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Welcome to Denmark

We are pleased that you have decided to come and study at the Bachelor’s Degree in Global Nutrition and Health at the Metropolitan University College.

We hope that you will have a rewarding time while studying with us and we will do as much as we can to make your stay in Denmark fruitful. We know that you not only will be facing academic challenges, but also will have lots of practical matters to solve. This survival guide Need to know. Nice to know offers practical advice on the most pressing matters that you will be facing before departure, just after your arrival and during your stay in Denmark. The advice is based on our experience from living in Denmark, counseling international students and recommendations from others students who have been staying in Denmark for a while.

The guide is divided into 3 sections:

Need to know: Practical matters that you must attend to before leaving your home country and shortly after your arrival in Denmark

Nice to know: Practical advice about living in Denmark – how to find a job, buying a PC or a cell phone, seeing a doctor, buying food, clothes, linen, books and the like at reduced prices. It is quite normal to be a little homesick, when you are away so we are also giving advice about cheap ways of staying in touch with family and friends as well as listing places where you most likely can buy your local food.

Other useful information: some supplementary information about life in Denmark and useful websites when you are looking for things or need to find your way.

Please notice that Metropol is not getting money from any companies or shops. Our recommendations are solely based on our own as well as student’s advice with the intention of making matters as easy and as inexpensive for you as possible. We would very much like feedback from you, so please tell us if information needs to be corrected or valuable advice which you would like to share with future students.

As stipulated this is a survival guide – for practical information regarding studying at Metropol we refer to Study Handbook you will find on the intranet once you are enrolled at your study hear.
1. Before departure for Denmark

There are some requirements you must meet in order to study at the Bachelor’s Degree in Global Nutrition and Health at Metropol. The paperwork has to be in order before departure.

1.1 If you are an exchange student

If you are to be an exchange student you must check with your home university, if you have all the official forms needed and signed by Metropol before arrival. i.e. application form if you only want to subscribe for one semester at the Bacheor Programme, or a Learning Agreement etc. if you want to study at Metropol under the Erasmus/Socrates programme. You can read more about the requirements for exchange students at www.phmetropol.dk – click International.

1.2 If you are a Non-EU/EEA student

You must make sure, that you have a visa and a temporary residence permit before you leave for Denmark. You can read more about how to obtain this below or at www.phmetropol.dk – click International and then Bachelor’s Degree in Global Nutrition and Health.

1.3 Passport

Please, remember to check the expiry date of your passport. If your passport expires while in Denmark, you can apply for a new one at your country’s embassy. You have to apply at least a month before the expiry date.

1.4 Obtaining a visa

Scandinavian Students

Students from Finland, Iceland, Norway and Sweden do not need a residence permit to stay in Denmark. However, when contacting the National Registration Office (Folkeregister) you need to present your Inter-Nordic document of change of address (Internordiske Flyttepapirer) issued by the home municipality.

European Students

Students from EU nationals and citizens from Liechtenstein and Switzerland do not need a visa to study in Denmark, but they need a residence permit if their stay exceeds three months. The permit must be obtained upon arrival in Denmark. In order to get a residence permit as a EU-citizen you must contact

Statsforvaltningen, Hovedstaden
Borups allé 177, blok D-E
2400 København NV
Tel: 7256 7000

Please bring your passport, study confirmation, 1 passport photo and the completed document: http://www.nyidanmark.dk/resources.ashx/Resources/Blanketter/Ansoegningsskemaer/2008/OD1_ansoegning_eu_ofohdspdokument_statsforvaltningen.pdf

The permission is valid during your entire study at Metropol. If you prolong the time of studying you must re-apply to extend your residence permit.

Students outside EU/EEA

Visa and Residence Permit
Depending on your nationality and the length of your study abroad, various rules and regulations apply. It is your responsibility to check up on the relevant requirements. Visa is required for students from many countries outside Europe. The Danish Immigration Service publishes a list of countries from which a visa is needed for entry in Denmark

If you need a visa and residence permit, please contact the Danish embassy or consulate in your home country. Otherwise please contact Ministry of Foreign Affairs ([http://www.um.dk/en](http://www.um.dk/en)). Students from countries other than the Nordic countries and the EU/EEA countries must apply for and be granted a residence permit before entering Denmark. Contact the Danish embassy or consulate in your home country for further information. For addresses please check [http://www.um.dk/da/menu/omos/organisation/ambassadermy/](http://www.um.dk/da/menu/omos/organisation/ambassadermy/). Allow ample time for the procedure - it takes at least 3 months to obtain a permit.

Financial documentation: Along with the residence permit application you are required to prove that you have sufficient means to support your stay in Denmark:

All Non-EU/EEA applicants must be able to document financial self-support to the Danish Immigration Services, in the form of a bank statement from a bank account in the applicants own name, showing a total of DKK 50,000, which is estimated to cover living expenses in Denmark for a year. Some applicants need to show a bank statement from a Danish Bank and some applicants can use a bank in their own country. Read more about how to document financial self-support on [www.phmetropol.dk](http://www.phmetropol.dk) - under Study Residence Permit

As a minimum you will be asked to submit one of the following documents:

- A statement of account from your bank showing that you have a bank deposit in your own name corresponding to DKK 4,200,00 per month.
- A banker’s guarantee corresponding to DKK 4,200,00 per month.
- Documentation for a student loan corresponding to DKK 4,200,00 per month.
- Documentation for a salary or scholarship (at least DKK 4,200,00 per month).

In all cases the money and bank account should be for your use only.

The rules regarding financial documentation differ according to the country you come from. It is therefore important that you contact the Danish Embassy, Consulate General or Consulate for information on rules and regulations regarding financial documentation.

However if you are going to study at the Bachelor’s Degree in Global Nutrition and Health where you pay as a Non-EU/EEA student are paying tuition fee, you only need to document the payment for the first semester. Please notice that if you stop paying tuition fee, we are obligated to notify The Danish Immigration Service immediately and your visa will be revoked.

How to obtain a Residence Permit when you already live in Denmark

When living in the municipality of Copenhagen you must contact the Danish Immigration Service:

Udlændinge Service
Ryesgade 53
DK-2100 København Ø
Tel: +45 3536 6600
www.nyidanmark.dk

If you stay in a town with a postal code above 3000 you have to apply for a residence permit at a police station. The Danish Immigration Service can inform you which police stations in your local area you can apply to. Please bring your passport, 2 passport photos, study confirmation and the completed document. Go directly to the Application for Extension of residence and/or work permit:

1.5 What to bring

Checklist
Check airline regulations for weight, size and number of bags and pack accordingly. The following is a suggestion of things it could be good to bring:

<table>
<thead>
<tr>
<th>Things to remember</th>
<th>✓</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Money</strong></td>
<td></td>
</tr>
<tr>
<td>$300 in DKK for when you first arrive</td>
<td></td>
</tr>
<tr>
<td><strong>Documents</strong></td>
<td></td>
</tr>
<tr>
<td>Photocopy of your passport information pages (also leave a copy at home)</td>
<td></td>
</tr>
<tr>
<td>Extra passport photographs for your bus/train/metro pass, etc.</td>
<td></td>
</tr>
<tr>
<td><strong>Practical and personal things</strong></td>
<td></td>
</tr>
<tr>
<td>Alarm clock</td>
<td></td>
</tr>
<tr>
<td>A pocket calculator</td>
<td></td>
</tr>
<tr>
<td>Addresses and Photos of your family, city, campus</td>
<td></td>
</tr>
<tr>
<td>A few paperbacks. It is nice to be able to escape once in a while into a good book in your own native language.</td>
<td></td>
</tr>
<tr>
<td>Phone/fax numbers and e-mail addresses for relevant contact persons at your home university.</td>
<td></td>
</tr>
<tr>
<td>Also phone numbers to cancel credit cards in case of theft</td>
<td></td>
</tr>
<tr>
<td>Some favorite recipes or some typical recipes from your home country to share</td>
<td></td>
</tr>
<tr>
<td>Board games or cards</td>
<td></td>
</tr>
<tr>
<td>Small sewing kit</td>
<td></td>
</tr>
<tr>
<td>Pillow (you feel better if you bring a good pillow from home)</td>
<td></td>
</tr>
<tr>
<td><strong>Clothes</strong></td>
<td></td>
</tr>
<tr>
<td>Clothes suited for Danish weather</td>
<td></td>
</tr>
<tr>
<td>Wet weather gear</td>
<td></td>
</tr>
<tr>
<td>Umbrella</td>
<td></td>
</tr>
<tr>
<td>Comfortable walking shoes</td>
<td></td>
</tr>
<tr>
<td>Sunglasses</td>
<td></td>
</tr>
<tr>
<td>Extra eyeglasses</td>
<td></td>
</tr>
<tr>
<td><strong>Toiletries</strong></td>
<td></td>
</tr>
<tr>
<td>Prescription drugs for the duration of your time abroad</td>
<td></td>
</tr>
<tr>
<td>Pocket pack of Kleenex</td>
<td></td>
</tr>
<tr>
<td>(Most things are available so don’t overstock on toiletries)</td>
<td></td>
</tr>
</tbody>
</table>
In Denmark the electric current is 220AC. If you live in a country with an electric current that is different, bring a converter for hair dryers, shavers, etc. If yours will automatically convert to 220, then you will only need an adapter for the socket. A hairdryer can be bought for as little as DKK 150. This may be cheaper than the price of a converter.

Purchase bedding, linens and kitchenware abroad, if your finances permit. They take up a lot of space and are easy to find in Denmark. Look for shops like:

![IKEA](image1) ![JYSK](image2) ![fotex](image3) ![Hemtex](image4)

Hemtex offers very good prices during sales, but are usually more expensive than the other 3 shops.

1.6 Travel Arrangements, packing etc.
It is a good idea to put your name inside each piece of luggage in addition to the visible tags on the outside. Place a strap or piece of rope around your suitcase to secure it in case the lock brakes.

Some items should never be packed in your luggage: liquids, money, travelers’ checks, medicines, important papers (e.g. your passport), or anything else that is valuable, irreplaceable or of sentimental value. Pack such things in your hand luggage.

If you travel by plane and bring computer software and discs, pack them in your hand luggage. They will be hand-checked at each x-ray port, but this is safer than having your equipment in your luggage. Please check with your local airport / travel agency for the latest regulation concerning hand luggage.

Hand luggage. When you travel you should always have the following close at hand:
- Your ticket
- Money
- Passport
- Name and phone number of the Student Service for Bachelor’s Degree in Global Nutrition and Health at Metropol
- The address of where you are going to stay in Copenhagen

1.7 How much money will you need?
We recommend that you bring some Danish kroner (DKK) with you when you arrive for immediate expenses.

<table>
<thead>
<tr>
<th>Expenditures</th>
<th>DKK</th>
<th>€ Euro</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing</td>
<td>18,000</td>
<td>2400</td>
</tr>
<tr>
<td>Personal expenses</td>
<td>9,000</td>
<td>1200</td>
</tr>
<tr>
<td>Books/supplies</td>
<td>2,000</td>
<td>267</td>
</tr>
<tr>
<td>Transport with bus/train/metro</td>
<td>2,000</td>
<td>267</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>31,000</strong></td>
<td><strong>4134</strong></td>
</tr>
</tbody>
</table>

The figures are based on the following rate of exchange: DKK 100 = € 13.33.
Housing
This depends upon what you are assigned or can find yourself. Remember that if you are staying in a private housing, you must be prepared to pay your first 1½ month’s rent and 1 month’s deposit to your landlord/lady upon arrival.

Personal Expense (includes food):
You could survive on approximately DKK 1,500 a month for food if you do your own cooking. If you plan to eat out in restaurants, then plan on spending much more on food.

Books/supplies
In Denmark you have to buy your own books for the university or borrow them at the library. The cost depends of course on the subject. A book can cost anywhere between 150 and 600 DKK. However, you can save a great deal of money by buying second hand books from other students. (Most foreign students are shocked at the prices of books in Denmark. Second hand books can also be bought from the Danish web site www.pensum.dk. Your fellow older students will be able to help you operate on this site.

<table>
<thead>
<tr>
<th>Item</th>
<th>DKK</th>
<th>€</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bus/Train/Metro ticket</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 ticket coupon, inner city</td>
<td>130</td>
<td>17,3</td>
</tr>
<tr>
<td>Monthly travel card, inner city</td>
<td>320</td>
<td>42,7</td>
</tr>
<tr>
<td>Cinema ticket</td>
<td>80</td>
<td>10,7</td>
</tr>
<tr>
<td>Big Mac, McDonalds</td>
<td>28,5</td>
<td>3,8</td>
</tr>
<tr>
<td>Coca-Cola (500 ml.)</td>
<td>15</td>
<td>2</td>
</tr>
<tr>
<td>Phone card (250 min to the Far East)</td>
<td>100</td>
<td>13,3</td>
</tr>
<tr>
<td>Mobile phone</td>
<td>300</td>
<td>40</td>
</tr>
<tr>
<td>Mail</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stamp (50 g, outside Europe)</td>
<td>9</td>
<td>1,2</td>
</tr>
<tr>
<td>Stamp (50 g, outside Scandinavia)</td>
<td>8</td>
<td>1,1</td>
</tr>
<tr>
<td>Parcel (20 kg, Sea mail, Outside Europe)</td>
<td>1672</td>
<td>223</td>
</tr>
<tr>
<td>Parcel (10 kg, Sea mail, outside Scandinavia)</td>
<td>672</td>
<td>89,6</td>
</tr>
<tr>
<td>Money transfer (Danske Bank – via netbank)</td>
<td>20</td>
<td>2,7</td>
</tr>
</tbody>
</table>

Prices are estimates.
2. When arriving (First things to do)

2.1 Finding your way from the airport/train station

Copenhagen is an easy destination to reach with flight connections to more than 100 cities worldwide. Several international train connections link to the European E-highway system.

Arriving by Plane

Copenhagen Airport Kastrup is located just outside the city. At terminal 3, you will find a direct airport-to-city metro link. It takes about 20 minutes to get to Nørreport Station. Metropol City Campus is located 5 minutes walk from Nørreport Station. You will need to buy a 3 zone ticket (one way) before leaving the airport, which costs around 31,50 DKK / 4,2 €. Since you are going to stay in Denmark, it is a good idea to buy a yellow 10 ticket coupon (Danish: Klippekort) which is around DKK 170. (Prices may vary).

Arriving by Train and Bus

Metropol City Campus is 5 minutes walk from Nørreport Station, where all local trains stop. Also a large number of both day and night busses are connected with Nørreport Station.

2.2 CPR-number and Medical Card (Sygeskringsbevis)

If your stay in Denmark exceeds 3 months you have to register at the National Register of Persons. It is required that you have a place to live and can show proof of your address.

When registering, you will receive a CPR-number (Central Person Register Number) consisting of your birth date plus four digits (e.g. XXXXXX-XX). This will be your identity number with the bank, doctor, hospital, dentist, public offices etc. It is important that you immediately notify the Student Services for Global Nutrition and Health at Metropol City Campus of your CPR number, address and further information e.g. phone number.

To register the following documentation is needed:

- Passport
- Residence permit
- Proof of address (copy of housing contract or proof of paid rent).

When living in the municipality of Copenhagen you register at:

Københavns Borgerservice
Jarmers Plads 7
1551 København V
Tel: 7080 7060
E-mail: borgerservice@kk.dk
www.kk.dk/borgerservice
Opening hours: Mon – Fri: 10 am- 6 pm; Sat: 10am-2pm

If you live outside Copenhagen, please ask the Student Service for Global Nutrition and Health at Metropol City Campus where you have to register.

