

Study Abroad Guide 2015-2017

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INTRODUCTION

Founded in 1479, the University of Copenhagen has a long tradition of welcoming international students. After three unsuccessful attempts, the Danish King Christian the First finally obtained permission from the Pope in Rome to establish a medieval University serving the Nordic countries and Northern Europe.

The Pope's only condition was for the king to find a place for the university with plenty of food available – and Copenhagen was chosen. It turned out to be a wise choice. The city is a safe European capital with a bustling cultural life, and it offers you not only food, but also plenty of food for thought. Today the University of Copenhagen is host to around 2,000 international exchange students and 4,000 international full-degree students every year. The students come from approximately 65 different countries, each adding a cosmopolitan flavour to the teaching, research, and social life of the university.

We hope this guide will make you feel welcome, and that it will answer some of the questions that you have before coming to Copenhagen and during your stay. Studying abroad may be very different from studying at home, but we will do our best to help you adjust and have a successful experience studying and living here.

WELCOME TO THE UNIVERSITY OF COPENHAGEN



FREDERICUS SEXTUS
1671-1730



THE UNIVERSITY OF COPENHAGEN

THE UNIVERSITY OF COPENHAGEN

The University of Copenhagen (UCPH) is the oldest university in Denmark. It was founded as a Catholic university in 1479 with permission from the Pope in Rome. After the Reformation, it was reopened as a Protestant university in 1537. Throughout its long history, the University has adapted and developed.

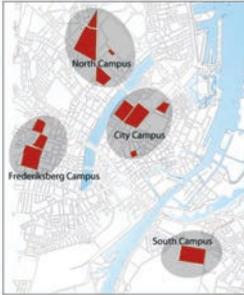
Today the University of Copenhagen has a student body of more than 41,000 and maintains teaching and research activities in 6 Faculties: Health and Medical Sciences, Humanities, Law, Science, Social Sciences, and Theology. The university is renowned for research of outstanding quality and for an excellent academic environment that challenges students personally as well as intellectually. The primary goals of the university of Copenhagen are to promote research, teaching, and to communicate the results of scientific and scholarly research. The university maintains as a central principle that teaching and research should continually interact.

In 2005, the University of Copenhagen formed the International Alliance of Research Universities* with nine other world-leading research universities.

* IARU members: Australian National University, ETH Zürich, National University of Singapore, Peking University, University of California Berkeley, University of Cambridge, University of Copenhagen, University of Oxford, University of Tokyo and Yale University.

The university offers a wide range of courses and degree programmes taught in English at the highest international academic level.

The university administration, teaching and research facilities are located in four campus areas in Copenhagen.



Frederiksberg Campus
The Faculty of Science.

North Campus
The Faculty of Science and the Faculty of Health and Medical Sciences.

City Campus
The Faculty of Law, the Faculty of Social Sciences, the Faculty of Theology, sections of the Faculty of Health and Medical Sciences, and the Faculty of Science along with the Central Administration.

South Campus
The Faculty of Humanities.

INTERNATIONAL EDUCATION & GRANTS



International Education & Grants at the University of Copenhagen has a total of 10 student advisors and admissions officers for our incoming and outgoing students. The office is responsible for services to international exchange and guest students, such as admission and student counselling. Students can meet staff from the office in the UCPH Student Centre.

Living and studying away from home can be a challenging experience – particularly in the beginning of your stay. In our Student Centre you have the opportunity to ask questions about academic programmes, personal problems, or practical tips in informal surroundings. We are happy to help you or to point you in the right direction.

Feel free to visit the UCPH Student Centre at any time during your stay. It is located in Fiolstræde 1, ground floor. Opening hours are available at www.studies.ku.dk/exchange/contact.



A woman with dark hair, wearing a red blouse, is seated at the top of the table. She is looking down at an open notebook and writing with a pen.

A woman with blonde hair, wearing a light-colored sweater, is seated on the left side of the table. She is focused on typing on a silver laptop.

A woman with blonde hair tied back, wearing a dark top and a headband, is seated at the bottom of the table. She is typing on a black laptop.

A woman with dark hair, wearing a dark jacket, is seated on the right side of the table. She is looking at a document and holding a pen.

A white document or folder is placed on a black chair to the left of the table.

A large stack of white papers with printed text is on the table. One page is clearly visible, showing a list of text.

A white document with a blue header and text is on the table. The text includes "CAND. SCIENTER BLIVE ENDNU ALGEBRE?" and "www.candscienter.dk".



LIBRARY SERVICES

The University Library was founded in 1482.

Today, the university and the Royal Library have established CULIS. It is made up of Copenhagen University Library, which is a division of the Royal Library, and of the faculty and departmental libraries run by the university itself. To check out books from the libraries, you need to register online. Library website and addresses are listed in the section "Important Addresses" at the back of this guide.

Skilled staff at all the library outlets can assist you in the search for material. Subject-specific databases are available at all the libraries. Please inquire about the English version of the search systems used by the university libraries.

Copenhagen also has an extensive municipal library service which is free of charge. The main municipal library, Hovedbiblioteket, is located in Krystalgade close to the UCPH Student Centre. To check out books, you must have a Danish CPR-number.

COMPUTER FACILITIES

All faculties at the university provide access to computers, printers, and scanners. It is usually free of charge to use these facilities, although you may be required to pay a deposit for a key or an admission card. Also, some computer centres may charge for prints. Wireless Internet access is available in a number of locations on the campuses. For further information about facilities and opening hours, please contact the department where you will be studying.

STUDYING AT THE UNIVERSITY

COURSES OFFERED IN ENGLISH

The University of Copenhagen offers a wide range of courses in English at all 6 faculties. Prior to each semester, International Education & Grants publishes a catalogue online on www.studies.ku.dk listing the courses offered in English.

The course catalogue enables you to plan your academic programme before the semester begins. With the exception of a few courses designed particularly for international students, the courses taught in English are also open for Danish students.

REGISTRATION FOR COURSES

Most departments require that you register for courses prior to the beginning of the semester. If you are not sure how to register, please check with the relevant department or check the guidelines at www.studies.ku.dk/exchange/course-information/registration.

For information on timetables and classrooms please visit the website www.studies.ku.dk/exchange/course-information/timetableandclassroom.

CREDITS

The University of Copenhagen has implemented the European Credit Transfer System (ECTS), which eases the process of transferring credits between EU universities. The ECTS system defines a full study load for one year as 60 ECTS

THE DANISH
GRADING
SYSTEM:
THE 7-SCALE

*(as defined by the
Ministry of Education)*

12

For an excellent performance

10

For a very good performance

7

For a good performance

4

For a fair performance

02

For an adequate performance

00

For an inadequate performance

-3

For an unacceptable performance

*02 is the required grade to pass.
Some courses are just evaluated by a pass or fail.*

credits. A full semester is defined as 30 ECTS. The number of credits awarded for each bachelor and master course varies depending on the workload. The online catalogue of courses offered in English gives details about the number of credits you earn for any particular course.

