

Pre-arrival guide

For exchange & full degree students coming to
Aarhus BSS, Aarhus University
- Campus Herning

2022-2023

Welcome to Aarhus BSS

Congratulation on your acceptance to Aarhus BSS, Campus Herning. This pre-arrival guide will help you prepare for your journey to Aarhus University, Herning, and Denmark. We look forward to greeting you on campus. The pre-arrival guide is meant to be read before you arrive, which means that you will not be receiving a copy of it once you arrive.

Arriving in a new country and enrolling at a new and different university can be a busy, overwhelming, and exciting time. We want to provide you with some guidance on collecting the correct documentation, making your travel arrangements, and taking the steps necessary to start your adventure off on the right foot. Please read this guide carefully and make use of the information before you leave. Remember, the more thorough your planning, the less confusing your arrival will be!

Aarhus BSS Career and Student Services acts as the central service point for all incoming international students in Herning. Here you can get non-academic guidance, both prior to your arrival and throughout your studies. Please do not hesitate to contact us if you have questions or need assistance. We provide you with the best services we can offer and we look forward to assisting you in making this the best experience possible.

Sincerely,
Aarhus BSS Career and Student Services,
Campus Herning

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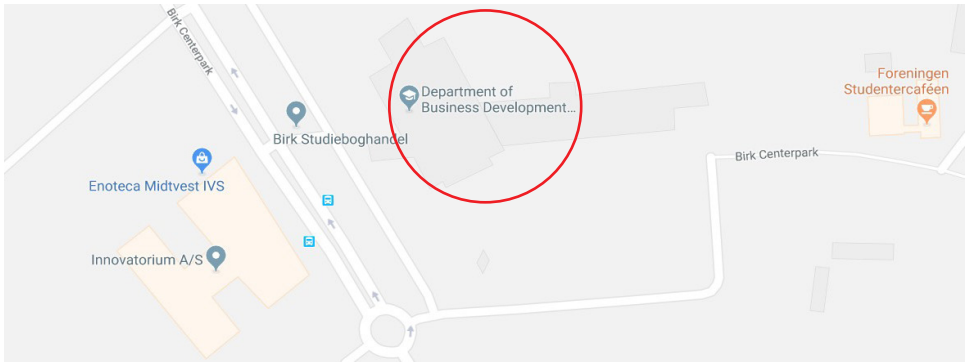
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@AarhusBSS

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Instagram: @btech_herning, @AarhusBSS,
@AarhusUni



Visit us when you arrive

One of the first things you should do upon your arrival in Herning is to check in at the Reception on Campus. Before and during the first weeks of the semester, the reception on Campus and 'Aarhus BSS Career and Student Services' in Herning will be available to welcome and assist you when you arrive. When you check in, you will receive your information package which will contain the documents you need to register with the Danish authorities. For that reason, **checking in and visiting us is very important, and we encourage you to do so as soon as possible upon your arrival.**

Exchange students will receive their information package during the information meeting at semester start.

Read more about the arrival and check-in procedures on **page 10**.

Find us here (the red circle above)

Aarhus University, Campus Herning
Birk Centerpark 15,
7400 Herning

How to get from Herning Central Station to the Campus (2 zones): Recommended bus 5 (towards Hammerum via Birk Centerpark) The bus stops just outside the main entrance of the university.

Another option is to take a train and get off at Birk Centerpark st. From there you have a 5 minutes' walk to the university.

To get a university map and directions directly on your smartphone, download the **AU Find app**.

For more information about taking the bus in Herning, visit:

www.midttrafik.dk/in-english/

Planning Your Stay: Checklist

To do before arrival:

- ☐ Apply for Visa and Residence Permit (non-EU students only)
- ☐ Arrange for insurances (see page 5)
- ☐ Apply for the Blue Health Card (EU students only)
- ☐ Make travel arrangements (see page 8)
- ☐ Find housing

Temporary housing:

If you need temporary accommodation in Herning, see the links below. Please note that you cannot move into AU accommodation before the beginning of a lease. You may therefore need temporary housing if you plan to arrive before your lease starts:

- [Dolphin Hotel Herning](#)
- [Danhostel Herning](#)
- [Airbnb](#)

Make sure to bring:

- ☐ Valid Passport and/or National ID Card (and copies!)
- ☐ Bank cards / travellers cheques / Danish currency
- ☐ Adaptor for electrical appliances (230V)
- ☐ Laptop/computer equipment
- ☐ Mobile phone
- ☐ Appropriate clothes (see page 7)

Important:

In the beginning of the semester, you will need copies of a number of documents in order to register with the Citizens' Service and State Administration. Most of these documents must be sorted **BEFORE** you arrive in Denmark. For a complete list of the documents you need to bring, see the CPR registration checklist on pages 13-14.

