DENMARK

Summer, Fall Semester, Spring Semester, &
Academic Year

2011-12 Program Guide
YOUR UCEAP NETWORK

EAP Online
Bookmark your Participants program page; it contains vital resources and requirements you need to know before you go abroad, including the Predeparture Checklist, UCEAP Guide to Study Abroad, Program Calendar, EAP Student Budgets and Payment Vouchers, and policies.

Local EAP Support

Campus EAP Office
The Campus EAP Office coordinates recruitment, student selection, orientation, and academic advising, and serves as your primary contact during the application process.

UCEAP Systemwide Office
The UCEAP Systemwide Office establishes and operates programs and coordinates EAP administration for all UC campuses from its headquarters in Goleta, California. You will work closely with the following Systemwide Office staff:

- **Program Advisors** communicate program information, both academic and operational, to students and campuses, and coordinate and provide academic and administrative support in all aspects of your participation.
- **Operations Specialists** coordinate the logistics of the program. Document requirements, visa application instructions, health and safety precautions, placement and acceptance by the host institution, arrival and on-site orientation, and housing arrangements are examples of program details the Operations Specialists coordinate.
- **Academic Specialists** advise on academic policies; review and record courses taken abroad for UC credit; process student registrations, petitions, and grades; and document and maintain students’ academic records.
- **Student Finance Accountants** assist primarily with EAP statements, program fee collection, and financial aid disbursements (in conjunction with your campus Financial Aid Office).

Contact Information

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Study Center Abroad
The UCEAP Study Center provides a variety of student support services including advising on University of Copenhagen academic matters, providing information on cultural activities and health and safety guidelines.

University of California Study Center at University of Copenhagen
University Education Service
Fiolstræde 1
1171 Copenhagen K, Denmark
Phone (calling from the U.S.): (011 45) 35 32 39 09
Phone (calling from Denmark): 35 32 39 09
Fax: +45 35 32 39 00
E-mail: jly@adm.ku.dk

Phone Number Codes
U.S. international code ............... 011
(dial this to call from the U.S.)
Denmark country code ............... 45

Approximate Time Difference
Aadd 9 hours
Academic Information

Orientation
Your program starts with a mandatory orientation. The orientation is designed to provide insight into the academic environment of the host university and to explain course credit, study lists, grades, and other academic matters. Orientation sessions run concurrently with the language program and include cultural activities. For specific information including orientation dates refer to the Arrival & Orientation chapter of this guide.

University Information

Special Opportunities
1. The Faculty of Science, consisting of nine departments, including the famous Niels Bohr Institute for Physics and Astronomy, offers education in a range of subjects from biology, physics, chemistry, and geology, to such contemporary areas as molecular biomedicine and nanotechnology. The faculty has superb botanical, geological, and zoological museums, and is committed to research in biotechnology, environmental studies, and North-South relations.

2. The Faculty of Social Science offers a range of courses with particular focus on Danish or Scandinavian conditions, such as Scandinavian politics, the Danish political system, and Danish society in a sociological perspective. The political science program is dedicated to the study of power and democracy, internationalization, and European integration. Economics is an energetic, highly respected department with a tradition of research in economic theory, particularly in general equilibrium and game theory.

3. If you are majoring in economics or a similar field, you may, under special circumstances, take a course at Copenhagen Business School (CBS). This requires individual approval by the EAP Study Center at the beginning of the fall or spring semester. Courses at CBS are more practical than theoretical in nature.

4. Humanities is the largest of the faculties at the University of Copenhagen, with more than 11,000 students in 50 subject areas. Among the departments, English and Nordic (Scandinavian) Philology are particularly well regarded, as well as excellent programs and libraries in East European Studies, Near Eastern Studies, and Asian Studies. It is also widely known for its film and media studies.

5. The Faculty of Theology explores the Christian message in the context of art, ethics, history, language, literature, philosophy, and social science. This faculty has a tradition of intellectual involvement with the work of its most illustrious alumnus, Søren Kierkegaard, and has established an important research center in his name.

6. The Faculty of Health Sciences offers top-notch curriculum and facilities in cooperation with the Panum Institute and the hospitals of the greater Copenhagen area. The programs in public health and human biology are especially attractive to pre-med and research-oriented students.
7. The **Human Biology program** at the Panum Institute provides an excellent opportunity if you are considering a career in medicine or biomedical research. You must have more than 20 units of upper-division coursework in pertinent fields and a strong GPA. Previous UC students have taken courses in cell biology, human pathophysiology, human physiology, biomedical imaging, and philosophy of medicine. Classes are small and often include laboratory projects.

8. The **Faculty of Life Sciences** conducts research and teaches in such areas as food, health and nutrition, plants, agriculture, biotechnology, the environment, and natural resources in 11 different departments. Traditional disciplines are combined with new fields such as plant biotechnology, bioinformatics, and chemometry. Life Sciences offer a large selection of courses in English.

**Academic Culture**

Study at the University of Copenhagen (KU) is organized into three levels. Three years of undergraduate studies lead to a bachelor’s degree. An additional two years leads to a *Candidatus* degree (master’s degree). All *Candidatus* degrees obtained from KU can be extended with three more years of postgraduate work leading to a PhD. Only the structures of the theological, medical, and dentistry degrees differ from this model. University admission in Denmark is highly competitive, especially within certain programs. Students are usually focused and serious about their studies.

When students enroll for a bachelor’s degree at the University of Copenhagen, they enroll in a specific departmental program or faculty. Except at the Faculty of Humanities, students take all courses within their departmental program. Humanities students take a minimum of two of their three years within their program. Therefore, students specialize earlier in their studies than they do in the UC system. The majority of students go directly from their bachelor program into the *Candidatus* program.

**Danish Students**

Some students at the University of Copenhagen enroll directly following gymnasium (high school), but many have a “gap” year during which they work and travel before beginning their studies at the university.

**Course Structure**

The academic year is divided into two semesters: fall and spring. Each semester consists of two blocks. Block 1+2 are fall semester and block 3+4 are spring semester.

Most courses in the Humanities and Social Sciences are taught as semester-long courses. Most courses in Life Sciences and Natural Sciences are taught as block courses and are therefore shorter and more intense in their structure.

Class size varies from 10 to 100 students, depending on the course. Classes can be lectures, seminars, or workshops. Expectations regarding class participation vary depending on the class size and type. For most classes, attendance is not required. At KU, you are expected to be motivated and well prepared; if you are not, the penalty is reflected in the final grade.

Workload differs from class to class. Classes often include extensive reading lists with a focus on primary texts. Many courses include assignments during the semester that are not usually graded, but are an important part of the learning process and preparation for the final exams.
Most work done at the university is independent, but study groups will often emerge. Being part of a study group can be immensely helpful in preparing for final exams.

Not all of the required reading will be discussed in class. Final exam questions may include areas not covered in class. It is therefore not enough just to attend classes. Individual study and self-motivation are the keys to success at the University of Copenhagen.

The sciences and life science courses may include extensive lab work and most courses in these fields are seven to eight weeks in length.

**Libraries and Textbooks**

Library service at KU can be divided into three parts: 1) department libraries, 2) faculty (school) libraries, and 3) the Royal Library. Each department has its own reference library. Once enrolled in the department, you can usually borrow books from the department library. Each faculty also has a library with an extensive lending service. Located in the center of the city, the research-oriented Royal Library serves as the National Library of Denmark. The libraries have regular hours (9 a.m. to 5 p.m.), but they do not provide as many places to sit and study as the UC libraries. In order to check out books at the Royal Library, you complete a loan form (manually or via computer) and then retrieve (borrow) the books the following day.

You can find many course-related books at the library, but you will probably have to purchase some books. There is no organized system for the buying and selling of used books at the university. Students usually put up ads (to buy or sell) in their departments or purchase their books through one of the many bookstores in Copenhagen.

