



Warm greetings to you from Denmark. We are all looking forward to your arrival in our country. In this letter we would like to share some information with you.

### **HOST FAMILY**

By mid to late April you will receive contact information on your host families in Denmark. They are eager to get to know you, so we suggest that you contact them at your earliest opportunity by email, phone or regular (air) mail to introduce yourself.

Your host family receives no financial compensation for hosting you. The appreciation and attention you show them is the only and the best payment a host family can get. Try to give as much of yourself as possible - you will find that the more you give, the more you will get!

TIP: For establishing a good relation with your host family, and to ensure the best match, please provide as much information about yourself as possible when asked in the Host Family Survey.

### **POST ARRIVAL ORIENTATION**

When you arrive in Denmark you will be met at the airport by a YFU representative. You will then travel directly to Huset, the national YFU office in Tommerup on the island of Fyn, for a short 1 day introduction course. You will learn about the Danish culture, YFU, etc.

After the seminar you will go to your host family. The address of the orientation site is:  
YFU-Denmark, Stationsvej 4, 5690 Tommerup, Denmark.



### **EMERGENCY**

In case of an emergency at home, your family should contact you directly at the host family's phone number. If that is not possible, YFU-Denmark's emergency phone number is 011 45 64 76 30 06/ fax 011 45 64 76 30 75. YFU-Denmark will then get a message through to you. And vice versa - while in Denmark, and if you experience any emergency, your U.S. Program Lead Instructor and YFU will make sure to let your family in the U.S. know.

NOTE: Please be advised that YFU-USA will provide detailed emergency information to you, your family, your college and to YFU-Denmark.

### **DANISH LANGUAGE**

The Danish language might be hard to learn and being a short-term student you will not have to learn our language, but it will be nice for you to know some words. You might like to get a book on the Danish language or check out this website [www.speakdanish.dk](http://www.speakdanish.dk)

## CLOTHES

You may need different kinds of clothes in a climate like ours. We have warm and sunny days, but also chilly and rainy days. You should bring different layers of clothing as well as a rain jacket, since you will have to be outside even on cold and rainy days. Consider wearing leather tennis shoes or other solid shoes. We usually have a casual dress code. No events will require formal dress. You will be able to use your host family's laundry facilities.

## LUGGAGE

Since after arrival to Denmark you will be using public transport and will have to carry your own luggage, we urge you to consider the amount of luggage you bring to Denmark. It is **very important** that you are able to carry all of your luggage yourself, as you will have to transfer between trains as well as climb flights of stairs or walk some distance. We suggest that you use a backpack.



## SPENDING MONEY

The cost of living in Denmark is quite high and you may need about 1500-2000 DKK (approx. \$300-400) for the duration of your trip. How much you will need also depends on your own needs. The appended price list gives you an idea of the prices in Denmark, and can provide good guidance on how much you should bring in pocket money.

VISA and MasterCard are commonly accepted credit cards and you will find ATMs everywhere. Make sure to have a PIN for your credit card in order to be able to withdraw any money.

## CALLING CARDS

If you need to make phone calls, please use an international calling card. We recommend that you buy one in the US, as they are quite expensive in Denmark.

## GIFTS

If you choose to bring modest and inexpensive gifts for your host family, they will be much appreciated. You might also like to bring some photos from home to show.

## Cost of living in Denmark

To figure cost in USD (\$), an approximate conversion rate to use is  
\$.2 per 1 DKK (kr) (5 kr = 1\$)

### Clothes

T-shirts	:	75-200 kr
Tennis socks	:	10-25 kr
Jeans (Levi's)	:	500-800 kr
Shoes	:	400-1000 kr
Sport shoes	:	400-1000 kr

### Daily costs

Shampoo	:	20-40 kr
Toothpaste	:	10-15 kr
Deodorant	:	20-50 kr

### Going out

Local bus	:	10-15 kr one way
Movie Theater:		50-100 kr
Pizza	:	40-70 kr
Big Mac menu:		50 kr
Cola (restaurant):		15-25 kr
Entry to disco:		50-100 kr
Rock concert	:	100-300 kr

### Costs for a family

1 liter of milk	:	6 kr
1 loaf of bread:		15 kr
Gas/petrol	:	10 kr/liter
Heating/hot water:		
Electricity	:	400 kr/month

All prices in Danish Kroner (kr)

All prices including taxes.



Map of Denmark

Youth For Understanding Denmark

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