

ISUP 2018

INTERNATIONAL SUMMER UNIVERSITY PROGRAMME

STUDENT SURVIVAL GUIDE



CBS



COPENHAGEN BUSINESS SCHOOL
HANDELSHØJSKOLEN



WELCOME TO ISUP

Congratulations on your acceptance to the International Summer University Programme (ISUP) 2018. We look forward to welcoming you to Copenhagen Business School (CBS).

You will soon be starting a new educational experience, and we hope that this survival guide will help you through some of the practical aspects of your stay in Denmark. You will find useful and practical information, tips and facts about Denmark and links to pages to get even more information.

You would be wise to spend time perusing all the information, as it will make things so much easier for you during ISUP.

If this booklet does not answer all of your questions or dispel every uncertainty, our best advice is simply to ask one of your new Danish classmates! They often know better than any survival book or us at the ISUP office, so do not be afraid to ask for help and information when needed. This is also the best cultural way to become acquainted with Danes and make new friends while you are here.

Have fun, learn a lot and enjoy your stay as a student here in Denmark.

Best wishes from the staff of,

The ISUP secretariat and Director of International Office
Tom Dahl-Østergaard

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INTERNATIONAL SUMMER UNIVERSITY PROGRAMME

CONTACT DETAILS

Copenhagen Business School (CBS)
International Office - ISUP
Porcelænshaven 18A
DK-2000 Frederiksberg

Phone: (+45) 3815 3006 (reception)
Email: summer@cbs.dk
Web: cbs.dk/summer

Telephone and office hours for personal inquiry:

Monday:	Closed
Tuesday:	9:30 am - 12 noon and 1 pm - 3 pm
Wednesday:	Closed
Thursday:	9:30 am -12 noon and 1 pm - 3 pm
Friday:	9:30 am -12 noon and 1 pm - 3 pm

Outside office hours please contact us by email.

FACEBOOK

We have created a Facebook group where we will post information about ISUP as well as important reminders for deadlines coming up. Join our group: [CBS International Summer University – ISUP](#).

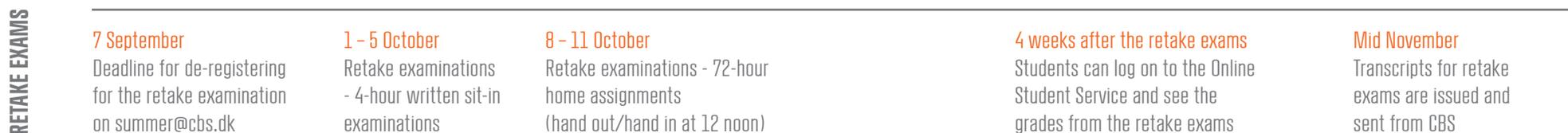
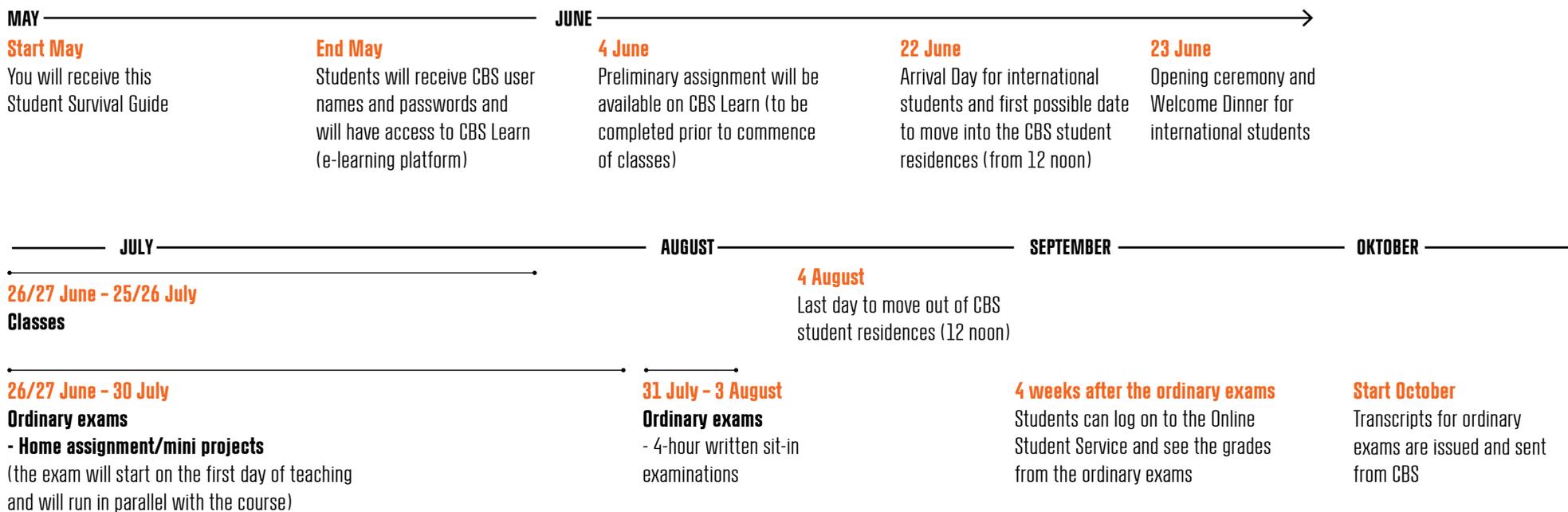
ACADEMIC INFORMATION

You can find all relevant information regarding ISUP summer courses and exams on our website: cbs.dk/summer

- ISUP courses, preliminary assignments and exams
- CBS Learn (e-learning platform)
- Timetables and classroom allocation
- Other course related information

If you need more detailed information related to our programme, you can contact us by sending an email to summer@cbs.dk. We will do our very best to answer your questions.

ISUP ACADEMIC CALENDAR 2018



PREPARING FOR YOUR STAY

INTRODUCTION

Studying abroad is a major decision and an experience that will be challenging as well as rewarding and enjoyable. We hope the following information will help answer some of your questions, as well as help you with the practical side of preparing for your study abroad. The suggestions you find below are based on our experiences combined with words of wisdom from former international students.

PASSPORT / SHORT TERM VISA

Do not forget to bring your passport. EU citizens can travel without a passport within the Schengen agreement using only their national ID.

Students with dual citizenship are strongly advised to bring both valid passports. It is your own responsibility to check whether your nationality requires a visa for entering Denmark. You can check the website for the [Danish Immigration Services](#) or the Danish embassy in your home country whether you need to apply for a visa.

Since you are going to study in Denmark for less than three months, you will not get a

IMPORTANT INFORMATION

Make sure that your passport is valid until at least September 2018.
Please remember that if you need a visa, your passport must be valid until at least three months after the expiry date of the visa.

student visa, but a short term visa for the period of the duration of the programme.