**Instructors**

The amount and style of interaction between instructors and students differs from teacher to teacher and department to department. All instructors have office hours when they are available for consultation. However, help for writing papers and preparing for exams is limited. Instructors will assist with the academic and theoretical aspects of writing papers, but not with the technical aspects. The university offers an academic writing course to help you with the preparation of papers, and there are online writing guides available through the Faculty of Humanities. Since most departments do not have a tutorial system, you are strongly advised to take the writing course.

Each department has student peer advisors available to assist in the transition to the university. The peer advisors can help with advice on how to develop good study habits, what to expect of exams, etc.

**Academic Challenges**

Many courses are taught in English, and since most UCEAP students take all their courses in English, the greatest academic challenge for past UCEAP students has been learning self-discipline. Because there are few or no assignments during the semester and few hours in class per week, some UCEAP students think that studying in Denmark is extremely easy. This may become a big problem when those students have not prepared themselves for the final exam. Many courses have as their final exam a major independent paper. UCEAP students who have a high degree of self-motivation will do well in the Danish university system.
Program Descriptions

Summer Language and Culture Program

The summer language and culture program helps you to acquire practical Danish language skills through intensive course work and to learn more about Danish culture through cultural immersion and instruction. Language instruction is generally for beginners; however, intermediate and advanced students may be accommodated with approval from the Study Center.

The program is divided into a five-week segment and a three-week segment, with a one-week break in between. The first segment focuses on essential language skills, including work in language labs, field trips, and conventional classroom instruction. The second segment emphasizes listening comprehension, conversation exercises, role simulation, and reading newspaper samples. At the beginning level, the entire summer program consists of approximately 160 hours of class work.

If you participate in the summer program, you will receive 13.5 UC quarter units of credit for the term. All summer language and culture courses must be taken for letter grade. If you continue to the fall or year programs, you may take the summer language and culture courses with a pass/no pass option. In addition to providing additional UC credit, the language and culture program helps you prepare for your studies at the University of Copenhagen.

The summer language and culture program also serves as an option for fall and year students in lieu of the three-week intensive language program (ILP) in August.

Fall Semester Program

If you do not opt for the summer language and culture program, you must take the intensive three-week introductory course in Danish language and culture, which begins in August. This course constitutes the intensive language program (ILP) and all students are required to take it. This course provides language skills useful in daily life and prepares you for general conversation during the fall. The course may be taken for P/NP. UCEAP strongly recommends that fall students continue language study in addition to their other courses.

During the fall, you will take regular University of Copenhagen courses. Courses in English are offered through KU’s eight faculties (see the University Information section in this chapter). A range of interdisciplinary courses is offered for international students such as Vikings in Europe, Danish Culture, Danish Cinema, Kierkegaard and the Challenge of Existence, and Nordic Mythology. The courses are popular and are usually offered during the fall semester.

Spring Semester Program

The spring semester program begins with a three-week introductory course in Danish language. This course constitutes the intensive language program (ILP) and all students are required to take it. The course is taught in January, focusing on basic language skills and conversation in daily life. The course may be taken for P/NP.

During the semester, you will take regular University of Copenhagen courses taught in English. Some interdisciplinary courses, such as Danish Culture and Vikings in Europe, may be offered during the spring semester.
**Academic Year Program**

Depending on your program option, the year program begins with either the summer language and culture program described at the onset of this section or with the three-week intensive Danish language program in August (ILP). All students are required to take it. The course provides language skills useful in daily life and prepares you for general conversation during the fall. The course may be taken for P/NP. In the fall semester, you may continue Danish language study and take regular university courses. Although many courses are available in English, there is greater selection when the language of instruction is Danish. In many fields of study, you may write papers and take examinations in English.

UCEAP returnees have reported that it was rewarding to take a course of study that provides a uniquely Danish perspective in areas such as international relations and social policy. During the fall semester, international students usually have access to a popular course in Danish culture.

**Course Information**

Most departments at the University of Copenhagen plan the curriculum for the coming semester just before the end of the previous semester. Therefore, the full list of courses offered in English will not be available until a few weeks before the semester starts. Look at the courses offered in English in current or previous semesters in order to make a preliminary plan for your studies in Copenhagen. Check the University of Copenhagen website for courses offered in English.

University of Copenhagen does not use cross listings in the course catalogue. It is therefore worth the while to take a broad look at the course catalogue. For example, history courses can be offered by the Department of History but other departments such as Asian Studies and East European Studies may also have history-related courses that you will not find when looking at the Department of History course listings. The Study Center is available for advice on course selection.

Full-time study at the University of Copenhagen is 30 ECTS credits per semester (two blocks). UCEAP students are required to enroll in a full time study program. 30 ECTS equals 24 UC quarter units.

**Registration**

There is no standard registration process for selecting courses. In most departments, the courses for Danish students are prearranged the first year, and then the department grants more leeway as a student progresses. Some departments require students to preregister for courses, while others require students to register in class on the first day of classes.

Deadlines and methods for signing up for classes will vary depending on the department of each course you will be registering for. In general, Science and Life Sciences courses have early sign-up deadlines, and the Humanities later, and at some departments you will not sign up at all prior to the beginning of the semester. Departments will write to your University of Copenhagen e-mail account about signing up for courses if there are deadlines prior to your arrival. It is therefore very important that you check your e-mail account for such e-mails.
Consult with your UC department to plan your academic program before departure.

Remember to register for your courses with both the specific University of Copenhagen department and on your MyEAP Study List. The MyEAP Study List is your official registration with the University of California. Any changes made to the academic program must be made with both institutions. The UCEAP Study Center staff in the Copenhagen office will assist you in choosing courses that fit your academic goals.

Academic Preparation and Planning

Most undergraduate courses are available without specific prerequisites. (There are some restrictions for students wishing to take courses outside their home faculty.) However, be aware that Danish students generally begin their university studies at a more specialized level than UC students and some background in the subjects is assumed. With the exception of Danish language courses, nearly all course work is at the upper-division and graduate level. Most courses require extensive independent reading and research papers, in addition to final exams, which are likely to concentrate on material covered in the reading, rather than the lectures.

Some courses are available at both the graduate and undergraduate levels. Such courses are clearly marked in the catalogs and course listings. In general, graduate-level courses should be taken only within your major and only if you are advanced in that field or are a graduate student. If you wish to take graduate-level courses, consult the instructor and the UC Study Center prior to enrolling.

You can obtain specific course information from the department offering the course. If you are interested in a particular course, contact the UCEAP Study Center in Copenhagen to inquire further. Once a course starts, you will be presented with a time plan and a syllabus. The university does not have a course note system, so there are no “official” notes available.

Have several alternative courses in mind (already approved by your home campus department) in case your first choices in Denmark are canceled or you cannot get into them. To the extent that you can determine well in advance which courses you will attempt to take in Denmark, prepare yourself by taking relevant or prerequisite courses during the UC spring term prior to departure. The UCEAP Study Center at the University of Copenhagen is open year round and can answer questions and provide information about courses, departments, the University of Copenhagen, and Denmark.

Course units at University of Copenhagen are measured in ECTS (European credit transfer system). Thirty ECTS credits per semester is considered full-time study. This works out to about 24 UC quarter units per semester. The ECTS credit for a course depends on the content and total workload of a course. Most courses are 5, 7.5, 10, or 15 ECTS credits. It is not uncommon to have only two courses if the courses are 15 ECTS each. Full-time study is calculated by ECTS per semester, not by the number of courses.
Internships

As the city of Copenhagen hosts many different institutions and organizations, there are many opportunities for organizing an internship for advanced undergraduate and graduate students.