To make sure that you are able to transfer the credits earned at the University of Copenhagen, it is important that your home institution approves your intended study programme. Be aware that credits for courses are only awarded if you meet the course requirements. Studying is a full time job, and in addition to attending classes, you will be expected to spend time studying outside classes.

EXAMS



At the University of Copenhagen students are assessed after taking one of the following types of examinations: exam paper, written examination, oral examination or active participation. In addition, some courses may require the successful completion of written, oral, or practical assignments during the semester.

Academic performance is either graded according to the Danish 7-scale or evaluated by a pass/fail. If your home institution requires that all your work be evaluated according to the 7-scale this may in some cases be arranged with the lecturer.

6-8 weeks after you have returned to your home country the University of Copenhagen send a transcript of your academic records to your home university. Please also refer to the chapter on “Transcripts of Academic Records”.

ACADEMIC CALENDAR

*Autumn semester:
Optional 3-week
pre-semester Danish
language course begins
early August*

*Autumn semester
begins around
1 September and
ends late January*

*Spring Semester:
Optional 3-week
pre-semester Danish
language course begins
early January*

*Spring semester begins
around 1 February
and ends late June*

DANISH LANGUAGE COURSES

Even if you plan to take courses taught in English at the University of Copenhagen, we encourage you to learn some Danish while you are living in the country. The University of Copenhagen offers Danish language courses to all international students from non-Scandinavian countries. The courses range from beginner's to advanced level. Knowing some Danish – even just a few basic words – is useful when shopping or getting around in the city. Taking part in a Danish language courses is also a good way of meeting other international students.

The Department of Scandinavian Studies and Linguistics is one of the world's leading centres for the study of Nordic languages and literature, and it co-ordinates all the Danish language programmes at the University of Copenhagen. Every August and January, they arrange a three-week pre-semester Danish language course. The three-week courses are free of charge for international students admitted to the University of Copenhagen under the auspices of an exchange programme. It is also possible to take Danish language classes during the semester. If you wish to take part in a pre-semester course, you select the relevant period in the online application.

ACADEMIC CALENDAR

Formally, the academic year runs from 1 September to 30 June, and it is divided into two semesters, autumn and spring. At some faculties, each semester is again divided into two blocs. Please note that some courses and activities begin in late August. For detailed information concerning exam periods, breaks etc. please refer to the relevant department and faculties.



DEGREE PROGRAMMES

Exchange and guest students cannot take a full degree at the University of Copenhagen. However, if you are interested in taking a full degree, the university offers a wide range of high quality master degree programmes taught in English, including a number of Erasmus Mundus Programmes www.studies.ku.dk.

WIRELESS NETWORK

Eduroam is a fast and secure access to the internet and works as a free wireless network for students, researchers, and employees at universities around the world.

As a student or employee at KU all you need to gain access to the eduroam network is your UCPH username and your password. This will enable you to use the free wireless network on your laptop computer and/or your mobile phone. At KUNet you can find guides on how to configure eduroam on different operating systems.

In general, eduroam is accessible at the University of Copenhagen. Use it when attending a lecture or seminar on campus or at another university during a semester abroad. Even on holiday or while travelling it will be possible to gain access to the eduroam network when you are close to an institution connected to eduroam.

If you are enrolled at the University of Copenhagen as an international exchange or guest student, you must apply in order to extend your enrolment

STUDENT ID-CARD

All students at the University of Copenhagen receive a student ID-card. Please refer to www.studies.ku.dk/welcome/id-card-and-email for information on the application process. The card identifies you as a student at the university and you must

remember to bring it when you sign up for and take your exams. The card functions as a library card and as a key to accessing university facilities outside regular opening hours. Furthermore, if you show the card in bookshops, museums, theatres, cafés etc., you will often get a student discount. Please note that producing the card may take several weeks. Therefore, upon receipt of your letter of admission it is a good idea to send your photo as quickly as possible.

EMAIL ACCOUNT

When you are admitted to the University of Copenhagen, you are assigned an email account at the university. We will use your University of Copenhagen email address to contact you both prior to and during your stay in Copenhagen, so it is very important that you make sure to check it regularly. You can set up the account to forward e-mails to your own private e-mail account. You gain access to your email account through the intranet called KUnet.

UCPH INTRANET

As a student at the University of Copenhagen one of your main tools is the intranet KUnet. To gain access to KUnet you will need to activate your UCPH Username, consisting of 3 letters and a three-digit number (e.g. bcd123). Your UCPH username is the key to information on academic and administrative procedures during your stay at the university. KUnet gives you access to:

- KUmail (Alumni-mail)
- Teaching and examination in Self Service in KUnet (STADS Self Service)
- Absalon

Absalon

Absalon is a virtual environment at The University of Copenhagen. It is a tool used for communication between teaching staff and students. It is usually the place to find up-to-date information about courses, find course curricula, course plans and other materials related to your courses, as well as participate in virtual course rooms. Courses are also evaluated on Absalon. For some courses Absalon is also used for online submission of written course work and exam papers. You will get access to courses in Absalon, when you have been assigned to a course.

EXTENSION OF STAY

International exchange and guest students enrolled at the University of Copenhagen can apply for an extension of their stay.

If you wish to apply for an extension, please ask your department(s) at the University of Copenhagen and your home university to send a confirmation of your extension as an exchange student for the period in question to int-admission@adm.ku.dk. We will then register your extension in the university database, and you will receive a letter of extension from International Education & Grants. Students who need to extend their student residence permit must contact the Danish Agency for Labour Market and Recruitment upon receipt of the letter of extension.

CANCELLATION OF STAY

Please notify International Education & Grants immediately if, for whatever reason, you may not be able to come to the University of Copenhagen after having been admitted. You can send an e-mail to int-admission@adm.ku.dk or stop by our Student Centre if you are already in Denmark.

STUDENT SERVICES AND STUDENT LIFE

STUDENT SUPPORT AND GUIDANCE

In addition to the UCPH Student Centre, there are a number of other support services for students. The addresses of these services are listed in the section “Important Addresses” at the back of this guide.