Students, who need to apply for a short term visa to enter Denmark, should apply at the Danish embassy or consulate in their home country as early as possible once they have received their letter of acceptance from the ISUP secretariat, as applying for a visa can take several months.

If you are planning to visit another country (for which a visa is required) before or after your period of study at CBS, you should consider getting any necessary visas before leaving your home country.

HEALTH INSURANCE

EU/EEA students should bring the blue European health insurance card that entitles you to the same health services as Danish citizens who need urgent medical treatment.

Students from outside the EU/EEA need to ensure that they have some form of private medical insurance coverage.

Non-EU/EEA and EU/EEA citizens

You need to arrange for additional private insurance yourself. Some insurance companies extend their insurance policies to cover stays in other countries, and you should therefore contact your present insurance company for further information.

We recommend that you make sure that your insurance at least covers:

- Repatriation
- Next-of-kin accompaniment
- Evacuation
- Personal liability
- Optional supplement that includes coverage for baggage and household contents

You may also want to take out additional insurance to cover personal belongings during your stay in Copenhagen. If you bring a car, you should also consider third party liability insurance and a comprehensive motor insurance. CBS does not cover any loss, which may incur.

ACCOMMODATION WHILE IN COPENHAGEN

CBS does not have a campus as such. Traditionally, Danish universities do not own student-housing facilities. The majority of Danish students leave home at about the age of 19-20 to live in private flats, or in one of the dormitories in the greater Copenhagen area. Accommodation for our international students is therefore rented through public and private housing companies.

You can apply for housing for ISUP 2018 through our online housing application system from April 2018. Accepted students will receive an email with the link to the online application to the email address they used when applying for ISUP.

Accommodation is assigned on a first come – first served basis, therefore it is in your own interest to apply as soon as possible.

You rent the room from 22 June until 4 August 2018. The dates are fixed, and it is not possible to negotiate a different rental period.

You can find more information about [accommodation](#) offered by CBS Housing Department on our website. If you have questions specifically about accommodation, please contact CBS Housing Department at housing.intoff@cbs.dk.

HAND LUGGAGE UPON ARRIVAL IN DENMARK

You should always have the following items close at hands:

- Your ticket
- Money
- Passport
- Phone number for the contacts at the ISUP office
- The address where you are going to stay in Copenhagen



ARRIVING AT CBS

ARRIVAL IN COPENHAGEN

If you are arriving on Friday 22 June 2018, we can offer assistance with your transportation from the airport to CBS dormitories. This is merely an offer provided by the ISUP Arrival Coordinator, but you are not required to accept it.

Some students prefer to make their own way to their assigned rooms, but should you wish to make use of our arrival service, you will receive more information about signing up by email in May and June. In case you have questions regarding the Arrival Service, send an email to the Arrival Service Coordinator at arrivalisup.intoff@cbs.dk.

Please remember that CBS housing is only available from 22 June 2018 at 12 noon until 4 August 2018 at 12 noon, so if you are arriving in Copenhagen before or leaving after those days, you will have to arrange for your own accommodation until 22 June 2018 as well as after 4 August 2018.

IMPORTANT INFORMATION

All international students should be present at the Welcome Day on 23 June 2018 and the Introduction Meeting on 25 June 2018.

Read more about [Arrival Service, Welcome Day and Introduction Meeting](#) on our website.

WHEELCHAIR ACCESS – HANDICAP AID

There is wheelchair access to all CBS buildings, with lifts for the floors and wheelchair accessible toilet facilities. We also have some rooms at the residence halls with wheelchair access. Should you require such a room, please inform us when applying for housing.

EMAIL

In May you will receive your CBS email address via ordinary mail from the ISUP secretariat. During your stay at CBS, you will have the opportunity to use the school's electronic email facilities. You must use your CBS email address while you are studying at CBS, as this is the only email we will use to contact you with important information. We recommend that you forward your CBS email to your private email in order to receive all the important information. You will get your CBS username (which is your CBS email address) and password by end May at the latest.

LAPTOPS

If you have your own laptop, it would be well worth bringing it. Wireless internet is available at CBS. Please make sure your laptop is covered by your own private insurance. Laptops are easy to steal, and we have experienced theft both at CBS and at the student residences. A former student suggested that it might be a good idea to buy a laptop lock.

The Internet at some of the student residences requires a cable; the cable is not provided by the student residences. However, some residences has Wi-Fi as well. Please contact CBS IT if you need assistance to log on.

TEXTBOOKS AND COMPUTER FACILITIES

Check your course descriptions for information on which books you will need. Textbooks for required ISUP courses will be available at the CBS bookstore; Academic Books,

located at Solbjerg Plads 3 from the beginning of June 2018. You can also see the overview as well as buy your books online on their [website](#). Academic Books ship orders abroad, please find further information on their website under customer service. Information about literature will be available under "Reading lists" if you choose "CBS-Copenhagen Business School" and then "Summer University". Please see under the heading "Budget/expected expenses" for information on costs.

CBS has computer rooms with available computers for students, but there is a limited number of computers available. If you have your own laptop, it would be well worth bringing it.

On my.cbs.dk, you can read more about the IT facilities at CBS. On the top bar you can find a menu called "IT AND TOOLS". You need a CBS email address to access this page.

STUDENT ID CARD

As a CBS ISUP student, you may receive a student ID card from the IT department. The student ID card is able to provide you with a student discount in certain stores or cafés in Denmark.

In order to obtain a student ID card, you must log on to studentcard.cbs.dk and upload a picture of yourself to your profile. Make sure the picture fits the standards required by the IT department. After 7 days, you can pick up your new CBS student ID card at the Campus Desk in front of the library at Solbjerg Plads 3.

GOOD-TO-KNOW ADVICE

Bring an English dictionary, thesaurus and a good translation dictionary, for instance, Italian/English, Spanish/English, etc.

Bring any software you normally use and are familiar with, although computers at CBS will have all of the Microsoft office programmes installed.

PRINTERS INSIDE AND OUTSIDE CBS

CBS supports the idea of a green campus and as a result, there are a limited number of options for printing. The Library at Solbjerg Plads offers print at the cost of DKK 1.50 per page. You do not need a print card or installation - you should simply go to one of the CBS Library computers and send your print to "Library Print DKK 1.50 per page". Prints are picked up and paid for in cash or by Mobile Pay at the "red information desk" inside the library. Please note that printing in colour is not available.