In order to be considered for an internship:

- Identify organizations or companies of interest to you. Familiarize yourself with the entity as much as possible—what do they do? Which departments within the organization are you interested in? etc.
- Find out if the entity has an internship program or perhaps take interns on an ad hoc basis. Inquire about how and when to apply.
- Be prepared to write a thorough motivated application and include a curriculum vitae (CV). Send it directly to the organization of your interest as early as possible.
- Internships are competitive. Apply to more than one business or organization to optimize your chances for a successful outcome.
- Be sure to let the organization or business know that you will be a student at University of Copenhagen while in Denmark. You will not need their help in getting a residence permit.
- If offered an internship, make sure to have an agreement on when to start; what kind of project you will be doing; how, by whom, and when it will be evaluated; and the approximate number of hours of work expected of you. Keep in mind that you will not be able to do a full time internship as you will have to enroll in course work as well.

University of Copenhagen has an online Job Bank: jobbank.ku.dk/?lng=eng

This job agent holds information on available positions with the university, organizations, and private businesses. Vacancies are on all levels and include internship postings for students. At the Job Bank you may find the internship you want, or it may offer inspiration for places you can contact and inquire about internship opportunities.

Institutions such as the UNICEF Supply Division and WHO Regional Office for Europe accept applications from students for internships. The International Secretariat of the Organization for Security and Co-operation in Europe (OSCEPA) may also accept internship applications.

Grades

At the University of Copenhagen, assessment is usually done through one final exam. As noted earlier, assignments may be given during the course, but these are rarely graded. The final exam may be oral, written, or may require a written paper. In some cases, you may be allowed to choose the type of examination you prefer. The instructor and an independent examiner called a “censor” do the grading. Grading is not done on a curve—it is rigorous. The Danish grade is converted into the UC grade by the UC Study Center.

Some Danish courses are only offered as pass/no pass; this should be indicated on the UC MyEAP Registration Study List. Any other requests to be graded on a pass/no pass basis must be noted on the UCEAP Study List and all changes must be petitioned through the UCEAP Study Center. No more than one-third of the UC quarter units in any given term may be taken as pass/no pass.
EXTENDING EAP PARTICIPATION

Plan Ahead to Extend

- The deadlines to submit extension forms are July 15 for extension from the summer program to fall or year, and November 1 for extension from the fall program to year.

UCEAP encourages students to extend participation to the fall (from summer) and/or the academic year. If you are considering extending your EAP participation, submit a Departmental Pre-Approval to Extend form (DPA) prior to departure.

Approval is based on a number of factors, including academic performance, the support of your home campus department, available space at the host university, and a personal interview at the UC Study Center. You must contact the UC Study Center to initiate the extension process.

Requests to extend enrollment require approval of the University of Copenhagen and the Danish immigration authorities. The UC Study Center in Copenhagen can assist you with this process. The granting of a DPA does not automatically guarantee an extension.

To extend to a fall or year program, UCEAP must receive one of the following:
- A Request for Final Approval (RFA) form from the Study Center (if you submitted a Departmental Pre-Approval to Extend form prior to departure)
- A Petition to Extend form

**July 15**: Deadline to submit extension forms for the summer program to fall or year.

**November 1**: Deadline to submit extension forms for the fall program to year.

The deadline for extending may be earlier with the University of Copenhagen. The University of Copenhagen does not guarantee housing if you extend after the deadline of applying for admission.

Sophomores on the summer program are encouraged to reapply to attend EAP in Denmark in the following academic year.

- Once your extension has been approved, notification will be sent to your home campus registrar, Financial Aid Office, and Campus EAP Office. For information about the steps you need to take with regard to finances, see the Extension of Participation chapter in the UCEAP Guide to Study Abroad.
CULTURAL AWARENESS

Educate Yourself
Get acquainted with your new host city, country, and culture before you leave the U.S. Travel guides and travel-related websites such as Lonely Planet are excellent resources. Another great source is Urban Lowdown.

Keep up with current events by reading articles in newspapers (Politiken, for example), magazines, and journals such as Copenhagen this Week and Wonderful Copenhagen.

You will also need to understand the local culture and history. These sources should help you prepare before departure.

Recommended Reading


Acquire a good travel guide to Denmark and study it vigorously before you go abroad. Among the very best are Denmark (Lonely Planet Country Guide) by Andrew Stone, et al; and The Rough Guide to Denmark and The Rough Guide to Copenhagen (Rough Guide Travel Guides) by Mouritsen et al.

Prominent Danish Authors

Writings by Johannes V. Jensen (notably The Fall of the King) and Karen Blixen (Out of Africa and Seven Gothic Tales) are recommended. In addition, Hans Christian Andersen’s Tales Told for Children (1835) and his autobiographical The Fairy Tale of My Life are recommended, as well as Peter Høeg’s contemporary novel, Smilla’s Sense of Snow. Writings by Benny Andersen, Jens Christian Grøndahl, Ib Michael, Martin Andersen Nexø, Klaus Rifbjerg, and Søren Ulrik Thomsen also come highly recommended.

Recommended Viewing

Among the movies that deal with Danish themes are Babette’s Feast and the highly acclaimed Pelle the Conqueror, both of which won Oscars for best foreign language film of the year in 1987 and 1988, respectively. The Dogme 95 movies The Celebration by Thomas Vinterberg (1998) and Mifune’s Last Song by Søren Kragh-Jacobsen (1999) deal with more contemporary issues of Danish society. In addition, movies by Lars von Trier such as Breaking the Waves (1996), Dancer in the Dark (2000), and Dogville (2003) represent strong examples of contemporary Danish filmmaking.
ARRIVAL & ORIENTATION

Documents
Information about passports, visas, and other documents that are required for participation in this program is provided in the UCEAP Guide to Study Abroad and in the UCEAP online Predeparture Checklist.

University of Copenhagen Application
You will apply online to University of Copenhagen. You will be notified via e-mail when you are able to access and begin this application. The application for admission also includes applications for language programs, housing, and a mentor. As with all your paperwork, keep a copy for your own records.

University of Copenhagen has the right to deny admission if your application is incomplete, inaccurate, or does not stand up to academic requirements. Therefore, it is important to take the time to carefully fill out the application and submit the requested documentation. You will also need to upload several documents, including your transcripts (these do not have to be official).

Selection by the University of California to participate in the UCEAP program does not guarantee admission to the University of Copenhagen.

Residence Permit
If you are a fall, spring, or year student, you must obtain a residence permit prior to arrival in Denmark. Fall students must obtain a visa for at least the full length of the semester through January 2012, and year students for the full academic year.

If you are staying for the summer only, you do not need a residence permit. However; if you are considering extension to the fall or year, you must apply for and receive a residence permit before going to Denmark. You must contact UCEAP prior to doing this.

To apply for a residence permit, you must first be accepted at University of Copenhagen (KU). It is therefore very important to apply for admission to KU as soon as possible after receiving the e-mail notification from them. Upon acceptance by KU, you will receive a Welcome Packet with documents and instructions that you will need in order to apply for a residence permit. This will include the actual residence permit application with one section completed by KU. This section must be included when you apply for the permit!

Your online Predeparture Checklist will have very detailed information for obtaining the residence permit. Prior to applying for your residence permit, you are required to send a payment directly to the Danish Immigration Service. You will then mail the completed application, along with your passport, supporting documents, and a money order for the application fee (payable to the Danish Consulate), to the Danish Consulate in New York two to three months prior to departure.

It is essential to follow directions and meet all deadlines for documents associated with the Residence Permit application. Failure to do so may jeopardize your EAP participation.

If you are a fall student and you choose to extend for another term, you must reapply for a new residence permit. The reapplication is done through the Copenhagen-based consular office before the first permit expires. The UC Study Center will provide details on how to get the new residence permit.
Non-U.S. Citizens
Additional requirements may be imposed upon non-U.S. citizens, depending on country of citizenship. Non-U.S. citizens must contact the Danish consulate directly to determine their country’s regulations.