- Department-based Student Advisory Service (*Studievejledningen*)
In addition to the student advisory service available to all students, you will find that many departments have advisors especially for international students. They can help you with questions relating to your studies at the department.
- The Student Counselling Service (*Studenterrådgivningen*)
The Student Counselling Service provides advice for students who need help in relation to social, psychological, and psychiatric issues. Staff includes psychologists, medical consultants, and social workers. The main office is placed in the centre of Copenhagen, and there is an office at the University of Copenhagen South Campus. The service is free.
- The Student Chaplain (*Studenterpræsten*)
Students at all 6 faculties have the opportunity to speak to a student chaplain. The student chaplains are available to perform religious rituals and for advice. Students of all religious beliefs or of no belief are welcome to see the chaplains.
- The Association for Disabled Students & Graduates (*Handicappede studerende og kandidater*)
The Association for Disabled Students & Graduates provides advice on issues such as access for the disabled to various facilities and special services available to disabled students. Please use the UCPH Student Centre as your first point of contact to disability services.

- United Student Council (*Forenede Studenterråd*)
The United Student Council is a politically independent organisation working to promote student issues. It is a democratic organisation open to all students with an interest in student politics.



STUDENTS WITH SPECIAL NEEDS

Students with special needs should notify the International Education and Grants as early as possible during the application procedure.

Special Dispensation

Students who suffer from a documented disability and therefore cannot sit exams on equal terms with other students can apply for special conditions during exams.

Accessibility – Assistance for physically handicapped students

If your mobility is limited by a disability and you have questions concerning the physical accessibility at the University of Copenhagen and your specific department or faculty, please contact Special Educational Support unit at sps@adm.ku.dk.

Advice and assistance outside the university

At UCPH we will do all we can to help and assist you, but there are some issues for which we cannot provide solutions. If you are in need of a helper/assistant the university can help you get in contact with the relevant entity. However, the university cannot cover the costs of the support. As a general rule prepayment is required. Please feel free to visit our website: www.studies.ku.dk/exchange/studying-at-ucph/disabilities/.

Housing

UCPH Housing Foundation offers special attention to people with disabilities. Students with special needs applying for housing through the UCPH Housing Foundation will be asked to provide details in regards to their disability in the online booking system and to provide documentation for the disability. For further information please contact UCPH Housing Foundation: contact@housingfoundation.ku.dk.

STUDENT AMBASSADOR

The Student Ambassador is a person who can look after the interests of students and who is independent of the University of Copenhagen. Students should always contact their department, institute or faculty first if they need help or wish to lodge a complaint about a decision, an exam or other issues. However, with the Student Ambassador on your side, you, as a student, stand stronger if your case ends in a deadlock, if you feel unjustly treated or if you simply don't know where to turn for help. Further information is available at www.student-ambassador.ku.dk/.



MENTOR

To help you during your first weeks in Copenhagen, the University of Copenhagen has a well-organised mentor network. Mentors are not academic tutors, but students who, on a voluntary basis, agree to help international students settle in during the first days or weeks of their stay in Denmark. A mentor will typically study the same subject area as you do or attend the same faculty. Some faculties have groups where mentors help international students.

If you have indicated in your online application that you would like to be assigned a mentor, the department/faculty where you are going to study will try to assign one to you or make you part of a mentor group.



During the week the Student House offers a range of activities such as debates, quiz nights, live music and social events.

ESN

During the semester, the Erasmus Student Network (ESN) and local mentor groups at the university organise social events for all international students. The events give you an opportunity to socialise with both Danish and other international students. You can also join the ESN and help choosing and planning social activities.

THE STUDENT HOUSE

The Student House is located in the centre of Copenhagen, and functions as a natural place for students from all faculties to meet, study, and have a good time. The Student House is very internationally focused and offers a range of activities such as debates, quiz nights, live music and social events. Further information: www.studenterhuset.com.

SPORTS

If you are interested in participating in sports while you are studying at the University of Copenhagen, we encourage you to make use of the University's Sports Association (Universitetets Studenter-Gymnastik/USG). It is cheap compared to joining other clubs, and it is a good way to socialise with Danish and other international students in an informal way. USG has approximately 4,000 members, and the programme is designed to provide you with a range of sporting opportunities.

Most members exercise on an informal basis once a week, but you can also join more competitive teams that practice for tournaments. The programme includes activities as diverse as ski-gymnastics, water polo, handball, fencing, ballet, squash, indoor soccer, rock climbing, and yoga. USG makes use of facilities around Copenhagen. The main office where you sign



up for activities is located in the Department of Exercise and Sports Science.

For contact details, please refer to “Important Addresses” at the back of this guide.

KUBULUS ALUMNI

Kubulus Alumni is an association for students and graduates from the University of Copenhagen. If you are an international student you are able to connect or reconnect with the university by becoming a member of Kubulus. You are welcome to attend events during your studies in Copenhagen and Kubulus offers you ways of staying in touch with the university when you go back home. www.alumni.ku.dk/englishkubulusalumni.

ARRIVING AND LIVING IN COPENHAGEN

We recommend that you arrive in Copenhagen a few days prior to commencing your studies. This will give you time to settle in and to get acquainted with the city before starting classes.

COPENHAGEN

Copenhagen – the capital of Denmark – was officially founded in 1167. The small fishing village, as it was then, prospered and developed into København – ‘port of tradesmen’. Today Copenhagen is the commercial, cultural, and administrative centre of Denmark, and the greater city area has a population of 1.7 million. Although busy and noisy as any large city, Copenhagen continues to captivate visitors because it has managed to maintain some of its original charm. Compared to many other cosmopolitan cities, it is considered a safe city.

Copenhagen has a rich cultural life. It is home to a wide range of interesting museums and attracts international performers and artists to festivals, concerts, and other events throughout the year. Copenhagen’s cafés, bars and restaurants, many of them half submerged in cellars or located in picturesque historical buildings, range from traditional to trendy and serve everything from hot Thai curries to traditional Danish frikadeller (meatballs).

Just outside the city centre, you find the areas Østerbro, Vesterbro, Nørrebro, Frederiksberg and Amager. Østerbro is one of the well-off areas of Copenhagen. Buildings as well as cafes, restaurants and shops are often of a more classical style than what you find in other areas. Vesterbro and Nørrebro used to be working class areas, but over the past two decades





both areas have turned into trendy hot spots influenced by people of many different ethnic origins, and they are very popular areas for shopping and going out. Though you may not notice it, Frederiksberg is actually an independent municipality surrounded by Copenhagen. It offers good shopping facilities, places for going out as well as Frederiksberg Have – a beautiful park loved by all Copenhageners. Amager is in fact an island linked to the rest of Copenhagen by bridges. Still, it is as close to the city centre as the other areas, and in addition to that, it has its own beach, which is a popular destination in the summer.

Copenhagen is small compared to other capital cities around the world, so even if you are not going to live in one of the areas mentioned above, you will never be far away from the city centre, from the University, or from where things are happening!