If you have housing through AU Housing, remember to bring:

- ☐ Bed linen, duvet, pillow and towels

Planning your Stay

RESIDENCE PERMIT AND CERTIFICATE

As an international student, you need to apply for a **residence permit** (non-EU/EEA students) or a **residence certificate** (EU/EEA students) for a right to reside in Denmark. Furthermore, it is a condition of the residence permit/ certificate that you are active as a student and enrolled in an educational programme. If this is not the case, the Danish Immigration Service can revoke your residence permit/ certificate. The university is obliged to inform the Immigration Service if you are not actively following the educational programme.

We encourage you to check the Danish government website www.newtodenmark.dk to see if there are any special requirements for applicants from your country.

Non-EU students are expected to apply for and receive their residence permit prior to their arrival in Denmark. You can download your ST1 application and your enrolment letter at mitstudie.au.dk. **EU/EEA students** can apply for their residence certificate in the beginning of the semester. **Nordic students** (Finland, Iceland, Norway, Sweden) do not need a residence certificate or permit to reside in Denmark.

International students must register for the residence certificate (EU/EEA students) and CPR.-number (all international students) at the beginning of the semester. More information will follow at semester start.

INSURANCE & HEALTHCARE

The Danish Health Security Act covers foreign students staying for more than three months. This means that once you have received your yellow Health Insurance Card, also known as your **CPR card**, you will be allowed to receive free medical treatment in Danish clinics and hospitals. **See page 12 for more information about the CPR card and registration.**

However, please note that the CPR card and Aarhus University do not cover the costs of medical evacuation back to your home country, emergency repatriation, personal liability, or any losses that may occur while you are studying in Denmark. For this reason, we strongly encourage you to take out the following insurance policies, either before or immediately after arrival:

- **Third-party/liability insurance** ("ansvarsforsikring"): Covers expenses if you have to pay compensation to another person
- **Accident insurance** ("ulykkesforsikring"): Covers the financial consequences of an accident
- **Home insurance** ("indboforsikring"): Insurance for your personal belongings in case of theft or a break-in

If you decide to buy insurance in Denmark, contact some of the larger insurance companies to find the one that best suits your needs, or ask your fellow Danish students what they do.

HOUSING

If you have applied for housing via AU Housing, you will be informed via email if and when a room has been allocated to you. To accept your housing offer, please log into your **self-service account** (mitstudie.au.dk), confirm the housing offer and pay the first month's rent with a credit card.

There is a shortage of rooms and unfortunately, not all students will receive a housing offer. In case we can't find a room for you, you will receive an email about two months before your requested moving-in date.

For more housing information, visit [the Housing Office website](#).

FINANCES AND BUDGET

Living expenses

Living expenses for the average student in Herning are estimated at DKK 5,000/month, including travel expenses. However, this may vary depending on your own spending habits and living situation. The prices of housing, food, transport and leisure are relatively high in Denmark in comparison with many other countries. However, salaries are also relatively high, and many services, such as medical treatment and schools, are paid for via taxes and the Danish welfare system. You can keep expenses down by borrowing books from the library, cooking meals at home, shopping at discount supermarkets and looking for sales and student deals.

Bank account

All Danish banks require your **CPR number** in order to open a bank account. Photo ID and a letter of enrolment/admission and a copy of your residence permit may also be required. Ask the bank beforehand if they

charge a fee for opening an account and whether they offer online banking in English.

Sample prices in supermarkets

- Milk - DKK 10 / litre
- Bread - DKK 10-30 / loaf
- Butter - DKK 15-25 / pack
- Cheese - DKK 50 / 600 g
- Beef - DKK 35 / 400 g
- Chicken - DKK 35 / 400 g
- Rice - DKK 18 / kg
- Wine - DKK 40-150 / bottle
- Beer - DKK 6-20 / 33cl

Bank card is the most used payment method in Denmark. Therefore we advise you to bring one or two of the following cards:

- Dankort/VISA-Dankort
- Mastercard
- Maestro
- VISA
- VISA Electron
- American Express
- JCB

SU

SU is the Danish Students' Grant, a public monthly grant meant to support Danish students' further education. All Danish students enrolled at a recognised university are eligible to receive SU.

As an international student, you may be eligible to receive SU.

If you receive SU, please be mindful that there is a limit to how much you are then allowed to earn at your student job (see the next page).

Read more about SU and how to apply at [Aarhus University's SU Office](#).

Student job

A lot of Danish students have part-time jobs, and getting a student job is certainly a good way to make some extra money and expand your network. However, it can be difficult for international students to find a student job if they don't speak Danish. This is why it is best to plan your finances in a way that allows you to support yourself without a job, at least for the first semester.

See page 17 for tips on where to find a student job.