When receiving your CPR-number, you will be asked to choose a Doctor nearby your address. You can also ask the registration office to choose a doctor for you and you can tell if you would prefer a man or a woman.
as your doctor. After 2 weeks you will get a medical card (Danish: Sygesikringsbevis) which you must carry with you at all times as you often will be asked to show it (e.g. at the doctor, dentist, library etc.)

**Confirmation of your stay**
If you need a signature and/or stamp on documents confirming your arrival or your period of study at Bachelor’s Degree in Global Nutrition and Health at Metropol, you can contact the Student Service for Global Nutrition and Health at Metropol City Campus.

**2.3 Money matters**

**How to open a bank account**
The two major banks in Denmark are Danske Bank and Nordea. Their branches are all over the country so we advise you to choose one of those as it will be most convenient for you. You can recognize the banks by their logos:

![Danske Bank](image1) ![Nordea](image2)

You can open a bank account as soon as you receive a CPR-number. Bring your passport and the document/letter with your CPR-number and the bank will open an account. Ask your bank about which options you can use for withdrawing money while you live and travel abroad. Inquire about fees associated with withdrawal because the charges can vary greatly from bank to bank.

**General banking hours:**
Monday, Tuesday, Wednesday, and Friday: 9:30 am - 4:00 p.m., Thursdays: 9:30 am - 6:00 p.m.
On Saturdays and Sundays all banks are closed.

**Net banking**
When you open an account in any Danish bank you can ask for net banking. You will receive an online agreement and a pin code as well as a reference to the website with net banking access. You can use net banking for paying your bills and transferring funds to accounts in Denmark and abroad. Ask the bank for written instructions in English for using Net banking when you sign the agreement. The Net banking Service in itself is free, but you will have to pay fees e.g. when paying your bill. However the fees you pay when using Net banking are much lower than the fees that you will have to pay if you make the same transfers or payments in the bank or at the post office.

**Traveller’s Cheques, Money Orders etc.**
We advise you to use recognized traveler’s cheques (e.g. American Express or Thomas Cook). Personal cheques from the bank in your home country cannot be cashed in Denmark. Money orders (Western Union payment service) made out in Danish kroner can be dispatched and received from all post offices. If you plan to use traveler’s cheques please remember that every time you exchange money the bank charges approximately 35 DKK ($ 6) in commission regardless of the amount exchanged.
In Denmark, as in many other countries, it is not a good idea to carry large sums of money. Therefore it is natural to open a bank account. If you use cheques, please note that personal cheques made out by foreign students in Denmark on a foreign account cannot be cashed in Denmark.
Credit cards
You will find that most major credit cards are honored in Denmark and that you will be able to use credit cards for payment in restaurants, cafes and in most shops – the exception is supermarkets, where credit cards are not accepted. Here you will need a card named Dankort which is connected to your Danish bank account.

Lost Credit Cards:
To cancel lost or stolen cards, you call the following numbers (24- hour service):
Master Card. Phone: (+45) 4489 2750
Visa Card. Phone: (+45) 4489 2929
Diners. Phone: (+45) 3673 7373
American Express. Phone: (+45) 7020 7097
American Express Gold. Phone: (+45)7020 7087
Otherwise call your bank or the company that issued the card.
Remember to record numbers and expiration dates of all cards.

2.4 How to find accommodation
Metropl has no residential facilities, and foreign students have to make their own arrangements as regards board and lodging. Since it is extremely difficult to find accommodation in Copenhagen, foreign students are strongly advised to make their own arrangements concerning accommodation before leaving for Denmark.

Residence halls
Some resicence halls are administrated by:

CIU (Centralindstillingsudvalget),
Tuborg Boulevard 12,
DK-2900 Hellerup
(This however is only available for students who have been studying for at least 1 year).
Students wishing to find a room at a family home should apply to:
Ungdomsinformationen,
Rådhusstræde 13,
DK-1466 Copenhagen K
e-mail: info@ciu.dk
You can search for accommodation at their website www.findbolig.nu

Other useful websites are:
www.findbolig.nu
https://www.kollegierneskontor.dk/default.aspx

Individual housing
It is also possible to arrange individual housing. CasaSwap’s offers an online database allowing students and teachers to easily swap accommodation on the basis of individual arrangements (www.casaswap.com )

Temporary Lodging at CAB INN
For temporary lodging for family members friends or others who might visit you while you are in Copenhagen, we can recommend a cheap chain of hotels called the CAB-INN hotels. All hotels have free
wireless internet (hotSpot) in the lobby and selected rooms and 24 hrs. Reception. The hotel has a nice 
breakfast restaurant and a private car park. Prices (1 Jan. 2009):
1 person DKK 545 €75
2 persons DKK 675 €92
3 persons DKK 805 €110
Breakfast generally costs approx. DKK 60/ € 8 (not included in the above prices). Current prices can be 
found at the website (in Danish): www.cabinn.dk
The addresses are all very close to the city centre – at the utmost 10 minutes walking 
distance.

<table>
<thead>
<tr>
<th>CAB INN EXPRESS</th>
<th>CAB INN Scandinavia</th>
<th>CAB INN City (100m from Tivoli)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Danasvej 32-34</td>
<td>Vodroffsvej 55</td>
<td>Mitchellsgade 14</td>
</tr>
<tr>
<td>1910 Frederiksberg C</td>
<td>1900 Frederiksberg C</td>
<td>1568 Copenhagen C</td>
</tr>
<tr>
<td>Telephone: (+45) 33 21 04 00</td>
<td>Telephone: (+45) 35 36 11 11</td>
<td>Telephone: (+45) 35 36 11 11</td>
</tr>
<tr>
<td>Telefax: (+45) 33 21 74 09</td>
<td>Telefax: (+45) 35 36 11 14</td>
<td>Fax: (+45) 35 36 11 14</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:express@cabinn.com">express@cabinn.com</a></td>
<td>E-mail: <a href="mailto:scandinavia@cabinn.com">scandinavia@cabinn.com</a></td>
<td>E-mail: <a href="mailto:city@cabinn.com">city@cabinn.com</a></td>
</tr>
</tbody>
</table>

To find your way: [http://www.rejseplanen.dk/](http://www.rejseplanen.dk/) (see: Other Useful Information)

**Bed & Breakfast**
Average prices:
Single room DKK 350-400 € 46.6-53.3
Double room DKK 400-600 € 53.3-80.0
Extra bed DKK 200 € 26.82
Breakfast DKK 30-50 € 4.02-6.70
For more details, please go to: [www.bbdk.dk](http://www.bbdk.dk) or [www.woco.dk](http://www.woco.dk)

**Youth Hostels & Sleep-ins**
Youth hostels are a good alternative to hotels and camping sites. Sleep-ins are budget accommodation,
mostly for young people, in dorms with bunk beds and generally open only in the summer months.
If you wish to stay at a youth hostel or sleep-in, please contact them directly. For booking, please go to [www.woco.dk](http://www.woco.dk)

**Selected sites in English about accommodation in Copenhagen**
[www.danhostel.dk](http://www.danhostel.dk)
[www.danishhotels.dk](http://www.danishhotels.dk)

**2.5 Insurance and identification**

**Health Insurance**
As a citizen of an EU country you are medically covered while visiting Denmark by public health insurance
within the limits agreed upon between your own country and the Danish authorities. Also as a temporary
foreign visitor, you are entitled to free medical treatment in hospitals and emergency wards if you are
taken ill or have an accident, provided that you have not traveled to Denmark with the intention of
obtaining treatment and are physically unable to return to your own country.

If you are a citizen of a non-EU country, you must ensure that you have adequate health insurance for the
first six weeks of your stay. Check with your travel agency or your insurance company.
Insurance
We recommend, like other institutions, that all international students take out an insurance against liability, accident and theft. We especially recommend you to check your coverage in case of accidents during practical exercises and other activities related to the study.