Alternative print and copy services at CBS and around Frederiksberg:

- [CBS Students Print](#) - multiple locations around campus
- [Frederiksberg Library](#) - Falkoner Plads 3, 2000 Frederiksberg (2 min.*)
- [Vester kopi](#) - Falkoner Allé 8, 2000 Frederiksberg (6 min.*)
- [Printstation](#) - Falkoner Allé 112, 2000 Frederiksberg (12 min.*)

* Distance in minutes on foot from Solbjerg Plads 3.

CBS CAMPUS MAP



MAIN ISUP LOCATIONS

- **Solbjerg Plads 3, 2000 Frederiksberg**

Main campus building with a wide range of auditoriums, class rooms, group study rooms, as well as the home to the largest of the CBS Libraries, and the location of the bookstore at CBS. Most classes will take place here

- **Kilen 14, 2000 Frederiksberg**

Home to the President's office and top management at CBS. Some classes take place here

- **Howitzvej 60, 2000 Frederiksberg**

Home to Creators Floor (a cooperation between the office community Symbion and CBS targeted entrepreneurs). Some classes take place here

- **Dalgas Have 15, 2000 Frederiksberg**

Some classes take place here

- **PorcelænsHAVEN 18A, 2000 Frederiksberg**

Location of the International Office and the ISUP secretariat



NEED TO KNOW

EMERGENCIES

In case of immediate EMERGENCY always dial 112.

Calling from a Danish network and number, you do not need the +45 prefix to call 112 or 114.

Please state whether you need fire, police or ambulance service. The operator will connect you at once. Speak slowly and clearly, and give your address and phone number.

English will be understood.

If you need emergency service immediately, dial:



If you need police assistance or need to report something, dial:



MEDICAL TREATMENT

In case you need to see a general practitioner (GP), CBS international students are appointed to Frederiksberg Lægehus.

If you need to make an appointment, telephone hours are generally between 8 am and 1 pm, but on Tuesdays it is between 2 pm and 4 pm.

Be aware that it may take many attempts to get through to the doctor, and you may therefore spend up to 10-15 minutes of redialling.

Please check with the clinic directly regarding consultation. Check with your insurance company, if this fee is reimbursable.

GP WITHIN NORMAL CONSULTATION HOURS

Frederiksberg Lægehus
GP Mette Skov & Tinne Nielsen Finsensvej 3, 1st floor to the left
2000 Frederiksberg
Phone: (+45) 3888 8005
Web: frb-laeghus.dk

MEDICAL HELPLINE

Have you suffered an injury or have you suddenly become ill? If you need urgent medical treatment or advice, please call the medical helpline 1813 before going to an emergency room.

They are able to inform you about which hospital emergency room or urgent care centre has the shortest waiting time. As part of the service, you will be informed about when you can expect to be examined and treated.

The medical helpline is the doctors on call service and is staffed by physicians and nurses who are able to guide you to proper, quick help and assistance 24 hours a day. Please

note that if you show up at an emergency room, without calling 1813, you will of course get the help needed, but you may have to wait a little longer than if you had called first.

OFF-HOUR MEDICAL HELPLINE - 1813

Should you need medical assistance outside doctors' consultation hours, dial: **1813** for the medical helpline.

The medical helpline is staffed 24/7.

Read more about the [medical helpline](#)

PHARMACIES

You can find your closest pharmacy and the opening hours at apoteket.dk (site is only in Danish) - press "vælg dit apotek" (find your pharmacy) under the web shop section and enter e.g. the postal code "2000" for Frederiksberg.

Standard opening hours for pharmacies are usually:

Monday - Friday: 9 am to 5:30 pm

Saturday: 9 am to 1 pm

Check opening hours for the individual pharmacy at apoteket.dk

PHARMACY OPEN 24/7

Steno Apotek
Vesterbrogade 6C
1620 Copenhagen V
Phone: (+45) 3314 8266
Web: stenoapotek.dk

A fee of approximately DKK 20 will be added to the bill, when using the pharmacy outside regular working hours.

MEDICATION

Usually, no special immunizations are required or recommended before entry to Denmark.

Prescriptions from other countries are not accepted in Denmark, although occasionally a Danish doctor can rewrite them.

In addition, brand names frequently vary from country to country. You should avoid any possible difficulties in the following way:

- Bring a supply of the prescriptive medication you need to last your entire stay
- Obtain a doctor's prescription or note for any prescription medication you are bringing with you in order to permit smooth customs inspection

POLICE

If your property is stolen, you can file a report at your local police station. Call the police service number 114 for addresses and further information.

If you need to report a theft, which does not need an immediate intervention of police, you can also do it online at politi.dk.

COPENHAGEN POLICE – SERVICE CENTRE

Copenhagen Central Station
(at Reventlowsgade)

Monday - Friday: 8 am - 9 pm
Weekend and public holidays: 10 am - 5 pm

LOST PROPERTY OFFICES

Have you lost an item of yours there are several offices you can contact depending on where you lost your item. One place to start is the main lost property office for Copenhagen:

Copenhagen Police, Hittegodskontoret (lost property office)

Københavns Politigård
Polititorvet, Hittegodskontoret
1567 Copenhagen V
Phone: (+45) 3874 8822
Email: kbh-hittegoods@politi.dk

Visiting hours:

Monday - Friday: 9 am - 2 pm

Calling hours:

Monday - Friday: 9 am - 11 am

IF YOU LOST PROPERTY ON:

The airplane?

Check with the specific airline or contact the service information counters in the terminal area of Copenhagen Airport. You can also look at the list of lost property at the website for Copenhagen Airport.

The train?

Contact the terminal for the final destination of the train with which you were traveling. You can also do an online enquiry of lost property at the website for DSB (only in Danish) or contact DSB customer service at (+45) 7013 1415.

The bus, local train or metro?

Visit the public transportation site DOT to find contact details for various transportation departments (only in Danish). Check which company is leasing the bus line you have used under "søg din buslinje" (search your bus line) - Insert the number of the bus line in the search box and press "find". It lists the contact details of the bus company in charge so you can contact them directly. If Danish does not make sense, you can also contact the customer service at (+45) 7015 7000.

EMBASSIES

Copenhagen is home to many foreign embassies and consulates. If you need to contact the authorities of your home country, a list of foreign embassies and consulates in Denmark can be found at the website for the [Ministry of Foreign Affairs of Denmark](#).

BUDGET/EXPECTED EXPENSES

Staying in Copenhagen is not exactly cheap and living expenses of course vary according to personal requirements and standards. The following should give an indication of expected expenditures for the duration of ISUP:

EXPENDITURES	PRICES AS OF 2018
CBS Housing*	DKK 5,400 - 12,000
Personal expenses	DKK 3,500 - 5,000
Books/reading materials	DKK 0 - 1,500
Transport (bus, train and metro)	DKK 500
ISUP Social Package (optional)	DKK 675
Total	DKK 9,400 - 19,675

* Depends on room size, if it is a single or shared room - The prices is for a 6 week period

Housing

This depends upon what you are assigned or perhaps can find yourself. In 2017 the average price for renting a room in Copenhagen was DKK 4,700 and DKK 7,100 for a one room apartment, so finding accommodation on your own you should calculate with this price level and upwards.