WHAT TO PACK

Denmark is situated in Northern Europe where spring and summer seasons are generally temperate, windy and occasionally wet. Autumn and winter are wet, windy, dark seasons, but the temperature during the day is rarely excessively cold, although it does get below freezing point. You will need warm clothing and a waterproof coat is advisable. Finally, it might be a good idea to bring a sleeping bag if you intend to travel during your stay. Other things to remember/consider:

- Tickets and insurance papers
- Passport (make sure the passport is valid for the whole period of your stay in Denmark)
- Your 'Letter of Admission' and other relevant documents
- Cash and/or credit card
- Sheets and a blanket or duvet as well as towels
- Adapter for electrical appliances (220V)
- Documentary evidence that you have enough money to

support yourself while studying in Denmark (a recent bank statement or proof of scholarship)

- Name, telephone, fax number, and address of your contact person at your home institution
- Personal items that will help you feel at home

Finally, be sure to check your baggage allowance with the airline or train company with which you are travelling. Paying for excess baggage can be very expensive! International Education & Grants cannot hold baggage for you.

PUBLIC TRANSPORTATION

The public transport infrastructure of Copenhagen is among the most efficient and reliable in the world, and it is still being developed and improved. Public transport will get you anywhere you wish to go in the capital region. In Copenhagen, the trains, metro, and busses (including waterbuses) can be accessed with the same ticket. All you need to know is how many zones you will pass on your journey.

Tickets

One way tickets cost between DKK 24 (for 2 zones) and DKK 108 (for all zones). 2 zones will cover most travel in Copenhagen city centre. Tickets for the metro and S-trains are purchased on the platform or in the train terminal, while bus tickets can be purchased on the bus. However, please note that you should bring coins if you plan on buying tickets from the bus driver. The machines at the stations will accept coins as well as credit cards. You can also pay with your smart-phone by downloading the app 'Mobilbilletter Hovedstaden' in App Store and Google Play and pay for your tickets on the go. Once you have downloaded the app, click on 'Indstillinger' in the right hand lower corner and click on English under "Sprog". Then you will get the English version of the app. You also have the option of buying a 'Rejsekort', which is an electronic ticketing system for travelling by bus, train and

Copenhagen is small compared to other capital cities, so you will never be far away from the city centre, from the university or from where things are happening!

metro, or a 'Periodekort' that gives you a reduced price when travelling more than 3 times a week.

For students living outside of Copenhagen and commuting it might be relevant to buy a "Ungdomskort". For further information on public transportation please see here: www.studies.ku.dk/welcome/living-in-copenhagen.

Bus, Metro and Train

The A-buses are the primary buses in central Copenhagen. They run every 3-7 minutes during rush hour and usually about every 10 minutes before and after rush hour. The A-buses run at all hours. The S-buses run every 5-10 minutes during rush hour and every 20 minutes outside of rush hour. The S-buses are faster than the A-buses due to fewer stops. They usually run between 06:00 in the morning and 01:00 at night.

The metro is in service all day and all night, every day of the week. There are 2-4 minutes between each train during rush hour, and 3-6 minutes outside rush hour and during the weekends. Friday and Saturday night (after 01:00) trains arrive in 7-15 minute intervals and in 20 minute intervals after midnight on weekdays (Sunday through Thursday).

Main stations

Copenhagen has three large train stations and a number of smaller stations. Copenhagen Central Station (Hovedbanegården) is located in the western part of the city centre. Nørreport is located in the northern part of the city centre, while Østerport is located east of the city centre. The S-trains run between 05:00 in the morning and 00:30 at night.

Arriving by plane

If you arrive by plane, you arrive in Copenhagen International Airport Kastrup, which is located south of the city centre on the island of Amager. You can get from the airport to the city by train, metro, bus, or taxi.

TAKING A TAXI

If you take a taxi, note that the meter will start at a certain fixed rate and run as you drive. It is not possible to negotiate with the driver regarding the price of the fare. Taxi fares include service charges and therefore you are not expected to tip.

If you feel lost, or just want to inquire about the easiest way to get to where you are going, please do not hesitate to ask for assistance and directions; practically everyone speaks English!

HOUSING



The University of Copenhagen Housing Foundation (UCPH Housing Foundation) is an independent organisation which assists international students coming to The University of Copenhagen in finding accommodation while in Copenhagen.

The UCPH Housing Foundation offers 4 different types of accommodation: halls of residence, shared apartments, flats, and private accommodation (with private landlords/landladies). Some rooms are single and some are shared rooms. It is important that you give the accommodation type a great deal of consideration so you can live in an environment that suits you. For further information: www.housingfoundation.ku.dk.

LIVING IN COPENHAGEN

The safe atmosphere, the well-developed infrastructure, the low level of pollution, and the many cultural events all contribute to making Copenhagen one of the most liveable cities in the world.



Cycling is, in fact, the most popular, quickest, and cheapest way to get around

The waterfront and the many parks offer opportunities to relax away from the noise of city life. On weekends and during semester breaks, it is easy to get away to explore the beautiful castles and the countryside around the island of Zealand or cross Øresund to discover the neighbouring country, Sweden.

Getting around the inner city as well as the rest of Copenhagen is easy. The city has a well-developed public transportation system of busses and trains, but cycling is actually the most popular, quickest, and cheapest way to get around. There is an extensive network of cycling paths throughout Copenhagen. Many students choose to buy a cheap used bike when they arrive in Copenhagen.

MEETING THE DANES

The University of Copenhagen welcomes more than 2,000 international exchange and guest students each year, and there is a range of social events taking place during the semester. It will be easy for you to meet and socialise with other international students. However, while you are living in Copenhagen, we also encourage you to make an effort to meet the Danes. You will undoubtedly form your own opinion about the Danes, and so you should.

Danes have a reputation of being quite reserved and in the beginning they may seem difficult to get in contact with. Danes often fulfil their social needs in a narrow circle consisting of family, colleagues, and close friends. The home is a central concept in the life of a Dane, and the Danes put a lot of effort and money into making their homes comfortable and hyggelige (cosy). Hygge (cosiness) is a keyword in the Danish way of life, focusing on enjoying the simple things in life.

However, if you show an interest in getting to know the Danes, their culture, and their language, you will get a positive response. Try to speak a bit of Danish to them even if you only know a few phrases. It pays off. Most Danes will be happy to help you and will also be happy to speak English with you. Invite your Danish mentor along to things you like to do, participate in the ESN and Student House activities, or join a sports team. There are many ways to meet the Danes.

Danes are very informal and liberal in their way of life. The general attitude towards alcohol is generally relaxed.

