

# Guide

## Volunteering in Denmark



# Contents

<b>Introduction</b>	<b>3</b>
<b>Why to visit Aarhus?</b>	<b>4</b>
<b>Mentors and friends!</b>	<b>6</b>
<b>Cultural inspiration</b>	<b>8</b>
Ris a la mande	9
Boller i karry	10

A guide made by Chiara Feldmann and Romana Wörgötter



# Congratulations, you decided to do your EVS in Denmark!

We know how hard it can be to fit in the Danish society and the closed up mentality of the people. So we decided to create this guide to help you get along with the Danes and to show you what you will need for a super fantastic year in Denmark.

Besides that, we will introduce you to the best city in Denmark: Aarhus, where we had the pleasure of spending 10 months of our life.



# Why visit Aarhus?

Congratulations, you decided on doing an EVS in Denmark!

Now we want to tell you why you shouldn't miss out on the second biggest city of the country.

Of course, there are loads of interesting and appealing places to go, but we want to present you something special: the smallest metropolis in the world, Aarhus!

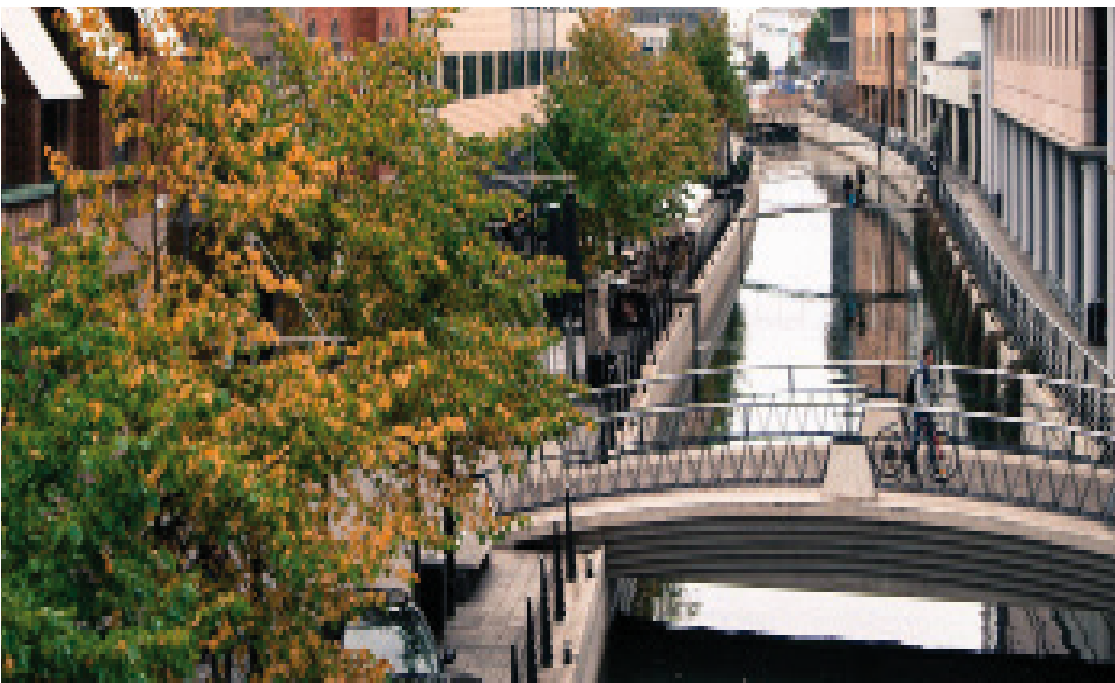
Aarhus is, with about 270.000 inhabitants, the second largest city in Denmark and is located on the east coast of Jylland. Together with Copenhagen it is one of the main University cities and therefore attracts more than 20.000 students each year. However, not only Danish people, but also a lot of internationals seek the right to study in the European Capital of Culture 2017. Therefore, there are numerous activities for international people taking place every day all over Aarhus. That means it is incredibly easy to meet other English speaking people from all over the world and, thus, to make new friends quite fast. Obviously not only the internationals are open-minded but also the locals are good to get along with and help you out in difficult situations. But of course, nice people aren't everything when it comes to doing an EVS. Good food is also important, and in Aarhus' Street Food Market, you can get a lot of that. There you can choose everything from Asian, typically Danish, to American food, but the best part is definitely the CHEESE CAKE!!! No matter what kind of mood you're in, this Cheese Cake will always brighten up your day! And the best thing is that even though Denmark normally is assumed to be kind of expensive, Street Food will even save you some money.

But of course it isn't all about food either. Aarhus also has some other advantages, for example, the infrastructure. Getting from A to B in the city is incredibly easy, as you can use different means of transportation. Besides using the busses or the bike to get around, locals are especially proud to use their newly installed Letbanen to travel.

Also, as Aarhus is the second biggest city in Denmark (and Denmark isn't exactly humongous) it is a good starting point to visit different cities within the country.

