, concert venues, and event spaces, while providing a host of activities for the student community.

Additionally, the student houses often offer valuable activities for students besides the cheap beers – it could be job fairs, housing events, networking events, and current affairs debates.

Since the student houses are mainly volunteer-run, you can either participate in the activities offered as a guest or sign up to help as a volunteer. The latter will definitely ensure that you meet a lot of new friends and maybe even get some useful job experience on top of that.





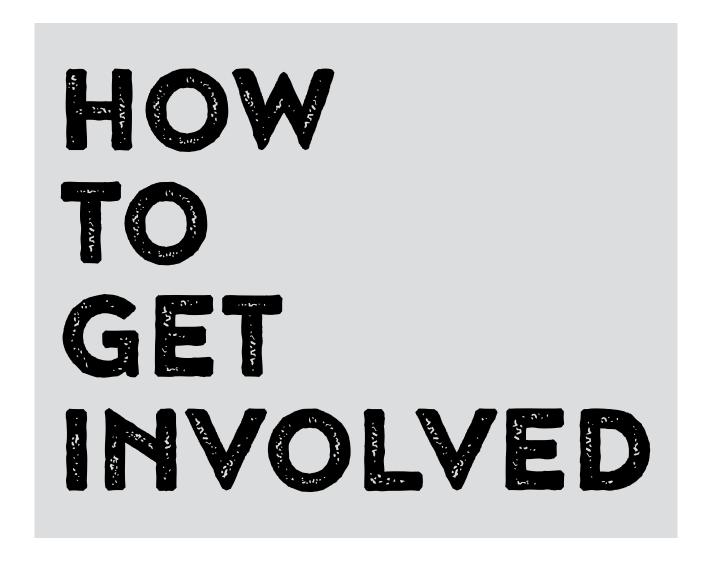


# Become a volunteer

Student volunteers run most of these aforementioned activities either partly or completely. Getting involved in a volunteer activity is a great way to meet Danes and provides an opportunity to bond over mutual interests and projects. People will usually be happy to hire you or have you join their organisation if you offer your time and dedication as a volunteer, so ask around if you are interested in joining an activity at your university or local student house.

There are many other ways to volunteer and these are covered in the specific volunteering section in this chapter





# "Foreningskultur"

A thing that is unique to Danish culture and socialising is the emphasis on foreninger. This is relatively complicated to translate, as it is a Danish/Scandinavian concept that has been a pillar in these countries' civil societies for almost 150 years. A "forening" is a democratic, membership-based organisation with a common theme, goal, or activity. A board, consisting of members from the organisation, runs the forening and every member has the right to vote and participate in the activities, given that you pay the membership fee. So essentially those members participating are also the people running the activities voluntarily.

This is how almost all sports clubs, leisure activities, interest based clubs and societies, and many of the volunteer organisations work in Denmark and it is where

many people form a network outside work and school. Around 90% of all Danes are a member of at least one forening, chances are there's a relevant one for you as well out there.

Getting involved in a forening is not only a good way to meet new people; it is also a great way to see one of the culturally specific "very Danish" institutions at work

If you join a forening to play sports (instead of the local "pay & go" gym), not only do you get to do the sports, but there are normally also a host of other activities connected to it, like parties, fundraisers, committees to join within the club, etc. Therefore, it is a great way to get to meet many Danes and form a network.

# Volunteer organisations

A lot of students in Denmark do volunteer work, either on a regular basis or for special events in their city, community, or within their fields of interest.

If you're interested in regular (weekly or monthly) volunteer work, your local Studenterhus or Student Council is a great place to start. Both normally have a big community of volunteer students and do activities related to your life as a student, whether it is bartending at their café, organising events, or doing social activities for other students. If you want to join contact your local Studenterhus or Council.

The various non-profit cafés and charity organisations in your city can also be a great place to volunteer, especially if you're in Denmark for more than a few months. The volunteer opportunities here are many and diverse. Globalhagen in Copenhagen and Café MellemFolk in Aarhus are great examples. As a volunteer here, you're able to work behind the bar, plan events, work with PR or just engage in various activities. Beyond these, you can find more about volunteering on <code>www.frivilligjob.dk</code>, but you can also ask your fellow students about volunteer opportunities in your city.

Remember that a lot of volunteer work is done within the various *foreninger*, so if you're interested in a particular forening, there are normally many opportunities to get involved here as well.

Many Danish students also volunteer for various bigger events. This is normally done at music festivals and other cultural events (film festivals, fashion week, and historical celebrations are all based on volunteer work as well), and can be a great way to meet new people, have fun, and get new experiences without having to commit on a weekly basis.

Google the events you're interested in several months before the event, normally they do posts about looking for volunteers on their websites.

For big music festivals like Roskilde Festival, you can also sign up to volunteer alongside some of your friends and fellow students by which it becomes a social event in itself. This is how many Danish students finance their festivals, as it is otherwise expensive on a SU budget.





# DANISH FRIENDS .... (IT IS A PROCESS, NOT A MAGIC FIX)

MANY DANES ARE still friends with people they go far back with; they might have friends from their primary school, high school, or from their junior football team and scout patrols back when they were 10. Even though they might not tell you, many Danes think forming new friendships as grown-ups is just as complicated as you might find it. This is because we are primarily used to forming friendships in certain ways.

It's worth remembering that Danes often distinguish between friends, who are understood to be the few you're really close to, and then friends/acquaintances/ classmates/colleagues, who are the people whom they know and are social with, but don't hang out with just the two of them/don't plan things exclusively with. The Danish word for friends "venner" tends to be used in a

more exclusive way than the English term and you might even hear a Dane say, "yeah, we hang out and it's fun, but we're not venner (yet)" about people they know. This does not mean that the person doesn't appreciate hanging out with you, but that they aren't close enough to qualify you as one of their exclusive venner.