Registration with Danish Authorities
Upon arrival in Denmark, you will need to register with Danish authorities. Student mentors will be available to help. The two most important registrations are with the Civil Registration Office (Folkeregisteret or Borgerservice), where you will get a **CPR number**, sign up for the National Health Service, be assigned a general practitioner (GP), and receive an identity card or social security card; and with the University of Copenhagen, where you will receive a student ID card. To register with the Civil Registration Office you will need to take your completed registration form, passport (and a photocopy of it), residence permit, acceptance letter from the University of Copenhagen, and your housing contract for proof of your address in Denmark.

Request a Mentor
Note that mentors are students from University of Copenhagen who volunteer to help incoming international students. As it is on a voluntary basis, the University of Copenhagen does not guarantee mentors will be available for everyone.

When completing the University of Copenhagen online application, it is important to indicate that you would like to have a mentor. A mentor is a Danish student who volunteers to help international students during their first few days in Copenhagen. The University of Copenhagen’s International Office will do its best to find a mentor for you and will give you the mentor’s e-mail address.

You must communicate directly with your mentor well in advance of leaving the U.S. if you want the mentor to meet you at the airport and help you get to your accommodations. You must be specific about your arrival date and time. The mentor can pick up the key for your dorm or private room and then meet you at the airport, but again, you must be specific as to whether you would like the mentor to do this. The mentor must have these instructions directly from you.

You may also meet your mentor at a primary bus or train station if you are not flying directly into Copenhagen, but you must give your mentor accurate arrival information. In some cases the mentor may not be able to meet you upon arrival.

The mentor will be able to advise you on everyday practical matters, such as how to use the public transportation in your area, where to do your shopping, and where to go for entertainment in Copenhagen. During the first week of your stay in Copenhagen, the mentor will assist you in registering with the Danish authorities and will introduce you to the university.

If you arrive in Copenhagen without a mentor, or if your mentor is not able to meet you upon arrival, you will have to make your own way to your accommodations. If you are staying in a dorm, you may have to go to the International Office during office hours to pick up your key. If you are staying in a private accommodation, you must make arrangements with your landlord prior to your arrival.
Be sure to check with your airline for specific luggage size and weight restrictions. The weight limits have lowered considerably for most airlines, and the excess weight fees are high!

The UCEAP Student Budget does not include funds for the purchase of clothing abroad.

Packing Tips

Essential
- Sturdy, waterproof shoes or boots for the fall and winter
- Scarves, hats, and gloves
- Warm coat for the winter
- Clothing that can be layered
- Prescription medication (see the Health chapter in this guide for details on taking prescription medication abroad)
- Registration documents (e.g., KU acceptance letter, residence permit, etc.)

Optional
- Currency converter and plug adapter (see the Electric Current section in this chapter)
- Thermal underwear
- Wool socks
- Raincoat with a hood (it’s often too windy for umbrellas)
- One dressy outfit for formal occasions
- Sports attire
- Small backpack for excursions
- Sleeping bag for weekend trips
- Alarm clock with batteries
- Photos of friends and family

Medications
It is important to check on the legality and availability of any prescription medications that you need while abroad. Some medications may be legal in the U.S. but may not yet have been approved in Denmark. It is illegal to ship medications to Denmark. Plan to take enough to last throughout your term or make a plan to get a prescription in Denmark.

Climate
Spring and summer in Denmark are temperate, windy, and occasionally wet. The weather is usually pleasant, with the days crisp, clear, and cool (although the temperature sometimes gets over 80°F). From May through August, Denmark experiences long days, averaging 17 hours of daylight. The fall and especially the winter are windy, dark, and cold. During December and January, the sun is up only seven or eight hours a day, and the sky is often overcast. Every few years there is a severe winter with considerable snow.

Clothing
The casual attire typically worn at UC is acceptable in Copenhagen; however, you will need heavy clothing in colder weather.

Clothing is generally more expensive in Denmark than in California. Secondhand shops are good sources for clothing, but not footwear. Wool sweaters and lined rubber boots are a reasonable buy in Denmark.

Electric Current
The voltage in Europe is 220–240 rather than the standard 110 volts in the U.S. Plugs for outlets differ from those in the U.S. Bring a currency converter and plug adapter if you take small electrical appliances from the U.S. such as hair dryers, travel irons, and electric shavers. Make sure that your laptop is adaptable to this current.

Due to the high cost of electricity abroad, and since improper use of appliances may damage electrical outlets and the appliances themselves, it is a good policy to ask before using outlets.
Insurance for Personal Possessions

The UCEAP Insurance Plan includes a personal property benefit. Review the plan carefully prior to departure and determine if it provides enough coverage to suit your needs. Consider also that your parents may already have insurance coverage for personal possessions. Find out if their insurance will cover your items while in transit and while abroad, and also inquire about deductibles.

You may decide to purchase additional coverage, especially for items of high value such as a computer or camera. If you decide to do so, it is best to obtain insurance before departure because most theft occurs in the airport or while moving into housing. The host university does not protect student belongings—even in university accommodations. You are responsible for your own personal property. You can safeguard your belongings from damage or theft by locking your dorm room and securing money, travelers checks, jewelry, passport, and other possessions.

Use logical precautions to safeguard valuables; for example, avoid wearing expensive clothing or jewelry and going to questionable parts of the city, especially at night or when alone. Your vulnerability can be minimized through actions and appearance. Be cautious about inviting casual acquaintances home.

Independent Travel to Denmark

You are responsible for making and paying for your own travel arrangements, even if you are on financial aid. The Financial Aid Office is not responsible for purchasing tickets. You are strongly urged to purchase changeable airline tickets and confirm your flight schedule prior to departure.

You may be met by a student mentor upon arrival if you request one in advance. See the Request a Mentor section in this chapter. You must provide the mentor with accurate arrival information. It is highly recommended that you request a mentor.

Please note that UCEAP strongly discourages students from “couch surfing” when traveling. This is defined as using an Internet social network to organize free places to stay used by travelers around the world.

Financial Aid Students

Your financial aid package is based partly on the UCEAP Student Budget for the program. The estimated round-trip airfare amount is based on the cost of a changeable student fare to Denmark. If your independent travel costs are greater than the airfare estimate in the UCEAP Student Budget worksheet, notify your financial aid counselors. Neither UCEAP nor the Financial Aid Office can guarantee that the additional cost will be funded by financial aid.

Return Travel

If you do not make a round-trip arrangement, be sure to book a return flight with plenty of lead time once abroad. Study Center staff can refer you to local travel agencies for information on return travel. Flights to the U.S. fill up fast and economy-fare seats are booked early.

Since individual final exam schedules cannot be determined before reaching Denmark, students purchasing round-trip airline tickets should be careful to select a ticket that allows the possibility of changing the return flight date at a minimal charge.
Arrival Information
You are required to attend a mandatory EAP orientation in Denmark on the Official EAP Start Date of your program. You are subject to dismissal from EAP if you do not attend this orientation (per the UCEAP Student Agreement). Detailed information regarding the arrival meeting point and orientation will be sent via e-mail prior to your arrival.

Orientation includes academic briefings and details on how to take care of practical matters. Do not plan to spend this block of time reserved for the orientation in sightseeing or attending cultural events.

Orientations by Program
The orientations are designed to provide insight into the academic environment of the host university and to explain course credit, study lists, grades, and other serious academic matters. Advice will be presented on coping with a new culture and on such issues as health, local transportation, opening a bank account, acquiring a telephone, and registering with the Danish authorities. Orientation sessions run concurrently with the language program and include cultural activities.

