

# **What to Know and Where to Go**

**A Practical Guide for International Students  
at the Faculty of Science**

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# Welcome to the Faculty of Science at the University of Copenhagen!

We at the Office of International Affairs would like to warmly welcome you to Copenhagen and the Faculty of Science. We hope that your stay meets your expectations and proves to be a memorable learning experience.

The aim of this guide is to provide you with practical and academic information in relation to your studies at the Faculty of Science and living in Copenhagen.

This guide includes a number of useful addresses and contact persons, information and regulations about the faculty, such as libraries, computer labs, student cafés, etc. We have also developed a guide to the transport system, public services in Denmark, some Danish language tips and some other information we hope will be helpful for you.

You are always welcome to contact us at the Office of International Affairs if you have any enquiries. We hope you will enjoy your stay in Copenhagen!

Office of International Affairs  
The Faculty of Science, University of Copenhagen  
Tagensvej 16  
2200 København N  
35 32 42 35  
international@science.ku.dk

# Campus Map

# 1. INTRODUCTION

Inaugurated in 1479, the University of Copenhagen is one of the oldest universities in Northern Europe. With more than 37,000 students and more than 7,000 employees, the University of Copenhagen is, likewise, the largest institution of research and education in Denmark.

The Faculty of Science is one of the eight faculties at the university, the other seven being the Faculties of Life Sciences, Pharmaceutical Sciences, Theology, Law, Social Sciences, Humanities and Health Sciences.

The Faculty of Science consists of the Faculty Administrative Department and nine other departments where all activities in education and research are conducted:

- Department of Biology
- Department of Chemistry
- Department of Computer Science
- Department of Exercise and Sport Sciences
- Department of Geography and Geology
- Department of Science Education
- Department of Mathematical Sciences
- Niels Bohr Institute
- Natural History Museum of Denmark

***MORE THAN 6,000 STUDENTS ARE CURRENTLY ENROLLED AT OUR FACULTY.***

## 2. WHO TO CONTACT?

Who to contact, where, when and why... can be confusing. Here is a guide to the various contacts for international students. Please look under the relevant section for either full degree students or exchange and guest students.

### FULL-DEGREE STUDENTS:

The Office of International Affairs at the Faculty of Science is the student's contact point for almost all matters such as:

- Admission process
- Enrolment and information on starting at the Faculty of Science
- Allocation of mentors, welcome events and orientation meetings
- Guidance and general assistance.

The Office of International Affairs can be contacted in the following ways:

Tagensvej 16,  
2200 København N  
Email: [international@science.ku.dk](mailto:international@science.ku.dk)  
Phone: +45 35 32 42 35

We are available Mondays 13-15 at Student Services (see address below) or by appointment at [international@science.ku.dk](mailto:international@science.ku.dk)

The Student Services at the Faculty of Science are available for students concerns and enquiries and can assist you with:

- Registration for courses (re-registration, de-registration)
- Registration for exams (de-register/cancelling an exam)
- How to apply for a transfer of credits
- How to apply for preapproval of courses
- How to apply for leave
- How to apply for a dispensation
- How to un-enroll (withdraw) from the university

Furthermore, Student Services will refer you to other relevant authorities when necessary, such as the Student Study Counselors/Advisors, or the Board of Studies.

Opening hours for personal visitation:

Monday- Friday: 10 -15

Opening hours for phone enquiries:

Monday-Friday 8.30 - 15

Phone: +45 35 32 42 60

E-mail: [studenterservice@science.ku.dk](mailto:studenterservice@science.ku.dk)

Visiting Address:

Faculty Library of Natural and Health Sciences  
Nørre Allé 49  
2200 København N

As per October the Student Services can be found at Green Light House, *Tagensvej 16*, 2200  
København N

The Student Advisors (also known as counselors) at the Faculty of Science are a team of students who each specialize in a different study programme offered by the faculty. The Student Advisors can help you plan your study structure and course selection. You can turn to the Student Advisers for virtually everything which is relevant to your study and you can get personal guidance via email, phone and in person.

You can contact the student advisers at [studievejledning@science.ku.dk](mailto:studievejledning@science.ku.dk) or you can stop by their office at the Student Services. You can find information about opening hours and phone numbers on the website -[www.science.ku.dk/studenterservice/studievejledning/](http://www.science.ku.dk/studenterservice/studievejledning/)

The International Office (at Fiolstræde 24) can assist full degree students with housing. They also organise events and specific courses for international students, please find further information in the chapters below.

Visiting Address:

Fiolstræde 24, 1st floor,  
DK-1010 Copenhagen K,  
Email: [int-housing@adm.ku.dk](mailto:int-housing@adm.ku.dk)  
Phone: +45 35 32 26 26

Opening hours for visitation: Monday to Friday 12-15.

## GUEST/EXCHANGE STUDENTS:

The International Office (Fiolstræde 24) at the University of Copenhagen is the student's contact point for almost all matters, such as:

- Admission process
- Enrolment & admission information
- Allocation of mentors
- Assists International students with Housing
- Organises events and specific Danish courses for International Students

Visiting Address:

Fiolstræde 24, 1st floor,  
DK-1010 Copenhagen K,  
Email: [int-housing@adm.ku.dk](mailto:int-housing@adm.ku.dk)  
Phone: +45 35 32 26 26

Opening hours for visitation: Monday to Friday 12-15.

The Office of International Affairs at the Faculty of Science is the student's contact point for guidance and academic assistance

The Office of International Affairs can be contacted in the following ways:

Visiting Address:

Tagensvej 16,

2200 København N

Email: [international@science.ku.dk](mailto:international@science.ku.dk)

Phone: +45 35 32 42 35

We are available Mondays 13-15 at Student Services (see address below) or by appointment at [international@science.ku.dk](mailto:international@science.ku.dk)

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- How to un-enroll (withdraw) from the university

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Opening hours for personal visitation:

Monday- Friday: 10 -15

Opening hours for phone enquiries:

Monday-Friday 8.30 - 15

Phone: +45 3532 4260

E-mail: [studenterservice@science.ku.dk](mailto:studenterservice@science.ku.dk)

Visiting Address:

Faculty Library of Natural and Health Sciences

Nørre Allé 49

2200 København N

As per October the Student Services can be found at Green Light House, Tagensvej 16. 2200 København N

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You can contact the student advisers at [studievejledning@science.ku.dk](mailto:studievejledning@science.ku.dk) or you can stop by their office at the student services. You can find information about opening hours and phone numbers on the website [www.science.ku.dk/studenterservice/studievejledning/](http://www.science.ku.dk/studenterservice/studievejledning/)

# 3. ACADEMIC CALENDAR AND TIMETABLE GROUPS

An academic year consists of normal teaching blocks (terms), guidance weeks and a summer period.