Personal expenses - food

You might spend approximately DKK 3,000 a month for food. A hot meal in the CBS cafeteria costs approx. DKK 30-40. If you plan to eat out in restaurants, then plan on spending much more on food.

Books/reading materials

The cost for course material depends on the subject and number of courses. In some courses it is not required to buy books, in some more than one book is required. In the courses where buying books is required, you can count on spending approx. DKK 560 per course (with student discount in "Academic Books"). Most expensive books will very seldom be over DKK 1,000.

CBS BOOKSTORE - ACADEMIC BOOKS

Solbjerg Plads 3
2000 Frederiksberg
Web: academicbooks.dk

Opening hours
Monday - Thursday: 9 am - 5:30 pm Friday: 9 am - 4 pm

Important: Academic Books only accepts the following credit cards: Eurocard, Visa, Visa Electron and MasterCard. However, keep in mind that they must be credit cards and not debit cards, and you must have a pin-code for your card.

Transportation

Depends on how far away from campus you live, but expect around DKK 500 and more for the 6 weeks stay here. Investing in a second hand bicycle for your stay here might be the best option for keeping transportation costs low.



NICE TO KNOW

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CELL PHONES

You can bring your own cell phone and simply buy a Danish SIM-card. Just make sure that your phone is “SIM unlocked” before you bring it to Denmark - check your home mobile subscription prior to arrival. If you want to have a Danish telephone number, check [Lebara's website](#) or other service provider. Most likely, you will be given a pre-paid SIM-card from Lebara by ISUP Social Coordinators upon your arrival. You can fill it up in any regular supermarket or a 7-Eleven.

GOOD-TO-KNOW

Remember to put **+45** in front of the number if you are calling a Danish number from a foreign phone number - except when calling 112 or 114.

CURRENCY

The Danish currency is the “krone”. 1 “krone” equals 100 “øre”. A krone is abbreviated “kr.” Coins in the following denominations are in circulation: 50 øre, 1 kr., 2 kr., 5 kr., 10 kr. and 20 kr. In addition, there is 50 kr., 100 kr., 200 kr., 500 kr., and 1,000 kr. notes/paper bills. Exchange rates can be found on the internet, for instance at: oanda.com or valutakurser.dk.

ELECTRICITY

In Denmark, the electric current is 230 AC. If you live in a country with an electric current that is different, then bring a converter for hair dryers, shavers etc. If your electrical appliances will automatically convert to 230 AC, then you will only need an adapter for the socket. Denmark uses the following types of electrical sockets: C, E, F. Check worldstandards.eu for further information.

MONEY ARRANGEMENTS/EXPENSES/BANKING

Ask your home bank about which options you can use for withdrawing money while you live and travel abroad. Inquire about fees associated with withdrawal as the charges can vary greatly from bank to bank.

You will find that most major credit cards are honoured in Denmark and that you will be able to use credit cards for payment in restaurants, cafés, in most shops and several supermarkets. In most shops you will need a pin-code for your credit card.

You might want to bring some Danish kroner with you when you arrive for immediate expenses.

GRANTS

As a state owned institution, CBS has no scholarships to offer to ISUP students. Consult the relevant campus financial aid officer, study abroad advisors or government grant officers at your home university to discuss the applicability of your financial aid.

SENDING PACKAGES TO DENMARK

For clearing purposes through customs, be sure to list contents as "used personal belongings: e.g., clothing, textbooks, etc." We do not recommend using express mail services for this purpose, as they are rather steep, unexpected charges for clearing through customs, etc. Sometimes (after adding the shipping charges at both ends) you might find you could

have purchased everything new for less money. You should under no circumstances send prescription drugs by post, as they will be stopped by customs.

DISABLED TRAVELLERS

Copenhagen is an old city, but has in recent years developed many facilities and services that accommodates persons with disability.

For further information for disabled travellers please check [Visit Copenhagen](#) on traveling around the city with a disability.

SOCIAL PROGRAMME

As a supplement to the academic programme, the [ISUP Social Programme](#) is offered to all international students. The purpose of the programme is to ease your integration process, to help you build a social network, to introduce you to Danish culture, Copenhagen and Copenhagen Business School (CBS) and of course to make sure that you will have a fantastic summer.

Read more about the [ISUP Social Programme](#) or contact the Social Programme Coordinators at socialisup.intoff@cbs.dk.

SUPERMARKETS

Supermarkets are found on most main streets in Frederiksberg and Copenhagen. Some are pricier than others, so shopping in discount supermarkets is a good way of saving money.

Discount supermarkets are Aldi, Fakta, Netto, Rema1000 and Lidl while ordinary supermarkets are Kvickly, Føtex, SuperBrugsen and Meny. Irma is also a supermarket, but it is carefully selected goods and can sometimes be a bit pricey.

Natural food stores, halal butchers and ethnic grocery stores can be found all over Copenhagen, especially in the neighbourhoods of Nørrebro and Vesterbro.

General opening hours vary but many are open from 8 am to 8 pm, some even longer. On weekends some might close earlier. Some Netto's are open 24 hours. You can find opening hours on their various websites.

GOOD-TO-KNOW

Most bottles are recycled in Denmark. A small deposit is included in the price when buying your soft drink or beer, so when you bring the empty bottle back to a supermarket and inserting the bottle into the recycling machine you will then receive a printed slip which would entitle you to a refund of the deposit.

FREE NEWSPAPERS

[The Copenhagen Post](#) is the Danish news in English and is published once a week. The paper includes a list of programmes on Danish TV of special interest to non-Danish speaking viewers.

[Copenhagen City Guide](#) is a free guide issued by the official tourist organization of the Greater Copenhagen area. Available for free from tourist visitor centres, hotels and cafes throughout the city or download a copy here: cph-tourist.dk/read-our-guides.

TEMPORARY LODGING

Getting visitors?

Looking for temporary lodging for family members, friends or others who might “drop in” while you are in Copenhagen, you can always check with Wonderful Copenhagen Tourist Information for recommendations where to stay.

The cheapest option to stay in Copenhagen is at a camping site, and you find sites close to the city centre. Youth Hostels & Sleep-inn are good alternatives to camping sites and hotels. Sleep-inn is budget accommodation, mostly for young people, in dorms with bunk beds, and generally only open during the summer months.