LIVING COSTS

These are rough estimates of what it costs for a single person to live in Copenhagen

Housing	DKK 3,500 – 6,500 /month
Board	DKK 1,500 – 2,000 /month
Books and other study materials	DKK 1,000 – 1,500 /semester
Local transportation	DKK 300-600 /month
Estimated pocket money	DKK 1,000 /month

To open an account and get a debit card, you must remember to bring your CPR-number, which is printed on your Danish Health Insurance Card

To save money, we recommend that you consider buying a used bicycle, which you can get for around DKK 500-1,000 at bicycle shops. If you use public transportation frequently, getting a monthly pass may be the cheapest option for you.

Be aware that tipping is only customary in Denmark when service has been particularly good. Taxi fares and restaurant bills include service charges.

MONEY AND BANKING

The Danish currency is the krone; 1 krone equals 100 øre. It is easy to convert a wide range of currencies and traveller's cheques in Denmark, but it can also be quite expensive, as Danish banks charge a fee for this type of service. While well-known international credit cards are widely accepted, they may be inconvenient for you to use for everyday shopping. Therefore it may be a better option for you to open a bank account at a Danish bank. To open an account and get a debit card, you must remember to bring your CPR-number, which is printed on your Danish Health Insurance Card. It is also a good idea to bring copies of your passport, your Letter of Admission and your housing contract, as you may be asked for these documents. Note that Danish banks are closed on Saturdays and Sundays.



SHOPPING

Shopping is easy in Copenhagen. Strøget is the longest European pedestrian street with a wealth of shops in the historic city centre. Here you will find major international brands as well as shops with more student-friendly prices, all within walking distance from each other. Copenhagen also has a number of shopping centres just outside the city centre such as Fisketorvet in Vesterbro, Fields in Amager and Spinderiet in Valby.

You may also choose to explore your local neighbourhood. While each of the residential areas surrounding the city centre has a distinct style, some stand out as particularly interesting:

Vesterbro

If you want to spot the latest trends in Copenhagen and, indeed, Scandinavia, this is not a bad place to start. Vesterbro used to be known as Copenhagen's working class district, but in the last few years a genuine transformation has occurred



in the area to the west of the Central Station. Main shopping streets are Istedgade and Vesterbrogade where you find the latest in cool street wear, as well as small designer shops with clothes and handcrafts. Værnedamsvej is a small street full of small charming shops.

Nørrebro

Like Vesterbro, Nørrebro has become a trendy area for shopping and going out. The south end of Nørrebrogade and the smaller side streets in that area, such as Elmegade and Blågårdsgade are particularly interesting with shops run by local designers. If you are looking to buy second-hand furniture for your room, Ravnsborggade is the place to go. The street is lined with places where you can get a bargain.

For everyday grocery shopping, some of the cheapest places to go are Netto, Fakta, Aldi, Lidl, Kiwi Minipris and Rema1000 which you will find all over Copenhagen. The shops are not known for their service but they are popular with the Danes because prices are low, and the large turn-over in the shops ensures fresh products. To buy more exotic spices and specialities, look for the little Turkish, Pakistani and other ethnic shops, all of which add their special flavour to shopping in Copenhagen.

RESIDENCE PERMIT AND INSURANCE

RESIDENCE PERMIT

Some students will need to obtain a residence permit before entering Denmark, some can obtain it upon arrival, and others will not need one. Keep yourself updated at www.nyidanmark.dk

Students from Non-EU/EEA and Non-Nordic Countries

If you are not an EU/EEA citizen and not a Nordic citizen, you must apply for a student visa using an ST1 application form, which is supplied by International Education & Grants together with your letter of admission.

Non-EU/EEA students and non-Nordic students are allowed to work while studying here in Denmark (15 hours per week from September to May and 37 hours per week from June to August).

Students from EU/EEA Countries and Switzerland

If you are an EU/EEA or Swiss citizen, you will need a residence permit if you are staying in Denmark for more than three months. The permit is obtained upon arrival in Denmark. Students from EU member states will not need a work permit for regular student jobs.



Students from Nordic countries

If you are a Nordic citizen, you do not need a residence permit. Students from the Nordic countries will not need a work permit for regular student jobs.

For further information please visit our website:
www.studies.ku.dk/welcome/residence-permit.



COPENHAGEN INTERNATIONAL SERVICE

For further information about being New in Copenhagen and registering with the authorities, please visit www.kk.dk/english

WORKING IN DENMARK

Some international students manage to find work. On studies.ku.dk/welcome/working-in-denmark/ you will find useful links if you are looking for a job. However, chances of finding employment are small, and you should not base your finances on the chance of obtaining paid employment. For information on how to apply for a work permit, please refer to the chapter on "Residence Permit".

CPR-NUMBER

When you have arrived in Copenhagen, you are required to register with the local Citizens Service office (Borgerservice). To do so, you must have your residence permit (except Nordic students) and a permanent address in Denmark. The Citizens Service office will provide you with a personal identity number, called a CPR-number, as well as a Health Insurance Card.

Your CPR-number is used to register officially that you are living in Denmark, but you will also find that banks, libraries, phone companies, sports associations etc. ask for your CPR-number if you wish, for example, to open an account or get a membership.

INSURANCE

The University of Copenhagen does not have a mandatory insurance policy which students are required to take out, and students are not covered by any insurance policies taken out by the University of Copenhagen. We strongly encourage you to purchase general insurance (personal possessions, accident and liability) as well as a health insurance prior to your

departure for Denmark. Contact your own international office for further advice on where to take out an insurance policy. EU/EEA citizens should bring the EU Health Insurance Card (EHIC) – the blue card.

NATIONAL HEALTH INSURANCE

To be covered by the Danish Health Security Act, you must apply for the Health Insurance Card with the local Citizens Service office upon arrival

The Danish Health Security Act covers students staying for more than three months. Note, however, that this does not cover the costs of medical evacuation back to your home country, emergency repatriation and personal liability. To be covered by the Danish Health Security Act, you must apply for the Health Insurance Card with the local Citizens Service office upon arrival. You will be assigned a medical doctor in your area of residence. If you have chronic medical problems requiring prescriptive medicine, please bring copies of your medical history issued by your local doctor. Please note that medicine is not free of charge in Denmark.

CITIZENSHIP

HEALTH INSURANCE

NON EU/EEA AND NON-NORDIC COUNTRIES

Students from non-EU/EEA and non-Nordic countries staying for more than three months should apply for a CPR-number and a Health Insurance Card upon arrival. The Card is valid immediately after you have registered with the local Citizens Service office (Borgerservice). Please note that you must have a residence permit in order to apply for a CPR-number and a Health Insurance Card.

EU/EEA COUNTRIES AND SWITZERLAND

European students who are planning to stay for more than three months should bring the European Health Insurance Card from their local health insurance office. This card is proof that you are entitled to health insurance at home, and therefore it entitles you to apply for the regular Danish Health Insurance upon arrival in Denmark. The Danish Health Insurance is valid immediately after you register with the local Citizens Service office (Borgerservice).