## Normal Teaching Blocks

There are four normal blocks, each consisting of 9 weeks plus (if relevant) the allocated holidays and public holidays. The average study load per block is 15 ECTS-points. The blocks include 7 weeks of teaching and an allocated exam period.

Depending on the ongoing evaluation form, the teaching period can be extended to also include all or a part of the exam period, so that the teaching period is up to 9 weeks.

Field studies, excursions and other projects are not included in the above regulations for a normal teaching period and require only 7 teaching weeks.

## Guidance Week

The week before each teaching block is called the Guidance Week. The Guidance week can be used to re-sit exams with adherence to the faculty's exam regulations, but in all cases must not be used for activities that count as ECTS-points.

In the Guidance week, management, guidance counsellors and teachers arrange course relevant and/or social events for students, such as: seminars in dealing with exam pressure, exhibitions of student's work and so on. Please note that these activities are voluntary and not compulsory components of a course or relevant for completion of your degree.

## The Summer Period

In the summer period (weeks 27 to 34) elective courses, limited electives and compulsory courses can be arranged, however these courses must be a supplement to the normal courses on offer.

The university does not expect students to participate in summer courses nor are students required to participate in study activities held over the summer period.

# The 2009/2010 Academic Year

	Weeks	Start	Finish
Guidance Week	35	24 August	28 August
Block 1	36-44	31 August	30 October
Guidance Week	45	2 November	6 November
Block 2	46-4	9 November	29 January
Guidance Week	5	1 February	5 February
Block 3	6-14	8 February	9 April
Guidance Week	15	12 April	16 April
Block 4	16 - 25	19 April	25 June
Summer Period	27 - 33	5 July	20 August

## Holidays & Public Holidays

- Autumn holidays are held in week 42 (12 – 18 October)
- Christmas holidays are in the period from and inclusive of Monday 21st December till and including Friday 8th January.
- Easter holidays are held from Monday 29th March till Monday 5th April (both days included).

As well as the above holiday periods, there are teaching free days on the following dates:

- Friday 30 April 2010 (fourth Friday after Easter)
- Thursday 13 May 2010 (Ascension Day)
- Monday 24 May 2010 (Whit Monday)

## Weekday Sessions

A teaching day consists of a morning and an afternoon module. A morning module must lie between the hours of 8.00-12.00, and an afternoon module between the hours of 13-00-18.00. In a course held in morning and afternoon modules, the lunch break can be allocated to an hour that best fits the teacher. Institutes are responsible for the timetabling of classes and to publicise the exact start and finishing times in the syllabus.

## Timetable Groups

A week is divided into three timetable groups: A, B and C, consisting of three modules each. The Head of the Institute needs to ensure that all courses of 7,5 ECTS-points are placed within a timetable. The individual teacher together with the Head of the Institute chooses how the class should be held and moreover the hours that should be allocated within the three modules.

A student that follows two courses in one block must choose courses from two different timetable groups, for example, A and C. A course must generally come from one timetable group, but can for

example use only one or two modules (for example, seminar courses). One can divide classes over a few timetable groups if the timetabling works.

On [www.sis.ku.dk](http://www.sis.ku.dk), you can find information about which timetable group or subgroup a course is placed in. If a course is placed in scheme group A, there are lessons organized in both group A1 and A2. You have the opportunity to combine courses that are located in different scheme groups or in different subgroups. Eg. Scheme group A and C or scheme Group B1 and B2.

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
08:00-10:00	B <sub>1</sub>	A <sub>1</sub>	C <sub>1</sub>	A <sub>1</sub>	B <sub>1</sub>
10:00-12:00		A <sub>2</sub>			B <sub>2</sub>
Lunch Break					
13:00-15:00	C <sub>1</sub>	B <sub>2</sub>	C <sub>2</sub>	A <sub>2</sub>	D
15:00-17:00	C <sub>2</sub>				

Note that lessons which are 15 ECTS courses fill an entire section. However these can be placed at anytime within this time frame, whenever the teacher may choose, (as these courses should not be combined with others).

# 4. COURSES, REQUIREMENTS AND PROCEDURES

## Bachelor Degrees

Bachelor degrees at the Faculty of Science are taught in Danish and therefore generally not suitable to international students. Should you wish to find details on the bachelor degrees offered and/or the regulations please see the faculty's website at [www.science.ku.dk/english/education/bachelor/](http://www.science.ku.dk/english/education/bachelor/)

## Masters Degrees

Masters degrees are regulated to 120 ECTS-points, equivalent to 2 years of full-time study.

A Masters Degree includes the following:

- Core courses from within the degree's main degree subjects, equal to 90 ECTS-points, which includes the Master's thesis.
- Elective courses of at least 15 ECTS-points.

Please note that the structure of a Master's degree can vary from one degree to another; please refer to your degree structure under the degree list available on our website [www.science.ku.dk/english/education/master/](http://www.science.ku.dk/english/education/master/)

A Masters degree includes a number of compulsory, limited elective and elective courses (subjects).

- **Compulsory courses** are outlined in the curriculum and should be completed by all students in the given degree.
- **Limited elective courses** are a group of subjects specified in the curriculum. Before the start of study, students choose a certain number of ECTS-points of these limited elective courses to be completed during the duration of their degree.
- **An elective course** is a course at the postgraduate level however, despite this requirement there are no other limits to the students' choice of elective course (for example, your elective can be taken from another faculty, with permission from the faculty at hand).

## Masters Thesis

The Masters thesis is taken in the core subject area. The thesis as a rule consists of 30 ECTS-points, although experimental theses can consist of up to 45 or 60 ECTS-points. A Masters thesis can be completed together with other course subjects, however the thesis must terminate the degree (in other words, the thesis should be the last thing handed-in to draw the degree to a close).

Masters theses guidance is given by an internal supervisor or/and with joint guidance from an external supervisor. The internal supervisor must be employed by the Faculty of Science. A contract is made in the beginning of the thesis which is signed by the student, supervisor, the Head of the Institute and Head of Studies.

## Maximum Study Duration

The maximum duration for a Bachelor degree is 5 years (60 months) and 3 years (36 months) for Masters' degrees. The duration of study begins from the date of enrolment at the faculty.

Degrees must be completed within the maximum study duration, if not then enrolment is terminated. The duration of study for full-degree master's students enrolled in the 2009/2010 academic year must be completed within the period of 2009 and 2012.

A leave of absence is not considered included in the duration of study.

## Requirements for Active Participation

Master's students must adhere to the requirements for active participation. Active participation in a Master's degree means completing 15 ECTS-points per block. This translates to passing one of the three exam attempts in a course and ensuring your academic timetable meets 15 ECTS-points per block. International students can risk having their residence permit cancelled if they do not meet the requirements for active participation.