You can find more information on hotels, hostels, sleep-inns and camping sites on Visit Copenhagen under '[Plan your stay](#)'.

An easy way to find available hotel accommodation in Copenhagen and the surrounding area is of course also by making a search on any of the available accommodation search sites, like booking.com, expedia.com, hotels.com, etc.

ACCOMMODATION ON A BUDGET

- [Copenhagen Downtown Hostel](#)
- [Generator Hostel Copenhagen](#)
- [Urban House Copenhagen](#)
- [Wake Up Copenhagen](#)
- [Zleep Hotel](#)
- [Danhostel](#)
- [Cabinn Hotel](#)
- [A&O Hostel and Hotel Copenhagen](#)

LEISURE TIME

As an ISUP student your stay in Denmark will be short but sweet! You will be here at the best time of the year; SUMMER!

While spending the summer in Copenhagen you will experience a great outdoor life. You will see people taking disposable grills out into the parks and have a low-key social barbecue, or relaxing on the beach with wine and beer, watching outdoor movie screenings (some for free) in parks or playing ballgames on the nearest patch of grass or outdoor sports facilities.

Making the most out of your stay at ISUP includes exploring Copenhagen and socialising with your new friends. Copenhagen offers an exciting range of leisure activities, such as theatres, operas, museums, concerts and festivals.

There is a vibrant night-life in Copenhagen and you find both trendy nightclubs and bars in and around Copenhagen city centre as well as quaint traditional inns in the unspoiled countryside.

COPENHAGEN VISITOR CENTRE

Vesterbrogade 4A
1620 Copenhagen V
Phone: (+45) 7022 2442
Web: visitcopenhagen.dk

On visitcopenhagen.dk you can search for the café, restaurant or disco of your taste as well as concerts, museums, art galleries and other attractions. You are also welcome to visit Copenhagen Visitors Centre and let them help you on with latest news and updates on things to do and see in Copenhagen.

Other useful web sites for events in and around Copenhagen are:

- aok.dk
- kultunaut.com

The wide range of activities offered in Copenhagen should make it possible to find something for every taste... and budget!

Copenhagen is one of the most expensive capitals to live in, so on the right you can see some price estimates of what to expect..

MISCELLANEOUS COSTS IN DKK

Activity	Prices as of 2018
Cinema ticket	DKK 80 - 140
Tivoli entrance	DKK 110 - 120
Dining out (not extravagantly)	DKK 200
Entrance to disco	DKK 0 - 100
Soda or beer in a pub	DKK 40 - 80
Soda or beer bought at the supermarket	DKK 5 - 20
Cappuccino/latte	DKK 25 - 50

.. but do not despair. There are also a few free-bees to enjoy!

Join a guided walk, relax on the beach, enjoy the view over the capital from the tower of the parliament, or find the museums with free entry on specific weekdays.

EXPLORE COPENHAGEN FOR FREE

If you are interested in a guided tour free of charge, please check [Copenhagen Free Walking Tours](#) for information on their next tour or follow them on [Facebook](#).

Check Copenhagen on a budget... top 10 free things to do at [Visit Copenhagen](#).

We recommend...

- Bakken or Tivoli – respectively the oldest and second oldest amusement parks in the world still operational
- Summer barbecues in the parks (please note that it is not all parks where it is allowed – one where it is allowed is Fælledparken)
- Boat trip in the harbour - rent you own or go on one of the canal tours
- Riding you bicycle – a great way to get around Copenhagen and explore
- Museums and exhibitions

When the weather is nice, you should definitely try out the Danish beaches. The water is nice and clean and is checked regularly... the perfect way to relax from your studies.

Did you know that the harbour of Copenhagen is so clean that you can actually swim in it? If you do not fancy sand between your toes, take a break from the books and go for

BEACHES IN AND AROUND COPENHAGEN

Beach	How to get there
Amager Strandpark	Metro to Amager Strand station
Bellevue	S-train to Klampenborg station
Svanemøllen Strand	S-train to Svanemøllen station
Charlottenlund Fort	Bus no. 1A or 192
Skodsborg	Kystbanen to Skodsborg station
Hornbæk Strand	Kystbanen to Helsingør - then bus 340 or the regional train to Gilleleje

a harbour swim at one of the three harbour baths: Islands Brygge, Fisketorvet or Sluseholmen – or at one of the designated swimming areas in the harbour at Islands Brygge, Nordhavn – Sandkaj or Refshaleøen – Halvandet. Check the website for [swimming opportunities in Copenhagen](#) for more information.

LGBT venues and events

Copenhagen has a big and diverse social scene. If you are looking for LGBT-friendly venues and events, the “rainbow sticker” system is common, so look for the sticker at the entrance or look up activities and events on [out-and-about.dk](#) and [blus.dk](#).

MAKING FRIENDS

ISUP is a melting pot of students from all over the world of various nationalities and cultural backgrounds. We hope that you, during your stay here, will make new friendships and networks that might come in handy for your future... not only with the other international students but also with the Danes!

If you are curious and interested in getting to know your fellow Danish students there are two important terms in the Danish culture that you most likely will come across:

The word 'hygge'

Lately the Danish term 'hygge' has gone quite international. It now appears in the Oxford dictionary where the word/concept is defined as...

“a quality of cosiness and comfortable conviviality that engenders a feeling of contentment or well-being”

The short version... cosy!

Maybe you do not really grasp the idea until you have experienced it.

‘Hygge’ can be many things... Hanging out with friends, cosying up on your own, being outside on a summer day or inside by candlelight in the winter.

