

Newcomers Guide for NIS Families



Welcome to Denmark

Moving to a new country is exciting and daunting. This guide was written by the parents at NIS to help you settle into Denmark. The tips and guidance are provided by parents with children of different ages, so our hope is that there will be something for everyone. We hope this helps to make you feel more at home here.

Parents choose to live in North Zealand for two reasons, the lovely school and the area. Parents at the school are very happy with NIS because it's small, nurturing and the teachers are great. 95% of parents said they would recommend NIS to friends and work colleagues.

The area is beautiful place. There are many lovely villages, forests, castles, parks and sandy beaches to explore. And it's only 20 minutes from Copenhagen by train or car. It's a great area to bring up kids.

Enjoy exploring!

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Ten top tips for you and your kids

1. When new children's movies are first released in Denmark, the cinema in Lyngby plays them in English for a few days before switching to Danish:
<https://www.kino.dk/biografer/nordisk-film-biografer-lyngby>
2. Føtex, the supermarket near the school, and Lagkagehuset, a nice bakery, give free buns to children. Keep your receipts from Lagkagehuset, once you have spent 1,000kr you get a free cake!
3. Install Google's chrome on your computer so you can translate all Danish documents into your language.
4. Order online from Germany or the UK for lower prices: www.amazon.co.uk and www.amazon.de. Spend over 39 EUR on German Amazon and you get free postage (you still have to pay Danish VAT though!)
5. Get a free Lego minifigure. At the lego shop in Copenhagen, on the 1st Thursday of every month, you can build a minifigure and keep it. Register for the VIP scheme and book from 10am EST on the 15th of the month prior to the event. Read more here: <https://shop.lego.com/en-CA/minibuild-registration> and see what they build each month: <https://shop.lego.com/en-US/MiniBuilds>
6. Subscribe to Børn i byen (children in the city) for a weekly email in Danish (here's where you need chrome!) telling you what's happening in Copenhagen for kids.
7. Check out events in the area around the school at www.visitnorthsealand.com/In-int/north-sealand/events/event-calendar
8. You can get English books online for free. Use your library account and password to access E-reolen Global (app is called Libby) and get access to a lot of E-books and audio books in English.
9. If you donate used clothes to H&M, you'll get a voucher for 15% discount. Instead of throwing out ripped clothes/towels/bedsheets bring them to H&M and they'll be reused for pillow filling etc. For each bag of clothes/fabrics you bring you will get a voucher for 15% discount on 1 item of clothes.
10. Join the Nordsjælland Expat Community, where you can meet lots of other newcomers to North Zealand:
<https://www.facebook.com/groups/1753786287998521/>

Medical care

What to do in the case of an emergency

The Medical Helpline **1813** is the emergency line in the capital region of Denmark. The Medical Helpline **1813** is staffed by physicians and nurses who are able to guide you to proper and quick help and assistance when your GP is closed. The staff will speak English. If you need urgent medical assistance with acute, life threatening illness or with injury, then call **112**.

If you turn up at Accident and Emergency departments of hospitals, you might be turned away, you need to book an appointment by calling **1813**.

24-hour Pharmacies

Lyngby Svane Apotek: Lyngby Hovedgade 27, 2800 Lyngby, Tel: 45 87 00 96.
www.lyngby.apotekeren.dk

Pharmacies are found in most towns. You can pick up all your prescriptions and over the counter medicines there. The nearest to the school is Apoteket Egevangen which has normal opening hours: www.hoersholm-apotek.dk/Velkommen

The shops 'Matas' and 'Normal' also sell health and beauty products.

Doctors ('læge' in Danish)

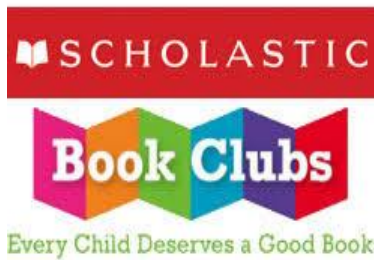
Once you have your CPR number and card, you will receive a yellow Health card. This entitles you to free healthcare and must be shown at all doctors or hospital appointments. The name and contact details of the doctor you have been allocated will be on the card. You can change the doctor if you like, though within your own municipality. If you wish a doctor outside of your municipality, you have to check if they are open for new patients and if the wished doctor is open to take new patients then go to your current municipality and fill out a request form.