## Requirements for Guest and Exchange Students

Students from abroad are able to study at the University of Copenhagen as guest or exchange students. The structure differs for each student depending on what has been developed in their own learning agreement. Some students are allowed by us and their home university to study courses from different faculties and departments. However, exchange and guest students are not able to acquire a degree at the University of Copenhagen.

## Credits

The University of Copenhagen is committed to the implementation of the European Credit Transfer System (ECTS), which eases the process of credit transfers between EU universities. The ECTS system defines a full study load for one year as 60 ECTS credits.

Generally, a course consists of 7,5 ECTS points however larger courses can consist of 15 or 30 ECTS-points. Please take note of the number of ECTS points of courses when choosing electives and registering for courses.

## Exams

When you register for courses, you are automatically registered for the exam in that respective course. If you do not wish to attend the exam, you must remember to cancel the exam. Otherwise you will be registered as having used one of your three exam attempts.

If you are ill on the day of an exam you are required to provide documentation of illness (a Doctor's Certificate valid for the date of the exam) to the Educational Services (Tagensvej 16).

If you, for instance, failed your first exam attempt, you must remember to register for the next exam within the deadlines for exam registrations.

At the University of Copenhagen students are assessed after taking one of the following types of examinations: a paper written examination, oral examination or active participation. In addition, some courses may require the successful completion of written, oral or practical assignments during the block. The type of exam depends on the specific course and can be found on [www.sis.ku.dk](http://www.sis.ku.dk).

You will receive an email informing you when you will be able to log on to Punkt.KU and find the information on the time and place for the respective exams for which you have registered, as well as, your exam number for each exam. Remember to print this information and bring that as well as your student ID-card to the exam. Please arrive at the exam location 15 minutes ahead of the examination start time.

## The Grading Scale

Your work will be assessed according to the following grading scale:

12:	For an excellent performance
10:	For a very good performance
7:	For a good performance
4:	For a fair performance
02:	For an adequate performance
00:	For an inadequate performance
-3:	For an unacceptable performance

To pass a course, you need to obtain at least 02

## Referencing

You must acknowledge the source of any quotation or the paraphrasing of another's work in such a way that the reader can find the original source. Failure to acknowledge quotations (however short) constitutes plagiarism (stealing other people's work and passing it off as your own) and carries very severe penalties. The source must be stated clearly in the bibliography or footnote and it is important to refer to sources consistently throughout the text. This is to avoid being accused of plagiarism and is very important. You are required to source references even when a student makes use of his/her own previously written work.

The accepted referencing form (either Oxford or Harvard) depends on your individual assessor and you should confirm which is acceptable before starting your paper.

It is perfectly acceptable to quote sources- articles, papers, teaching materials, etc. - found on the internet; however, these too must be indicated in such a way that readers are able to trace the source material. This also applies to assignments, Bachelor projects and theses which a student has submitted to universities abroad.

# Plagiarism

If you do not indicate all sources when using them, it is considered plagiarism. It is forbidden to find and copy material- whether it is in paper form or has been downloaded from the internet- and subsequently pass it off as ones own. You must refer not only to the sources from which you copy tables, models or other data directly, but also to the sources that inspire your opinion or back your claims. If in doubt, you should ask your teacher or supervisor or consult Student Services.

Exam cheating includes forgery, plagiarism, non-disclosure e.g. lack of source references, or other kinds of misleading information of the work or results. Helping other students cheat also constitutes as cheating and attempts at cheating are treated in the same manner as actual cheating.

Examples of disciplinary measures in case of exam cheating are written warnings, suspension from exams and expulsion from the University.

# Diploma and Transcript

When you have finished your MSc programme and completed all of the terms within the curriculum, you are entitled to receive an official MSc diploma, the diploma supplement and an official transcript of your results from the Faculty of Science, University of Copenhagen.

We start the preparation of your diploma when we receive the result(s) of your MSc thesis. Hereafter, the Student Administration examines whether you have complied with the terms of the syllabus. You will be contacted if any irregularities are discovered.

Within approximately 2 weeks, you will receive a transcript of your results, an official confirmation of your resignation from the university and a confirmation of the assignment of the MSc degree. Also, you will receive information about when you can expect to receive your official MSc diploma and transcript. It normally takes the Student Administration about 2 months to issue an official MSc diploma.

If you need a certified transcript of your exam results, please contact Student Service - by personal attendance or by e-mail, the certified transcript will then be sent by ordinary mail.

Remember that you can download a transcript from [www.punkt.ku.dk](http://www.punkt.ku.dk)

Note that if you are an exchange or guest student, your final transcript will be issued by the International Office.

Please provide the relevant office with your forwarding address (your home address in your home country) should you leave the country before receiving your diploma.

# Courses Offered to International Students

- Danish Language Courses: [http://studies.ku.dk/studies/danish\\_language\\_courses/](http://studies.ku.dk/studies/danish_language_courses/)
- Courses in Danish Culture: <http://culturecourse.ku.dk/>
- Scandinavian Enlightenment:  
[http://dansk2.inss.ku.dk/english/scandi\\_area\\_stud/scandinavian\\_enlightenment/](http://dansk2.inss.ku.dk/english/scandi_area_stud/scandinavian_enlightenment/)

- Academic English: [http://cip.ku.dk/english/course\\_catalogue/for\\_students/academic\\_english/](http://cip.ku.dk/english/course_catalogue/for_students/academic_english/)
- Academic Writing:  
[http://studies.ku.dk/studies/courses\\_offered\\_in\\_English/academic\\_writing/](http://studies.ku.dk/studies/courses_offered_in_English/academic_writing/)

The above courses are available to all international students however it is up to each individual student to investigate whether these courses can contribute to their degree or the ECTS required in their exchange agreement.

You can find information about all courses offered at the respective departments of the University of Copenhagen on [www.sis.ku.dk](http://www.sis.ku.dk).

# 5. IT/COMMUNICATION FACILITIES

## Internet Access at the Faculty of Science

Computers with internet access are available to students in the libraries and in computer rooms around campus. Printers are also available in the computer rooms.

Please visit your department's website for information on how to connect to the network and to find out what IT services your department offers their students.

The University of Copenhagen (KU) is part of a network of universities and institutions in Europe, where it is possible for people associated with these institutions to get access to the wireless hotspots at all of these institutions. This network is done through a simple configuration and by using your personal User ID as identification. This network is called Eduroam and further information about Eduroam can be found at [www.old.forskningsnettet.dk/eduroamengmain](http://www.old.forskningsnettet.dk/eduroamengmain) and [net.ku.dk/sikkerhed/eduroam/](http://net.ku.dk/sikkerhed/eduroam/) (this page is currently only in Danish) and explains where on KU there is access to the wireless hotspots in the Eduroam network.