# So how to befriend the Danes? (Like a Dane...)

Most Danish students have met their friends through school, work, volunteering, sports, and hobbies. Even though they have met through a common activity, it is however rare to consider yourself friends right from the start. You do that activity "alongside" each other for a while; probably chatting casually and realising you click and have fun together.



# Friendship tips

- > Be patient. Social relations with Danes tend to take a little a more time to form
- ) Join some clubs/projects/hobbies that you find fun and engaging. Activities with others is a great way to meet people
- > Talk to people and go to the social gatherings of the things you're involved with
- ▶ If the Danes seem closed off, remember that they might be trying to respect your private space or simply are shy or unsure. Approach them and see what happens
- Danes can also be shy and might find it just as hard to make friends as you do
- > Don't expect to jump straight to best friend territory immediately
- > Take initiative and suggest doing stuff together

# The awkward art of the Danish invitation:

If it's bigger social events like a Friday bar or a party for your classmates, everyone in that context is considered invited. This means that you might not get an "official" invitation to these events, but you are still invited. If you are unsure about going by yourself, ask your fellow students if you'll see them there and make plans to meet up at the event

For more private social events, you'll normally be invited. If it's a private party, it's common courtesy to RSVP no matter if you are able to attend or not.

When attending private parties or hanging out with an already established group of friends, it's considered polite behaviour to ask before you bring someone outside the group along with you.

Maybe that leads to casual socialising, which still relates to the thing you do together, talking while biking home from sports, eating lunch together at school, etc.

Then you go on to do something social – but not just the two of you, since you are still "getting to know each other." These social things can be a party for your class, a trip for the sports club or with your hobby, a dinner for the entire volunteer crew. These are good ways to be social while still in the safe context of what you do "together," which will make the Dane feel like the friend-ship is developing naturally and not something that they are being trapped into.

If alcohol is involved, that might speed up the process (sad but true), but it's not a necessity.

After this social activity (or several of these), you can safely ask to do something social together that is separate from the activity which you initially met doing.

A word of warning though: Danes rarely say, "let's have coffee" to people that they aren't already good friends with. Having coffee in a café is often used as a way to catch up with people you already know. However, if you feel like having coffee with your new friends try to invite them – they might very well say yes if they feel like they know you from your common activity.

Now you are entering the "good friends" territory and it's perfectly normal to do things together without having to make up excuses to justify being around them.

# Scheduling, punctuality, and spontaneous hanging outs

Some things you might discover when being friends with the Danes is that the average Danish student like to schedule most things in their life including their social time.

Since this is the norm, punctuality is valued, and you will be expected to at least let your friends know in advance when you are running late or have to cancel. Text messages are acceptable here, and cancelling "in good time" is considered to be polite if you realise you can't meet up.

The scheduling also means that it can be a bit complicated to find time to make plans with your Danish friends on a short notice. Don't take this as an insult or a dismissal of seeing you – try instead to suggest a date further into the future, so both of you can make it.

So, while the individual Danish student might be fine with spontaneous visits, your success rate for spontaneous plans are probably better if they are in the form of a "wanna do something later today" text, rather than you simply turning up on their doorstep because you were in the neighbourhood.



**IN ALL HONESTY,** Danes don't really date... not in the way you might be used to dating at least.

There is no "formalised" dating structure in Denmark, no unwritten rules about who-calls-who or who-pays-on-the-date. The arrival of various dating apps might have changed how often the Danes go on dates with people they don't already know, but the word 'date' is still used just as often about an already established couple who have been together for awhile.

The Danish word "kærester" is considered more serious and committed than "just" dating, and can mean both boyfriend and girlfriend as well as "live in partner" in many instances.

Most people meet their romantic partners through friends, school, work, or the clubs and organisations that they're a part of, meaning that they've often gotten to know that person before getting involved or starting to date.

80% of all 19-year-old Danes have had sex, so it is a natural thing for young people to have experienced in Denmark. We have sex-ed all through primary and high school and it's normal for Danish parents to let their teenagers' boyfriends/girlfriends sleep over as well. One thing we teach in sex-ed is of course to use protection. Condoms are the only thing that protects you against both unwanted pregnancies and sexually transmitted diseases. Condoms are easily accesible in supermarkets or pharmacies all over Denmark. It is recommended to use them with new partners, at least until you both have been tested for STD's. And it's not embarrassing to tell your sexual partner to use protection – though we admit it can be awkward for everyone, also for the Danes.

Also remember that though many Danes are sexually experienced, you have every right to enforce your own personal boundaries, and say yes and no to intimate activities depending on what you want.

If you experience sexual assault, there are clinics in all of the major Danish hospitals that are designed specifically for this purpose. You are safe to report it to the police. Please note that consumption of alcohol neither negates nor constitutes consent in a Danish legal context.

Sexual harassment, in any form, is never okay or your own fault. If you experience anything that you're uncomfortable with, you can go to your local student council, and they'll be able to guide you in the right direction from there. If need be, you're obviously also able to go to the police.



# EXPLORE YOUR









**MEETING THE DANES** is also about doing activities "like the Danes" with your friends.

During the (short but sweet) summer, most university cities in Denmark have a great outdoor life.

People take disposable grills out into the parks and have a low-key social barbecue, bring wine and beer to the beach, go to outdoor movie screenings (often for free) in parks, and play ballgames on the nearest patch of grass.

If there are outdoor sports facilities in your area, these are often also used for social purposes.

During the colder seasons you can still go for a walk outside (remember your raincoat and a warm sweater) or even go to the skating rinks that most cities have during winter.

All through the year there is a ton of cultural and social events in all of the major Danish cities. These events

can be various festivals (music, film, art, food), cultural happenings, carnivals, or big block parties. Sometimes all of these are combined into big city-celebrations like Aarhus festuge or Golden Days in Copenhagen. Bring your friends, go out, explore what your local city has to offer, and discover new experiences. Often these activities are for free or have student discounts on tickets. If not, it's often possible to volunteer as well.

