

## THE NICE TO KNOW LIST!

### SUPERMARKETS AND FOODS

The cheapest discount supermarkets:

- Aldi
- Lidl

Other discount supermarkets, which are a bit better than the ones above (these often has good deals changing each week):

- Fakta
- Netto
- Rema1000 (well-assorted organic foods)

Larger, well-assorted supermarkets (and more expensive):

- Føtex
- Superbrugsen
- Kvickly
- Menu
- Irma – is probably the most expensive

### Good to know on... dairy products

In Denmark we have a wide variety of dairy-products, especially milk. Organic milk is quite normal, and is marked with a red Ø. Most milk is fresh. There's a color-code to navigate in the different kinds of milk, which is explained below.

- If you want low fat milk, choose **skummetmælk** (skimmed milk). Skimmed milk is in a partly grey carton.
- If you want milk with a bit more fat, but not as much as in semi fat milk, choose **minimælk**. It is in a light blue carton.
- If you want semi fat milk, choose **letmælk** (bright blue on the carton)
- If you want full-fat milk, choose **sødmælk** (dark blue on the carton)

Beware of **Kærnemælk** (buttermilk). It's a sour milk, not suitable for using in tea or coffee, or most cooking! Danes use it in some bakery-products and in a special dessert called koldskål. The carton will be partly green. Cream is called **fløde** (red on the carton, often in small sizes).

Danes eat quite a bit of unsweetened **yoghurt**. It can be recognized by not having pictures of fruit and berries on. It is not possible to get sweetened, plain yoghurt. Plain unsweetened yoghurt is called a variety of names, depending on how it is made. E.g. A30, Yoghurt Naturel, Ymer, Tykmælk and so on.

## Other typical Danish products

- **Rugbrød** (brown bread, used for lunch, most Danes prefer the ones with the most seeds in)
- **Leverpostej** (a form of paté made from pork liver, often eaten on rugbrød with pickled beet roots)
- **Marinerede sild** (Pickled heering). Especially popular around Christmas. Often eaten on brown bread with boiled eggs and tomatoes on the side.
- **Røget laks** (smoked salmon). Often eaten on white bread.
- **Frikadeller** (meat balls). Traditionally eaten with potatoes and thick, brown gravy for dinner. In modern Danish cooking, often spiced up in all sorts of ways.

## Opening hours

Many smaller shops are closed on weekends from Saturday early afternoon to Monday morning, although supermarkets are generally open all week. The same goes for larger shopping malls. Banks are generally open Mon-Fri 10.00-16.00. For Pharmacies and Post Offices see below.

## IN CASE OF ILLNESS

Should you get ill and need advice on your situation or to see a doctor urgently during weekends or after 16 on weekdays, call Akuttelefonen (out-of-hours medical services) on **1813** (yes only 4 digits). You have to call 1813 even if it is serious and you might need to go to the emergency ward, as they need to know beforehand. You cannot just show up on the emergency ward.

If you need over the counter drugs, e.g. painkillers, you should go to an Apotek (pharmacy), in a supermarket or in Matas (stores that also sell body care products).

## Pharmacies

Pharmacies are generally open from 10 – 17.30 on weekdays and from 9.30 – 13.00 on Saturdays. Opposite Copenhagen Central Station, at Vesterbrogade 6C, you will find a 24/7 pharmacy.

## HOW TO WRITE YOUR ADDRESS ON AN ENVELOPE

Normally it is

easy to receive mail in Denmark. It is important to have your name on the door or at the letterbox. If this is not possible, you will need a so-called Care of-address (c/o). That means that the name of the person whose name is on the door, should be written on the envelope with the letters c/o in front. Otherwise your mail may not reach you.

Example:

Donald Duck  
c/o Uncle Scrooge  
Money Bin, Killmotor Hill  
23  
Duckburg

Post that could not be delivered in your letterbox, can be picked up at the local post office. You will get a slip stating when and where. Opening hours at the post office is typically 10-17.30 on weekdays and 10-13 on Saturdays.

## TRANSPORTATION IN DENMARK

In Denmark, there are usually various options when it comes to transportation - specially in larger cities. Public transportation, such as the S-train, busses and metro, are all available in Copenhagen. The S-train and busses are available in most of Sjælland. Be aware that it is not an option to buy tickets on busses - unless you have cash. Most Danes have a Rejsekort, and it is possible for you to buy a Rejsekort Anonymt (anonymous Rejsekort), which can be used by anyone. You can, among other places, buy a Rejsekort at Copenhagen Central Station - DSB Sale & Service. A Rejsekort has to be refilled occasionally, which can be done at every station at a vending machine. **Remember to check in at the check-in-stands before your journey starts and check out when your journey ends.** If you change trains or busses during your journey, you shall not check out in between. You have to check in every time you change transport, and only check out when you have reached your final destination. If you forget to check in and get caught, you will receive a fine of 750 DKK.

It is possible to get a taxi no matter where. If there are no taxis nearby, call +45 4x48, + 45 4x35 or +45 4x27 to order one.

In Copenhagen, riding a bike is usually the normal and fastest way of transport. Therefore, it may be a good idea to buy or rent a bike. Remember to lock it whenever you are not using it.

## NICE TO KNOW WEBSITES

- News in English: <http://www.cphpost.dk/>
- The International House: [www.ihcph.dk](http://www.ihcph.dk)
- The Student House: <http://studenterhuset.com/en/>
- Going to see a movie? English movies are not dubbed, but subtitled. You can check out what is on in your local movie theater or have a look here: <http://www.kino.dk/aktuelle-film> (this site is in Danish, though).
- Curious about what is going on in Copenhagen? Use the AOK (All On Copenhagen) <http://www.aok.dk/english>
- Thinking about joining a sports club? Look at <http://www.usg.dk/home/> This is the website of the Copenhagen Universities gymnastics organization, and they offer a wide variety of sports.
- Need to find your way? Google Maps is always a good help! [www.maps.google.dk](http://www.maps.google.dk)
- Trying to figure out how to get from A to B with public transportation? Have a look at Rejseplanen (The Travel Plan) <http://www.rejseplanen.dk/>. Choose english version in the upper right corner.
- Need to buy books? Have a look at <http://www.academicbooks.dk/en>. Academic Books also have a physical store at the University of Copenhagen, Faculty of Humanities, which is right next to the IT University of Copenhagen.