## Internet Access in Denmark

Almost every home in Denmark is now connected to the internet. In Denmark there are a number of different internet connections available; broadband, fibre-net, wireless, DSL and ADSL. Your college or apartment will probably already have a connection to the internet, however should you need information about setting up an internet connection at home please refer to the following sites (some of which only have the information in Danish):

Telenor: [www.telenor.dk/english/index.aspx](http://www.telenor.dk/english/index.aspx)

TDC: <http://privat.tdc.dk/internet/>

Onfone: [www.onfone.dk/products/internet/](http://www.onfone.dk/products/internet/)

Stofa: [www.stofa.dk/](http://www.stofa.dk/)

Telia: <http://telia.dk/privat/>

Fullrate: <https://www.fullrate.dk/>

Oister: <https://www.oister.dk/selfcare/servlet/Start>

Many public places (cafés, libraries, trains and airports) have a wireless internet connection. At some places the connection will need a password or code, or require you to purchase an hourly rate to use the service.

## SIM-Cards/Telephones

Upon arrival to Denmark it is advisable to purchase a Danish SIM-card for your mobile phone to reduce costs. SIM cards can be bought in any of the telephone shops placed around the city or online through the telecommunications companies listed above. We would advise you discuss the best option for your needs with the telephone representative (e.g. cheapest SMS rates to your home country). A pre-paid SIM card is probably best suited due to the nature of your stay in Denmark.

Please note, that that even landline telephones in Denmark are charged based on the length of your phone-call (not just the call-up), in the same way as mobile phones are.

If you are not already a member of a Skype, we would recommend you use this online telephone function to stay in touch with your friends and family at home. You can download the program at [www.skype.com](http://www.skype.com) and use it to call landline numbers anywhere in the world or others signed up to Skype. Costs to landlines are very small whereas calling other Skype members is completely free.

# 6. LIBRARIES AND BOOKSHOP

## Copenhagen University Libraries

Each individual department has a library specified within the study area of your degree/department. Please refer to your own department to find out information about the library relevant to you. The Faculty of Science has its own library that is available to all students. To borrow books you are required to use your yellow health insurance card or your student ID-card.

Copenhagen University Library North (KUB-NORD)

Faculty Library of the Natural and Health Sciences

Nørre Allé 49

2200 Copenhagen N

[www.kb.dk/en/kub/fag/nat/](http://www.kb.dk/en/kub/fag/nat/)

As a student at the faculty, you can get remote access to the library. Remote access means that you have access to nearly all the library's electronic journals, e-books, e-reference works and databases from home or when abroad. Books and journals in Danish libraries can be found and requested free in the database <http://bibliotek.dk>. To request material in the database, you have to be a registered user.

## Public Libraries

The Royal library provides services for students at the University of Copenhagen within the fields of Social Sciences, Humanities, Law, Theology, Natural Sciences and Health Sciences. The Royal Library is the largest library in Scandinavia. The library offers access to the internet free of charge and has a large collection of conventional and electronic books and journals, a large collection of databases and facilities for reading and studying. Borrowing material from the library is free of charge, but you need to get a library card at the library. The lending period is generally one month.

The Royal Library - The Black Diamond

Søren Kierkegaards Plads 1

1016 Copenhagen K

[www.kb.dk](http://www.kb.dk)

Each burrow of Copenhagen has its own public library. The public libraries have books in languages other than Danish as well as foreign newspapers and magazines. You can borrow books at the library by using your yellow health insurance card. The lending period is one month (sometimes shorter). Many public libraries have computers with access to the internet. Internet access is usually free of charge, but you pay for print-outs. The largest of these public community libraries is the Copenhagen Central Library:

Copenhagen Central Library

Krystalgade 15

1172 Copenhagen K

Phone: +45 33 73 60 60

E-mail: [hovadm@kff.kk.dk](mailto:hovadm@kff.kk.dk)

[www.bibliotek.kk.dk/english](http://www.bibliotek.kk.dk/english)

# The Faculty Bookshop

Students at the University of Copenhagen can buy their books and other study material in the university/faculty bookshop. Ask for the student discount and show your Student ID-Card when purchasing from the bookshop.

Ole Maaløes Vej 5  
DK-2200 Copenhagen N  
Phone: +45 35 32 00 35  
E-mail: [natur@akademiskboghandel.dk](mailto:natur@akademiskboghandel.dk)  
Opening hours:  
Monday-Friday 9-16

## Newspapers

Newspapers in Denmark are available at all supermarkets, kiosks and other small corner stores. All of the major publications are also available online and often in English:

The Copenhagen Post:	<a href="http://www.cphpost.dk">www.cphpost.dk</a>
Danmarks Radio:	<a href="http://www.dr.dk">www.dr.dk</a>
Jyllands Posten:	<a href="http://www.jp.dk">www.jp.dk</a>
Politiken:	<a href="http://www.Politiken.dk">www.Politiken.dk</a>
Berlingske:	<a href="http://www.berlingske.dk">www.berlingske.dk</a>
Weekendavisen:	<a href="http://www.weekendavisen.dk/">www.weekendavisen.dk/</a>
Børsen:	<a href="http://www.borsen.dk">www.borsen.dk</a>

International newspapers are available at Copenhagen Central Station and some kiosks.

# 7. STUDENT FACILITIES AT THE FACULTY OF SCIENCE

As a student at the Faculty of Science, you have the opportunity to be a part of a variety of social activities - from sports, student political debates, student magazines to student revues and different types of academic associations. Not to forget the many 'Fredagsbarer' (Friday bars), the student bars and occasionally parties arranged by students on Friday afternoons. Your department will have more information about their individual bars. We highly recommend that you participate in the social life at the Faculty of Science. Our experience is that it helps you to connect with other students and more easily gain new friends.

The list below is far from complete. Often, you can find new arrangements on notice boards, hanging at the different departments or through the student magazine 'Scient' or through 'Universitetsavisen' (the University's newspaper). Both are currently written in Danish so keep your eyes open and don't hesitate to ask your fellow students for help.

## The Student House

Studenterhuset  
Købmagergade 52  
1150 Copenhagen K  
Phone: +45 35 32 38 61  
E-mail: [info@studenterhuset.com](mailto:info@studenterhuset.com)  
[www.studenterhuset.com](http://www.studenterhuset.com)

The Student House ('Studenterhuset') is home to many student societies and associations and it has a café and photocopying facilities. Events include the International Café for international students in Copenhagen on Wednesday nights, live jazz on Thursday nights, and live rock on Friday nights. Furthermore, the house is home to a number of activity groups with interests such as poetry reading, music, environmental issues, photography, and dancing. As a student enrolled in the University of Copenhagen, you are automatically a member of the Student House, allowing you to join the groups and obtain various discounts on drinks, photocopies, etc. Volunteer students run the bar, and you can sign up for shifts at the bar.