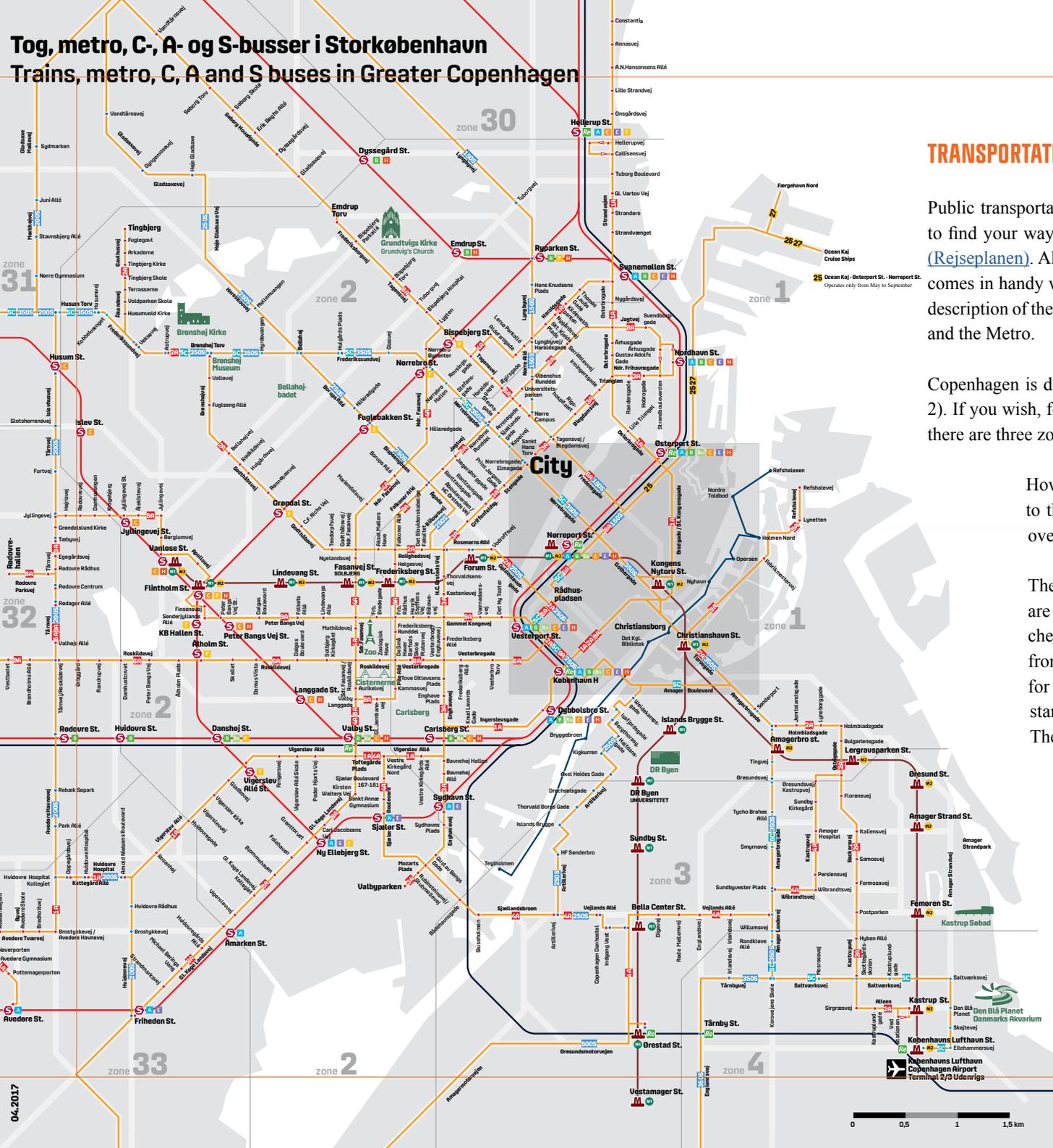
Danish humour ...

A thing that you might find 'different' about the Danes could very well be their sense of humour. The Danish humour is loaded with irony and sarcasm and appears 'dry' and maybe even 'insulting'.

The Danes make fun at authorities, leaders and religion. However, the Danes are also very self-deprecating in their jokes, and generally do not have a problem looking foolish or laughing at their own mistakes.

So while here... it's okay if you do not find Danish humour particularly funny... but if you come across Danish humour, try not to take the sarcastic and irreverent jokes too personally. It's rarely meant to insult you!

Tog, metro, C-, A- og S-busser i Storkøbenhavn Trains, metro, C, A and S buses in Greater Copenhagen



TRANSPORTATION

Public transportation is a good way of getting from one place to another. How to find your way around by public transport, you can use the [Journey Planner \(Rejseplanen\)](#). Alternatively, even better download their app on your phone, as it comes in handy when you are on the go. “Rejseplanen” provides you with a full description of the journey including timetables, prices and maps for buses, S-trains and the Metro.

Copenhagen is divided in zones. The whole city centre is two zones (zone 1 & 2). If you wish, for example, to go the airport you need to buy a 3-zone ticket as there are three zones.

However, a ‘periodekort’ (travel pass) that goes from the city centre to the airport will be four zones. Every station has a map with an overview of all the different zones.

The price for e.g. a ‘periodekort’ differs depending on where you are going to travel from and to. For an exact monthly price, please check the map on [DOT's](#) website (only in Danish). Search on your from and to zones, and under Tariffs & Tickets you see the price for a ‘periodekort’ 30 days. You will need to click on the desired starting zone and select “Vælg zone xxx som ny START zone”.

Then click on your desired destination zone and select “Vælg zone xxx som ny DESTINATIONS zone”. After doing this in the top left corner the price for a 30 days travel pass (periodekort) will show. You can also check the price on [Rejseplanen.dk](#).

You can bring your bike with you in the S-trains for free, but you need to buy a special ticket for bringing your bike on the Metro, and you cannot bring your bike on the Metro during rush hours, which are 7 am - 9 am and 3:30 pm - 5:30 pm during weekdays.

GOOD TO KNOW

Minimum fare covers two zones and the price for a single bus/train fare for two zones is DKK 24.

If you are going to travel almost daily and do not have a bike, you will find it cheaper to buy a 'pendlerkort' (travel pass) covering bus/train/metro for the duration of your stay. Bring a passport size photo and ID to a train station (Copenhagen Central Station, DSB ticket sale or 7-Eleven at train stations) and they will make one for you.

Penalty for riding on trains, metro and buses without adequate fare is DKK 750.

Rejsekort - Travel card

[Rejsekortet](#) is a travel card for people with a permanent address in Denmark. The concept is that you buy a travel card, add money to it, and every time you travel, you check in and out by scanning the card. The price of your journey is then withdrawn from your card balance. However, the card needs to be pre-ordered before arrival and mailed to an address in Denmark. Thus, we recommend you use the "[Rejsekort Anonymous](#)".

REJSEKORT ANONYMOUS

Rejsekort anonymous does not require an address or any personal information. The card itself costs DKK 80, and when you buy it at a ticket office or one of the Rejsekort retailers, there will be added another DKK 100 for your future travels.

Rejsekort Anonymous can only be bought at various retailers and cannot be bought online, please check the [Rejsekort](#) website for a full list of retailers. The card costs DKK 80 and an extra DKK 100 is added for future travels when you buy it.

For a full overview of the public transport system along with prices and zones, you can check [Visit Copenhagen's](#) website about transportation in Copenhagen.