Dentists ('tandlægerne' in Danish)

Dental care is free in Denmark to all children under 18 with a CPR number. Once you have registered with the kommune, your children will be invited for a dentist appointment. You will find out about this when you receive a letter to your e-boks (all official letters from the kommune and government will arrive in your e-boks). The quality of dental care in Denmark is high.

Emergency dental service in the Copenhagen region 70 25 00 41 and in the Zealand region 29 60 01 11.

Settling in



Mobile pay

You can pay for a lot using Mobilepay in Denmark. You will need a bank account and a phone. Here's the app: www.mobilepay.dk/da-dk/Pages/mobilepay.aspx

Money matters

If you have a child entering Early Years, some Kommunes offers a rebate worth approximately 50% of the school fees. Ask at your Kommune for more information. Income tax on your salary is a mixture of tax deducted by your employer (different rules apply for the ex-pat tax scheme) and local Kommune taxes based on where you live. Find out more here: https://europa.eu/youreurope/citizens/work/taxes/income-taxes-abroad/denmark/index_en.htm

Kommune tax rates vary depending on which Kommune you live in. You can opt out of the 'church tax rate' and only pay 'land tax rate' if you buy a property in Denmark. Tax rates for local Kommunes near the school are: Rudersdal (22.50), Fredensborg (25.30) and Hørsholm (23.20). Google 'Local government personal taxation by time, region and tax rate' to find out more' to find out more.

E-boks

Once you have settled in, it is important to set up an E-boks for every adult. All the important letters from the government, school, and medical services will come through E-boks. E-Box is your digital mailbox online. In E-Box, you have all your important mail in a safe place. Find more here: www.e-boks.com/danmark/en/what-is-e-boks/

Household tips - Calcium!

The water in Denmark is hard:

http://data.geus.dk/geusmap/?mapname=drikkevand&rightWidth=300#baslay=baseMapDa&optlay=&extent=412580,6087620,881720,6343930&layers=drikkevandets_haardhed

Use an anti kalk in your washing machine and use vinegar ('Lagereddike' in Danish) to clean kettles, taps etc.

Where to buy food

| Shop name | Location | Distance to school | Prices | Top tips |
|------------------|--|--------------------|------------|--|
| Føtex | Egevangen 4, 2980, Kokkedal | Nearby | Kr. Kr.Kr. | Free buns for kids from their bakery section |
| Rema 1000 | Egevangen 4, 2980 Brønsholm | Nearby | Kr. | Some products are cheaper at the Rema in Hørsholm |
| Irma | Hørsholm Midtpunkt 71 2970 Hørsholm | Hørsholm | Kr. Kr.Kr. | Offers Waitrose products |
| Meny | Kongevejs Centret 6 2970 Hørsholm | Hørsholm | Kr. Kr.Kr. | High quality products, many from overseas |
| Netto | Højengen 3, 2980 Kokkedal | Hørsholm | Kr. | Product range changes weekly |
| Nemlig | www.nemlig.com | Online only | Kr. Kr.Kr. | A gift with your first purchase. Cheap daytime one hour slots. |

- **Organic Food Delivery** to your door with recipes: www.aarstiderne.com/om-aarstiderne/aarstiderne-in-english
- **Den Grønne Asparges** is another option for home delivery of organic food. (www.dengrønneasparges.dk)

Where to buy clothes

There are many of places to shop in Denmark. Some favourites for women's clothes are:

- Vera Moda - www.veramoda.dk
- Zara - www.zara.com
- Noa Noa - www.noa-noa.dk
- Samsøe and Samsøe - www.samsøe.com/da/home
- Føtex, Bilka and Kvickly are all big supermarkets who also do fine and cheap seasonal outdoor wear for children who will need rain- and snow clothes and boots.