If you are participating in the summer Language and Culture program (L&C), you must arrive in Copenhagen before June 27, 2011. Classes start in the morning of June 27. An orientation meeting will be held that same afternoon.

If you are participating in the fall and year program without summer L&C, you must arrive in Copenhagen before August 4, 2011 in order to be ready to begin language classes on the morning of August 4. An orientation meeting will be held that same afternoon.

If you are in the Human Biology program, the program start date has yet to be announced, but the anticipated start date is August 1, 2011. Check the program calendar on the UCEAP website for updates.
Local Transportation

Copenhagen, like most modern cities, has its problems with commuter traffic, but it also has an extremely efficient system of public transportation. A ticket for unlimited local bus and train transportation costs approximately DKK 345 per month (depending on the commute from the inner-city area). While riding the trains, metro, or bus in Copenhagen, you must always carry your ticket. A hefty fine is imposed on passengers who do not have a valid pass.

Visit Copenhagen's official tourism website for more information about transportation in and around Copenhagen.

The most common form of transportation is the bicycle. The country’s main cities and towns are also linked by a web of bike paths, so cycling is considered a very practical way of getting around. You can purchase (and later sell) used bicycles through Den bla Avis, a local paper, for about DKK 800. You can carry bikes on most trains in Denmark in designated cars. Bike riders must use bike lights after sunset. Failure to comply with regulations regarding lights, brakes, reflectors, etc. will result in a fine.

Bike theft does occur in Copenhagen, so it is important to have a good lock. Students with expensive bikes should include the bike on their personal insurance policy. Make sure that the type of lock you use is accepted by your insurance company. Biking while intoxicated is prosecuted on the same premise as driving while intoxicated.

The city of Copenhagen also provides roughly 2,000 free bikes for visitors and locals during the summer months. Simply find one of the 110 city bike racks dotted around the center of the city, deposit the appropriate amount of money (roughly DKK 20), and ride off. When you are done, return the bike to any rack and get your money back.

Denmark’s internal air travel system is convenient for travel between the main cities. Regional buses also service most cities and towns. Denmark’s train system has reasonable fares and frequent service.

In Denmark, automobiles are driven on the right-hand side of the road, seat belt use is mandatory, and drivers are required to carry a warning triangle. If you intend to drive a car while in Denmark, be sure to know the traffic rules and regulations of the country as they do differ from U.S. rules.

The Øresundsforbindelsen (Øresund Fixed Link), a system comprised of 7.5 miles of bridges and tunnels for trains and cars connecting Malmö in southern Sweden and Copenhagen, has given the Danish capital city a convenient link to the rest of Scandinavia.
FINANCIAL INFORMATION

Understanding Your Finances
Understanding your finances before, during, and after EAP is crucial to having a successful time abroad. The following list outlines just a few of the many things you will need to know before departure.

Detailed information on the following topics can be found in the Money Matters chapter of the UCEAP Guide to Study Abroad:

- Contact information for finance questions
- How to estimate the cost of your program
- Budget instructions and information
- How to and who can make payments to EAP
- EAP student account information
- Banking before and after arrival
- Fees and penalties
- Loan information
- How financial aid works while on EAP (how do I get my financial aid from my home campus and how are my fees paid)
- Various forms (e.g., direct deposit, etc.)

MyEAP Student Account
Your MyEAP Student Account is similar to your home campus Financial account. It will be available as soon as you are selected for your program in MyEAP. The fees that you owe UCEAP are posted to your account, and you can make payments through this account using e-checks or credit cards (MasterCard or Discover). Fees will be applied after your program predeparture withdrawal date, which is listed in MyEAP.

EAP Student Budget
Carefully review your UCEAP Student Budget.

Your UCEAP Student Budget lists the fees you will pay to UCEAP and an estimate of the personal expenses you will need to plan for. It does not include the cost of recreational travel or personal entertainment. The fees due to UCEAP will be posted to your MyEAP Student Account after your program predeparture withdrawal date. Program fees are subject to change. View your EAP Student Budget frequently.

Instructions
- Download and print your EAP Student Budget and Payment Vouchers.
- Note the deadlines on the Payment Vouchers.
- Give the EAP Student Budget and Payment Vouchers to the person responsible for paying your EAP bills. Sign them up for Third Party Authorization so they can make payments online.

For further information see the Money Matters chapter of the UCEAP Guide to Study Abroad and the Money Matters tab of your Participants Portal. If you are on financial aid, see also the EAP Financial Information web page.
The official currency unit in Denmark is the kroner (abbreviated Dkr or DKK).

**Handling Money Abroad**

Most European countries now use the euro as currency; however, Denmark is not a part of the euro area (though it is a member of the European Union). The national currency, Danish kroner (DKK), will remain in use indefinitely.

Make sure that you have some Danish currency as soon as you arrive in Copenhagen. You should be able to obtain Danish kroner at an American bank, but, if not, you can exchange dollars at a bank at Kastrup (Copenhagen) Airport upon arrival, or once in the city. Do not use Forexchange in the airport as they have very high fees for cash exchange.

You must plan to arrive in Denmark with enough money to cover initial expenses. Approximately the equivalent of $1,500 in Danish kroner should cover the housing deposit, the first month’s rent, and incidentals if living in private accommodation.

**Banking**

If you will be staying in Denmark for one semester or more, it is advisable to open a bank account in Denmark to facilitate banking transactions, including bank-to-bank transfers of funds needed for the duration of your stay. You can also deposit money into this account for safety and easy access if making large ATM withdrawals from your American bank.

Many large U.S. banks maintain affiliate relations with Danish banks. In order to make money transferring easier, find out if your American bank is affiliated with a Danish bank in Copenhagen and what services are available.

Banks in Denmark are generally open on weekdays from 10 a.m. to 4 p.m., with extended hours on Thursdays to 6 p.m. Banks at the Copenhagen Airport keep longer hours. Most banks have 24-hour ATMs that accept Visa and MasterCard. As you would at home, be aware of the obvious risk of using an ATM at night. ForEx, which has a location close to the Study Center, exchanges cash for a reasonable fee.

EAP students enrolled at University of Copenhagen have often established accounts at Den Danske Bank, Frederiksberggade 1. Banks may require up to one month for checks to clear and funds to be released.

In order to open a bank account you will need your passport, the Danish CPR number (the Danish equivalent of a Social Security number), and your University of Copenhagen admissions letter. A local bank ATM card can be issued for accessing your account. Checks are not widely used in Denmark, and it is therefore not recommended to get a checkbook. There are no fees for opening or having an account, but fees should be expected for various services from the bank. The UC Study Center suggests that you maintain a balance of at least $500 in the account at all times.
Transferring Money via ATM
The best way to have money transferred is through an ATM. In Denmark, using an ATM is possible with a valid international debit card or an ATM card. Confirm with your bank that you can use your ATM card to access funds in Copenhagen. Be sure to obtain a personal identification number (PIN) with four digits, since European ATMs require four-digit PINs.

Once abroad, you can use your ATM card and PIN to withdraw money from your U.S. account. Contact your bank prior to leaving the U.S. to confirm the maximum amount you can withdraw per day and what fees will be charged. It is also important to notify the bank that you are going abroad in order to prevent the bank from cutting off international access to the account because of unusual activity.

Travelers Checks
Travelers checks are widely accepted in Denmark, but they are often expensive to cash. Banks usually charge the equivalent of about U.S. $4 per check, and require a minimum of 200 DKK to be exchanged. Travelers checks can be used as an emergency reserve.