Even in the biggest cities in Denmark, there are rarely neighbourhoods that are actually dangerous for anyone to visit. Of course it's a good idea to keep updated on whether there are tensions in your local area, but other than that you can safely assume that your city is safe. You should feel safe to explore the various neighbourhoods in your city and we recommend that you do so to ensure that you see and experience things outside of your university and home.

Maybe you'll find beautiful street art, a hidden park, or your new favourite burger place?



**WHEN IT COMES** to exploring your new Danish hometown, there is one tip that is more valuable than anything else:

GET A BIKE! It's cheaper and more flexible than busses, often quicker too, and gives you exercise and fresh air on top of that. And it's what all your fellow Danish students are doing, so it makes hanging out with them much easier.

The "biking the same way home from class" is a timetested classic when it comes to getting to know your classmates.

We suggest that you buy a used yet reliable bike from an official bike shop - it's often cheaper than renting it. If you're only here for a short while, you can rent your bike from specialised businesses that often exist solely to rent bikes to exchange students at a favourable rate. Google it.

### How to get a bike

Cheap bikes can be found at secondhand bike shops, through dba.dk and similar pages or through some of the Facebook groups for international students in your city. There are also often police auctions where cheap bikes can be bought.

Many international students sell their bikes when they go back home and you can probably buy their bike for a cheap price if you keep an eye out for posts like this.

Get one that's not too fancy (eliminates the risk of theft), but not too worn out (eliminates massive repair bills) and get a secure lock for it. Keep the frame number of your bike and lock in a safe place. If your bike gets stolen, you will need this number for the police and the insurance.

And since it gets cold in Denmark: Buy some lock antifreeze from a gas station. It will save you many tears once the temperatures get below zero and your lock suddenly won't open.

If you or your friends can fix things on your bike, great! Otherwise the secondhand bike shops normally do cheap repairs, or you might be lucky and there's a volunteer run bike repair shop in your city. Ask around or google it.

### Good bike-etiquette is important!

We have mentioned it before, but as with everything else, there are certain rules to play by while biking around your city. The most important ones are to remember to keep as far right as possible, look before you overtake fellow bikers, and always signal before turning or stopping. The City of Copenhagen has some great guidelines that is worth a look. Find it at <a href="https://www.international.kk.dk/artikel/cycling-rules-copenhagen">www.international.kk.dk/artikel/cycling-rules-copenhagen</a>





# NIGHTLIFE AS A DANISH STUDENT

**STUDENTS GO OUT.** It is one of the fundamental facts of life, and it's no different in Denmark.

Whether you drink alcohol or not, a lot of the social life of a student is focused around going out to bars and cafés or attending parties.

The concept of going out to dinner is not as widely used in Denmark as it is in many other cultures – probably given the price tag on restaurant food. Bigger cities will also have cheaper options like buffet style restaurants, cafés with good food, non-profit restaurants, and of course ethnic food places with great affordable food, like streetfood or food halls and markets in the bigger cities.

Be aware that Danes tend to eat dinner a little earlier than you might be used to; dinner is most often eaten between 18-20.

It is however quite normal to go out after dinnertime, meaning that people will have eaten from home.

Alternatively, you can gather friends at your home and cook dinner together – if you have a kitchen that allows for this. Most student dorms have at least one evening per week reserved for common dinner, which is a cheap way to have a social meal together with friends.



Be aware that it is normally expected for all dinner guests to chip in and cover some of the cost for the meal you have cooked together. This way no one is stuck with the main part of the costs.

When you go out there are of course the various bars, cafés and pubs. For the student community, the local Studenterhus is a great place to start, and the same goes for the various student bars at the university. A lot of students will probably also favour the local "bodega" (Danish equivalent of the old-school British pub for locals), where the drinks will be substantially cheaper than at the fancy bars in the area.

Alcohol is normally served to everyone who is over the age of 18, but you should be aware that some clubs might have a 21+ rule and maybe even a dress code. In general, the Danes dress stylishly but casually when they go out. There are a lot of places that will let you in if you're wearing sneakers and jeans, but again, be sure to check before you go out.

Another social option is the party at someone's home. Please be aware that if you get invited to one of these by a friend or classmate, it's considered a must to RSVP and to avoid arriving too fashionably late. It is normal and often expected that you bring your own drink, be it alcoholic or non-alcoholic, unless specified otherwise in the event description.

Many clubs and bars in Denmark tend to be open late (until 4 or 5 in the morning) and as a result of these late hours and the "eat at home before we go out" concept, your Danish friends might go out a tad later than you're used to.

We cannot talk about parties and bars without talking alcohol culture. And yes, the Danish student life can sometimes look like it's revolving solely around alcohol. This doesn't mean you can't go out with your Danish friends if you choose not to consume alcohol. All bars and cafés will normally have non-alcoholic alternatives and though they might offer you a beer at first, your individual choice should and will be respected.

And if you do drink alcohol, remember how to get home and that driving a car while intoxicated is illegal in Denmark.

In general, it's a good thing to know your alcohol limits and have your bus route and the number for a cab service written down alongside your address (if you haven't gotten your national health insurance card yet). This way you can always make your way home safely. Denmark is a very safe country but please do use common sense and exert caution when going out in a new city while under the influence of alcohol. Keep an eye on your belongings and your drink, and let your friends know when you are leaving the party and with whom. This way no one has to worry. Also, be aware of "pirate" taxis (illegal taxis) and never walk too close to water after a night out, as you might not be able to get out of the water while intoxicated.

# GETTING A STUDENT JOB

# Work in Denmark

A great percentage of Danish university students have student jobs. Though it might not be your first task to get one immediately upon arrival, if you plan to stay here for more than one semester, it's a good idea to consider getting a student job.