NORDIC COUNTRIES

Nordic students are covered for up to six months by the Danish Health Security Act if they need acute medical treatment. If you are staying for more than six months, you must register with the local Citizens Service office (Borgerservice) to be covered. You are able to register if you stay in Denmark more than three months.

HEALTH AND SAFETY

CULTURE SHOCK

Culture shock is the name given to a feeling of disorientation or confusion that often occurs when a person leaves a familiar place and moves to an unfamiliar place.

The reaction may be both physical and psychological, and some students will probably at some point ask themselves why they chose to leave their familiar surroundings. It is important then to remember that it is a learning process, and that most students will return with greater self-confidence and the ability to manage in an intercultural environment.

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

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

- *Arrival/ "Honeymoon" Stage:* Everything is new and exciting.
- *Culture Shock Stage:* You start to experience difficulties with everyday things, as they are different from home, such as the language barrier, getting the right food, etc.
- *Adapting Stage:* You slowly start to understand the new culture and feel more in balance. You feel an urge to belong.





- *Re-entry Shock Stage*: This stage takes place when you return to your home country and suddenly find out that you have brought back something with you that makes you see your own culture with more critical eyes. This can be difficult to come to terms with. Please also refer to the chapter “Going Back Home”.

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

- Loneliness
- Sleeplessness or excessive need of sleep
- Mood changes, powerlessness
- Anger, animosity towards other people
- Idealisation of home culture and development of stereotypes in the new culture
- Loss of self-confidence and insecurity
- Strong longing for family and friends back home

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

- Accept that you cannot know everything about the new country and the language, and if it is overwhelming, take a break
- Keep an open mind. People in Denmark may say or do things that people at home would not do or say. But the people in Denmark act according to their own set of values, not yours. Try to avoid evaluating their behaviour using the standards you would use in your own country
- Try to do things that you did at home, listen to your favourite music and eat familiar food
- Stay in touch with family and friends at home
- Talk to your new friends about your feelings
- Stay active – physical activity often helps!
- Learn from experience. Moving to a new culture can be the most fascinating and educational experience of your life.

Moving to a new culture can be the most fascinating and educational experience of your life. There is no better way to become aware of your own values and attitudes or to broaden your point of view.



There is no better way to become aware of your own values and attitudes or to broaden your point of view.

You are always welcome to come and talk to the staff at the UCPH Student Centre. Talking things through with one of the advisors can help in achieving a perspective on culture shock and the learning possibilities it implies. Another possibility is to contact the Student Counselling, Studenterrådgivningen. For addresses and opening hours, please refer to “Important Addresses” at the back of this guide.

Please be aware that some waiting time may occur for a consultation with Studenterrådgivningen, but in case of an emergency, a student counsellor will see you at once. Another option is to contact your personal doctor and set up an appointment.

In case you are experiencing a very strong feeling of sadness, and cannot see your way out of it, you should immediately contact the out-of-hours medical services outside the normal opening hours of your own physician (GP) to make an appointment. The telephone number is 1813.

You can also contact the psychiatric emergency ward directly for counselling. For contact details, please refer to “Important Addresses” at the back of this guide.

EMERGENCIES

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

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

For non-urgent matters, please call 114.

Remember to bring your Danish Health Insurance Card when you go to see the doctor

DOCTOR AND MEDICAL ADVICE

With the Danish Health Insurance you can receive medical treatment free of charge. When you register for the CPR-number, a medical doctor (General Practitioner) will be assigned to you. His/her contact details are printed on your Health Insurance Card if you need to make an appointment. Remember to bring your Danish Health Insurance Card when you go to see the doctor. If you have a medical history, it is always a good idea to bring with you your accurate and complete physical and mental health information to secure a safe and healthy study abroad experience.

If you need medical assistance outside of your doctor's opening hours, call 1813 the out-of-hours medical services. The number is open 24hrs on all days of week. When you have described your injury or condition, they can advise you on how to treat your injury or direct you to further treatment by trained medical staff; e.g. your own general practitioner or an emergency ward.

DENTIST

If you need to see a dentist, you are free to choose any dentist and call to make an appointment. Be aware that dental treatment is not free of charge in Denmark. You can find a list of dentists (tandlæger) in the yellow pages on www.dgs.dk.

In case of an emergency outside office hours (8-16), you can visit the emergency dental service. You cannot call the emergency dental service, but must show up in person at Oslo Plads 14, DK-2100 Copenhagen East.

HOSPITALS AND EMERGENCY ROOMS

If you are injured and need urgent medical care in hospital, you can seek help in an emergency room (skadestue). If you have suffered an injury or have become suddenly ill and are in need of medical assistance while your own physician is not

available (after hours or during weekends), please dial 1813 where you will be guided by medically trained staff on what to do or where to go.

Remember you must call the helpline 1813 before going to an emergency room - they can tell you where you will receive treatment with the shortest waiting time.

For urgent or life threatening illness or injury dial 112 immediately.

For addresses, please refer to "Important Addresses" at the back of this guide.

PHARMACIES

For most types of medication you need a prescription from your doctor. If you need medicine, even just pain killers, we recommend that you always buy them in a pharmacy where specialists are able to give you professional advice on what you are buying, possible side effects, and how much to take. If you need medication outside regular opening hours, there are a few pharmacies that are open 24 hours. For addresses, please refer to "Important Addresses" at the back of this guide.



PATIENT CONFIDENTIALITY

Patients and patient journals are treated confidentially in Denmark. Hence, the only persons who have access to the information are you and your doctor/medical advisors. However, in case of a serious illness or accident during your study abroad period in Denmark, we encourage you to contact International Education & Grants. Also, you are always welcome to come to the UCPH Student Centre if you have personal or health related issues that you are concerned about.

PREVENTION OF CRIME AND ASSAULT

Even though Copenhagen is a safe city, it is a big city and a capital, and crime does occur. We therefore urge you to pay attention and respond to your instincts. If something is not right, use your common sense, as you would in any other big city.

Assaults often occur when people are intoxicated or agitated. It is important to keep one's head clear and not lose one's temper. If possible, pull away from the situation.

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

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

THEFT/ROBBERY

In the unlucky event of theft or robbery, you should contact the police immediately. The more details you are able to provide, the more the police have to work with in the effort to solve the crime. For phone numbers of the Police Stations, please refer to "Important Addresses" at the back of this guide.



VIOLENT INCIDENTS

Violent incidences are rare. However, if you have been exposed to physical violence, you should contact the police immediately. You may also want to contact the UCPH Student Centre. The



case will be a police matter but we will assist you in every way we possibly can. Remember that it is possible to bring another person to the station to report the crime. This person will be allowed to sit in on all questioning and can therefore be of great support. Please note that if you bring another person to report the crime, this person will be bound to professional confidentiality.