Credit Cards
Visa, MasterCard, and American Express cards are widely accepted in hotels, restaurants, and shops in Denmark and in Europe. In some cases, banks will give cash advances on credit cards, although there is usually a high fee for this service. You are urged to have at least one credit card and to bring travelers checks for emergencies.
Communications Abroad

Phone
Phone access varies depending on the type of housing the student occupies. Most dorms have room phones that can be rented through the dorm administration. Many students acquire cell phones, although it should be emphasized that these can be expensive, especially when used to call abroad. Costs can be substantially reduced with the use of prepaid phone cards, available at the post office and in shops. Past students also advise that students purchase the same cell phone plan as their friends—calls are much cheaper when made within the same plan.

Currently the most popular means of communication is through the Internet, and Skype is one of the primary providers. Skype options include computer-to-computer calls (free) and computer-to-phone calls (minimal cost). Visit the Skype website for more information. You are advised to buy a headset in the U.S., where electronics generally cost less.

E-mail
The International Office at the University of Copenhagen sets up a free e-mail account for you at the time of your admission. Important messages from the university, such as information on how to register for exams and housing offers, are often distributed through these e-mail accounts, so it is important to check your university e-mail regularly. KU will use the university e-mail account only. You are responsible for responding to e-mails in this account from the time of admission and onward. It may also be convenient to have a web-based e-mail account, such as Gmail, which you can access at any time and anywhere for your general needs.

Mail
Letters dispatched before you reach Copenhagen can be sent to:

[Student’s name]
University of California Study Center at University of Copenhagen
University Education Service/The International Office
Fiolstraede 1
PO Box 1143
DK-1171 København K
Denmark

The office will inform you by e-mail when the letter arrives. Do not send packages or luggage to the Study Center.

Shipping
If you intend to mail belongings abroad (e.g., winter clothing), wait to do so until you have your own address in Copenhagen.

If you send packages to Denmark, do so via regular mail. Past students who shipped belongings were surprised to find that the inexpensive rate originally quoted for shipping did not include fees assessed in Denmark for customs, handling, and forwarding.

Take a good look at what you plan to ship and decide if the items are necessary and worth the effort and expense. Shipping computers, laptops, or cameras (especially if new) is not recommended. It may be less expensive to pay the excess baggage fee with the airline than to ship goods abroad and pay customs duty upon arrival.
Computer Access and Use

You are encouraged to take a laptop if you have one. You will be expected to type course papers. Also, pack a converter and an adapter for the power source if it is needed. Modem access will vary depending on your housing situation. Some dormitories provide free LAN Internet access (not the computers, only the connection). In private accommodations, modem access must be arranged with the landlord.

The UCEAP insurance provides a personal property benefit, which includes coverage for laptop theft; however, it is your responsibility to review the details of this coverage and make sure it is enough to cover your laptop. Information is available in the UCEAP Insurance Plan. You may determine that you need additional insurance.

Each University of Copenhagen faculty (school) has a computer center (usually PCs). In addition, some departments provide computer facilities. These facilities normally are open only from 9 a.m. to 4 p.m., and are often closed on the weekend. In some schools it is possible to gain longer access. Past EAP students have generally found computer access significantly more restricted than it is on their home campuses.

There are also some computers available at The International Office for checking e-mails and other minor tasks.
Housing & Meals

Accommodations

Depending on availability, you will live in a university-affiliated dormitory, rented room, or rental apartment. Most UCEAP students will live in dorms or shared apartments with other international students.

Housing arrangements are made by the International Office at the University of Copenhagen. They will send you a housing contract via the University of Copenhagen e-mail account assigned to you at the time you are admitted to the university. Read the contract and respond immediately. University of Copenhagen will use only your assigned University of Copenhagen e-mail account. Be sure to check it regularly!

The university does not own dormitories but has reserved a number of rooms for international students in independent dorms. At some dorms the International Office has more than 100 rooms at their disposal for international students, in others it has as little as 3–5 rooms. You may indicate in your online housing application any preferences you may have, but note that in dorms with few rooms the International Office may not be able to place you.

The many different dorms vary in all aspects. They are located throughout the city, some are new and modern, others are older with well established student networks and traditions. The room sizes and facilities also differ greatly. All dorms have good connections by public transportation to other parts of the city and most will be in bicycle distance to the main university campus areas.

The prices can also vary significantly between the different locations. Be sure to look at the costs when you apply. You can state the price you want to pay when completing the KU online application.

Review the housing section of the KU website prior to submitting your online KU application.

Some of the dorms are:

- **Signalhuset** is one of the residences with the most available space. It is located close to a metro station close to the Southern campus area. It is a modern building with apartments. Each apartment is shared by four students; there are four bedrooms, one kitchen, and two bathrooms.

- **Tranehavegård** is another of the residences with high availability. It consists of apartments shared by two students. An apartment has one bedroom, living room, kitchen, and bathroom.

- **Keops** is a dorm located in the outer Nørrebro area. The rooms have individual kitchenettes and bathrooms.

- **Tietgen** ([www.tietgenkollegiet.dk](http://www.tietgenkollegiet.dk)) and **Bikuben** ([www.bikubenkollegiet.dk](http://www.bikubenkollegiet.dk)) are two of the new and modern buildings located on or close to the Southern campus. These are single room dorms with shared kitchens. There are only a very limited number of rooms available at these dorms.
**Frequently Asked Questions**

**Q: What are the accommodations like?**

**A:** The University of Copenhagen is not a campus-style university in the UC sense and does not have any student housing facilities. The residence halls are privately owned.

Dormitory (kollegium) accommodations usually consist of single or double furnished rooms with private bathrooms, common (shared) kitchens, and recreation facilities. Students are responsible for maintenance and cleaning of public spaces in dormitories and other accommodations.

Private accommodations include shared flats with other students, living quarters with a family, or a single private room. Shared facilities vary, but because apartments in Copenhagen are often small, it is common that there is only a shared kitchen and no living room.

Copenhagen is a crowded city with a dense city center. Space is limited; apartments and rooms are often small. Kitchens and bathrooms are often very small by U.S. standards.

**Q: Will I have a roommate?**

**A:** If you live in a dorm you will have either a single or a double room. You will share a common room and kitchen with other students. If you are in a double room, the roommate will most likely be another international student. If you live in a rental apartment or flat you will most likely share the living area, kitchen, and bathroom with others, but you will have a private bedroom.

**Q: How do I apply for housing?**

**A:** The University of Copenhagen’s application for housing is part of the online application for admission.

The University of Copenhagen’s International Office (IO) is responsible for assigning EAP student housing. The International Office will provide you with one housing offer only. Placement is first come, first served. It is therefore critical that you meet the deadlines. If you have preferences, such as a particular dormitory, you should state it in your housing application. If you do not enter a particular location, you should at least state the price you are willing to pay.

If you attend the summer language and culture program and are considering extending to the fall or year program, you must reapply for housing as early as possible. The deadline for housing for the fall semester/academic year is the same as the general application for admission. In case of extension, University of Copenhagen will accept late housing reapplication, but does not guarantee housing. The IO will do its best to accommodate all students.

If you are in Copenhagen for the fall semester and are considering extending, it is important that you reapply for your spring housing by October 1. (It is possible to reapply for housing before making a final decision about extending to the spring program.)
Q: How do I pay for housing? Do I have to pay out of pocket?
A: You are personally responsible for the cost of all room and board. Housing costs are paid directly to the University of Copenhagen. Detailed information on how and when to pay for your deposit and rent will be included in your individual housing contract.

For a dorm room, you can expect to pay a deposit and rent for a full semester before the beginning of the term. In private accommodations, you will most likely pay a deposit and first month’s rent before moving in.

Students on financial aid are responsible for paying their housing costs. Financial aid will not automatically be transferred to Denmark—you must complete the transaction on your own by the designated deadline.

If your financial aid has not been disbursed by the deadline, you must pay out of your own pocket and reimburse your personal funds when you receive your financial aid. Plan ahead and make arrangements now!