If you're looking for more reasonable options for you and the kids try H&M or try importing from the UK:

- Boden: www.boden.co.uk/
- Next: www.nextdirect.com/dk/en

Outlet stores - designer brands at lower prices

- Elliotts, it's an outlet store near the school, open 1-2 long weekends a month. Ask around as you need to be introduced by a member: <http://portal.elliotts.dk/>
- Bella Centre Outlet: www.outletmesse.dk/fairs_bella.php

- Copenhagen Designer Outlet: www.copenhagendesigneroutlet.dk/en/
- Ringsted Outlet: www.ringstedoutlet.dk
- Langelinie Outlet: www.langelinie-outlet.dk

Where to buy furniture

- IKEA, Gentofte and Taastrup: www.ikea.com/dk/da/
- ILVA, Lyngby: <https://ilva.dk/>

Toys

- Toys R Us (everywhere): www.toysrus.dk
- BR (everywhere): www.br.dk

Shopping Centres

Local to NGGI

- Hørsholm Midtpunkt: www.hoersholmmidtpunkt.dk/

Copenhagen Area

- Waterfront Shopping, Hellerup: www.waterfront-shopping.dk
- Fisketorvet, Dybbølsgade, København : Large mall including a cinema www.fisketorvet.dk
- Fields, Arne Jacobsens Allé 12, 2300 København : Large shopping mall - including a “Bilka” (hypermarket - www.bilka.dk) and has Capella Play (www.capellaplay.com) so your kids can play while you shop! www.fields.dk
- Lyngby Storcenter: www.lyngbystorcenter.dk
- Frederiksberg Center: www.frbc-shopping.dk

Books in English

- Books and Co, Hellerup is an international bookshop stocking books in English. There’s a small café and they do events in English too. Try the Danish Christmas event. www.booksandcompany.dk/
- Arnold Busck stock some books in English especially in Copenhagen: www.arnoldbusck.dk/

Ordering books online

- Amazon: amazon.co.uk
- Awesome Books: www.awesomebooks.com
- Book depository: www.bookdepository.com

➤ **Alternatively order through the school using <https://clubs.scholastic.com/> and Scholastic will donate books to NGGI!**

Travel

Buying a car

Denmark has all the usual car dealerships. Cars are expensive here due to the 50% tax on them. There are a few dealerships near the school.

Hiring a car

Denmark has all the usual hiring options: Sixt, Hertz etc.

If you want to hire a car for a short journeys or short periods then there are a couple of options which are cheaper than the companies like Sixt.

- GoCar is a car sharing company: <http://appcargo.net/>
- Let's Go: <https://letsgo.dk/en/>
- Green mobility: <https://greenmobility.com/dk/en/>

Avoiding a parking ticket

All cars are equipped with either a manual or electronic parking timer in the front windscreen. In many parking areas this needs to be set to the arrival time to avoid fines. See <https://international.kk.dk/artikel/parking-rules> for further details.

Download the EasyPark app onto your phone to pay parking fees in the city and work out where the free parking is: <https://easypark.dk/>

Buses and trains

Plan your trips on public transport using www.rejseplanen.dk

The cost is related to how many zones you pass through. Once you have entered the journey details into the app you can see the price. Different prices are shown depending on the method of payment.

- Buy single tickets on your phone: [.dsb.dk/find-produkter-og-services/dot-mobilbilletter](http://dsb.dk/find-produkter-og-services/dot-mobilbilletter)
- Buy a monthly pass on your phone: <https://www.dsb.dk/find-produkter-og-services/pendlerkort-2-8-zoner-pa-sjalland-og-oerne-voksen/>
- Rejsekort is the easiest and most flexible way to pay. Buy one at the central station. It will have your photo on it. You use it to check in- and out of trains and busses. Once you have one, kids under 12 travel free with you. You do need to pay for bikes, dogs on regional trains.
If you forget to check out, try this : <https://checkud.rejsekort.dk/>

- ***It's important to always have a valid ticket; a heavy fine will be imposed if you get caught without one. Ignorance is no excuse.***
- ***On the metro escalators, remember to stand on the right! Danes appreciate being able to pass by on the left.***

Bikes

Cycling rules vary from country to country so read up to ensure you avoid a fine:
<https://bike-safety-denmark.weebly.com/> Remember your helmet, lights and reflectors!