## NAMF

NAMF is a mentor-association for international students at The Faculty of Science (unlike your individual mentors that you've been assigned). The NAMF group arranges weekend trips, picnics, parties, excursions to museums and introduces you to faculty life. For more information please go to [www.science.ku.dk/english](http://www.science.ku.dk/english) for updates on events.

## FSR - Forenede Studenterråd

FSR is the Students' Representative Council at the University of Copenhagen. The purpose of FSR is to draw attention to students' social, educational and political interests towards the University and the outside world. [www.studenterraad.ku.dk/](http://www.studenterraad.ku.dk/)

## Fagråd - the Local Students' Representative Council

Every department at the Faculty of Science has a local students' representative council. This council chooses members to chair, lead and represent students. Meetings are often announced on notice boards at departments.

## NATrådet - Students' Representative Council for the Faculty of Science

NATrådet is the collection of all of the local students' representative councils at the Faculty of Science. Meetings are typically announced at local meetings and through notice boards.

## Scient

Scient is a student's magazine, written by and for students at the Faculty of Science. As a journalist or photographer at Scient, you work for free, but receive valuable work experience within communications and magazine production. Scient comes out 4 times per year.

[www.science.ku.dk/scient/](http://www.science.ku.dk/scient/)

## USG

USG is an athletic association for students at the University of Copenhagen (and for other students at colleges in the Greater Copenhagen area). USG offers a variety of different sports to a student friendly price. You will benefit from both the actual training as well as the social fellowship in USG. [www.usg.dk](http://www.usg.dk)

## Local Sports Associations

Several departments have their own sports associations. Ask you fellow students if they can introduce you or keep an eye on the notice boards at your department.

## Student Revues

At the Faculty of Science, a variety of student revues are set up every year (often performed at the local Christmas party). Students from Computer Science, Physics, Geography and Biochemistry set up local revues, and if you want to participate in setting up the local revue, keep an eye on the notice board at your department.

# 8. TRANSPORTATION

Transportation around Copenhagen can take several forms; walking, bicycling and public transportation on buses, trains, the S-train (Zealand's train service) and metro.

## Copenhagen Bicycle Culture and Rules

Copenhagen is considered the only real bicycle city, with the majority of its population using cycling as the main form of transportation. Cycling has many benefits including better fitness for oneself, faster travel time and less pollution in our city. To be a part of this great tradition you should consider the following:

- Check the bicycle thoroughly and remember to keep the cycle tyres fully pumped up to help lessen your punctures.
- The bicycle should always have installed both lights and reflectors. These should be turned on once dark (fines apply if lights are not visible).
- It is recommended that one uses a cycle helmet even though it is not demanded by law.
- Direct turning left is not allowed. Please note that, when turning left at a crossroads, you must do it in two stages in an L shape, first cross to the right hand side then turn and cross again.
- Always give clear hand signals when turning and stopping. Put out your right arm to turn right and left arm to turn left. Put an arm up with a flat palm to indicate you are stopping.
- Check there is no one right behind you before overtaking or stopping abruptly
- Whenever there is a bicycle path, it should be used. If not cycle to the right side of the road (though be careful of parked cars that open their car doors).
- If there is a bus-stop abstracting the bicycle path or road, you must let the bus stop and pass before you do.
- It is illegal to carry another adult on your bicycle (fines apply)
- You should also have a bell and at least two brakes on your bike.
- It is advisable to have good strong locks on your bike as bike-theft is common.
- There are often a different set of traffic lights for bicycle riders, make sure you are following there when on the bicycle path.
- Always be careful of other vehicles on the road (even if you're on a bicycle path).

Should you need help learning to ride a bike, or practice cycling before hitting the streets of Copenhagen then you are able to participate in the free bike-riding courses offered by the Red Cross. The sessions are run by Danish volunteers in Nørrebro and Valby usually on Saturday mornings. You can find further information through Pernille Lemvig-Fog at [cykelkursus\\_kbh@drk.dk](mailto:cykelkursus_kbh@drk.dk) or by telephone on 41 96 11 19.

## Bicycle Dealers

Below, is a list of places you can go to should you wish to buy or hire a bike:

*Police Auctions*  
Slotsherrensvej 113  
2720 Vanløse,  
Phone: 38 74 88 22

To find out when the next auction is please call the above number beforehand. The bicycles are available for viewing between 8 and 9 am and the auction starts at 9am.

*La Bicyclette*

Nansensgade 88  
1366 Copenhagen K.  
Phone: 33 32 01 76

*Cash and Carry*

Vesterbrogade 60  
1620 Kbh V  
Phone: 33317754

*Østerport Bicycles*

Oslo Plads 9  
2100 Copenhagen Ø

*Copenhagen Bicycles ApS*

Reventlow Street 11  
1651 Copenhagen V.  
Phone: 33 33 86 13

*Copenhagen Cycling Exchange*

Gothersgade 157, kld  
1123 Copenhagen K  
Phone: 33140717

## The Danish Public Transportation System

The Danish Public Transportation System is abbreviated to 'DSB' in Danish and offers transportation to a variety of destinations; regional, domestic and international. The Greater Copenhagen area and a large part of the island of Zealand are divided into a zone-system which is important to understand in order to make sure that your ticket covers your entire journey correctly. DSB ticket offices will be happy to assist you in finding the best solution for your ticketing purchase.

To find out how to get from one place to another you can use the website [www.rejseplanen.dk](http://www.rejseplanen.dk). Down the bottom of the page you can click on the English flag to change the language to English. Then you can type From: (where you are now) and To: (where you want to go) and it will tell you how to get to your destination via public transport.

Or use [www.dsb.dk](http://www.dsb.dk) or call the DSB Service Centre at +45 70 13 14 15 for more information on ticket prices, purchasing discount cards, specials and transportation guides. Take note of the fact that journeys outside of Copenhagen are more expensive on Friday and Sundays, however specials are sometimes available.

### Extra info:

- When getting on and off buses you often step onto the bicycle path and therefore into oncoming traffic.
- The doors on the Metro trains open on their own accord; however on other trains to open the doors you must press the button on the door that is lit-up (once at the platform).
- Buses have computerised signs that indicate what street/stop is the next one, this allows you to press the stop button at the correct stop to get off.

## Transportation discounts in Denmark

DSB offers good discounts for students and young adults. A DSB Wildcard may be purchased if you are between 16 and 26 years old or a student. It costs 180 DKK and offers good discounts on train tickets – both domestic and international.

If you plan to visit Aarhus in Jutland or Odense in Funen, for example, you may receive up to 50% reduction on the regular price of the ticket. If you plan to travel to destinations outside Denmark you may receive up to 25% off. These discounts are only applicable if you travel by train, and only on destinations that are outside of the Greater Copenhagen area. Please also note that it might not be worth buying a DSB Wildcard if you only plan to travel to destinations outside the Greater Copenhagen area once, however, for long distances it is still cheaper.