Good to know

- Rules for working hours and work permits in Denmark vary depending on which country you are from. Visit studyindenmark.dk/live-in-denmark/student-jobs to learn more.
- If you have a salary in Denmark, you may have to pay **taxes**. We recommend contacting your local tax authorities (SKAT) if you take up employment in Denmark. **Find their contact information on page 27.**
- If you work illegally in Denmark, you risk deportation as well as a prison sentence or a fine.

STUDENTS WITH SPECIAL NEEDS

If you are facing study-related challenges due to learning difficulties (e.g. dyslexia) or any physical, mental or neurological disabilities, reach out to **The Counselling and Support Centre** at Aarhus University. You can get in touch with them via email (sps@au.dk) or **find more contact information on page 26.**

WEATHER

Because of the warm Gulf Stream on the west coast, Denmark's climate is relatively mild compared to its Scandinavian neighbours. Nevertheless, expect **rain and wind** all year round. While it does not tend to snow a lot during winter, heavy rains and strong winds are typical for this time of year. Temperatures range from **freezing point** in December/January to **20-25 degrees Celcius** in July/August. A waterproof and windproof jacket (as well as waterproof pants if you plan to ride a bike as your main mode of transportation), light sweaters and cardigans for layering, a warm scarf, a thick coat and winter boots are all recommended items to bring with you for your stay in Denmark if you want to stay comfortable during the colder months.



Travelling to Denmark

Depending on where you are travelling from, the most common ways of arriving are:

- Fly to Copenhagen, take a connecting flight to Billund, take the bus to Herning
- Fly to Copenhagen, take a train from the airport to Herning
- Fly to Billund, take the bus to Herning
- Take the train all the way to Herning
- Take the bus all the way to Herning

AIRPORTS

Billund Airport:

Billund airport is located 55 km. south of Herning and is served by a large number of public buses. Many of the buses are connecting the airport with train stations in Jutland.

www.bll.dk

Copenhagen Airport – Kastrup:

Location: Copenhagen. Copenhagen Airport is Denmark's main international airport and there are direct flights to Copenhagen Airport from most European cities. When you arrive at Copenhagen Airport, you can either continue your flight to Aarhus or Billund Airport or catch a train or bus towards Herning.

www.cph.dk

TRAINS

From Copenhagen

You can either take a bus or a train from Copenhagen Airport to Copenhagen's central train station, and change here to a direct train to Herning. The train takes 3–3.5 hours and they leave for Herning approximately every hour. For more information on train departure times, please visit the website of DSB, Denmark's State Railway company, at www.dsb.dk.

International connections to Herning

Herning is relatively easy to access by train from a variety of cities and European countries. The Danish network of trains is well developed. Please bear in mind that when you book tickets on Danish trains, you need to pay a small additional fee to book a specific seat, which may be necessary if you are travelling during peak times!

BUS

For cheap bus connections between Copenhagen and Herning and within Denmark in general, please check:

www.flixbus.dk

www.kombardoexpressen.dk

International connections to Herning

For international bus connections, the aforementioned Flixbus is a possible choice.

If you wish to receive a student discount, it is very important that you bring a certificate of enrolment from either AU or your home university with you on the bus!

CAR

Cars are expensive to run in Denmark, so many people choose public transportation instead. If you wish to use your foreign car in Denmark, you must register it within 14 days of your arrival in Denmark. Registration of vehicles is administered by SKAT, where you can also find rules and tax rates for imported cars. Some countries must also convert their driving license within 14 days after establishing residence. Please check all the information before bringing your car to Denmark at www.skat.dk.

Arrival and Check-in

CHECKING IN AT CAMPUS HERNING

Once you have arrived in Denmark, you will need to check in at the reception on campus. When you check in, you will receive your information package, which will contain your student card (if you have submitted everything online) as well as documents you need to register with the Danish authorities in the beginning of the semester. **Checking in with the reception is very important and we encourage you to do it as soon as possible.**

What you get when you check in:

Information package contents:

- Application Form for CPR
- Information from Herning
- Map of Herning
- How to sign up for Danish courses
- Information about exams at AU

OPENING HOURS

In the beginning of the semester, the reception will have extended opening hours:

Monday – Thursday 8.00-16.00 and Friday 8.00-14.00.

PICKING UP YOUR KEY

However, please note that you cannot pick up your key before your contract starts. For example, if your contract starts on a Saturday or Sunday, you will have to collect your key on the following Monday. If you arrive before your contract starts, you will need to arrange short-term accommodation yourself. **See page 4 for temporary housing suggestions.**

We highly encourage you to send an email to the reception at heidi@au.dk with your expected date and time of arrival.



Introduction week for full-degree students

As a full-degree student, you are invited to participate in the Introduction week at the beginning of the semester.

The Introduction week provide a great opportunity to get to know campus, classmates and other students before classes start.

We highly recommend that you participate in the introduction for your study programme for full-degree students.