Recycling

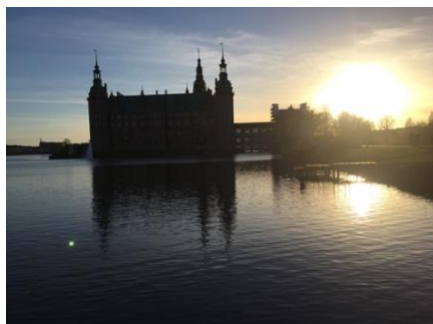
If you're still clearing out then the recycling centre 'Genbrug' is near to school: Vandtårnsvej
Genbrugsplads, Vandtårnsvej 2, 2980. Kokkedal

Post office

The nearest Post office to the school in is Meny in Hørsholm: Kongevejs-Centret 6, 2970
Hørsholm.

You can buy postage online too and get issued with a postage code you can write on the
letter or parcel, go to <https://www.postnord.dk/koeb-online/online-porto> (in Danish only)

Places to visit



Indoor fun for kids

Libraries

The libraries in Denmark are marvellous; you can borrow adult and children's books in Danish and many other languages. You can borrow DVD's, CDs, video games, magazines, language learning materials, comics and board games. Each library is unique and each offers something different. Many have children's play areas and some host events too. You can enter some libraries with your CPR card up to midnight! You can join any and all of them too.

- Hørsholm: <https://biblioteket.horsholm.dk/>
- Gentofte: <https://genbib.dk/>
- Copenhagen/Hovedbiblioteket: <https://bibliotek.kk.dk/> This one has a small softplay area.

Swimming Pools

Hørsholm swimming pool: <https://idraetsparken.horsholm.dk/Svømmehal>
Gribskov swimming pool: www.xn--gribskovsvm-pgb.dk/

Soft play:

- Eventyr fabric in Kokkedal: <http://borneneseventyrfabrik.dk/anlaggningar/kokkedal/?city=kokkedal>
- Eventyr fabric Mega Centre in Ballerup: <http://eventyrfabrikenmegacenter.dk/>
- Trampoline Park in Skovlunde: <https://xjump.dk/en/locations/skovlunde/>
- Trampoline Park in Nordhavn: <https://airtrix.dk/>

Good museums for Kids

- Workers Museum, Copenhagen (children's wing): www.arbejdermuseet.dk/en/
- Louisiana, Humlebæk (children's wing): <https://en.louisiana.dk/>
- Zoological Museum, Copenhagen: <http://zoologi.snm.ku.dk/english/>
- Experimentarium in Hellerup: www.experimentarium.dk/
- The Danish Museum of Science and Technology, Helsingør : <http://tekniskmuseum.dk/>
- M/S Maritime Museum of Denmark, Helsingør: <https://mfs.dk/>

➤ **Many of the museums and amusement parks like Tivoli and Louisiana offer annual passes. If you plan to visit more than once then they are a good investment.**

Outdoor fun for kids

- Tivoli in Copenhagen: www.tivoli.dk
- Tree climbing in Havreholm: www.havreholmklatrebane.dk/aabningstider-priser.aspx
- Tree climbing in Nivå: www.nivaacamping.dk/nivaa-klatrepark/

Outdoor swimming pools (some with slides)

- Friluftsbadet Badesøen, Albertslund : <https://xn--badesen-u1a.albertslund.dk/>
- Bellahøj Friluftsbad, Bellahøj, Copenhagen: <https://svoemkbh.kk.dk/indhold/friluftsbade>

Boat trips in Copenhagen and the lakes:

www.stromma.dk/en/copenhagen/sightseeing/sightseeing-with-baadfarten/

Great day trips

- Flea markets: <http://markedskalenderen.dk/>
- Kronborg Castle www.visitdenmark.com/north-zealand/attractions/kronborg-castle-home-shakespeares-hamlet
- Visit the city of Helsingør , perhaps while you are planning a Kronborg castle trip. which has lovely cobbled streets and a great cheese shop. Close to Kronborg castle there is a lovely food market and the café at the library is recommended too.
- Bakken, an amusement park at Klampenborg, a huge deer park and a beautiful sandy beach.
- Visit a farm: www.sosterbromolle.dk/ or www.smidstrup-farmen.dk
- Visit Sweden! The shopping in Sweden is cheaper than Denmark. Park your car in Helsingør, buy a family ticket for the ferry to Helsingborg and explore the town and great shops.
- Visit a bird park: www.fugleparken.dk/da/