You can only purchase a DSB Wildcard online at [www.dsb.dk](http://www.dsb.dk) however, at this stage the site is only in Danish. You may need to get a Danish friend to help you with it. The card is then sent to your home address and you will need to show it to the ticket inspector along with your ID (either Danish health insurance card or student card). If you have not yet received your Wildcard through the post and you wish to travel, you can print a 'proof of purchase' ticket from the DSB ticket machines which will still allow you to use the discount.

## Tickets

Tickets can be bought on buses, at metro/train/s-tog stations or a 10 clip-card (klikekort) zone card can be bought at newsagents, 7/11 shops etc. These 10 clip-cards are cheaper if travelling within the same zones often. Remember to clip them (put them face-down) in the yellow boxes on the platform or bus. Ticket inspectors are often roaming transportation in Copenhagen checking you have the valid ticket. Ticket evasion is fined.

Please note that tickets are valid for within a time period (outlined on the ticket or on the back of the clip-card). For example, if you have a 2-zone clip-card and are travelling in 3 zones, you are required to clip the card twice. By clipping the card twice you are allowed to travel within 4 zones for a certain period of time (1 hour and a half) effectively meaning that you can travel both to your destination and back again if within that time period, without having to clip the card again.

Remember that should you have any queries about your travels or tickets you can always ask somebody, people understand that things aren't easy to understand.

# 9. PUBLIC SERVICES IN DENMARK

## Residence/Work Permit

As a university student in Denmark, one has the right to work alongside their studies. Though there are different rules regarding work and residence permits depending on where the student comes from:

- *Northern European Citizenship* (eg. Nordic countries including Finland, Iceland, Norway and Sweden) can freely travel to Denmark, reside, study and work as many hours as they wish in Denmark. Nordic students staying in Denmark for more than 6 months need to bring their 'Inter-Nordic Moving Papers' to the 'Borgerservices'. These must be brought along from their local council in their home country. If they have forgotten the paperwork, students must visit "Borgerservices" with documentation of study at the University of Copenhagen and their address in Denmark. Nordic students do not need a residence permit, if they are staying for less than 6 months.
- *EU or EEA citizens including citizens of Switzerland* can reside (and therefore work) in Denmark according to the EU-legislation on free movement for individuals. EU/EEA citizens staying in Denmark for more than 3 months must apply for a residence permit. They can apply for a residence permit upon (at the very latest 3 months after arrival to Denmark) at the State Department (Statsforvaltningen) and must bring their passport (or citizen identification card), two passport photos, their Letter of Admission and public health insurance papers to:

The State Administrative Office  
*Statsforvaltningen (Hovedstaden)*  
Borups Allé 177  
2400 København NV  
Ph. No. +45 72567000  
Email: hovedstaden@statsforvaltning.dk  
Opening Hours: Mon to Wed – 9-15  
                          Thursday – 9-18  
                          Friday – 9-14

Keep in mind that meetings will not be held less than an hour before their closing time. It may take up to three weeks from when students have applied for their residence permit until they receive it.

- *Students who are not EU/EEA citizens* will have received their residence permit and visa before arrival to Denmark in collaboration with the Office of International Affairs, Faculty of Science and Danish Immigration Service.

Students from countries outside of the EU/EEA are able to work a maximum of 15 hours per week during September to May, and 37 hours per week from June to August. The work permit is automatically coupled with the allocated residence permit received prior to arrival to Denmark. Students should check whether their visa/residence permit contains a work permit. If it is not attached please contact the Immigration Service.

# Health Insurance

The Danish Public Health Insurance applies to foreign students once they have received their CPR-number (social security number and card). This health card is provided alongside their allocation of a CPR-number at the Public Register (Borgerservices). International students should visit their local 'Borgerservice' as soon as possible after arriving in Denmark once allocated their residence permit with their relevant documents (as stated below).

- *Nordic students* are automatically covered by the Danish health insurance for up to 6 months. If they are staying in Denmark for more than 6 months they must apply for the Danish health insurance and bring their Inter-Nordic Moving Papers to the Public Register (Borgerservices).

- *EU/EEA citizens* (with the exception of Nordic citizens) who will be in Denmark for more than 3 months will need to bring their EU Health Insurance Card from their local health insurance office (in their home country). The EU Health Insurance Card entitles the student to apply for the Danish health insurance and covers them until they have received the Danish health insurance. British students fall under a special scheme which ensures that they are covered by the Danish health insurance. Until these students receive their Danish health insurance card, they can produce their British passport at any hospital or doctor's office for free cover and refer them to the specific agreement made between Denmark and their home country.

- *Students who are not EU/EEA citizens* that will be in Denmark for more than 3 months are covered by the Danish health insurance 6 weeks after they have applied for their public health insurance card. They must therefore have an insurance cover for at least the first 8 weeks of their stay in Denmark.

Once students have been assigned their CPR number they are covered by the Danish health system. This means that they can go to a medical practitioner or be treated in a hospital without charge. However, it does not cover the cost of prescriptions or medicines bought and refunds are not provided. Reimbursement of costs related to medicines can only occur when the student is covered by a private health insurance.

We recommend that foreign students also take out a supplementary insurance that covers travel home due to illness and the cost of medicines etc. (Please read the 'Insurance' section below). They can take out an insurance cover with International Health Insurance (IHI), their travel insurance (IHI Study Abroad) covers up to 24 months and is very broad. IHI can be contacted at:

International Health Insurance Danmark A / S  
Tel.: +45 33 15 30 99  
E-mail: [ihi@ihi.com](mailto:ihi@ihi.com)

***Please note: As soon as you have been allocated your Danish CPR-Number please contact us at the Office of International Affairs, so that we can update our files with your new Danish details.***

## Insurance

If students would like a general insurance cover (household, accident and liability) they can contact the following Danish insurance companies. These companies have information in English and arrange insurance for shorter periods.

*Nykredit Forsikring A / S*

Phone: +45 70 15 96 33

[www.nykredit.dk](http://www.nykredit.dk)

*Alm. Brand*

Phone: +45 35 47 47 47

[www.almbrand.dk](http://www.almbrand.dk) (website only in Danish)

*Tryg Forsikring*

Phone: +45 70 11 20 20

[www.tryg.dk](http://www.tryg.dk)

Please note that the university does not require international students to purchase insurance. We do, however, advise students to take out a travel insurance cover (contents, accident, health and liability insurance), preferably before their arrival in Denmark for their initial stay.

## Money and Banking

The Danish currency is the krone; 1 krone equals 100 øre.