National Health Insurance
Anybody staying in Denmark is entitled to free emergency hospital treatment. When registered with the Folkeregister, you are automatically covered by Denmark's health insurance scheme after a period of six weeks. A special card "Sygesikringsbevis" (e.i. medical card – see section 2.2) will be issued. Please, make sure that you have insurance for the first six weeks staying in Denmark. Do observe that the “Sygesikringsbevis” only covers treatment in Denmark and does not cover traveling back to your home country in case of emergency (or the cost for relatives to travel to Denmark if needed).
3. Practical matters when living in Denmark

3.1 Getting a cell phone

The cheapest way of staying in touch with family and friends back home is via the internet, but you will find it is almost a necessity to have a cell/mobile phone in Denmark. It is a great way to be in contact with your new friends. You can easily get a cheap new cell phone in Denmark. Many companies offer mobile phones for DKK 1 provided that you sign up for a subscription usually lasting 6 or 12 months. Alternatively you can walk into any electronic store at Nørrebrogade and buy a mobile phone for DKK 200-300 and then buy the sim-card separately.

If you decide to buy a new cell phone in Denmark you will have to sign up for a 6-months subscription. You can also bring your own cell phone and just buy a sim card. Just be aware that your phone has to be “unblocked” before you bring it to Denmark. You will have to contact your operator in your home country to have the phone unblocked.

There are various subscriptions depending on how much you talk, how many sms you would like to send etc. The easiest thing is to go to the mobile shop and find out which subscription is best for you. These are companies which usually offer decent rates:

<table>
<thead>
<tr>
<th>Telekæden København City</th>
<th>Telenor</th>
<th>Telia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frederiksborggade 27</td>
<td>Købmagergade 57, st. th.</td>
<td>Amagerbrogade 41</td>
</tr>
<tr>
<td>1360 København K</td>
<td>1150 Copenhagen K</td>
<td>2300 Copenhagen S</td>
</tr>
<tr>
<td><a href="http://www.telekaeden.dk">www.telekaeden.dk</a></td>
<td><a href="http://www.telenor.dk">www.telenor.dk</a></td>
<td><a href="http://www.telia.dk">www.telia.dk</a></td>
</tr>
</tbody>
</table>

To find your way: [http://www.rejseplanen.dk/](http://www.rejseplanen.dk/) (see section: Other Useful Information)

Other useful mobile websites are:

- Bibob: [https://www.bibob.dk/](https://www.bibob.dk/)

Once you have a mobile phone you can buy supplementary sim-cards or telephone cards with companies that offer reduced rates to your particular country.

Many of the local grocery stores sell telephone cards and sim-cards. Especially the grocery stores at “Sønder Boulevard” at the rear entrance of Copenhagen Central station offer cheap phone and sim-cards. Lebara, Call to Mama and Tele2 Amigos offer good rates for long distance calls.

3.2 Staying in touch with family and friends

You will miss your friends and family back home and speaking to them over the phone can be very expensive. Staying in touch via the internet is the cheapest solution especially if the people that you want to stay in touch with also has a PC.

The program Skype is free to download and it is free to speak together when both uses Skype. Moreover you will get much reduced rates when calling somebody’s phone via Skype.


Press “Download now” and follow the instructions)
**Computer Facilities at Metropol**
There are many classrooms with computer access and decentralized IT facilities located at Metropol Campus City. All students have access to the Internet and the Intranet, and a personal E-mail account. In order to get a proper introduction to the computer system you have to contact the IT Department at Metropol.

**3.3. Buying food**
The day-to-day shopping can be done in different grocery shops, ranging from discount shops to specialized and rather expensive shops. The most common supermarkets listed from the less to the more expensive:

**Inexpensive/cheap**

![Netto](image1)

![Fakta](image2)

![Aldi](image3)

**Expensive:**

![Super Brugsen](image4)

![Føtex](image5)

![Irma](image6)

![Super Best](image7)

General opening hours
Monday-Thursday: 9:30 a.m. - 8 p.m.
Saturday: 9:00 a.m. - 5:00 p.m.
The majority of the shops are closed for the weekend after 5 p.m. on Saturdays. However, a growing number of Fakta and Netto supermarkets are open part of the Sunday.

**3.4 Working in Denmark**

Once you have been granted your residence permit you are allowed to work 15 hours per week.

**Getting a work permit**

**For EU-citizens**
The European Union gives every EU citizen, regardless of age, the right to travel, live, work, study and retire in any EU country they choose. And there are plenty of opportunities. **Passport to mobility and It’s your Europe** tells you about those rights and opportunities. It points you to sources of more detailed information and encourages you to think seriously about the benefits and personal fulfillment to be gained through living, studying, learning or working in another EU-country.

Also check: [www.eures.dk](http://www.eures.dk) for vacancies with the EEA countries.
For non-EU-citizens
If you are not a citizen of an EEA country (European Economic Area) you may still apply for a work permit in Denmark (www.nyidanmark.dk). It will allow you to work up to 15 hours a week and full time during summer holidays. Students from Norway, Iceland and Liechtenstein, do not need a work permit in order to work in Denmark.
In order to get a work permit, you have to contact:

The Danish Immigration Service
Ryesgade 53
DK-2100 Copenhagen Ø
http://www.nyidanmark.dk/en-us/frontpage.htm

Finding a job
The best thing is asking fellow students who are about to leave Denmark, if you can take over their job.

Jobcenter
Your local Jobcenter can help you find a job or tell you where to look for jobs:

<table>
<thead>
<tr>
<th>Jobcenter København</th>
<th>Jobcenter København</th>
<th>Jobcenter København</th>
</tr>
</thead>
<tbody>
<tr>
<td>Musvågevej 15</td>
<td>Nyropsgade 41-43</td>
<td>Skelbækgade 4</td>
</tr>
<tr>
<td>2400 København NV</td>
<td>1602 København V</td>
<td>1717 København V</td>
</tr>
<tr>
<td><a href="mailto:Jobcenter.musvaagevej@bif.kk.dk">Jobcenter.musvaagevej@bif.kk.dk</a></td>
<td><a href="mailto:Jobcenter.nyropsgade@bif.kk.dk">Jobcenter.nyropsgade@bif.kk.dk</a></td>
<td><a href="mailto:Jobcenter.skelbaekgade@bif.kk.dk">Jobcenter.skelbaekgade@bif.kk.dk</a></td>
</tr>
</tbody>
</table>

To find your way: http://www.rejseplanen.dk/ (see section: Other Useful Information)

Useful websites:
The Copenhagen Post (Danish News in English): http://www.cphpost.dk/classifieds/employment.html
Jobindex: www.jobindex.dk

Another possibility is distributing newspapers in the morning:
See: http://www1.jp.dk/avisbud/frameset/kontakt_index.asp?newColor=true&ver=DK
(The site is in Danish, but if you send your CV and say that you are interested in working as a paper boy/girl you will be called for an interview)

Since you are allowed to work full time during summer holidays you can for example look for work within agriculture:
See: http://www.seasonalwork.dk/ooizzCMS/DA/seasonalwork/whatkindofjob

Please remember that you are liable to paying tax when working in Denmark so you must get a tax card.

3.5 How to get a tax card
As a student you are allowed to work 15 hours pr. week and full time during summer holidays. You must sign up at the registration office in the municipality where you are staying, as you will be temporarily liable for taxation while employed.
In Denmark everyone gets a tax deduction of between 2000 and 3000 DKK a month. Before the actual payment, 9 % will be deducted in labor market contribution (AM-bidrag). The total amount of taxes will end up at around 50 % of the gross salary.