However, it can be difficult to find a job if you do not speak Danish. Many people find jobs through their personal networks, so making Danish and international friends in Denmark could already be a huge first step. As the competition for student jobs in general is quite tough, it's best to plan your finances so that you will be able to support yourself without a job for the first semester.

# **CAN I WORK IN DENMARK?**

**Nordic, EU/EEA or Swiss citizens** are allowed to work in Denmark under EU rules regarding the free movement of people and services. There is no minimum or maximum number of hours that you can work. If you are an EU citizen working in Denmark, you might be able to apply for SU.

You have to work a certain minimum amount of hours at your job to be eligible apply for SU. If you do get SU, then there is a limit to how much you are allowed to earn per year.

**Non-EU/EEA/Swiss citizens** are allowed to work up to 20 hours a week and full-time during June, July and August.

The limited work permit is also valid during the 6 month job seeking period that's granted if you're expecting to complete a full-degree programme in Denmark.

Nevertheless, when it comes to following the rules for employment as an international student, it's always better to be safe than sorry!

**Please note:** If you work illegally in Denmark - for example by working more than 20 hours a week as a non-EU/EEA student – the Danish Immigration Service can revoke your residence permit or refuse to extend it.

This puts you at risk for deportation.

Both you and your employer also run the risk of a prison sentence or substantial fines if you are caught working illegally. So make sure that you have your affairs in order before accepting a job.



www.nyidanmark.dk/en-us/coming\_to\_dk/work/work.html



# WHAT KIND OF JOBS CAN YOU GET AS A STUDENT?

### RESTAURANTS, CAFÉS, BARS, AND

**HOTELS** will often be open to employing international students who don't speak Danish. Some retail stores will also employ international students.

You might be able to find a job with a company that needs someone with your native language skills or insider knowledge of your home culture. This could be a job in the tourist industry, or with a company that caters to people from your background. It could also be with a Danish company conducting business with companies from your country or someone about to launch a product in your home country. Translating assignments can also be a good option for employment.

If you like to write, you might be able to get a job at an English speaking newspaper or online media outlet.

We know that you would probably prefer to find a job related to your field of study or previous experiences, but please remember that this can be difficult even for Danish students. Getting Danish work experience in other fields first might make it easier to get the more attractive student jobs in the future.

Campus jobs are difficult to find and many of them require Danish language skills. You could be lucky and find a position as a research assistant, instructor, or administrative assistant within an international program. The universities will post job openings on their online job banks or job and internship portals.

# WHERE DO YOU FIND A

# JOB?

There are several different strategies you can follow when looking for a job. Try to use a combination of these methods rather than solely relying on one way to do it.

# Hand out your CV in stores and cafés/bars/restaurants

Many international students choose to print out their CV and hand it out in stores and bars/cafés in the city in which they live. However, before you hand a random staff member your CV, make sure to ask them how to apply for a job. Many brand stores or cafés have an online system for job applications. Also, they have the right to refuse to receive your printed CV because of issues with GDPR.

## Social media

LinkedIn is very popular in Denmark. Make sure that you have an updated profile to provide potential employers with a good sense of your background and skills. Make sure to check for spelling mistakes and typos.

You can find many groups for internationals looking for jobs on Facebook. These will often have job postings from smaller work places.

# Ask people you know

Many jobs are never posted as a job ad.

More than often people find jobs through
their own personal network, so ask your friends,
your classmates, or other students if they know
of any places that are hiring. Let people know
what kind of experience you have, so that they
will keep you in mind if something opens
up. You can also let your network know
through social media that you
are looking for a job.

# Check the companies' websites

Positions in retail, bars, and hotels are not always posted in online job banks, but might be posted on the company website. Larger chains in particular will usually have postings listed on their websites as well as information on whether they accept unsolicited applications.

You can also send unsolicited applications to smaller companies; include a short description of how you could help the company if hired.

# Online job banks and internship portals

- **>** *Jobbank.dk* has university specific sub-sites, where you can find student jobs, internships, and full-time positions. On the bottom of the page, you will find a link to your university's job bank. If you speak Danish, use the Danish sites first because they will have more openings.
- **Moment.dk** is one of several job-pages that post student jobs and short time employment opportunities, often as temps or for event work.
- **> Greatercph.com/careers/job** is dedicated to job openings for non-Danish speakers in the Greater Copenhagen Area.
- **Graduateland.com** focuses on student jobs, internships, and graduate programmes.

### For all kinds of job applications

You need a CV (aka a résumé) and a cover letter.

Whatever job you apply to, remember to read and supply the info they want, in the form they want it. If they request that you send your application to a specific email address, do this and only this. If there's an online form, use that one and don't send an email.

This is the first step to ensure that your application actually gets considered.

Modify your CV so that it is relevant for the job that you are applying for. For example, rather than mention your first prize in a high school math competition in your application for a job at a café, highlight your past experience as a barista for a non-profit café.

When it comes to your CV, you don't need to reinvent the wheel. You can find templates online that will give you a great head start:

www.greatercph.com/careers/work/cv

### CV

It is common to add a photo to your CV in Denmark. Choose one that's neutral, recognisable, and not a blurry Facebook selfie.

Keep the CV short and relevant – 2 pages is plenty. Organise your CV in chronological order, with the most recent work experience at the top. You can separate school achievements, work experience, and other credentials to make it easier to read.

### **Cover letter**

Keep this targeted, relevant, and easy to read.

Try to keep it to one page if possible.

This is where you contextualise your CV experiences in relation to the criteria mentioned in the job posting. Explain why you would be a good match for the job and how the company could benefit from hiring you. Stay away from clichés and standard phrases, but keep it easy to understand by using short sentences and straightforward wording.