How to get to CBS campuses

- [Solbjerg Plads](#): Most classes will take place at the main CBS building Solbjerg Plads. Closest public transport is the Frederiksberg metro stop
- [Kilen](#): Some classes will take place at the CBS building Kilen. Closest public transport is the Fasanvej metro stop
- [Howitzvej](#): Some classes will take place at the CBS building Howitzvej 60. Closest public transport is the Fasanvej metro stop
- [Dalgas Have](#): Some classes will take place at the CBS building Dalgas Have. Closest public transport is the Lindevang metro stop
- [Porcelænshaven](#): Some activities might take place at the CBS building Porcelænshaven and it is also here you will find the CBS International Office and the ISUP secretariat. Closest public transport is the Fasanvej metro stop or buses 4A and 9A
- [Examination Hall – Amager Standvej](#): The examination hall for all sit-in exams at CBS. Closest public transport is the Øresund metro stop

CBS locations

Check out the [maps](#) of the various locations of CBS buildings and see if you can find your classroom so you are prepared to find your way around already on your first day.

Bikes

A very popular way of getting around in Denmark is the bicycle. Most Danish students use the bike as their main means of transportation.

Bycyklen or the "city bikes" are electrical bicycles you can use for 30 DKK an hour in the inner city of Copenhagen. You have to create an account on their website in order to rent a bike. For more information about city bikes, you can visit their website at [bycyklen.dk](#).

BUY OR RENT A BIKE FOR THE SUMMER

To buy or rent a bike for the summer, please check out the following links:

- [copenhagenbikes.dk](#) if you wish to rent a bicycle
- [brugtecykler.dk](#) if you want to buy a used bicycle

Our Social Programme Coordinators often negotiate good deals for renting bikes. Contact the [Social Programme Coordinators](#) for questions about bike rental.

Riding your bicycle is fun, flexible, cheap and a good way to get around the city. However, important is to know your dos and don'ts for riding bikes in Denmark...

Dos and don'ts are also applicable when using city bikes! Keep in mind that fines for not complying with Danish bicycle rules can cause you a fine of DKK 700 – 1000.

DO'S	DON'TS
Get lights for your bike (white for the front and red for the back) to use from sunset to sunrise	Never bike on sidewalks or through pedestrian crossings
Signal with your arm when you turn and when you stop	Never leave your bicycle unlocked
Always stop for red lights. Also includes making a stop sign	Do not turn right on a red light. Wait for green before you turn
Always use the bike lane when possible. If no bike lane - stay as far right on the road as possible	Never ride against the driving direction
	Do not window shop, use your phone or look after pretty girls/boys... Keep your eyes on the road!

Taxi

Taking a taxi in Copenhagen is convenient, but not cheap. All taxis in Copenhagen are equipped with meters and are licensed. When you catch the taxi on a Copenhagen street the meter starts with DKK 24 and when called by phone it is DKK 37 (daytime rate on weekdays).

Tips are not expected as the fares already includes service charge. For carrying the luggage to the door or for special luggage as bikes, taxi companies in Copenhagen charge DKK 20 extra.

On a Friday or Saturday nights out taxis are mostly very busy so catching a taxi from the street may require a little patience.

On taxa.dk you can book and pay a taxi, get a price estimation or find the link to their app. The most common taxi companies you will see around Copenhagen are:

- Taxa 4 x 35 Phone: (+45) 3535 3535
- Dan Taxi Phone: (+45) 7025 2525

Using 'Uber' services is not recommendable. According to Danish law 'Uber' operate illegally in Denmark and there is no certification or security check on Uber drivers.

APPROX. TAXI FARE PRICES PER KM

Weekends: Friday - Saturday and Saturday - Sunday from 11 pm - 7 am and all public holidays: DKK 19.15

Any other time of the day: DKK 15.25

Taxis accept credit cards

ABOUT DENMARK



QUICK FACTS ABOUT DENMARK

Capital:	Copenhagen (København)
Population:	5,778,570 (2017)
Language:	Danish
Currency:	Danish kroner
Electricity:	230V, AC (EU standard)
Head of State:	Queen Margrethe II (since 1972)
Prime Minister:	Lars Løkke Rasmussen
Religion:	Evangelical Lutheran – 75.9%
Time zone:	CET (Central European Time) or GMT+1
Number of islands:	406
Country phone code:	+45

GEOGRAPHY

Denmark is situated in northern Europe between the North Sea and the Baltic Sea and between Continental Europe and the Scandinavian Peninsula.

The country's total area is about 43,000 km².

The Jutland Peninsula is part of continental Europe and has a 68 km territorial border with Germany.

MONARCHY

The [Danish Monarchy](#) is Europe's oldest. The first known members of the Danish Royal family, Gorm the Old and Tyra, are known to have lived during approximately the middle of the 10th century, and the Danish monarchy has continued in a direct line for more than 1,000 years without revolutions.

Right now, the monarch is Queen Margrethe II. She has been the Queen of Denmark since 1972. Her oldest son Crown Prince Frederik will one day succeed her and by then become King Frederik X.

DANISH LANGUAGE

Danish is the national language of Denmark. Schoolchildren begin learning foreign languages, especially English and German, at the age of 7-8. There is usually no problem in communicating in English.

THE NATIONAL FLAG

'Dannebrog' is the name of the Danish flag. It is red with a white Scandinavian cross, featured on all of the Nordic flags. 'Dannebrog' is the oldest continuously used national flag in the world and legend has it that 'Dannebrog' fell from the sky in Estonia in 1219 during a battle.



"Dannebrog"
– the Danish flag

THE POLITICAL SYSTEM

Denmark is a constitutional monarchy and has a single chamber parliamentary system, supplemented with referendums. The voting age in Denmark is 18 years, and elections are decided by proportional representation with a 2% minimum. There are currently eight political parties represented in parliament. With a close to 86% turnout (2015), Denmark can boast high participation in parliamentary elections.

Folketinget (the Parliament) has 179 members, including two elected from the Faroe Islands and two from Greenland. Christiansborg Palace, in the city centre of Copenhagen, is the seat of the Parliament.

INTERNATIONAL COOPERATION

Denmark is a member of the European Union (member since 1973, but not the Monetary Union with the Euro), the United Nations, NATO, OECD, Schengen, OSCE, IMF, WTO and the Nordic Council.

EDUCATION

The Danish educational system is made up of a primary and lower secondary comprehensive school, various upper secondary and vocational education courses and a wide range of higher educational programmes, as well as adult and open education.

Education is compulsory for nine years from the age of 6 to 16. Having finished their compulsory basic education, pupils may either attend the voluntary tenth grade form of the “Folkeskole” or continue their education at upper secondary level.

General upper secondary education comprises the three-year general upper secondary courses at the “Gymnasium” (upper secondary school), the two-year higher preparatory examination course (HF), as well as two- or three-year adult upper secondary level courses. These are all academically oriented courses qualifying students for higher education.

The University Sector offers both undergraduate and graduate courses up to the highest academic level, including doctorates. All teaching at these institutions must be research-based, which is a fundamental principle for all universities in order to ensure high standards in all programmes.