As a student you can obtain a tax deduction provided that you fill out a form, which can be downloaded at www.skat.dk/getFile.aspx?Id=43923&newwindow=true

In order to get a tax card please remember to bring:
- Passport
- Admission papers from the education
- CPR-number

Nearest tax centers:

<table>
<thead>
<tr>
<th>Skatcenter København</th>
<th>Skatcenter Høje Taastrup</th>
<th>Skatcenter Ballerup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sluseholmen 8b</td>
<td>Helgeshøj Allé 9</td>
<td>Lautrupvang 1A</td>
</tr>
<tr>
<td>2450 København SV</td>
<td>2630 Taastrup</td>
<td>2750 Ballerup</td>
</tr>
</tbody>
</table>

Opening hours:
- Mon, Tue, Wed, Fri: 10am-2pm
- Thu: 10am-5pm

To find your way: http://www.rejseplanen.dk/ (see: Other Useful Information)

3.6 Washing

Usually you will have access to a washing machine when you rent a room or stay in a residence hall. Prices are around DKK 10 pr. wash and a couple of kroner for 10 minutes tumble drying. Otherwise we suggest that you make an agreement with a fellow student to pay for using their washing machine as launderettes are very expensive.

3.7 Transport

Denmark has a good system of public transport and Copenhagen is not a very big city so practically everything is within walking or biking distance. This has the advantage of saving you lots of money too. A very popular way of getting around in Denmark is the bicycle. Most Danish students use the bike as their main method of transportation.

Bikes

Copenhagen is full of shops selling bikes and though the quality is high so are the prices! Here are some suggestions of how to get a good bike for a decent price:
Auctions
It is a sad fact that bikes get stolen in Denmark and if the stolen bikes are found the owner has usually received the insurance in the mean time and does not want the bike back. Topauktioner regularly arranges auctions over recovered bikes. It is possible to arrive ½ hour in advance and look at the bikes, so you can select the ones that you want.
See: http://www.topauktioner.dk/kalender.htm
You can also look at bicycles (Danish: Cykler) to see which ones are for sale.

Bike auctions usually take place at:
Slotsherrensvej 113
2720 Vanløse

To find your way: http://www.rejseplanen.dk/ (see Other Useful Information)

Supermarkets
Supermarkets like SuperBrugsen, Kvickly and Føtex often have bikes for sale. They cost about ½ or ⅓ of the price that you pay in the bike shops. Look in the printed advertisements from those supermarkets for the good offers.

Bikes for rent
It is possible to rent a bike. It is usually only a good idea for a few days since the cost is approximately DKK100 per day. Here are some places, who has bikes for rent:

Baisikeli: http://www.baisikeli.dk/
Københavns Cykelbørs: http://cykelboersen.dk/
Rent-a-bike: http://www.rentabike.dk/Dansk/forside.htm

Bring your bike on public transport
You can bring your bike with you on the S-trains on almost all times. Exceptions are to and from Nørreport Station during rush hours (7.00 am-8.30 am and 15.30 pm-17.00 pm). During the year 2010 it is free to bring your bike with on the S-trains. Look for the white bike label on the train doors and remember to stay next to your bike during the train ride.

Public Transportation

Public Transportation – Monthly Train/Bus/Metro Passes
If you are going to travel almost daily and do not have a bike, you will find it cheapest to buy a monthly bus/train/metro pass.
## Prices – public transport - monthly passes (2010 prices)

<table>
<thead>
<tr>
<th>Zones</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>All</th>
<th>24h</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single tickets Adults</td>
<td>23,-</td>
<td>34,50</td>
<td>46,-</td>
<td>57,50</td>
<td>69,-</td>
<td>80,50</td>
<td>92,-</td>
<td>103,50</td>
<td>125,-</td>
</tr>
<tr>
<td>Ticket coupons 10 tours</td>
<td>135,-</td>
<td>175,-</td>
<td>225,-</td>
<td>275,-</td>
<td>325,-</td>
<td>375,-</td>
<td>415,-</td>
<td>430,-</td>
<td></td>
</tr>
<tr>
<td>Season ticket 30 days</td>
<td>320,-</td>
<td>450,-</td>
<td>585,-</td>
<td>720,-</td>
<td>845,-</td>
<td>980,-</td>
<td>1060,-</td>
<td>1180,-</td>
<td></td>
</tr>
<tr>
<td>Season ticket FlexCard (*) 30 days</td>
<td>400,-</td>
<td>530,-</td>
<td>660,-</td>
<td>800,-</td>
<td>920,-</td>
<td>1035,-</td>
<td>1145,-</td>
<td>1255,-</td>
<td></td>
</tr>
<tr>
<td>FlexCard (*) 7 days</td>
<td>215,-</td>
<td>260,-</td>
<td>315,-</td>
<td>375,-</td>
<td>430,-</td>
<td>490,-</td>
<td>530,-</td>
<td>590,-</td>
<td></td>
</tr>
<tr>
<td>SU-card (**) 30 days</td>
<td>320,-</td>
<td>432,-</td>
<td>480,-</td>
<td>527,-</td>
<td>571,-</td>
<td>618,-</td>
<td>646,-</td>
<td>688,-</td>
<td></td>
</tr>
</tbody>
</table>

( * ) The FlexCard can be used unlimited in the capital area for either 7 or 30 days. It applies to the bus, train and Metro. The card is not personal which means that it can be shared by several people (though not at once). You can buy a card which applies from 2 to 8 zones or to all zones in the Greater Copenhagen Area. (** ) SU-cards are specially reduced cards only available to students receiving the Danish State Education Grant.

Those of you who live more than 6 zones from the centre of the city, or who are interested in travelling around during the weekend should consider purchasing an All Zone card. This pass gives you unlimited access to bus, train and metro service over almost half of Zealand. The greater Copenhagen Area is divided into 95 zones. The fare depends on the number of zones your travel through - the minimum being 2 zones. Colored zone maps are posted at stations and bus stops for you to plan your trip. However, you can always ask at the ticket office or the bus driver for help.

See the zone map of the greater Copenhagen area:
Before you start your journey, you punch the card in one of the yellow card-clipping machines on the station or on the bus. The ticket is stamped with time, date and departure zone. Always carry a valid ticket (fines for not having a valid ticket is approximately DKK 750). Ask at the station for the latest train and bus schedules and information on the zone system.

To plan your journey: [http://www.rejseplanen.dk/bin/query.exe/en](http://www.rejseplanen.dk/bin/query.exe/en)

![Ticket machines: Yellow, for 10-tour cards Red, for single tickets](image)

**Longer journeys**

If you are planning on a longer journey and visit other parts of Denmark or go abroad, there are plenty of opportunities to get cheap tickets:

**Train - Orange tickets**

DSB offers “Orange tickets” where you get considerable discounts provided that you buy your ticket well in advance. Tickets are non-refundable and are quite expensive to change, so be sure about departures and arrivals before booking.

DSB regularly offers large discount to trips to various major European cities. Tickets are limited so expect to book well in advance. Ask the ticket agency at Nørreport train station for present reductions.

Orange tickets to any place in Denmark can be purchased online at [http://www.dsb.dk/Find-og-kob-rejse/#tab2](http://www.dsb.dk/Find-og-kob-rejse/#tab2) (purchased tickets are non-refundable)

**Air**

Denmark’s main international airport, Kastrup, is situated near Copenhagen and from here you can fly to and from destinations around the world. It is a good stepping-stone for short trips to London, Paris and Venice etc.

For cheapest available flights: [http://www.ebookers.com/shop/home](http://www.ebookers.com/shop/home)

Discount airplane companies:


Norwegian Air Shuttle: [http://www.norwegian.no/sw7127.asp](http://www.norwegian.no/sw7127.asp)


Consider that it only takes 20 minutes to take the bus from Copenhagen Central Station to Malmö airport in Sweden so it is worth trying if the flight gets cheaper if you depart from Malmö instead.
Flights outside Europe are usually cheaper if you depart from Hamburg airport in Germany. It takes about 4½ hours by train from Copenhagen Central Station to Hamburg airport and train tickets are many times available at much reduced prices.

3.8 Buying a PC
There are good IT-facilities at Metropol Campus City and most public libraries have PCs where you can check your e-mail. However when studying at Metropol you have to write several projects and it is (if not necessary then) very convenient to have your own PC. You can ask one of your older fellow students to help you order a PC via www.dell.dk as Dell offer very reasonably priced computers. Shops like Fona are also a good bargain (see: http://www.fona.dk/default.aspx?m=2&i=40&ikey=54) and supermarkets like Føtex (www.fotex.dk) and Aldi (www.aldi.dk) regularly have laptops for sale.