- ➤ Figure out how the workplace could benefit from hiring you focus on that
- Remember to do a spell check or get someone to read and correct your CV and cover letter for you
- Make it personal so that they remember you
- Send out the same letter to everyone
- ➤ Talk about how awesome you are without relating it to the job you're applying for
- > Write several pages
- > Write about your personal life too much
- > Forget to put in contact details

# DANISH WORK CULTURE

**DANISH WORK CULTURE** is often pretty relaxed and informal. It's normal to call your superiors by first name, especially if they introduce themselves to you using their first name. Collaboration and teamwork is the norm, and it is not seen as a good quality to "step on others to get ahead". The work-life balance is valued in Denmark, so you will rarely get extra points for working extra or overtime. It's a work smarter, not harder culture, and even your boss might call in sick, leave work early to pick up their kids or take a few days off once in a while.

If you are in doubt about anything, it's perfectly okay to ask a colleague you trust for tips.

Ask about sick leave, work hours, and vacation policies when you start the job, so you're sure to follow your workplace's protocol.

### How to dress for a job:

Most Danish workplaces (where you don't wear a uniform) don't have a specific dress code. In general, the Danes dress smart but casual, so jeans are normally accepted and ties and suits are not required.

If you are in doubt, watch and take a cue from how your Danish colleagues dress.



### Links to more info

www.nyidanmark.dk/en-us/coming\_to\_dk/work/work.htm www.workindenmark.dk/en

### Jobportals in English:

www.jobbank.dk/en www.jobindex.dk/?lang=en

### Guide on how to start up your own business in Denmark

www.investindk.com/publications/step-by-step-guide-todo-business-in-denmark

# Career Development Programme for Master's students:

https://student.state-of-denmark.com



# UNEMPLOYMENT INSURANCE FUNDS (A-KASSE)

INFO!

In Denmark, it is common to be a member of an unemployment insurance fund (a-kasse), as it helps secure you against unemployment. In order to secure yourself against unemployment, you have to purchase your own insurance through a private unemployment insurance fund. This is important, as idle workers receive unemployment benefits (dagpenge) from the unemployment insurance fund along with counselling to help them find a job.

As a student, and if you're under 30 years, you can join and be a member of an unemployment insurance fund for free. You will have access to professional education and career counselling. This means that the unemployment insurance fund can help you, if you for instance need a student job, help to write your CV and applications, or want to learn more about the job opportunities that are relevant to your education.

In order to secure your unemployment benefits you need to be aware of the 2-week rule and 1-year rule. It is important that you join an unemployment insurance fund no later than two weeks after completing your education. If you wait until graduation to become a member you will have to wait one month in order to be considered eligible for unemployment benefits.

To avoid waiting a month for your unemployment benefits, you have to have been a student member of an unemployment insurance fund for at least one year. This will secure you unemployment benefits the day after you complete your education.

The benefit rates for graduates, who are members of an unemployment insurance fund, are DKK 13.644 (€ 1,830) per month, and DKK 15.648 (€ 2,100) per month if you have a child to support.

As with any insurance, it's a question of "what if...". You might have a job lined up when you graduate, but if not, what then? Even if it's just a couple of months that you're without a job, being able to receive unemployment benefits means that you don't need to take out a loan to be able to pay for food, rent, and other necessities

In other words, being a member of an a-kasse is a good idea! So find one that matches your education and the line of work you'll be pursuing after you graduate.





**A TRADE UNION** provides you with the support and guidance you may need – and negotiates collectively to secure the best possible working conditions. This means that being a member of a trade union is common in Denmark and they can help you with any needed services.

Your general terms of employment are in many cases regulated by collective agreements made by the trade unions and employer associations.

The trade union offers you guidance and legal support on important issues such as your individual employment contract, your salary, and matters like work-related injuries or rehabilitation.

If you are starting an on-going job, always get a contract. At the very least, you should get something in writing regarding specific aspects of your job such as the expected tasks, your terms of employment, and your salary.

This shows that both you and your place of employment are committed. Furthermore, the document provides you with something to show the union if there are problems.

There is not any law regarding minimum wages in Denmark, so the collective agreements are important.

If your work place does not follow the collective agreement (either by joining it or by following the guidelines in them), they can pay you as little or as much as they want. However, the minimum is usually around DKK 100.

Make sure your hourly wage is specified in the contract, and ask your union or google what the hourly rate normally is for the job in question.

### Read more here:

www.workindenmark.dk/Working-in-DK/Trade-unions www.workindenmark.dk/Working-in-DK/Employment-contract

It is very cheap or sometimes even free to be a student member of a union. Pick the union most relevant to your field of study or your current work. Unions usually offer discounts on insurance and more, and they can even help you to write a CV and cover letter.



# **TIPS ON TIPS:**

Denmark doesn't have a tipping culture, so though employees in service jobs might receive them, tips should never constitute the basis of the salary or be used as a legitimate supplement to a low hourly wage.

Most service area employees will share their tips or have a "tipping jar", so be sure to check the tipping culture at your place of employment before pocketing the money for yourself.



# (SKAT)

**IF YOU HAVE** a paid job, you have to pay taxes. Simple as that. It is a crime not to pay your taxes, both for you and for your work place.

Most work places report the salary directly to SKAT, so it will be automatically deducted from your salary each month. Most jobs in Denmark will pay you by the end of each month, but it might vary. Remember to ask how it works at your job and if they report the taxes automatically.

If they don't, you have to report it yourself and pay what SKAT has calculated that you owe them. You do this online via skat.dk in the form called "årsopgørelse".

You pay around 40-45% in various taxes even as a student, so remember to include the taxes in your budget – DKK 100 per hour is not DKK 100 for you to spend.

The taxes go towards paying for free education, healthcare, etc. in Denmark, so it's considered a very good thing, even though it can feel annoying to see your pay cheque cut in half. If you have any questions regarding your taxes, you can find the address of your nearest tax office at www.skat.dk.

### What is a tax card?

If you have a salaried job in Denmark you must apply for a tax card from your local tax office. A tax card is the official document that tells you how much tax you have to pay.