A university course normally consists of a three-year Bachelor’s degree course, followed by a two-year course leading to a Master’s degree (the “kandidatgrad”). The Danish Bachelor’s degree is considered to be at the same academic level as the Bachelor’s degree in most English-speaking countries. Most students are around 20 years old when they begin their higher education. Three years of supervised postgraduate studies after the Master’s degree lead to a Ph.D. degree.

LANGUAGE OF INSTRUCTION AT CBS

Although the main language of instruction is Danish, Copenhagen Business School offers a wide variety of degree programmes in English at both Bachelor and Master’s level.

Please note that at ISUP all courses are taught in English.

RELIGION

The official religion of Denmark is Evangelical Lutheran and nearly 85.9% of the ethnic Danish population belongs to this religion. The Danes have a very relaxed relation to their Christian upbringing and few Copenhageners are churchgoers on Sundays.

Numerous churches and places of worship belonging to other religious denominations than Evangelical Lutheran are located around Copenhagen. On km.dk you can find a list of approved and recognised religious communities and congregations.

WEATHER

Average temperatures for Copenhagen in the summer are around 19-20 degrees. During summer sun sets approx. at 10 pm and rises at approx. 5 am.

For daily weather forecast of Denmark check with DMI or download their app.

AVERAGE TEMPERATURES IN COPENHAGEN

Month	Celsius	Fahrenheit
June	19.2	66.56
July	20.4	68.72
August	20.3	68.54

LGBT

Overall, the Danish people are open minded, tolerant and inclusive towards the LGBT community. In Denmark same sex marriages are legalized and the rights of lesbians, gays, bisexuals and transgender (LGBT) persons in Denmark are some of the most extensive in the world and has a high priority. Check more information on the website for the Danish National Organization for LGBT.

TRAVELING IN DENMARK

There are several means of transportation to get to and from Denmark and once here travelling around the country is fairly easy by public transportation.

By Train:

The trains are comfortable and generally run on time. To plan trips around Denmark, go to the [Journey Planner](#). If you want to visit for example Aarhus or go on longer trips, it will be a good idea to make reservations for the train. On Journey Planner you can see the price for the trip as well as get directed to the DSB website to book your ticket and seat reservation. This way you will be sure to have a seat all the way. Of course you can also go to Copenhagen Central Station and book the ticket.

By Air:

Denmark's main international airport is situated near Copenhagen and from here you can fly to and from destinations within Denmark and around the world. It is a good stepping-stone for short trips to London, Paris, Helsinki etc.

By Boat:

You can travel by ferry from Denmark to Germany, Poland, Sweden, Norway, and England. You can find more information about ferry routes (both domestic and international) on the following website: faerge.dk.

By bus:

There are several bus lines that connect Denmark with Sweden and the rest of Scandinavia. There are also buses connecting Denmark to Germany and from there to all of Europe. Please check [Eurolines](#) or [Flixbus](#) for bus routes from over 26 European Countries to Aalborg, Aarhus, Copenhagen, Fredericia, Kolding, Odense, Vejle and many more.

FURTHER INFORMATION

USEFUL LINKS AND READINGS

- ISUP students at CBS: [cbs.dk/summer](https://www.cbs.dk/summer)
- Official website of Denmark: [denmark.dk](https://www.denmark.dk)
- The official guide to Denmark: [visitdenmark.com](https://www.visitdenmark.com)
- Travel site about Copenhagen: [visitcopenhagen.dk](https://www.visitcopenhagen.dk)
- Everything about Copenhagen (Alt om København): [aok.dk](https://www.aok.dk)
- Copenhagen Post: [cphpost.dk](https://www.cphpost.dk)
- Rejseplanen/Journey Planner: [rejseplanen.dk](https://www.rejseplanen.dk)
- CBS Student life on video: [studentlife.cbs.dk](https://www.studentlife.cbs.dk)
- Information on studying in Copenhagen: [studyceph.dk](https://www.studyceph.dk)
- Information on studying in Denmark: [studyindenmark.dk](https://www.studyindenmark.dk)
- CBS life student blog: [cbslife.dk](https://www.cbslife.dk)
- A humorous guide for foreigners: [howtoliveindenmark.com](https://www.howtoliveindenmark.com)
- Copenhagen: A simple travel guide: [whenyouliveindenmark.tumblr.com](https://www.whenyouliveindenmark.tumblr.com)
- 41 reasons why Danes are so strange: [uniavisen.dk/en/41-reasons-why-danes-are-so-strange/](https://www.uniavisen.dk/en/41-reasons-why-danes-are-so-strange/)
- Top 10 signs you've been in Denmark too long: [thelocal.dk/galleries/lifestyle/top-10-signs-youve-been-in-denmark-too-long](https://www.thelocal.dk/galleries/lifestyle/top-10-signs-youve-been-in-denmark-too-long)

USEFUL INTERNAL CBS LINKS

Learn (e-learning platform)

[learn.cbs.dk](https://www.learn.cbs.dk): On Learn you find information about preliminary assignment, detailed reading lists, slides from classes, messages from course instructors etc.

Online Student Service (STADS)

[sb-cbs.stads.dk](https://www.sb-cbs.stads.dk): On STADS you can see your course and exam enrolments and it is also here you will receive your grades.

my.cbs.dk (student Intranet)

[my.cbs.dk](https://www.my.cbs.dk): For information about exams, courses, facilities at CBS, academic information etc.

CBS email account

outlook.com/student.cbs.dk: You need a CBS username and password to access the systems above. Admitted students will get this by mid/end May 2018. Please note that you will need the CBS email for a possible retake and 3rd exam attempt, so remember it!

CBS IT Help

Register your personal contact information on [help.cbs.dk](https://www.help.cbs.dk). You will then receive a reminder when your password needs to be updated, and you will be able to reset it yourself. Are you unable to log on to [help.cbs.dk](https://www.help.cbs.dk), and haven't you registered your contact information yet? Please contact the IT Support at help@student.cbs.dk or call +45 3815 3575.

So dear international student... on a final note... again...

WELCOME TO DENMARK,

TO COPENHAGEN BUSINESS SCHOOL (CBS) & ISUP 2018

We hope that the information in this survival guide was useful to you, and has prepared you for your short-term visit in Denmark and your study at ISUP!

If there is any information that you think is missing or if you have additional info, tips or updates, that can help make this survival guide even better – do not hesitate to contact us at summer@cbs.dk

Best of luck with your studies at ISUP, take care and have fun during your stay here in Copenhagen. We sincerely hope you will enjoy it!

Best regards,
Team ISUP

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Phone and walk-in hours:

Tuesday, Thursday and Friday

From 9:30 – 12 and 13 – 15

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