3.9 Using a library
Libraries in Denmark are extremely well equipped and they are free to use as soon as you have a CPR-number. You can borrow books from any public library in Denmark. First time you use the library you have to register by showing either your medical card (“Sygesikringsbevis”) or your passport and the letter confirming your CPR-number. You can borrow the books directly from the library or you can order them via the internet and pick them up, when they are available.

There are basically 3 types of libraries
1. Public libraries where the books are displayed on the shelf
2. University (or royal) libraries are research libraries where you order the books via internet and pick them up when available
3. Institute libraries (like the library at Metropol Campus City) where books are displayed on the shelf but the period of loans is limited and you need to apply for a special permission to obtain loans from each of those libraries. You are always free to spent time in the reading room and take photo copies of relevant books.

Public libraries
The main public library is situated in Krystalgade 15 in Copenhagen very close to Metropol Campus City. Most of the librarians speak English.
For information about the main library in Copenhagen: http://www.kkb.bib.dk/english

University libraries
University libraries are also free to use, but very few books are displayed. There are several university libraries in Copenhagen. For addresses see: http://www.kb.dk/en/kb/adresser/

You can register electronically as a new user as soon as you have a CPR-number: http://www.kb.dk/en/kub/publikum/serviceydels/udlaansinformation/index.html

The most convenient place to choose for your “pick up place” of ordered books is “Fiolstræde” as that is the closest to Metropol Campus City. You will be notified via e-mail when the requested books are available.
Institute libraries
Institute libraries are attached to a particular educational institution. As your education progresses you will find out if other institutional libraries are relevant for your particular field, but presently it will be the library at Metropol Campus City which contains multiple literature e.g. in the fields of food science, nutrition, and the environment. There is a hand book selection consisting of the basic readings. These books cannot be borrowed but you are welcome to use them at the Campus. The loan period for books is 15 days. The librarian offers introductory help for students in how to use the library and how to search for literature. You are encouraged to take advantage of this opportunity.

Library at Metropol Campus City (Ernærings- og Sundhedsuddannelserne)
Pustervig 8
1126 København K
Tlf.: 72 48 79 58 / 33 45 03 26
E-mail: biblioteket-esu@phmetropol.dk
Opening hours: Monday-Thursday: 09.00-16.00, Friday. 09.00-15.00

3.10 Buying books
Bookstores close to Metropol Campus City offer student’s discount: 10% on all relevant books according to your curriculum provided that you show your student card (you will get your study card upon study start at Metropol).

Arnold Busck International Boghandel A/S
Købmagergade 49
DK-1150 Copenhagen K
Phone: (+45) 33 73 35 00
Fax: (+45) 33 73 35 35
http://arnoldbusck.dk/
(Mostly literature in Danish)

Atheneum International Boghandel
Nørregade 6
DK-1165 Copenhagen K
Phone: (+45) 33 12 69 70
http://www.atheneum.dk
(English and Danish literature)

3.11 News in English
You can purchase international newspapers in larger newspaper stands (kiosk). You will find a large selection at the Central Station and Nørreport Train Station. International newspapers are also available at the libraries – especially the main library at Krystalgade 15 close to Metropol Campus City where the papers can be read free of charge.
World news:
BBC: http://www.bbc.co.uk/?ok
CNN: http://www.cnn.com/
3.12 Buying clothes

Supermarkets like Føtex, Aldi and SuperBrugsen sell decent clothes at much reduced prices. Regular clothes stores with reasonable prices are H&M, Vero Moda, Jack&Jones, Gina Tricot and New Yorker. Shops around the pedestrian streets Strøget and Købmagergade are usually rather expensive though bargains can be made especially during Sales which are in January and July/August. Look out for the signs saying “Udsalg” (Sales in Danish) as shops regularly offer special discounts.

You can also choose to go to a shopping mall for example:

- Fisketorvet in Copenhagen: [http://fisketorvet.dk/en](http://fisketorvet.dk/en)
- Rødvore Centeret in Rødovre: [http://www.roedovrecenterum.dk/](http://www.roedovrecenterum.dk/)
- Lyngby Storcenter in Lyngby: [http://www.lyngbystorcenter.dk/](http://www.lyngbystorcenter.dk/)
- City 2 in Høje Taastrup: [http://www.city2.dk/](http://www.city2.dk/)

3.13 Seeing a doctor

Hopefully you will not need to see a doctor while you are studying in Denmark, but who to contact will in that case depend on how urgent the illness is. If you take a prescriptive drug we recommend that you bring enough to last your entire stay. Preferably bring an extra package for safety.

*Please fill out the attached Health and Medical Information Sheet (last pages) so we know what to do and whom to contact in case of emergency*

**Your personal doctor**

When you get your CPR-number the civil registration office will help you find a doctor close to where you stay which will be your personal doctor while you are in Denmark. Visits to the doctor are free of charge. The doctor’s telephone number will be written on the medical card and you have to book a consultation in advance. Usually the doctor has a telephone consultation between 8-9 am were you can speak to the doctor and clarify illnesses and possible needs of treatment.

Consultations are usually available from Monday to Friday between 9am to 4 pm.

**Doctor on call (lægevagten)**

If an illness suddenly breaks out or gets worse you can contact the duty doctors (Danish: Lægevagten) who are on call outside the ordinary working hours (Weekdays from 4 pm to 8 am, weekends and holidays all hours).

Please make sure that you have your medical card present as well as possible information about the medicine that you take. The waiting time on the telephone can be a bit long, but be patient – you are sure to get through. Based on your symptoms the doctor on duty will decide if the telephone consultation is sufficient until you can see your own doctor or you need to be treated by a doctor on duty or even need a house call. In case you need to be treated by a doctor on duty you will have to take care of the transportation to and from the doctor yourself. In case of a house call you will usually have to wait 2-3 hours.

Copenhagen, Frederiksberg, and southern Copenhagen (Tårnby, Dragør): (+45) 70 13 00 41
Copenhagen & other cities in the municipality of Copenhagen except southern Copenhagen (Tårnby, Dragør): (+45) 44 53 44 00
Casualty Wards
The casualty wards (Danish: Skadestuen) are open 24 hours a day. You can only be treated for injuries incurred within the latest 24 hours. The nearest casualty wards are:

<table>
<thead>
<tr>
<th>Casualty Wards</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bispebjerg skadestue</td>
<td>Bispebjerg Bakke 23</td>
<td>Tel: 35 31 23 73/sek: 35 31 35 48</td>
</tr>
<tr>
<td></td>
<td>5. tværvej, opgang 7C, stuen</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2400 København NV</td>
<td></td>
</tr>
<tr>
<td>Hvidovre Hospital</td>
<td>Skadestuen 536</td>
<td>Tel: 36 32 25 57</td>
</tr>
<tr>
<td></td>
<td>Kettegård Allé 30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2650 Hvidovre</td>
<td></td>
</tr>
<tr>
<td>Frederiksberg Hospital</td>
<td>Skadestuen</td>
<td>Tel: 38 16 35 22</td>
</tr>
<tr>
<td></td>
<td>Nordre Fasanvej 57</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2000 Frederiksberg</td>
<td></td>
</tr>
</tbody>
</table>

Emergency service
If somebody suddenly gets very ill, faint or fall down unconscious you have to call the emergency service at telephone: 112

Medication
Usually, no special immunizations are required or recommended before entry into Denmark. Prescriptions from other countries are not accepted in Denmark, although occasionally a Danish doctor can rewrite them. Also, brand names frequently vary from country to country. You should avoid any possible difficulties in the following way: Bring a supply of the prescriptive drugs you need to last your entire stay. Obtain a doctor’s prescription or note for any prescription drugs you are bringing with you in order to permit smooth customs inspection.