Once you have gotten your CPR-number you can contact SKAT and inform them how much you expect to earn in the coming year. Then they'll help you to get a tax card, although you won't actually get a physical "card", but you will be able to find it online in your tax file. Your employer will get your tax card digitally from SKAT once they have reported your income.

### Read more here:

www.studyindenmark.dk/live-in-denmark/working-in-denmark/taxes



## DENMARK'S HISTORY

**THE KINGDOM OF DENMARK** is one of the oldest unified countries in the world. The word 'Denmark' dates back to the Viking age and is carved on the famous Jelling Stone from around 900 AD.

In 1849, the Danish Constitution was enacted, hereby moving away from an absolute monarchy towards a parliamentary democracy.

#### Important years in recent Danish history:

- ▶ 2011: Helle Thorning-Schmidt is the first female PM
- ▶ 2015: Andreas Mogensen is the first Dane in space
- ▶ 2019: Denmark are World Champions in handball

INFO!

#### Read more about the history of Denmark here:

www.denmark.dk/people-and-culture/history www.bbc.com/news/world-europe-17930409

### THE DANISH SOCIETY

**DENMARK IS KNOWN** internationally for our welfare state and the social system built around this.

The basic principle of the Danish welfare system, often also referred to as the Scandinavian welfare model, is that all citizens have equal right to social security. Within the Danish welfare system a number of services are available to citizens free of charge. The Danish welfare model is subsidised by the state, and as a result, Denmark has high tax rates compared

to many other countries. However, if you factor in that most healthcare, education, and social security services are free, it somewhat levels out the costs related to this.

The equal access to health and social security services as well as both primary and secondary education has resulted in an equal and relatively socially mobile society, where the majority of the population can be defined as middle class.

### DANISH MODEL AND FLEXICURITY

WHEN PEOPLE TALK about the Danish labour market they often use the term "flexicurity" to describe the model. Flexicurity is a word made out of flexibility and security, describing the compounds of the concept.

One side is flexible rules in regards to hiring and firing staff, which make it easier for the employers to scale down during slow times and hire new staff when things improve. The second part is the unemployment security. As mentioned previously, this is in the form of guaranteed unemployment benefits, as long as you belong to an a-kasse.

The aim of this system is to promote employment security over job security, which means that in Denmark, people are less afraid of losing their jobs and are not constantly looking for new or other employment, as is the case in many other countries.

The Danish model for the labour market is built on a century-long tradition of negotiations between the various partners. The trade unions and the employers' associations negotiate the collective agreements for each field of work, ensuring workers' rights while also taking production and market conditions into account.

INFO!

Read more about the topics at

www.denmark.dk/en/society

# POLITICAL SYSTEM



#### **Folketinget**

www.thedanishparliament.dk

The political landscape in Denmark is a multi-party system, where several parties are represented in the parliament, which is called Folketinget (the People's Assembly). Folketinget resides at Christiansborg, the parliament building in central Copenhagen.

Danish governments often represent a minority coalition, aided by one or more supporting parties. This means that Danish politics are based on consensus-driven decisions and negotiations with all parties in Folketinget. Since 1909, no single party has solely held or monopolised the majority.

The Constitution (Grundloven aka the Founding Law) from

1849 sets the framework for Danish democracy. The law outlines the citizens' and human rights such as freedom of speech and freedom of assembly.

Folketinget is the legislative assembly in Denmark, which means that it passes the laws that apply in Denmark. Folketinget is also responsible for adopting the state's budgets, approving the state's accounts, exercising control of the Government, and taking part in international cooperation.

There are 179 Members of Parliament (MPs), 175 are elected in Denmark, two are elected in the Faeroe Islands and two in Greenland. Together with Denmark, the Faeroes and Greenland constitute the Unity of the Realm. Both territories have extensive home-rule and their own flags, languages and culture, but are still represented by Folketinget.

#### Municipalities and local government

Denmark is divided into 98 municipalities (kommuner) and five regions (regioner) that each covers several municipalities.

Each municipality (and region) has their own publicly elected council that governs and administers the individual municipality. All local councillors are elected for a four-year period in local government elections.

#### **Denmark and EU**

Denmark has been a member of the European Union since 1973.

We have four opt-outs from European Union policies in relation to security and defence, citizenship, police and justice, and the adoption of the euro. The Danish government has held several referendums on modifying its opt-outs, but so far all attempts have been unsuccessful.

#### **Elections**

There are three types of elections in Denmark: elections to the national parliament (Folketinget), local elections to the municipal and regional councils, and elections to the European Parliament. Furthermore, there are national referendums on topics directly related to issues of national concern.

#### The monarchy

Yes. Denmark is a monarchy... and actually one of the oldest in the world, dating back to at least 958 AD. Right now the monarch is Queen Margrethe the 2<sup>nd</sup>. Her son Frederik, who will become King Frederik the 10th, will succeed her.

Denmark has been a constitutional monarchy since 1849, and over the years the political power of the reigning monarch has been reduced and now they only have a ritual position in regards to the political decisions. The prime minister has to present his or her government and law suggestions for a formal approval, but these actions are ceremonial and do not have real political value.

Even in 2018, more than 75% of the Danes are still supportive of the monarchy, and more than 80% believe that the Royal Family are good representatives of Denmark.

#### Can I vote?

International students from the Nordic and EU-countries can vote at the municipal and regional elections. All other international students must have lived in Denmark at least three years before they are eligible to vote at these elections.

Only Danish citizens can vote in the elections for Folketinget and the national referendums.