IN CASE OF SEXUAL ASSAULT

It is very unlikely that you should be exposed to a sexual assault. However, in the event that this occurs, it is possible to receive both medical and psychological counselling at the local Centre for Victims of Sexual Assault or hospital. It is very important to go to the nearest Centre for Victims of Sexual Assault (or hospital) to be examined if you have been subject to a sex crime. Do not clean yourself up/wash before going. Remember that it is not something to be ashamed of, and not something you need to hide. It is not your fault, and it does help to talk about it.

Rigshospitalet has a Centre for Victims of Sexual Assaults. The centre is open 24 hours a day, and you can contact a nurse. You do not need an appointment, but it may be a good idea to contact the centre before going there, so they know you are coming and are able to give you advice on what to do and what to bring. Remember that the centre will help you irrespective of whether you want to report the assault to the police or not. Please refer to "Important Addresses" at the back of this guide.

DRUGS

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

GOING BACK HOME

When your stay in Copenhagen is coming to an end, there are a few things that need your attention before you can go back home.

TRANSCRIPT OF ACADEMIC RECORDS

International Education & Grants issues transcripts for international exchange and guest students. After the departments have registered all the results, your home university will receive a transcript of your academic records. This may take up to 8 weeks. If you have enquiries please contact us at int-transcript@adm.ku.dk. <http://studies.ku.dk/welcome/studying-at-ucph/transcript/>.

NOTIFY THE CITIZENS SERVICE OFFICE

You MUST notify your local Citizens Service office of your departure. Send an e-mail to folkeregisteret@okf.kk.dk indicating your full name, date of birth, your address in your home country and finally your date of departure. The Health Insurance Card should be destroyed or be handed back to your local Citizens Service Office prior to departure.

RE-ENTRY CULTURE SHOCK

Going back home can be as big a challenge as going abroad. You have probably changed more than you realise, and will see things differently when you return back home. It can take time to settle back in, and this is often a big surprise to most students, as they are looking forward to going home and seeing family and friends again. It is a good idea to start preparing yourself for the return by saying



goodbye to people and places that have been important to you during your stay abroad. Try to think about how you may have changed and what you have learned, and allow people back home to adjust to these changes in you. Again, it may be a help to simply be aware of it, and also if times get tough, try to recognise what you have gained and which skills you have acquired. Give yourself credit for it!

IMPORTANT ADDRESSES

(Information as of June 2014)

Faculties and Offices at the University of Copenhagen

International Education & Grants

Fiolstræde 1
DK-1171 Copenhagen K
Tel: (+45) 35 32 29 29
Email: int-admission@adm.ku.dk
www.studies.ku.dk

The Faculty of Health and Medical Sciences

The Panum Institute
Blegdamsvej 3B
DK-2200 Copenhagen N
Tel: (+45) 35 32 79 00
www.healthsciences.ku.dk

The Faculty of Humanities

Njalsgade 76
DK-2300 Copenhagen S
Tel: (+45) 35 32 88 11
www.humanities.ku.dk

The Faculty of Law

Studiestræde 6
DK-1455 Copenhagen K
Tel: (+45) 35 32 26 26
www.jura.ku.dk/english

The Faculty of Science

Tagensvej 16
DK-2200 Copenhagen N
Tel: (+45) 35 32 42 00
www.science.ku.dk/english

The Faculty of Social Sciences

Øster Farimagsgade 5
DK-1353 Copenhagen K
Tel: (+45) 35 32 35 46
www.socialsciences.ku.dk

The Faculty of Theology

Købmagergade 44-46
DK-1150 Copenhagen K
Tel: (+45) 35 32 39 61
www.teol.ku.dk/english

Student Services and Associations

The Student Counselling Service at Kompagnistræde

Kompagnistræde 21, 1
DK-1208 Copenhagen K
Tel: (+45) 70 26 75 00
www.studraadgiv.dk
Email: kbh@srg.dk

The Student Counselling Service at KUA

University of Copenhagen, Amager
Njalsgade 80, 19.2
DK-2300 Copenhagen S
Tel: (+45) 35 32 93 80
www.studraadgiv.dk
Email: kua@srg.dk

The Student Chaplain – Social Sciences, Law and Theology

St. Kannikestræde 8, 3
DK-1169 Copenhagen K
Tel: (+45) 33 14 01 83
Email: slh@rundetaarn.dk
www.studenterpraesten.dk

The Student Chaplain – Humanities

Njalsgade 126, room 23.3.06
DK-2300 Copenhagen S
Tel: (+45) 35 32 80 17
Email: bkp@km.dk
www.studenterpraesten.dk

The Student Chaplain – Health Sciences and Science

Blegdamsvej 3B, room 15.2.1
DK-2200 Copenhagen N
Tel: (+45) 35 32 70 94 / 28 75 70 94
Email: praest@sund.ku.dk
www.studenterpraesten.dk

The Association of Disabled Students & Graduates

University of Copenhagen, Amager
Njalsgade 130, room 24.0.50
DK-2300 Copenhagen S
Tel: (+45) 35 32 91 01
Email: hsk@hum.ku.dk
www.hsknet.dk

United Student Council

Fiolstræde 10
DK-1171 Copenhagen K
Tel: (+45) 35 32 38 38
Email: FSR@fsr.ku.dk
www.studenterraad.ku.dk

The Student House

Købmagergade 52
DK-1150 Copenhagen K
Tel: (+45) 35 32 38 62
www.studenterhuset.com

The University Sports Association

Nørre Allé 53
DK-2200 Copenhagen N
Tel: (+45) 35 37 61 98
Email: kontor@usg.dk
www.usg.dk

University Book Shops

Health and Medical Sciences

Nørre Allé 20
DK-2200 Copenhagen N
Tel: (+45) 35 32 68 09
Email: panum@academicbooks.dk
www.academicbooks.dk

Humanities

Njalsgade 80
DK-2300 Copenhagen S
Tel: (+45) 35 32 80 79
Email: humaniora@academicbooks.dk
www.academicbooks.dk

Law

Nørregade 6
 DK-1165 Copenhagen
 Tel: (+45) 33 12 69 70
 Email: atheneum@academicbooks.dk
www.academicbooks.dk

Science

Ole Maaløes Vej 5
 DK-2200 København N
 Tel: (+45) 77 42 43 07
 Email: poly@polyteknisk.dk
www.polyteknisk.dk

Thorvaldsensvej 40
 DK-1871 Frederiksberg C
 Tel: (+45) 35 35 76 22
 Email: life@academicbooks.dk
www.academicbooks.dk

Social Sciences

Øster Farimagsgade 5
 DK-1014 Copenhagen K
 Tel: (+45) 35 32 43 34
 Email: css@academicbooks.dk
www.academicbooks.dk