You can find the specific programme at your study portal:

studerende.au.dk/btech/introductionweek

Exchange students will be invited to an introduction meeting at the first day of the semester.

You can read more about the different events for students throughout the semester at page 25.

Application for EU residence document (EU/EEA students only)

Before applying for the Danish CPR number, EU/EEA students must apply for a residence certificate with the Danish Agency for International Recruitment and Integration (Siri) in Aarhus.

More information on date and time for the registration will follow at the beginning of the semester.

Residence document checklist

What to bring when applying for the residence document at the beginning of the semester:

- Original (valid) Passport / National ID Card

Getting a CPR Number

After you have obtained your residence permit (non-EU/-EEA) or certificate (EU/EEA), you must apply for your Danish CPR number (and CPR card). This is something that everyone who lives in Denmark has. The number is used to identify yourself when dealing with public authorities, healthcare, libraries, banks etc. If you need to identify yourself for any reason, your CPR number is your primary source of ID.

Your personal information is linked to your CPR number. It is therefore issued both as a 12-digit number, which acts as electronic identification, and also as a physical card,

which is swipeable. The CPR-number is issued by the Citizens' Service. Once you have applied for your CPR number, it takes up to 5-6 weeks to arrive. During these first weeks, you will receive a temporary AU CPR number for the university system. Please note that the temporary AU CPR number is only used to register you in the AU system and cannot be used in place of an actual CPR number. Once you receive your CPR number and card from the Citizens service you will have to replace the temporary AU CPR number yourself. Contact Aarhus BSS Career and Student Services.

Here you can find all the necessary information [concerning the CPR number and card](#).

At the beginning of the semester you will receive information on when and how to register for the Danish CPR number.

CHOOSING A DOCTOR

On the day of the "CPR Registration", there will be a list of general practitioners (GP) within Herning. You are free to choose any Herning GP who is accepting new patients. We recommend choosing a practitioner in the area of the city where you will live.

MOVING FROM ANOTHER NORDIC COUNTRY

If you move to Denmark from another Nordic country (as a non-Nordic citizen), you must bring documentation of your Nordic social security number to the registration.

MARRIAGE AND DIVORCE

If you are **married/divorced**, you must bring your original marriage certificate as well as a copy of an official translation into Danish or English. You must present this when applying for a CPR number, even if your partner is not with you in Denmark.

Read more about [marriage and divorce](#).

NemID and MitID

NemID ("Easy ID") is the Danish digital log-in solution, which consists of a user ID, a password and a code-card. It is used for online banking, taxes and SU, as well as access to the digital platforms for most Danish public services and authorities.

- We highly recommend obtaining a NemID if you are staying in Denmark for a longer period of time, as having one will allow you to handle most interactions with the Danish authorities digitally.
- You need a Danish CPR number to obtain NemID.
- You can obtain NemID at the Municipality of Herning (Herning Kommunes Borgerservice)

Read more about NemID at: www.nemid.nu/dk-en/

When you have received your NemID you can apply for MitID - read more at: www.mitid.dk/en-gb/?language=en-gb

CPR registration checklist

What to bring with you when registering with the the local authorities (City Hall) in the beginning of the semester:

EU/EEA STUDENTS

- ☐ Original (valid) Passport / National ID Card
- ☐ 1 copy of residence permit
- ☐ Completed Application Form for CPR (in your information package)
- ☐ 1 copy of Danish Housing Contract with address
- ☐ If you move to Denmark with children or if you are married/divorced, see page 13
- ☐ If you move to Denmark from another Nordic country, see page 13

NON-EU STUDENTS

- ☐ Original (valid) Passport / National ID Card
- ☐ Completed Application Form for CPR (in your Information package)
- ☐ 1 copy of Residence Permit and original Residence Permit
- ☐ 1 copy of Danish Housing Contract with address
- ☐ If you move to Denmark with children or if you are married/divorced, see page 13
- ☐ If you move to Denmark from another Nordic country, see page 13

NORDIC STUDENTS (FINLAND, ICELAND, NORWAY, SWEDEN)

- ☐ Original (valid) Passport / National ID Card
- ☐ Completed Application Form for CPR (in your Information package)
- ☐ 1 copy of Danish Housing Contract with address
- ☐ If you move to Denmark with children or if you are married/divorced, see page 13.

For your smartphone

Rejseplanen (Journey Planner)

The easiest way to find your way around Denmark is with the Rejseplanen (Journey Planner) app, which allows you to search the connections of trains and buses to help you get to where you are going. The app allows you to search for an address from your current position, and thus shows you the appropriate bus, train and/or walking directions to get to your final destination. The app can be downloaded via the app/play store, on the **Rejseplanen website** (only available in Danish).