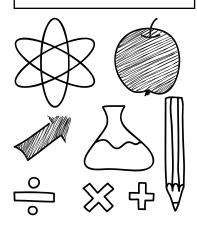


# EDUCATION



## **Education** for all

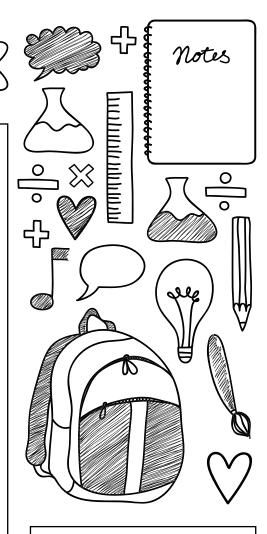
Education in Denmark is compulsory for everyone in Denmark. Children start at six or seven and are finished when they turn 15/16 years old. A public school, private school, or home school can provide the education. As such, we do not have compulsory school attendance but rather compulsory education. More than 50% of graduating students go on to a higher level education.



# School life in Denmark

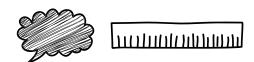
It's normal for kids to go into some kind of daycare from around the age of one. From that age, kids are in daycare, then kindergarten and then primary and lower secondary school, which is called folkeskole in Denmark. Folkeskole is made up of one year of pre-school class, nine years of primary and lower secondary education and an optional one-year 10th form.

After the mandatory nine years, the 9th or 10th graders can choose to continue into a high school level institution such as a upper secondary school or trade school, or into a vocational school or apprenticeship for various business areas. After 3 years of a upper secondary school level education, you are eligible to apply to other educations such as university, professional bachelor degrees, technical and business schools, etc.



#### **School culture**

Students at Danish institutions are encouraged to play an active role in their learning process and take responsibility for carrying out projects independently or in small groups. In addition to attending classes, students are expected to participate in discussions and continuously develop their critical and analytical skills.





# DANISH CULTURE CRASH COURSE

**DENMARK HAS BEEN** a unified country for more than a millennium and had very limited immigration from outside cultures until the latter half of the 20th century. This means that, culturally speaking, the Danes are a close-knit tribe with a very homogenous population, sharing a common culture and similar characteristics.

Some of these cultural characteristics might be different from what you are used to in your home country's culture, and it might seem like the Danes are impolite, ineffective, or simply just weird.

One of the things that are noteworthy about the Danish culture is the lack of formal hierarchy.

You might notice that is common for people in positions of authority to introduce themselves by first name, for your professors to be open to discussions with the stu-

dents, and for people to treat you equally regardless of your financial or societal status. This is all rooted in the egalitarian worldview that is the basis for most Danish social conventions and interactions.

You are not considered more "important" as an individual, just because your formal role is more important.

This means that it is normal for employees on all levels to give input regarding work situations. If the point is valid and well presented, it will be considered, no matter if it comes from the manager or the intern. This is a result of the Danish culture valuing consensus, and preferring to base decisions on this. It is not seen as admirable for a manager or a professor to come up with solutions based solely on their own opinions. Instead they will be applauded for including their subordinates or students in the decision making process.

The Danish work culture heralds the concept popularly known as the "work/life balance" and having a life "outside" your work or studies is seen as a commendable thing. Most Danes are members of various volunteer organisations (foreninger) and time off, whether being after the work day, work week or as vacation time, is secured in most employment contracts. Working way more than the standard 37 hours per week might be perceived as 'dedicated' in other work cultures, but will in most Danish work places be seen as unhealthy or even unproductive, due to the lack of time to rest and wind down.

One of the aspects of this cultural value is seen in how Danes think about taking sick leave. Yes, of course you should not call in sick for silly reasons (hangovers being one of those), but if you have the flu or are sick in any other way, you are supposed to call in sick and stay home if possible. No one will praise you for passing on the flu to the rest of the class or your entire office. Trust us on this one.

A last cultural aspect that is worth mentioning is that the Danish society is a very individualistically oriented one. The concept of the welfare state might make you think

otherwise, but in general the Danes primarily identify as individuals and mainly feel responsible for their own and closest family's matters. You might notice that people don't talk much about belonging to a certain ethnicity, religion or region, or that they are mainly concerned with their own schedules and calendars when planning activities. This cultural aspect can also help you to understand why your Danish classmates don't approach you if they see you on the bus or in a supermarket. Your (and their) individual privacy will be considered important and many Danes would rather not impose on people in public if they don't know them very well.

The lack of formal hierarchy combined with the individualistic worldview often makes the Danes communicate in a very direct way. They don't feel the need to include titles or polite introductions when addressing people, and the respect for people's individual time and privacy will lead to most Danes not engaging in small talk with people they don't already know.

If you're curious about how to actually talk to your Danish classmates, jump to "Meeting the Danes in chapter 6".



www.denmark.dk/people-and-culture www.denmark.dk/people-and-culture/history www.commisceo-global.com/country-guides/denmark-guide www.studyindenmark.dk/why-denmark/quality-of-life-1

#### **Jantelov**

Jantelov, known in English as The Law of Jante, is a cultural concept and a literary reference from Aksel Sandemose's 1933 novel *A Fugitive Crosses His Tracks*.

Jantelov is used to describe the mentality of the small village people in the novel, but is often also used to explain the anti-elitist Danish mentality as a whole.

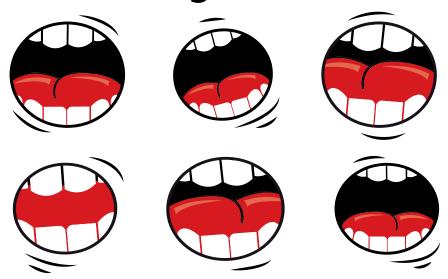
It is primarily used as a negative descriptor of the national mentality, often by people feeling martyred by Danish societal values, i.e. "Don't think that you're better than us..."

While it might hold certain amounts of truth (few Danes will praise bragging as an attractive personal trait for instance), it is important to remember that it is not a codex for behaviour in Denmark.

It is a cultural phenomenon from the past that pops its head up every now and then – and that most younger Danes rarely think about or adhere to.



## **Danish tongue twisters:**



THE CLASSIC:

### Rødgrød med fløde

(Fruit porridge with cream)

WORST ONE EVER:

#### Rådden, rødøjet, røget ørred

(Rotten, red-eyed, smoked trout...)