It is easy to convert currencies and travellers' cheques in Denmark but it can also be quite expensive, as Danish banks charge a fee for this type of service. While well-known international credit cards are widely accepted, they may be inconvenient for you to use for everyday shopping. Therefore it may be a better option for you to open a bank account with a Danish bank and get a *Dankort* (Dan-Card). *Dankort* is a debit card that is accepted everywhere except perhaps in very small shops that only take cash.

Students are able to open a bank account in most Danish banks. To apply the student must bring his passport, new Danish cpr-number (which is printed on your Danish Health Insurance Card), residential lease agreement, and the Letter of Admission or student-ID card. Please note that it can be problematic opening an account before the student has received a CPR number. At the Danske Bank at Holmen's Church it should be possible, but usually only if you insist. We've had some good experience at the Nytorv / Gammeltorv branch.

Note that Danish banks are closed on Saturdays and Sundays.

## Part-time Study Jobs

Some international students manage to find relevant work experience whereas others are able to find work within hospitality (for instance, bars or restaurants) or distributing newspapers. The University of Copenhagen has a site for finding jobs ([www.jobbank.ku.dk](http://www.jobbank.ku.dk)) where qualified students are often sought. There is a list called 'Jobs in English'. However, we would also recommend you

ask a Danish friend to go through the available jobs as there are often jobs advertised relevant to international students however advertised in Danish.

Other sites where you can search for jobs:

[www.workindenmark.dk](http://www.workindenmark.dk)  
[www.careerjet.dk/student-jobs.html](http://www.careerjet.dk/student-jobs.html)  
[www.jobindex.dk/se/student-job](http://www.jobindex.dk/se/student-job)

## Change of Address

Should students move/change their address during their stay in Denmark, they will need to inform both the local council/public register (Borgerservice).

## Shopping

Grocery shopping in Copenhagen is relatively easy, supermarkets and small green grocers lie over most inner city areas. Netto, Aldi and Fakta are the cheaper supermarkets; however they also offer less of a selection. Super Brugsen, Døgn Netto, Irma and Kvickly are more upmarket and have a wider range of products. However, you will notice that sales are advertised through weekly brochures delivered to your home, or advertised online. Most supermarkets are only open Monday to Saturday, 9am to 8pm, however Døgn Netto is also open on Sundays and open to 10pm on weekdays.

For environmental reasons Denmark has various recycling programmes. Shopping bags (plastic bags) are not provided in supermarkets, the shopper is required to purchase the bag at the check-out or bring bags from home. Likewise, bottles and cans are recyclable and there are machines in supermarkets that accept your used bottles/cans. You receive a certain amount of money per each bottle/aluminium can in the form of a receipt from the machine. This voucher can then be used within the supermarkets to purchase other goods. You should hand over the voucher at the check-out counter to use it to pay for your goods.

## Doctors

With the Danish Health Insurance you can see a doctor without charge. When you receive your Health Insurance Card, a medical doctor (General Practitioner) will be assigned to you. His/her contact details are printed on your Health Insurance Card. To visit your doctor, call ahead of time to make an appointment.

Remember to bring your Danish Health Insurance Card when you go to see the doctor. If you have a medical history, it is always a good idea to bring with you your accurate and complete physical and mental health information.

If you need medical assistance outside of your doctor's opening hours, please call the emergency medical service to make an appointment.

If you live in the municipality of Copenhagen, Frederiksberg or Amager, the telephone number is 70 13 00 41. If you live in the greater area of Copenhagen, call 44 53 44 00.

# Pharmacies

You are able to buy a few types of medicine in supermarkets. However, if you need medicine, even just pain killers, we recommend that you always buy them in a pharmacy (*apotek*) where specialists are able to give you professional advice on what you are buying, including possible side effects and how much to take.

If you need medication outside regular opening hours, there are a few pharmacies that are open 24 hours.

## 24 – Hour Pharmacies

*Copenhagen Steno Pharmacy*  
Vesterbrogade 6C  
DK-1620 Copenhagen V  
Phone: +45 33 14 82 66  
Fax: +45 33 91 09 60

*Copenhagen Sønderbro Pharmacy*  
Amagerbrogade 158  
DK-2300 Copenhagen S  
Phone: +45 32 58 01 40  
Fax: +45 32 58 01 29

# Dentists

If you need to see a dentist, you are free to choose any dentist and call to make an appointment. Be aware that dental treatment is not free of charge in Denmark and can be quite expensive. You will find a list of dentists in the yellow pages (which is called *de gule sider* in Danish) under *tandlæger*.

In case of emergency outside office hours (8-16), you can visit the below emergency dental service.

## Emergency Dental Service

Tandlægevagten  
Oslo Plads 14,  
DK-2100 Copenhagen Ø  
(by Østerport station)  
Phone: +45 35 38 02 51  
Opening hours: Weekdays 20-21:30,  
Weekends and public holidays: 10-12

# Emergencies

In case of an emergency such as a fire, a traffic accident or acute health problems, *call 112*. Remember to provide as many details as possible:

- Where you are
- What has happened
- How many people are injured and what is their condition
- What telephone number are you calling from

# Hospitals

If you are injured and need urgent medical care in hospital, you can seek help at an emergency room (*skadestue*). You have to pick up a number to join the queue when entering the emergency room.

# Emergency Rooms

*Hvidovre Hospital*  
Kettegård Alle 30  
DK-2650 Hvidovre  
Tel. +45 36 32 25 57

*Bispebjerg Hospital*  
5. tværvej, Entrance no 7C,  
ground floor  
Bispebjerg Bakke 23  
DK-2400 Copenhagen NV  
Phone: +45 35 31 23 73

*Amager Hospital*  
Italiensvej 1 (entrance Kastropvej 63)  
DK-2300 Copenhagen S  
Phone: +45 32 34 35 00

*Frederiksberg Hospital*  
Elektivt kirurgisk center  
Nordre Fasanvej 57  
DK-2000 Frederiksberg  
Phone: +45 38 16 35 22

# Prevention of Crime and Assault

Even though Copenhagen is a safe city, it is a big city and crime does occur. We therefore urge you to pay attention and respond to your instincts, if something is not right – use your common sense, as you would do in any other big city. Assaults often occur when people are intoxicated or agitated. It

is important to keep one's head clear and not lose one's temper. If possible, pull away from the situation.

The following precautions may help to get you out of a possible violent situation:

- Do not show you are afraid
- Do not lose your temper
- Use a kind, but assertive voice
- Apologise if you have been a part of the episode
- Avoid further discussion
- Do not answer back
- Quietly leave the place if possible
- If there are others present let them in on what is happening
- If all fails then run to safety

## Police Stations

*Police Station Amager (for Amager)*

Hørhusvej 7  
DK-2300 Copenhagen S  
Phone: +45 32 58 14 48

*Police Station Bellahøj (for Nørrebro, Østerbro and Frederiksberg)*

Borups Allé 226  
DK-2400 Copenhagen NV  
Phone: +45 38 10 14 48

*Police Station City (for inner-city and Vesterbro)*

Halmtorvet 20  
DK-1700 Copenhagen V  
Phone: +45 33 25 14 48

## Theft/Robbery

In the unlucky event of theft or robbery, you should contact the police immediately. The more details you are able to provide, the more the police have to work with in the effort to solve the crime.