Q: Are there deposits?
A: Yes, in most cases you will need to pay a deposit. In dormitories the deposit will be approximately the equivalent of $1,400 and must be made by bank transfer to the International Office as stated in the contract. The deposit is refundable on departure if no damage has been done to your room.

If you are offered private accommodation there may be a deposit, which will be stated in the contract. The amount is usually the equivalent of one month’s rent. Payment should be organized directly with the sub-lessee.

Q: How much can I expect to pay for the duration of my program?
A: Refer to the UCEAP Student Budget (located in the Money Matters section of your Participants program page) for an estimate on room and meal costs. Rental rates vary depending on the facilities provided. Failure to pay your rent on time may cause you to lose the room.

Q: When will I know where I will be living?
A: You will receive a housing contract via e-mail from the IO. The accommodation address is on the contract. The contract must be signed and returned immediately to the University of Copenhagen’s International Office.

Q: When can I move in?
A: Move-in dates vary. Housing move-in dates are in accordance with the individual contracts sent to each student. Housing will be available no later than the beginning of orientation. If you arrive earlier than the move-in date on your contract, you will need to stay in a hotel or hostel until your move-in date.

Q: Will my housing be far from my classes?
A: Each student’s commute will be of a different length, depending on where your kollegium or apartment/room is located. On average, the International Office will try to place you within a 10- to 30-minute subway or bike ride from your classes, but some students may be further away.
Q: How will I get to class?
A: Students in Copenhagen normally ride their bikes or take public transportation, which is very accessible, efficient, and inexpensive. Expect to budget about $70 a month for public transportation. The Study Center encourages students who are staying for one or two semesters to buy a bike.

Q: Can I have guests?
A: Arrangements for guests should be coordinated with roommates and landlords. Long-term guests are not allowed.

Q: Should I bring my own linens? What about cooking utensils?
A: For your living quarters, you will need your own towels, linens, blankets, and pillows. Rather than taking household supplies from home, it is wise to wait and purchase the necessary items in Copenhagen. Danish apartments, furniture, kitchens, and bathrooms are often different in size and shape from those in the U.S., so wait to see what you will need. Some dormitory kitchens are furnished with basic cooking utensils and dishes, and in other dormitories you will have to provide your own cooking utensils.

Q: Is student residential life in Denmark similar to that at UC?
A: Student housing at the University of Copenhagen is not run by the university but rather by private companies and student organizations. You are personally responsible for respecting the regulations governing the rental of your accommodations, such as deadlines described in the contract, cleaning of public spaces, and limitations of guest stays. Details of these rules are provided with the housing contract.

Q: What if I do not like the accommodations that I have been allocated?
A: As in any major city, apartments, flats, and private homes differ in style, setup, and size. Each student will have a different accommodation and should be prepared for the inevitable discrepancies. Housing in Copenhagen is difficult to find, so it is unlikely that the IO will be able to switch your accommodations once they have been assigned.

Q: What do I need to consider if I decide to find housing on my own?
A: Finding housing on your own can be time-consuming, expensive, and difficult, especially if you do not know the language. If you plan on finding housing on your own, you will need to make sure that it is within the city of Copenhagen. Staying outside the city limits in non-university affiliated housing may involve fees for language courses. Contact the UCEAP Systemwide Office in advance of making any housing arrangements on your own. You will need to submit a housing waiver form.

Q: Is there anything else I should know?
A: You will not receive your grades until all outstanding bills are settled. Therefore, be sure that you do not leave Denmark without cleaning your room, paying your final rent, or taking care of any damage that may have been done to the room.
Meals
Danish students generally prepare all of their own meals since eating out, particularly in the evening, is expensive. In the afternoons, however, you can purchase a light lunch (Danish open-faced sandwiches or salad) at the university canteens for about $6.

*Kollegiums* have communal kitchens that students share with 10 to 15 others. All kitchens have basic cooking facilities and most kitchens have shared utensils. Students living in residence halls often organize dinner clubs in which they take turns preparing evening meals. Apart from saving you some time, dinner clubs are often a lot of fun and a good way to meet other students.

Refer to the UCEAP Student Budget to help you decide what to budget per month for food. You can purchase a wide variety of good produce at neighborhood fruit and vegetable markets at a reasonable cost.

EAP students living in private residences need to work out arrangements with their landlords for grocery shopping, storing food, cooking meals, washing dishes, hosting guests, and disposing of garbage.
EXTRACURRICULAR ACTIVITIES

Get Involved
Participating in extracurricular cultural and social activities while on EAP is an excellent way to meet people, improve your language skills, and integrate more fully into the community. Join clubs, sports, musical, theater, or arts groups; volunteer at local organizations, attend lectures and receptions held in academic and community circles, and get the most out of your time abroad.

Opportunities are not limited to those mentioned in this guide. This section discusses just a few of the many activities past students have enjoyed.

Meeting Others
The international student organization Erasmus Student Network (ESN) is active at University of Copenhagen and offers a variety of excursions and social events throughout the year. Visit the ESN website for more information.

A good way to meet Danes is to participate in one of the many creative courses offered at municipal night schools in drawing, painting, photography, languages, etc. These courses cost about DKK 1,200 per semester.

A monthly publication called Copenhagen This Week contains week-by-week listings of cultural events and is a good source of general information about local activities. There is also an online edition of Copenhagen This Week. You may also find much useful information at All about Copenhagen.

There are hundreds of museums and galleries in Copenhagen. Many have free admission at least one day of the week (most often on Wednesdays).

Studenterhuset
All students enrolled at the University of Copenhagen are automatically members of Studenterhuset, one of the main student meeting places at the university. The university student card serves as an admittance card to Studenterhuset, and entitles students to beverage discounts in the bar and admission discounts at concerts. Studenterhuset is centrally located and also hosts the International Café on Wednesdays.

Sports
You can participate in the sporting life at the University of Copenhagen by joining the University’s Sports Association (USG). The USG is an organization for all students in Copenhagen and has about 8,200 members. It is designed to provide students with a wide variety of sporting opportunities including, but not limited to, water polo, ballet, basketball, soccer, handball, fencing, squash, climbing, and yoga. These activities are located all around Copenhagen to accommodate students who live in different parts of the city. The price is about $100 for one academic year. There is also a student hiking club.

Working Abroad
Your student Residence Permit to Denmark also includes a permission to work part time. You may work no more than 15 hours per week. Contact the Danish embassy or consulate for more information about working abroad.
The UCEAP Student Budget does not include funds for recreational travel abroad.

Travel During the Program
Copenhagen’s location makes travel outside Denmark, near and far, convenient. The Danish International Student Committee (DISC) runs a student travel agency, Kilroy Travels, which offers student discounts. Students can also find reasonable package deals through Danish travel agencies.

Familiarize yourself with the UCEAP Student Travel Policy, which prohibits travel to places identified by the U.S. Department of State as ones to be avoided for safety reasons.

While travel opportunities may be tempting, do not allow your travels to interfere with course work or needed study time. Opportunities for travel are plentiful and EAP does not wish to discourage you from taking advantage of them. However, it is expected that you will attend all class sessions and adhere to your program’s absentee policy at all times. As stipulated in the UCEAP Student Agreement, you must regularly attend all classes for which you are registered, and must conform to all applicable rules.

Failure to abide by UCEAP travel guidelines or the Student Agreement may be cause for dismissal from the program.

Travel Sign-Out
You are required to inform Study Center staff about your travel plans, especially if you leave for more than a weekend. An emergency may arise abroad or at home that may make it necessary to reach you promptly. For your convenience, there is a Travel Sign-Out form in MyEAP. Please use this whenever you travel out of the Copenhagen area.
HEALTH

If you feel sick or have a medical emergency once abroad, you should seek medical attention immediately and contact the Study Center as soon as possible. Study Center staff can facilitate contact to clinics or specialists, and provide the necessary medical insurance claim forms.