DSB

Finding and buying train tickets with Denmark's national train service (DSB) is quick and easy with the DSB app. The app allows you not only to search for the next train connection, but also to purchase your tickets and seat reservations all in one place. When travelling, all you have to do is show the ticket on your phone to the conductor when they check tickets. The app can be downloaded via the app/play store or on **DSB's website** (only available in Danish). When you receive your CPR number, you can buy a Wild Card, which offers you a 50% discount.

Midttrafik

The Midttrafik app allows you to buy single tickets and multiride tickets for the city buses (yellow) and the regional buses (blue). The app is unfortunately only available in Danish, but Midttrafik's website has a **guide in English** that explains how to set up an account and buy tickets. The app can be set up with your payment card, which is helpful if you find yourself without coins for the bus. Download it via the app/play store or on **Midttrafik's website**.



AU Find

You can use the AU Find app to find information about a person, a building or a unit at Aarhus University. All the addresses are shown on a map, and they are integrated with the Google Maps Directory, which gives you directions. You can also add a person directly to your contacts for quick reference later. Download the AU Find app by clicking the appropriate links **on this page**.



Learning Danish

LÆRDANSK

To improve your Danish skills or simply learn the basics, you might consider joining classes offered by Sprogcenter midt. Sprogcenter midt has great experience with organising Danish classes for international students from Aarhus University, and you will be learning a new language in an international and multi-cultural environment with people from all over the world, who have also come here to study.

As an international student it is possible to get state supported Danish courses, however, there is a small fee.

You will find more about it in your information package.

For more information: sprogcentermidt.dk

Why learn Danish?

- To develop new and unique language skills for your resume
- To participate in targeted courses for international students for networking prospects
- To get social with Danes

Duolingo

To get a head start on the Danish language, try the free language learning platform Duolingo. If you speak English, Duolingo lessons in over 20 languages, including Danish. You can take the lessons online on **Duolingo's website** or download their app to your smartphone via the app/ play store.



Career services

AARHUS BSS

At Aarhus BSS, we aim to ease your transition from student to alumnus (former student) by helping you prepare for your future career. You can benefit from a range of services and activities, such as:

- Career and CV counselling
- Career events
- Contact to a range of companies

Find all the events and offers at [your Study Portal](#) or follow us on Facebook [@AarhusBSS](#) or [@AarhusBSSCareerherning](#)

Join the alumni network

Activate your free membership already as a student to receive exclusive invitations to events and access the insights, expertise and resources of more than 25,000 alumni.

Access AU Alumni at [alumni.au.dk](#) or Aarhus

BSS's services for alumni at [bss.au.dk/en/alumni](#).

Business Club for Students

At BTECH, campus Herning we have started a club with the purpose of connecting students and the western and central Jutland companies.

As a student at BTECH you are welcome to join the club. As a member you will receive information about upcoming events.

For more information, please check our Facebook page: [www.facebook.com/groups/businessclubforstudents](#)

AU Job and Project Bank

Find your new full-time job, student job, internship, project or volunteer work at [jobbank.au.dk](#)



Studying at BTECH

Aarhus University was founded in 1928, making it the second-oldest university in Denmark. Today, it is the second-largest university in Denmark and has several campuses, both in and around Aarhus as well as in Herning and other cities.

Most of Aarhus University's main buildings are located in and around the scenic University Park. Danish architect C.F. Møller is responsible for the university's characteristic yellow-brick buildings, the first of which were built in the 1930s. The architecture of Aarhus University is internationally renowned and included in the Danish Culture Canon.

Aarhus University has five major academic faculties: The Faculty of Arts, The Faculty of Natural Sciences, The Faculty of Technical Sciences, The Faculty of Health Sciences, and The School of Business and Social Sciences (Aarhus BSS). The Department of Business Development and Technology (BTECH) is

part of Aarhus BSS, one of the five faculties at Aarhus University and is situated in Herning.

The study programmes offered by BTECH are based on interaction across professional boundaries as well as close interaction with students and the surrounding business community. All study programmes have an innovative and international perspective.

The department was originally founded in 1995 as a result of a merger between the Engineering College of Western Jutland and the Central Jutland Business School. The merger with Aarhus University in 2006 resulted in an even higher academic level and an increased focus on research and development.

BTECH has approximately 1,650 students (about 1,150 are full-time students and 500 part-time students). Approximately 15% of the full-time students come from other countries than Denmark.

STUDY CULTURE

As an international student, you may be surprised by the study culture at Aarhus University. The study culture in Denmark is pretty **informal**, and the hierarchy between lecturers and students is flat and not very strict.

Lecturers are addressed by their first name

Rather than Ms., Mrs., Mr., Dr. or professor, lecturers will ask you to call them by their first name.

Active participation in class

Most courses use a combination of big lectures and smaller classroom-based seminars. In the seminars you are expected to participate, for instance by asking questions, taking part in discussions or doing presentations. Critical thinking and freedom of speech are important at Aarhus University, and it is okay not to share all of your lecturer's opinions.