## Drugs

It is illegal to be in possession of drugs in Denmark, and if you are caught in possession of drugs you will be arrested and charged. The sentence depends on the type drug you are caught with and the amount. Be aware that you may risk deportation.

# 10. USEFUL WORDS & PHRASES IN DANISH

Danish is a difficult language to learn, its pronunciation and grammar is very different to that of English. Many Danes speak English however here are some tips to the Danish language.

Many Danish letters are similar to the English language, but here are a few exceptions:

**a** sounds like e in egg

**i** sounds like a sound between e in egg and i in ill or sounds like e in see

**æ** sounds like a in ache but very short

**r** at the beginning of a word or after a consonant sounds like a strong guttural h, the Spanish j in Jose or as the French r in rue. Elsewhere between vowels or before a consonant it often becomes part of the vowel sound or is lost

**w** as v in van

**y** sounds like ew in few but with lips more rounded

**j** is generally pronounced like the English y

Some '**dd**' are pronounced more like th in English

## Meet & Greet

Hello: Goddag/Hej (polite/informal)

Goodbye: Farvel/Hej Hej

Yes: Ja

No: Nej

Thank you: Tak

Excuse me/sorry: Undskyld

## Basic Expressions

What's your name?: Hvad hedder du?

My name is ...: Jeg hedder ...

Where are you from?: Hvorfra kommer du?

I'm from ...: Jeg kommer fra ...

How old are you?: Hvor gammel er du?

## In Public

Entrance: Indgang

Exit: Udgang

Open: Åben

Closed: Lukket

Information: Information

Police Station: Politistation

Toilets: Toiletter

Men: Herrer

Women: Damer

## Things to Do

I'm looking for ...: Jeg leder efter ...

A bank: en bank

The city centre:	centrum
The ... embassy:	den ... ambassade
My hoPhone:	mit hotel
The market:	markedet
The museum:	museet
The police:	politiet
The post office:	postkontoret
A public toilet:	et offentligt toilet
Telephone centre:	telefoncentralen
Tourist office:	turist-informationen
Cathedral:	domkirke
Church:	kirke
Main square:	torvet

### **Shops & Buying**

How much is...?:	Hvor meget koster...
Bookshop:	boghandel
Camera shop:	fotohandel
Delicatessen:	delikatesse
Laundry:	vaskeri
Market:	marked
News agency:	aviskiosk
Stationers:	papirhandel

### **The Time**

What time is it?:	Hvad er klokken?
It's _ o'clock.:	Klokken er _
Today:	i dag
Tomorrow:	i morgen
Early:	tidlig
Late:	sent
Monday:	mandag
Tuesday:	tirsdag
Wednesday:	onsdag
Thursday:	torsdag
Friday:	fredag
Saturday:	lørdag
Sunday:	søndag

### **Numbers**

0 / Zero:	nul
1 / One:	en (pronounced een)
2 / Two:	to (pronounced tow)w
3 / Three:	tre
4 / Four:	fire (pronounced fieré)ere
5 / Five:	fem
6 / Six:	seks
7 / Seven:	sywv (pronounced syw)
8 / Eight:	orte
9 / Nine:	ni
10 / Ten:	ti

# 11. CULTURE SHOCK & ADJUSTING

Culture shock is the name given to a feeling of disorientation or confusion that often occurs when a person leaves a familiar place and moves to an unfamiliar place. The reaction may be both physical and psychological, and some students will probably at some point ask themselves why they chose to leave their familiar surroundings. It is then important to remember that it is a learning process, and that most students will return with greater self-confidence and the ability to manage in an intercultural environment.

When you arrive in Denmark, you will no doubt encounter a multitude of new things. The food is not the same as it is at home, and familiar greetings such as 'hello' and 'good day', 'thanks' and 'how are you doing' may suddenly give completely different responses than the ones you are used to. People talk in a strange language and look different. University rules are different, and the way of studying may appear strange and difficult. Even though things seem very similar, they may not be, and suddenly everyday routine and simple actions become difficult and frustrating. It is often small differences that are most frustrating, as you think you know how to behave/do things, but you get a strange response. Your family and friends are very far away.

Research has shown that culture shock often develops in different stages:

- *Arrival/ "Honeymoon" Stage:* Everything is new and exciting.
- *Culture Shock Stage:* You start to experience difficulties with everyday things, as they are different from home, such as the language barrier, getting the right food etc.
- *Adapting Stage:* You slowly start to understand the new culture and feel more in balance. You feel an urge to belong.
- *Re-entry Shock Stage:* This stage takes place when you return to your home country and suddenly find out that you have brought back something with you, namely something that suddenly makes you see your own culture with more critical eyes. This can be difficult to come to terms with. Please also refer to the chapter "Re-entry".

To minimise the effect of culture shock it is important to acknowledge the existence of it, and to know and pay attention to the symptoms, as well as to keep in mind that it is occurring as part of a learning process.

Some of the typical symptoms of culture shock are:

- Boredom, loneliness
- Allergies, pain
- Obsession with own health
- Sleeplessness, excessive need of sleep
- Mood changes, depression, powerlessness
- Anger, animosity against other people
- Identification and idealisation of home culture
- Trying to absorb everything within the new culture too fast
- Not being capable of solving even the most simple problems
- Loss of self confidence and insecurity
- Development of stereotypes in the new culture
- Strong longing for family and friends back home
- Feeling overlooked

If you experience some of the above symptoms and have a sudden feeling of loneliness or sadness, here are some ideas that may be helpful in dealing with culture shock:

- Accept that you cannot know everything about the new country and the language, and if it is overwhelming, take a break
- Keep an open mind – people in Denmark may say or do things that people at home would not do or say. But the people in Denmark act according to their own set of values, not yours. Try to avoid evaluating their behaviour using the standards you would use in your own country
- Try to do things that you did at home, listen to your favourite music and/or eat familiar food
- Stay in touch with family and friends at home
- Talk to a friend about your feelings
- Stay active – physical activity often helps!
- Learn from experience – moving to a new culture can be the most fascinating and educational experience of your life. There is no better way to become aware of your own values and attitudes or to broaden your point of view.

However, this may not be enough, and you are always welcome to come and talk to the staff at the Office of International Affairs, Faculty of Science. Talking things through with one of the advisors can help in achieving a perspective on culture shock, and the learning possibilities it implies.