Pharmacies
Finding a pharmacy
Finding your local pharmacy: www.degulesider.dk (see: Useful websites)

General opening hours of Danish pharmacies are: Monday - Friday: 9 am - 5:30 pm, Saturday: 9 am - 1 pm

Day and Night Services:
(Fee is charged from 6 pm to 8 am)

<table>
<thead>
<tr>
<th>Steno Apotek</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vesterbrogade 6 C</td>
<td>DK-1620 Copenhagen V</td>
<td>Tel: (+45) 33 14 82 66</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.183.netapotek.dk/">http://www.183.netapotek.dk/</a></td>
</tr>
<tr>
<td>Sønderbro Apotek</td>
<td>Amagerbrogade 158</td>
<td>Tel: (+45) 32 58 01 40</td>
</tr>
<tr>
<td></td>
<td>DK- 2300 Copenhagen S</td>
<td><a href="http://www.sonderbro.dk/">http://www.sonderbro.dk/</a></td>
</tr>
<tr>
<td>Lyngby Svane Apotek</td>
<td>Lyngby Hovedgade 27-29</td>
<td>Tel: (+45) 45 87 00 96</td>
</tr>
<tr>
<td></td>
<td>DK- 2800 Kgs. Lyngby</td>
<td><a href="http://www.lyngby.apotekeren.dk/">http://www.lyngby.apotekeren.dk/</a></td>
</tr>
</tbody>
</table>

Medical vocabulary
Useful phrases (see also the useful vocabulary below):

<table>
<thead>
<tr>
<th>English</th>
<th>Danish</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have been injured</td>
<td>Jeg er kommet til skade</td>
</tr>
<tr>
<td>My xxx hurts</td>
<td>Jeg har ondt i xxxx</td>
</tr>
<tr>
<td>My xxx is broken</td>
<td>Jeg har brækket xxx</td>
</tr>
<tr>
<td>The xxx is swollen</td>
<td>Min/mit xxx er opsulmet</td>
</tr>
<tr>
<td>My xxx is sore</td>
<td>Xxxx er øm</td>
</tr>
<tr>
<td>My xxxx are burned</td>
<td>Jeg har brændt mig på xxxx</td>
</tr>
<tr>
<td>English</td>
<td>Danish</td>
</tr>
<tr>
<td>---------</td>
<td>---------</td>
</tr>
<tr>
<td>Throat</td>
<td>Hals</td>
</tr>
<tr>
<td>Nose</td>
<td>Næse</td>
</tr>
<tr>
<td>Finger</td>
<td>Finger</td>
</tr>
<tr>
<td>Shoulders</td>
<td>Skuldre</td>
</tr>
<tr>
<td>Stomach</td>
<td>Mave</td>
</tr>
<tr>
<td>Heart</td>
<td>Hjerte</td>
</tr>
</tbody>
</table>
3.14 Seeing a dentist

Seeing a dentist can be a very costly experience, but if you keep postponing treatment you risk that it gets worse and even more expensive.

In order to find a dentist in your local area, you can search the yellow pages (www.degulesider.dk) enter “Tandlæge” (Danish: Dentist) in “Hvem/Hvad” and your postal code in “Hvor”. Dentists in your local area will be listed.

These dentists have been recommended by students as inexpensive and reliable:

<table>
<thead>
<tr>
<th>Tandklinik</th>
<th>Tandlæge Lili Hansen</th>
<th>Tandlægerne</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amagerbro Tandklinik</td>
<td>Saltværksvej</td>
<td>Kanalens Kvt. 168, st.</td>
</tr>
<tr>
<td>Amagerbrogade 18, 2. Sal</td>
<td>2770 Kastrup</td>
<td>2620 Albertslund</td>
</tr>
<tr>
<td>2300 København S</td>
<td>Tel: 3250 2061</td>
<td>Tel: 4364 8980</td>
</tr>
<tr>
<td>Tel: 3254 8502</td>
<td><a href="http://www.amagerbro">http://www.amagerbro</a></td>
<td><a href="http://www.tandlaegernekenalenskvarter.dk/">http://www.tandlaegernekenalenskvarter.dk/</a></td>
</tr>
<tr>
<td>o-tandklinik.dk/</td>
<td><a href="http://www.nelso.dk/place/173689/">http://www.nelso.dk/place/173689/</a></td>
<td></td>
</tr>
</tbody>
</table>

Alternatively ask a fellow student if they can recommend a dentist.

Treatment at School of Dentistry

You can save money by being a ‘guinea pig’ at the School of Dentistry where students treat people under supervision of teachers. In most cases the treatment is without charge, but for some treatments there is a charge for materials and dental laboratory work such as dentures, crowns and orthodontics. You will be informed about the cost before treatment starts.

The School of Dentistry receives patients for examination and can take on the treatment of teeth, oral cavity, jaws and mandibular joint. Treatment of patients is a part of the training of dental students, dental hygienists and chair side assistants. Registration for treatment depends on whether the therapy you need can supply the students with sufficient educational experience. For teaching purposes, all treatments will be carried out from the beginning and must not be too complicated. Some types of treatment must therefore be refused, either because they involve alterations or because they are too difficult or comprehensive for the student. Some departments have plenty of custom. As the students only have time for a limited number of treatments and as there is a long waiting period for some treatments, it can be necessary to postpone your treatment or even refuse you.

To register for treatment you have to show up personally at:

School of Dentistry
Reception 3
Nørre allé 20
2200 Copenhagen N
You have to register at 8 am.
http://www.odont.ku.dk/
Emergency dental treatment (Tandlægevagten)
If urgent treatment of your teeth is required you can be treated at the Emergency dental treatment. You cannot book in advance, but will have to show up and wait to be treated. Payment is subsidized by the health insurance.

Tandlægevagten
Oslo Plads 14, kld.
DK- 2100 Copenhagen Ø
Phone: (+45) 35 38 02 51
www.tandvagt.dk
Weekdays: 8 pm until 9.30 pm.
Weekends and holidays: 10 am until 12 noon and 8 pm until 9.30 pm.

3.15 Counseling in general
Especially foreign students experience (small) depressions due to the challenges of studying and establishing a social life in another country. Please contact the Student Counselor at Metropol City Campus or the Students Counseling.

Studenterrådgivningen (Students counseling)
"Studenterrådgivningen" has social workers, psychologists and others who have specialized in helping and guiding students:

Studenterrådgivningen
Kompagnistræde 21, 2.
DK-1208 Copenhagen K
Phone: (+45) 3312 1911
Fax: (+45) 3312 1880
E-Mail: kompagnistraede@studraadgiv.dk

3.16 Studying Danish

Abroad
Danish is taught at many universities around the world. You can contact the Danish Ministry of Science, Technology and Innovation about the Lecturer Scheme and a list of Danish lecturers is available from the web page of the Danish Ministry of Science, Technology and Innovation:
http://www.ubst.dk/en/international-cooperation/lektoratsordningen

There are also a number of private or public organizations that offer lessons in Danish at different levels. Contact the large language centers in your home country for further information. Danish embassies and consulates also provide information about activities relating to Denmark in your home country.

In Denmark
There are many possibilities of learning Danish in Denmark. Regular courses are offered during the year and special summer courses are available in the summer holidays. When you study at Metropol Danish lessons are for free at IA sprogcenter (www.sprogcenter-ia.dk)
Another recommendable language center is:

**Studieskolen i København**
Antonigade 6, Postboks 2219
DK-1018 Copenhagen K
Phone: (+45) 3314 4022 - phone for foreigners: (+45) 3318 7999
E-mail: info@studieskolen.dk
Website: [http://www.studieskolen.dk/](http://www.studieskolen.dk/)

### 3.17 Getting a haircut

Getting a haircut is always a bit risky if you can’t communicate so the best thing is to ask a fellow student from your native country if he or she knows a good, local hairdresser.

The cheapest chain of hairdressers in Copenhagen is called **Street Cut**. Type [http://street-cut.dk/](http://street-cut.dk/) and you will see an overview of their shops. If you press “Kraks kort” you can see where the shop is located.