There is no university-affiliated health center at the University of Copenhagen. However, there is medical and emergency information on the Health and Safety section of the KU website. Bookmark this site and be sure that you have it while abroad.

Prescription Medications

If you take any medicine regularly, check to make sure the medication is legal in Denmark. You are permitted to bring a maximum 3-month supply into Denmark. Call the University of California travel assistance provider, Europ Assistance, on the dedicated UC phone line at (866) 451-7606 or e-mail ops@europassistance-usa.com. It can be difficult or impossible to mail prescription and over-the-counter medications through the mail—do not plan on doing so. They will be confiscated by Danish customs' control.

If you have a current prescription/note from your doctor, a local Danish doctor may issue you a Danish prescription. Danish law requires you to obtain a prescription from a local Danish doctor. After arrival and registration with the Danish health service, you will receive a CPR number (Danish Civil Registration number). With this number, you can make an appointment with a Danish doctor. Bring an extra copy of your prescription including the generic name of all medications you are currently taking as brand names may be different. It is recommended that you bring a doctor’s letter listing your diagnosis as foreign prescriptions are not refillable in Denmark.

If it is necessary for you to have more than a 3-month supply of U.S. prescription medications that are considered illegal in Denmark (e.g., some ADHD medications that contain amphetamines), you must apply for an exemption (dispensation) through the Danish Medicines Agency to import medicine into Denmark. Applying for an exemption does not guarantee that an exemption will be made. This decision is entirely up to the Danish Medicines Agency. You must start this process at the very beginning of the program—well before needing the new prescription—to allow time for a few consultations, if necessary. For further inquiries, contact the Danish Medicine Agency:

The Danish Medicines Agency
Axel Heides Gade 1
DK-2300 København S
Phone (general inquiries): +45 44889595
Fax: + 45 44889599
E-mail: dkma@dkma.dk

Hours (Danish time): Monday to Thursday, 8:30 a.m.—4 p.m. and Friday 8:30 a.m.—3:30 p.m.

Counseling Services

The University of Copenhagen has a limited, free-of-charge counseling service, and all students enrolled are eligible for this service. Only under serious and specific circumstances does the Danish National Health System cover expenses for psychologists. Psychiatrists are included in the Danish National Health System and, as with all other medical specialists, you must receive a referral through a general practitioner (GP). For acute mental health emergencies, contact the nearest emergency ward or call the “mobile doctor.” This service is
covered by the Danish National Health System after registering with the Danish Civil Registration Office (CPR). Contact the university’s International Office or the UCEAP Study Center for assistance.

The UCEAP health insurance covers consultations with licensed psychologists. Benefits are payable for up to 40 visits for outpatient counseling services when there is a charge for the visit.

**Students with Disabilities**

Students with physical and learning disabilities should be aware of a number of considerations when planning to study at the University of Copenhagen. In Denmark, disabled students are under the care of the regional county and not of the university. This means that without a Danish CPR number, students with disabilities cannot expect to receive much help (see the following Insurance section). Once you obtain a CPR you can get limited public assistance. You may also need to have adequate resources to pay for assistance from the private sector. Students who have mobility problems should also remember that much of Copenhagen and the university itself are old and were not built by contemporary standards. Many of the streets are made of cobblestones, and the older buildings of the university can be difficult to access, as there are not many elevators.

The buses and trains in Copenhagen and in the rest of the country are, in general, easily accessible and safe. However, actually getting to the bus stop or train station can be difficult. Not all student halls have rooms that are designated for those with physical disabilities.

**Insurance**

You need to pay for services and file a claim to be reimbursed. Fully itemized bills should be submitted with the claim form. Medical claims processing time is about four to six weeks after receipt of the claim. Keep photocopies of all documentation submitted in case the claim gets lost in the mail.

If you reside in Denmark for more than three months and hold a residence permit and have a CPR number, you are automatically insured by the Danish National Health system. You must apply for a CPR number to sign up for the health system. (See the Insurance section of the KU website.) Enrollment includes the selection of a general practitioner (GP) from a list provided. Those insured by the Danish National System should go to their designated GP when ill. Illness that requires treatment but occurs outside of the GP’s office hours and is not serious enough for an emergency ward can be treated by contacting the Emergency Doctor Service. If you are covered by the Danish National Health System, these services are free. If you are not covered by the Danish National Health System, you can use the same facilities but will have to pay for the service.

The Danish National Health System covers all visits to the GP and to emergency wards as well as hospital costs and treatment by specialists if you have a referral from the GP. The National Health Service does not cover dental work, psychologists, pharmaceuticals, or non-emergency vaccinations.
SAFETY

Preventing Theft

- Having a cell phone can be extremely helpful if you are in distress.

Compared to most big cities, Copenhagen is relatively safe. However, as in any metropolitan area, petty theft or crimes of opportunity do occur. Pickpockets and purse-snatchers operate mainly at train stations—the Copenhagen Central Station, in particular—and during crowded train or bus rides. Muggings, sexual assault, and racially motivated violence are all rare. Confrontations between gangs occasionally occur outside nightclubs or in districts such as Norrebro or Christiania.

The best theft prevention tip is to use common sense:

- Do not leave your bike unlocked
- Do not carry a lot of cash
- Do not travel alone at night
- Do not be too accessible to strangers

The University of Copenhagen does not have a special security program. You—not the university—are responsible for your own safety and security. The University of Copenhagen does not provide a special transport service. However, subway and bus services within the city of Copenhagen are exceptionally dependable and safe to use.

Demonstrations and other public protests are fairly common in Denmark and normally relatively peaceful.

Criminal Penalties

Persons violating Denmark’s laws, even unknowingly, may be expelled, arrested, or imprisoned. Penalties for possessing, using, or trafficking in illegal drugs in Denmark are severe, and convicted offenders can expect long jail sentences and heavy fines.

Transportation and Road Safety

Danish expressways, highways, and secondary roads are of high quality and connect all areas of the country. Public transportation services in Copenhagen are safe, extensive, and efficient. Trains, buses and ferries connect Copenhagen with other major cities in Denmark and to Norway, Sweden, and Germany. Bicycles are also widely used in Denmark.
Emergency Contacts

What Constitutes an Emergency?
Emergencies are circumstances out of the ordinary, unplanned, or unexpected, which threaten the health, safety, and well-being of you and/or your fellow students. The following are considered true emergencies:

- Any situation that places a student or students at risk, including illness or harm, or other traumatic incidents that require immediate response
- A student who has been arrested
- Civil unrest or a natural disaster in the host country

In an Emergency
Contact local emergency services first and then contact the following:

If you are in the U.S.
- During office hours (8 a.m.–5 p.m. Pacific Time): Contact the Operations Specialist at the EAP Systemwide Office
- After office hours: Call the 24-hour emergency phone number at (805) 893-4762

If you are abroad
Carry the local emergency contact information at all times:

- If you need immediate emergency assistance, call 112 for Police, Ambulance, or Fire Department. This is the equivalent of 911 in the U.S. Police assistance in Copenhagen is excellent. The police are well trained and professional, and they have adequate resources. Almost all officers speak English fluently.
- If necessary, call the emergency number of the U.S. Embassy in Copenhagen: (011 45) 33 41 74 00

U.S. Embassy in Copenhagen: denmark.usembassy.gov
Dag Hammarskjölds Allé 24
2100 København Ø.

Business Hours: M-F, 8:30 a.m.–5 p.m.
Phone: (011 45) 33 41 71 00
Fax: (011 45) 35 43 02 23

After Hours Emergency Phone: (011 45) 33 41 74 00

If you have a health or safety emergency and do not have access to local or Study Center emergency contact information, call the EAP 24-hour emergency phone number at (805) 893-4762.