Libraries**The Black Diamond**

– covers all subjects
 Søren Kierkegaards Plads 1
 P.O. Box 2149
 DK-1016 Copenhagen K
 Tel: (+45) 33 47 47 47
www.kb.dk/en/

Faculty Library of Social Sciences

Gothersgade 140
 DK-1123 Copenhagen K
www.kb.dk/en/

Faculty Library of Humanities

Njalsgade 112
 DK-2300 Copenhagen S
www.kb.dk/en/

Faculty of Law Library

Studiestræde 34, 2nd floor
 DK-1455 Copenhagen K
www.jura.ku.dk/english/library

Faculty of Sciences Library

Dylægevej 10
 DK-1870 Frederiksberg C
www.bibliotek.science.ku.dk/english

Faculty Library of Natural

and Health Sciences
 Nørre Allé 49
 DK-2200 Copenhagen N
www/bibliotek.science.ku.dk/english

School of Pharmaceutical

Sciences Library
 Universitetsparken 4, 2nd. floor,
 2100 København Ø
www.pharmalib.ku.dk

Faculty of Theology Library

Købmagergade 44-46
 DK-1150 Copenhagen K
www.teol.ku.dk/english/library

In addition, there are department or institute libraries that function as reference libraries with very limited loaning services.

Danish Immigration Service**Danish Immigration Service**

Service Center
 Ryesgade 53
 2100 Copenhagen Ø
www.newtodenmark.dk
 Tel.: (+45) 35 30 87 50
 E-mail: us@us.dk

Civil Registration Office**Borgerservice København**

Nyropsgade 1
 DK-1602 Copenhagen V
 Tel.: 33 66 66 06
 Email: east@citizen.dk
www.kk.dk/english

Borgerservice Frederiksberg

Frederiksberg Rådhus, 1st floor
 Smallegade 1
 2000 Frederiksberg
 Tel.: 38 21 21 00 / 38 21 21 21
 Email: raadhuset@frederiksberg.dk
www.frederiksberg.dk/da/Borger/Information-in-English.aspx

Hospital Emergency Rooms**Hvidovre Hospital, department 536**

Kettegård Alle 30
 DK-2650 Hvidovre
 Tel. (+45) 38 62 38 62

Bispebjerg Hospital

5. tværvæg, Entrance no 7C,
 ground floor
 Bispebjerg Bakke 23
 DK-2400 Copenhagen NV
 Tel: (+45) 35 31 23 73 / 35 31 23 72

Amager Hospital

Kastrupvej 63, entrance 17
 DK-2300 Copenhagen S
 Tel: (+45) 32 34 35 00

Frederiksberg Hospital

Nordre Fasanvej 57
 DK-2000 Frederiksberg
 Tel: (+45) 38 16 35 22

Psychiatric Emergency Wards

Bispebjerg Hospital

Psykiatrisk skadestue
Tuborgvej 235, entrance no 51
DK-2400 Copenhagen NV
Tel: (+45) 35 31 23 00 (24 hours)

Amager Hospital

Psykiatrisk skadestue
Digevej 110
DK-2300 Copenhagen
Tel: (+45) 38 64 16 50 (8-22)

Frederiksberg Hospital

Psykiatrisk skadestue
Nordre Fasanvej 57,
entrance no 27, ground floor
DK-2000 Frederiksberg
Tel: (+45) 38 16 45 15 (8-22)

Hvidovre Hospital

Psykiatrisk skadestue
Brøndbyøstervej 160
DK-2605 Brøndby
Tel: (+45) 38 64 55 02 (24 hours)

Københavns Amts Sygehus in Glostrup

Psykiatrisk Skadestue
Ndr. Ringvej 69, Building B
DK-2600 Glostrup
Tel: (+45) 38 64 06 71 (24 hours)

Psykiatrisk Center Ballerup

Psykiatrisk Skadestue
Ballerup Boulevard 2
DK-2750 Ballerup
Tel: (+45) 38 64 50 03 (24 hours)

Københavns Amts Sygehus i Gentofte

Psykiatrisk Skadestue
Niels Andersens Vej 65,
entrance no 32, ground floor
DK-2900 Hellerup
Tel: (+45) 38 64 61 00 (8-22)

Emergency Dental Service

Emergency Dental Service

(Tandlægevagten)
Oslo Plads 14,
DK-2100 Copenhagen Ø
(by Østerport station)
Email: info@tandvagt.dk
www.tandvagt.dk
You cannot make an appointment,
but have to show up in person.
Remember to bring your Health
Insurance Card and cash to pay for
the treatment.

24 – Hour Pharmacies

Copenhagen Steno Pharmacy

Vesterbrogade 6C
DK-1620 Copenhagen V
Tel: (+45) 33 14 82 66

Copenhagen Sønderbro Pharmacy

Amagerbrogade 158
DK-2300 Copenhagen S
Tel: (+45) 32 58 01 40

Police Stations

Police Station Amager

– covers Amager
Kamillevej 3
DK-2770 Kastrup
Tel: (+45) 33 14 14 48

Police Station Bellahøj

– covers Nørrebro, Østerbro and
Frederiksberg
Borups Allé 266
DK-2400 Copenhagen NV
Tel: (+45) 33 14 14 48

Police Station City

– covers City and Vesterbro
Halmtorvet 20
DK-1700 Copenhagen V
Tel: (+45) 33 14 14 48

Embassies

The Danish Ministry of Foreign

Affairs website has a Diplomatic List
with all foreign representations in
Denmark. Go to www.um.dk/en
and perform a search for Diplomatic List.

Insurance Companies

Alm. Brand

Tel: (+45) 35 47 47 47
Email: almbrand@almbrand.dk
www.almbrand.dk

Tryg Forsikring

Tel: (+45) 70 11 20 20
Email: tryg@tryg.dk
www.tryg.dk/om-tryg/english.html

Legal Aid

Københavns Rets hjælp
Stormgade 20, 1st floor
DK-1555 Copenhagen K
Tel.: (+45) 33 11 06 78
www.retskjaelpen.dk/eng
Free service. Legal Aid's advisors decide
whether to assist in the specific cases.

University of Copenhagen
International Education & Grants
UCPH Student Center
Fiolstræde 1
DK-1171 Copenhagen K

Telephone: (+45) 35 32 29 29
E-mail: int-admission@adm.ku.dk
www.studies.ku.dk

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University of Copenhagen
The International Office
UHP Student Centre
Fiolstræde 1
DK-1171 Copenhagen K
Denmark

Telephone: (+45) 35 32 26 26
Telefax: (+45) 35 32 39 00
Email: inter@adm.ku.dk
www.international.ku.dk