Taking responsibility for your own learning

A large part of the learning process at Aarhus University will not take place in a classroom, but through reading and studying by yourself. Lecturers will rarely check whether you do your readings or even whether you show up to class. However, for your own sake, make it a priority to do both! You will need it to do well in your exams. Also, many courses include group work with other students who count on you to do your work.

Group work

Courses will often include mandatory group work with other students. Many Danish students also use small study groups as a way to stay motivated and take a break from studying alone.

Oral exams

Oral exams are common at Aarhus University. Unlike written exams, oral exams generally take the form of a verbal presentation and discussion between you, your course lecturer and a co-examiner. To find out whether any of your courses have an oral exam, check your **academic regulations**.

For more tips on how to get the most out of your studies at Aarhus University, check out studypedia.au.dk or studentwelfare.au.dk

Academic Calendar

The academic calendar for the Autumn Semester will run from around late August/early September to late January.

Public Holidays

Christmas Eve:	December 24
Christmas Day:	December 25
Boxing Day:	December 26
New Year's Day:	January 1

The Danish 7-point marking scale

- 12** For an excellent performance
- 10** For a very good performance
- 7** For a good performance
- 4** For a fair performance
- 02** For an adequate performance

-
- 00** For an inadequate performance
 - 3** For an unacceptable performance

Please note

- The Danish top mark '12' is given out only half as often as the top mark 'A' in other countries. Consequently, the "middle/average" mark '7' is not considered a bad grade, but is given for an overall good performance.
- '02' is the minimum mark required for passing an exam.

City of Herning

In a little more than 100 years Herning has developed into a center for dynamic businesses, varied culture and sports facilities. And also a great place to live.

Herning is a young city - it was founded as a market city in 1913. It has strong influences and expanded rapidly due to the textile industry. Nowadays, these traditions are still present with some textile companies left and with the design educations based at VIA University in Birk.

With approx. 89,000 citizens, Herning Municipality is 13th largest municipality in Denmark measured by population. By area, Herning is the 3rd largest municipality.

SHOPPING IN HERNING

In the city centre you find a varied selection of shops, not only on the main street, but also on the side streets. The city square is right in the center, and a few steps further down Østergade you find the awarded library. The building is worth a visit for its unique architecture, if not for finding a book, reading a magazine or having a coffee in the café. Between the city centre and the Campus

you find Herning Mall (Herning Centret) with 80 stores and numerous cafes and restaurants.

CULTURE AND ATTRACTIONS

Herning has a rich cultural life. Whether you are looking for theater, concerts or museums, Herning has it. With several renowned art museums, Herning has most art per citizen in Denmark.

The theatres in Herning arrange traditional and experimental performances all year - as well as ballet, opera and musicals. Several stages offer music experiences in every genre. Herning often hosts massive national and international music and sports events. Many of these take place in "Jyske Bank Boxen", the largest multi-arena in Denmark outside Copenhagen.

Our Tourist Office [VisitHerning](#) guides you to all the wonderful attractions in our area.

Download [Herning Tourist Magazine](#)

Bike culture

Bikes are the preferred method of transportation in Herning. It is cheaper and more flexible than taking the bus, which is why most Danish students opt for it. Taking the bike is also a practical way to get some fresh air and exercise!

You can choose to buy a used bike or rent one. Buying a used bike is often cheaper.



Safety first!

- Wearing a bike helmet is not required by law, but strongly recommended in case something happens.
- Be aware of your surroundings. **Always** respect road signs and signals.
- Always ride your bike on the right side of the road, going in the same direction as the cars. Going in the opposite direction can be very dangerous.
- Remember to signal when you stop or make a turn.
- Turn on your bicycle light when it is dark outside.
- Cyclists are not allowed to ride their bikes on the sidewalk or across pedestrian crossings in Denmark.
- Be mindful of trucks, especially if they're turning right. Trucks (and other large vehicles) have a blind spot on their right side, so the driver may not be able to see you if you are right next to them. When waiting at a red light, it is therefore always safer to stay behind trucks and give them extra time and space to make their maneuver.
- People in Herning are used to riding their bikes and tend to go quite fast. Don't let it stress you out. Go at your own pace.

Danish Culture

Culture shock is a completely natural part of moving to a new country. However, the shock may seem less intense if you know a little bit about the country and its culture before you arrive. And although the best way to really understand Danish culture is probably to experience it for yourself, here are a few pointers to mentally prepare you for any cultural differences between Denmark and your home country.

THE DANISH WELFARE STATE

Denmark is internationally known for its welfare state. The underlying philosophy of the welfare state is that **all citizens have equal right to social security**. Consequently, a number of services such as education and healthcare are free of charge in Denmark. These services are instead funded publicly by heavy income taxes. The Danish welfare state is characterised by economic equality and relatively high social mobility.