Not even the Danes can say this one without dying a little

OTHER FUN ONES:

#### Bispens gipsgebis

(the bishop's plaster dentures)

#### Får får får? Nej, får får ikke får, får får lam

(Do sheeps have sheep? No, sheeps do not have sheep, sheeps have lambs)

Almost all Danes speak a functional English and are willing to do so, so if in need, just ask.

Strangely enough, the Danish reluctance to speak with strangers does not include helping someone asking for directions or information. Just don't try to chat them up or talk about personal matters as well...

www.facebook.com/kbhsprogcenter

https://www.kbh-sprogcenter.dk/en/blog/danish-expresions-and-phrases/

www.uniavisen.dk/en/strange-danish-expressions/

www.theculturetrip.com/europe/denmark/articles/10-danish-phrases-you-need-to-know/

## PUBLIC HOLIDAYS IN DENMARK

A lot of these are old Catholic holidays that aren't celebrated to a great extent in neither the Danish Church nor civil life. Easter and Christmas are the big religious holidays, and in the time between Easter and Midsummer there are a long list of religious and public holidays.

## New Year's Day – January 1st (Nytårsdag)

Everything is grey and quiet. Shops are closed. Do it like a Dane: Eat takeout and watch the ski jumping competition on TV.

## Easter: Maundy Thursday, Good Friday, Easter Monday

#### (Påske: Skærtorsdag, Langfredag, Påskedag)

Do it like a Dane: Many people take the entire week leading up to Easter off. By taking those three days off from work, you end up having a whole week free for vacation.

## General Prayer Day (Store Bededag)

A Friday between Easter and Ascension Day.

Do it like a Dane: Eat "hot wheat buns" (varme hveder) on the Thursday evening and enjoy the long weekend. Traditionally the buns were made to be warmed on the prayer day, since you were not supposed to work or cook on this day.

## Ascension Day (Kristi Himmelfartsdag)

Falls on a Thursday – dates vary depending on Easter. Do it like a Dane: Take the Friday off too, and enjoy a long weekend before the exams kick in.

## Constitution Day – 5th of June (Grundlovsdag)

Not everyone celebrates this day, which is the date the first constitution was signed. Some political groups celebrate with gatherings and speeches.

Do it like a Dane: This is when the race towards the exam kicks in, so you probably won't notice.

## Whit Monday (Pinsedag)

A Monday in May/June (again depending on Easter). Do it like a Dane: Either read up for your exams – or have a party on the Sunday before, stay up late and hope to see "the Whit Monday sun dance".

#### **Christmas Eve, Christmas Day and Boxing Day**

In Denmark we celebrate Christmas on the 24th of December in the evening and the two following days are public holidays, normally spent with family and good food

Do it like a Dane: Get a Christmas tree, eat roast pork or duck, rice and almond pudding called Risalamande, and drink Glögg (Danish mulled wine).

Learn to make Danish paper decorations like braided hearts and paper stars and remember to set aside almost all weekends from late November for the long line of big traditional Danish "Christmas lunches". The Christmas lunch (julefrokost) is the traditional work/school celebration at the end of the year and is more of an evening party with buffet-style food and plenty of alcohol than a "lunch" in the actual sense of the word.

#### Other dates to remember:

The Danish version of Mardi Gras is called Fastelavn and falls on a Sunday in February. Kids celebrate by dressing up and playing a bunch of holiday specific games and by going trick-or-treating.

Do it like a Dane: Dress up (think silly, not sexy or scary) and "beat the cat off the barrel" (slå katten af tønden) with your friends.

This is an old tradition where you fill a wooden barrel with sweets and tape a paper cat on in. Whoever breaks out the goods inside the barrel is the "king/queen of the cats".

## May 1st: Labour Day (Arbejdernes Kampdag)

Do it like a Dane: Most Danish students either don't celebrate it as a political holiday or use it as an excuse for daytime drinking. If you're politically active, there's big meetings and parades in all the larger Danish cities.

## Midsummer's eve (St. Hans Aften)

Do it like a Dane: Celebrate with bonfires, singing and the old-fashioned and somewhat politically incorrect burning of a "witch" made of rags and sticks in the form of a woman.

Danish primary schools and high schools have two major weeklong breaks during the year.

The Winter Break (most often in Week 7) and the Autumn Break in Week 42. These breaks are not included in the academic year as such, but if your professor has kids, they might reschedule classes to spend the vacation with them.

#### First Wednesday in May: Testing the sirens

This is not strictly speaking a public holiday, but each year, at noon on the first Wednesday in May, the air sirens are tested nationwide. If you're not familiar with this, it will be quite the surprise.

Do it like a Dane: Relax, it's just a test!

www.denmark.dk/people-and-culture/danish-traditions

INFO!

# **Expat blogs and fun sites about Danish culture:**

www.howtoliveindenmark.com

www.thelocal.dk/20180412/ten-signs-youve-been-in-denmark-too-long &
www.thelocal.dk/galleries/lifestyle/top-10-signs-youve-been-in-denmark-too-long

www.uniavisen.dk/en/41-reasons-why-danes-are-so-strange/

www.satwcomic.com

www.oregongirlaroundtheworld.com/denmark/65-things-need-know-life-denmark/

# Once again — welcome to Denmark and to your new life as a student here

We hope that you found the information you needed in the book. If you didn't or if you have additional info, tips, or updates that can help make this book even better – don't hesitate to contact us via www.danskestuderende.com.

If you want to contribute to making other international students' introduction to Denmark easier get involved in your local student environment or contact us via www.danskestuderende.com for more ideas.

Best of luck, take care, and have fun during your stay here.
We hope you will enjoy it!

FUR	YOUR	NOTES	AND	SCRIE	BLES

FOR	YOUR	HOTES	AND	SCRIB	BLES