Obviously you don't need to travel out of Aarhus to get to enjoy nice views and amazing sceneries. The city provides various places that are definitely worth seeing. There is for example a big and beautiful lake in the west of Aarhus, a breathtaking botanical garden right in the center and the beautiful beaches at the coast.

For all these reasons a lot of EVS volunteers decide to do their EVS in Aarhus every year and be part of the growing volunteer-community. We hope we were able to help you to get an impression of Aarhus itself and why you definitely shouldn't miss out on this amazing city!



## Good and helpful mentors and friends!

A super important thing while you stay in Denmark are the people.

They are making your year here so much more fun.

So it is super nice that you have a mentor and a contact person outside of work who can help you.

We wanted to say a huge thanks to our mentor Charlotte who makes this year super fun and helped us to dive into the Danish society. She is such a positive person and is always concerned about how we are doing. She invites us to her home and to trips. We are so thankful that through her our stay here in Denmark is so beautiful.

But also Kirstine, our contact person, helped us a lot to understand Danish society. She invited us to a Danish confect day which was super fun. She takes care of us and tries to intigrate us into the daily life in Denmark.

We are so thankful to have you in our lives and that you try the best to make our stay here as comfortable as you can.

On the other hand friends are also important. During your stay in Denmark you will make life long friends. Maybe not Danish ones, because they are super closed up when it comes to that, but we met so many incredible people here.

We are really going to miss all the movie and karaoke nights here. And, of course, all the nights of partying with lots of laughter and fun.

It is so nice to have friends you know you will have forever, no matter how far away you are going to be in the future.

We hope that you will have the same privilege to meet such incredible people as we did.



## Cultural inspiration

Danes are known for their hygge and good style. That is something you will find everywhere. Especially in Danish cafés you will find both things combined. We are always super impressed by how stylish they can be but on the other hand everything is “hyggelig“. Besides that, the Danish society is super trustful. Not just towards their government, which you can see in the high taxes they are willing to pay, but also generally towards people. So it can happen that you will walk along the street and see a stroller standing outside with far and wide no one to see. That's how much they are trusting people.

Something super important here in Denmark is of course: FOOD!!

The Danes have very tasty food. In German we say “Liebe geht durch den Magen” which translated would be “Love goes through the stomach.“ So we want to show you some typical Danish recipes that made us fall in love with Denmark.

We decided to write them in Danish so you can already start practicing your Danish, as you can never start too early with a difficult language like that.





# Ris ala mande

## Ingredienser:

1½ dl. Svansø grødris  
1 dl vand  
7 dl sødmælk  
2 spsk. Svansø rørsukker  
2 spsk. vaniljesukker  
50g Svansø mandler  
¼ liter piskefløde

## Tilberedning:

Kog risene 2 minutter i 1 dl. vand. Tilsæt mælken og varm op under omrøring.

Lad risene koge i ca. 30 min. ved svag varme og jævnlig omrøring. Afhind mandlerne og hak dem groft. Når risengrødens konsistens er tilpas fast tilsættes sukker, vaniljesukker og de hakkede mandler.

Grøden stilles herefter til afkøling i køleskabet i minimum 4 timer.

Piskes fløden til skum og vend den forsigtig rundt i den afkølede grød. Serveres med kold eller lun kirsebærsauce fra Skælskør Frugtplantage.

<http://www.svansoe.dk/da-DK/Opskrifter/Ris-ala-mande.aspx>



## Boller i Karry

### Ingredienser

Kødboller	1 løg
400 g hakket svinekød maks. 10 % fedt eller brug en blanding af kalve- og svinekød	200 g gulerod
1 1/4 tsk salt	1/2 syrligt æble
100 g gulerod	3 dl hønsebouillon
2 spsk revet løg	2 dl fløde 9 % eller kokosmælk
1 dl mælk	1 1/2 spsk hvedemel
1 æg	Salt og peber
3 spsk hvedemel	Evt. lime- eller citronsaft og lidt sukker
Peber	Pynt
Karrysauce	Persille eller frisk koriander
1 spsk olie	Tilbehør
2 tsk karry	Løse ris og dampede broccoli-buketter

### Tilberedning

45 min - 4 personer

Rør kødet med salt. Riv gulerod og løg. Rør ingredienser til farsen sammen. Form boller med en barneske og kog dem i letsaltet vand ca. 8 minutter. Tag dem op med en hulske og afdryp dem i en sigte.

Varm olien i en gryde svits karry, finthakket løg og revet gulerod heri. Vend revet æblet i. Kom bouillon i. Kog saucen igennem nogle minutter under omrøring. Udrør melet i fløden og rør det i. Kog saucen igennem ca. 5 minutter under omrøring. Smag til med salt, peber, lime- eller citronsaft og lidt sukker. Du kan vælge at blende saucen helt jævn f.eks. med en stavblender. Kom bollerne i og varm retten igennem.

<http://www.saeson-web.dk/opskrifter/boller-i-karry/>



We wish you all the best for your stay in Denmark!

May it be as incredible as ours!



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**International Cultural Youth Exchange**



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