TRUST

Compared to other countries, Danes have a **high level of trust**, both in the system and in other people. Overall, Danes tend to think of their system as relatively transparent, with courts and law enforcement that are fair and free of corruption. The crime rates in Denmark are low, but you should of course always use common sense to stay safe and look after your valuables.

TAXES

The tax rate in Denmark is one of the highest in the world. Approximately **40-45%** of a Danish salary goes towards taxes. If you have a paid job in Denmark, you have to pay taxes. **Read more about students jobs on page 6-7.**

JANTELOV

Known in English as “The Law of Jante”, Jantelov is a cultural concept related to the general **anti-elitist mentality** in Denmark (and the rest of Scandinavia). In brief, the Jantelov states that people should not believe themselves to be better than others. Jantelov is mostly used to describe a negative social dynamic, where people may be resented or criticised for being too ambitious or accomplished.

SOCIETY CULTURE

Denmark has a strong society culture (‘foreningskultur’). Many Danes are involved in societies, which are democratic and membership-based organisations centred on a common theme, goal or activity. They can be volunteer organisations, sports clubs, interest-based societies etc. Danes use societies to pursue their interests and to socialise outside of school and work.



Humour

The Danish sense of humour is typically dry and characterised by **sarcasm, satire and self-deprecation**. Much in accordance with the Jantelov (described on the previous page), it is considered okay to poke fun at everyone, regardless of their status: authority figures, your friends, yourself... Self-deprecating humour, known as *selvironi* ("self-irony"), is very common. Danes value their freedom of speech and generally do not take anything too seriously - especially not themselves. Consequently, some Danes may come across as more direct and less politically correct than what you're used to. And while it is of course completely fine not to find Danish humour funny, try to keep in mind that any sarcastic or irreverent jokes directed your way are rarely meant as an insult.

Hygge

If you are staying in Denmark for a longer period of time, you are bound to run into the Danish concept of *hygge* more than once. A concept that roughly translates to "cosiness", Danes love to *hygge* - and there are many different ways to do it. It can mean going out for a beer with friends or reading a good book by yourself. It can also mean having a picnic in the summer or lighting lots of candles in the winter. The most important thing is that you **relax and enjoy yourself**. As an icebreaker, try asking a Dane what they find *hyggeligt* ("hygge-like"). You may get some new inspiration for how to embrace this vital aspect of the Danish lifestyle.

Making Friends

As an international student arriving in Denmark, you can expect to hear a lot of talk about **the “antisocial” Danes** and how difficult it is to make Danish friends. For that reason, it may seem easier to hang out with the other international students and be content with simply observing the Danes from afar. But please don't write off the possibility of making Danish friends! A local network can be very useful and also give you a unique opportunity to experience Danish culture first-hand.

These pages aim to give you an idea of how and where to meet the Danes and get you on the right track towards making some new friends.

“The right not to speak”

If the Danes seem closed off or distant to you, please keep in mind that it is not because they are antisocial or don't want to hang out with international students. They are probably just politely trying to respect your **personal space**. In Denmark, it is not very common to small-talk with strangers in public places such as the bus stop or the supermarket. Instead, Danes consider it polite to respect other people's privacy by not expecting them to engage in conversation all the time. If you decide to approach a Dane anyway, don't be surprised when their closed-off expression turns into a big friendly smile. Once engaged, Danes are generally very open and helpful.

Getting to know the Danes

Make the first move: Danes will rarely approach you themselves, but more often than not, they will be very friendly if you ask them a question. And most of them are very good at speaking English, so don't be afraid to reach out.

Join a club or an organisation that you find interesting: This is a great way to meet new people and bond over a shared hobby.

Take initiative: Most Danish students probably already have very busy schedules with school, jobs, old friends, family and hobbies, so they may not actively be looking for new friends in the same way that you are. However, this doesn't necessarily mean that they don't want to get to know you! It just means that you may have to take a little more initiative than you're used to. Be interested in getting to know the Danes and, once you've talked to them a few times, maybe even suggest doing something together.

Be patient: It takes a long time for a Dane to consider someone a friend (and not just an acquaintance), so be patient and don't expect to become besties right away.

Student Activity Association (SAA), the Student House & the Corner of Birk

As a student in Herning, you can join a number of organisations that you can get involved in. Or you can just participate in the events they arrange.

SAA

SAA is an organisation representing the social aspect of the students. The mission of SAA is to make the student life in Herning as diverse and exciting as possible, and especially to provide an unforgettable start and experiences for the new students.