Streets like “Amagerbrogade” and “Nørrebrogade” are full of small, local hairdressers, who will cut your hair without appointment for a reasonable price.
4. Other useful information

4.1 Church Services
The state church of Denmark (Folkekirken) is Evangelical Lutheran. You will, however, find a large number of religions represented among the population. Services in English are usually available once a week. For further information on church services in English, addresses and current schedules please consult Copenhagen This Week at [www.ctw.dk](http://www.ctw.dk).

4.2 Currency
The Danish currency is the “Krone”. 1 Krone equals 100 “Øre”. A Krone is abbreviated “kr.” or DKK. Coins in the following denominations are in circulation: 50 Øre, 1 Krone, 2 Kroner, 5 Kroner, 10 Kroner and 20 Kroner. In addition, there are notes in the following values: 50 Kroner, 100 Kroner, 200 Kroner, 500 Kroner and 1000 Kroner. Currency can be bought in any banks and at Forex. Forex website has a list of Forex branches in Scandinavia ([www.forexvaluta.dk](http://www.forexvaluta.dk)). Forex website also has a currency converter. Currencies are updated daily.

4.3 Exploring Copenhagen and Denmark
Copenhagen is a city which has a lot to offer and the best way is to consult Copenhagen This Week at [www.ctw.dk](http://www.ctw.dk) which has a thorough electronic guide to events ranging from music, theatres, cinemas, exhibitions and much more.

An important part of studying abroad is getting acquainted with the foreign country and its culture. In Copenhagen you will have endless possibilities for enjoying music and theatre performances, museums, exhibits, films etc. Copenhagen has extensive shopping possibilities, and the more than 2000 restaurants serve every conceivable kind of food within all price ranges. Copenhagen is also a convenient starting point for small trips.

**Useful websites for tourist information:**
[www.visitdenmark.com](http://www.visitdenmark.com) (Tourism in Denmark)
[www.woco.dk](http://www.woco.dk) (the Official Tourist Site of Greater Copenhagen)

4.4 Facts about Denmark (population, area, political system)

**Area**
43,095 km²

**Internet country code:** .dk
**Telephone Country code:** +45

**Electricity**
220 AC
Geography
Denmark is situated in northern Europe - between the North Sea, Continental Europe and the Scandinavian Peninsula. The country’s total area is about 44,000 km². The Jutland Peninsula is part of continental Europe and has a 68 km territorial border with Germany.

Language
Danish is the national language of Denmark. School children begin learning foreign languages, especially English and German, at the age of 10-12. There is no problem in communicating in English, especially in Copenhagen’s hotels, restaurants and department stores.

Political System
Denmark is a constitutional monarchy and has a single chamber parliamentary system, supplemented with referendums. Christiansborg Palace, in the city of Copenhagen, is the seat of the Parliament. Denmark is the oldest monarchy in the world.

Population
5.511.451 (2010)

Religion
Evangelical Lutheran 95%

Weather
Average temperatures for Copenhagen are as follows:

<table>
<thead>
<tr>
<th>Month</th>
<th>Centigrade</th>
<th>Fahrenheit</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>2.0</td>
<td>35.6</td>
</tr>
<tr>
<td>February</td>
<td>2.2</td>
<td>36.0</td>
</tr>
<tr>
<td>March</td>
<td>4.9</td>
<td>40.8</td>
</tr>
<tr>
<td>April</td>
<td>9.6</td>
<td>49.3</td>
</tr>
<tr>
<td>May</td>
<td>15.0</td>
<td>59.0</td>
</tr>
<tr>
<td>June</td>
<td>18.7</td>
<td>65.7</td>
</tr>
<tr>
<td>July</td>
<td>19.8</td>
<td>67.6</td>
</tr>
<tr>
<td>August</td>
<td>20.0</td>
<td>68.0</td>
</tr>
<tr>
<td>September</td>
<td>16.4</td>
<td>61.5</td>
</tr>
<tr>
<td>October</td>
<td>12.1</td>
<td>53.8</td>
</tr>
<tr>
<td>November</td>
<td>7.0</td>
<td>44.6</td>
</tr>
<tr>
<td>December</td>
<td>3.7</td>
<td>38.7</td>
</tr>
</tbody>
</table>

January and February are generally the coldest months of the year. July and August are the warmest months with an average of approx 19-20 degrees Celsius. The four seasons are distinct in Denmark, so dress accordingly. Warm clothing is needed for the late autumn, winter and early spring. There are no cultural guidelines on what to wear, only the weather. You can check the weather forecast at www.dmi.dk
5 Useful addresses and telephone numbers

Emergency contacts
Dial 112 for the Police, an ambulance or the Fire Brigade. State name, address and phone number.
Police: www.politi.dk
Copenhagen Fire Service: www.brand.kk.dk

Lost and Found
General office, Copenhagen Police, Phone: (+45) 38 74 88 22
Airplanes - Kastrup Airport, Phone: (+45) 32 32 32 60
Buses, Phone: (+45) 36 13 14 15
Trains - Central Train Station, Phone: (+45) 33 16 21 10
See further information at www.woco.dk

Useful websites
Useful Links for information about Denmark & Copenhagen
www.denmark.dk (The Official Danish web site)
www.um.dk/en (Royal Danish Ministry of Foreign Affairs)

www.krak.dk
Addresses can be found e.g. at www.krak.dk. Here you are able to find your way if you search on the address and click on "Ruteplan" (the easiest way by train, bus, car), "find person" (a person’s address) or "Firma" (firm). “What” (Danish: Hvad), “Where” (Danish: Hvor). “Search” (Danish: Søg)
www.rejseplanen.dk
If you need to go somewhere and want to use public transport Journey Planner (Danish: Rejseplanen) will calculate the shortest and most convenient way. Website available in English too.

www.degulesider.dk
The yellow pages (Danish: De gule sider) is unfortunately only in Danish, but it is the best site to look for particular companies, professions or activities, e.g. pharmacies, doctors, dentists, jobcenters, fitness etc.

“Who/what” (Danish: Hvem/hvad), “Where” (Danish: Hvor) and “Search” (Danish: Søg)
6 Health and Medical Information Sheet

In order to provide a positive experience while studying abroad, we ask you for the following information. There is no obligation to complete the information requested on this form. However we urge you to do so in order for us to be of assistance, whenever possible for us, should you be put in a situation which is out of your control. The information submitted on this form will be held strictly confidential and will only be used by Metropol University College in case of an emergency. Metropol University College may not be able to accommodate all individual needs or circumstances.

Student name: __________________________________________________________

Gender: Male____ Female___

Date of birth: dd/mm/yy: __________

Address in Denmark: ____________________________________________________
____________________________________________________________________
____________________________________________________________________

Name, address and relation of person/guardian to be contacted in an emergency situation
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Tel.: (home): _____________________ Tel.: (work) _____________________

Name and address of your insurance company including policy number:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

I, the undersigned, hereby accept that the information provided in the “Health and Medical Information Sheet” can be used by Metropol University College provided it is regarded as necessary. I accept that Metropol University College can function as a contact to my legal guardian should I be put in a situation out of my control. Thus, I hereby give Metropol University College the possibility to act as my guardian in Denmark in case of hospitalization.

Date: __________ Signature _____________________________________________

Metropolitan University College

Metropol
1. Have you been or are you currently being treated for any physical or mental condition that Metropol University College should be aware of (diabetes, depression, eating disorder etc.)? **Yes No**

If yes, please list the condition(s) you are in treatment for or have been treated for (please indicate time period):

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

2. Do you take any medication? **Yes No**

If yes, please list the medication you use:

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

3. Do you have any physical impairment we need to consider? **Yes No**

If yes, please specify:

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

4. Have you had or do you have allergic reactions to e.g. penicillin etc.? **Yes No**

If yes, please specify:

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

5. Is there any information that you believe Metropol University College should know in order to assist you in having a successful study abroad period? **Yes No**

If yes, please specify:

________________________________________________________________________________________________________

________________________________________________________________________________________________________