The goal is not only to offer fun teamwork and party events, but also organize events widening students' professional experience and improving their study-related professional skills. Find SAA on facebook: www.facebook.com/SAA.AUHE/

Student House

The Student house is a bar, community, and Fitness Center. Throughout the year the Student House hosts different events on a regular basis and provides you with lots of chills and fun, so please follow The Student house & Birk Campus on Facebook to stay updated: www.facebook.com/SHBirk/

The Corner of Birk

The bar at Campus Herning is located next to the book store. The bar is open on most Thursdays and Fridays with a wide selection of beverages at student-friendly prices.

Show up at the bar if you want to hear more or if you want to join us.

Important Addresses

EMERGENCY

In case of an emergency, dial 112 (medical) or 114 (police). It is free from all phones.

Police

Midt og Vestjyllands Politi (Herning)
Haraldsgade 30, 7400 Herning
Tel: +45 96 14 14 48

Hospital

Regionshospitalet Gødstrup
Hospitalsparken 15, 7400 Herning
Tel: +45 78 43 00 00

Emergency Dentist

Tandlægevagten Holstebro
Lægaardsvej 12
7500 Holstebro
Tel: +45 40 51 51 62.
Opening hours
Friday 18.00-19.00
Saturday, Sunday and public holidays
kl. 12.00-15.00

After Hours Doctor

Tel: +45 7011 3131
Monday-Friday: 16-8 Saturday and Sunday: 24/7

HEALTH AND SAFETY

Cough syrup, painkillers, anti-histamines, etc. may be bought in small doses from supermarkets, 7-Eleven, etc.

Pharmacies are usually open between 9-17:30 during the week and 9:30-13 on Saturdays.

Emergency Pharmacy Herning Løve Apotek

Bredgade 45
Tel: +45 97 12 00 22/+45 40 27 74 24

Opening hours:

Monday-Friday 8.00-21.00
Saturday 8.00-14.00 and 18.00-21.00
Sunday 10.00-15.00

Student Counselling Service Studenterrådgivningen

Ryesgade 23, 1
8000 Aarhus C
Tel: +45 7026 7500
www.srg.dk

IMMIGRATION, RESIDENCE, PERMIT/ CERTIFICATE AND REGISTRATION

The Danish Agency for International Recruitment and Integration (Siri)

DOKK1
Hack Kampmanns Plads 2
8000 Aarhus C
Monday, Wednesday: 8.30-16.00
Tuesday: closed
Thursday: 8.30-17.00
Friday: 8.30-14.00

For more information: www.nyidanmark.dk/en-GB/News%20Front%20Page/2019/03/New%20SIRI

Citizens' Service

Torvet
Tel: +45 96 28 2828
www.herning.dk/

LIBRARIES

There are various libraries around Aarhus University. **The Campus in Herning has it's own library:**
<http://library.au.dk/en/>
You will have access 24 hours a day with your student identification card.

The Royal Danish Library (in Aarhus)

Det Kgl. Bibliotek, Viktor Albecks Vej 1
8000 Aarhus C

Opening hours:

library.au.dk/en/about/opening-hours/

Tel: +45 3347 4747 and mail: kb@kb.dk

Main Library, Herning

Østergade 8

Tel: +45 96 28 88 00

<https://www.herningbib.dk/>

STUDENT RESOURCES

International Centre

Høegh-Guldbergs Gade 4

8000 Aarhus C

Tel: +45 8715 0220

ic@au.dk

international.au.dk/about/contact/international-services/ic/

AU Housing

housing@au.dk

www.au.dk/housing



Useful Links

AARHUS UNIVERSITY

Aarhus University main website

www.au.dk

Faculties

international.au.dk/about/organisation/faculties/

Departments and Schools

www.au.dk/en/about/organisation/departments/

International Centre (IC)

international.au.dk/about/contact/international-services/ic/

Arriving in Denmark

international.au.dk/life/studentscomingtoau

Living in Denmark

international.au.dk/life/studentscomingtoau

Prospective Exchange Student Portal

www.au.dk/exchange

Prospective Bachelor's Student Portal

bachelor.au.dk/en

BTECH Study Portal

studerende.au.dk/btech

Student Welfare Portal

studentwelfare.au.dk

Course Catalogue

coursecatalogue.au.dk

AU Job & Project Bank

jobbank.au.dk

GENERAL INFORMATION

Herning Kommune

www.herning.dk

Aarhus Kommune

www.aarhus.dk

Denmark.dk

www.denmark.dk

International Community

www.internationalcommunity.dk

New in Denmark

www.newtodenmark.dk

Study in Denmark

studyindenmark.dk

The Copenhagen Post

<http://cphpost.dk/>

Work in Denmark

www.workindenmark.dk

Tax in Denmark

www.skat.dk

TOURIST INFORMATION

Denmark

www.visitdenmark.com

Herning

www.visitherning.dk

Aarhus

www.visitaarhus.com

Copenhagen

www.visitcopenhagen.com

Get your student ID
[studerende.au.dk/en/
studentid](http://studerende.au.dk/en/studentid)