- Visit Hornbæk, a lovely village with a wide sandy beach, playground, restaurants and hotels: www.visitnorthsealand.com/In-int/north-sealand/hornbaek
- Visit the Viking museum and Cathedral in Roskilde: <https://www.visitroskilde.com/In-int/roskilde-lejre/tourist>
- Visit the hidden bird houses then either Arken museum or one of the forgotten giants. Get off at Ishøj station and walk through the streets to find all 80 of them! <https://thomasdambo.com/works/camouflage-birdhouses/>

Wonderful weekend trips

- Weekend cruise to Oslo: <https://www.dfdseaways.dk/>
- Trip to Malmö by train: <https://www.visitcopenhagen.com/copenhagen/how-get-malmo-copenhagen> Shopping is cheaper in Sweden and there's a huge variety.
- Lubeck Christmas market in Germany. It's only 90 minutes to the ferry then an hour after that.

Weekly activities for you and the kids

- Swimming lessons in English. Most classes at the Danish swimming pools are in Danish but you can use this for lessons in English: www.svoemmelaereren.dk/en/ Alternatively, the pool in Gentofte has lessons in English.
- Gymnastics in Nivå is highly regarded: www.ng-gymnastik.dk
- Your Kommune's website will list hundreds of clubs and societies for you to join.
- Hørsholm: www.horsholm.dk/in-english
- Fredensborg: www.fredensborg.dk/borger/oplevelser
- Rudersdal: www.rudersdal.dk/sektioner/sport-og-motion

Cheap eats (an adult meal below 100kr.)

- Rizraz Sticks'n'Veggies, Copenhagen. They have 2 restaurants, both have a delicious vegetarian buffet: www.rizraz.dk/mad/ One has meat options too (Store Kannikestraede 19)
- Pizza in Denmark is inexpensive and you can usually buy a family pizza which feeds everyone.
- Fisketorvet, Copenhagen has many buffet restaurant– you can find these at the back facing the harbour: www.fisketorvet.dk/restaurant/Pizza%20House
- Dalle Valle in Fields, Copenhagen: <https://fields-en.steenstrom.dk/Restauranter/Dalle-Valle>

Restaurants and cafes

A list of child friendly restaurants (in Danish):

https://bornibyen.dk/koebenhavn/search?category_id=7

Other lovely recommended cafes to eat:

- Café hammermollen, Hellebæk <http://cafehammermollen.dk/>
- Helsingør Food market: <http://vaerftetsmadmarked.dk/>

- Rosenhuset, Vedbæk : <http://rosenhuset.dk/>
- Charlottenlund Fort: www.charlottenlundfortet.dk
- Kokkedal Castle: <http://kokkedalslotcopenhagen.dk/en/restaurant/tea-at-the-castle/>

And restaurants:

- Madklubben Restaurants (lovely environment, good food):: www.madklubben.dk
- Tight, Copenhagen (lovely environment, good food): www.tight-cph.dk/
- Barshu (Chinese), Christianshavn (delicious and reasonable) : www.barshu.dk

Social life

NGGI Social calendar for children and parents



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| August | <ul style="list-style-type: none"> • First day of term: Welcome tea and cakes in the garden. Meet the other parents in your child’s class and the class representatives. • PA organises a welcome coffee for spouses. |
| September | <ul style="list-style-type: none"> • International Day: Every nationality has a table, activities and food. There’s a parade and performances on stage. |
| October | <ul style="list-style-type: none"> • The PA organise a Halloween event for the kids: https://www.facebook.com/ngginternationalschool/videos/958327914323300/ • Autumn break |
| November | |
| December | <ul style="list-style-type: none"> • Christmas Bazaar for the whole of NGG. A huge event involving the whole school. Your child will perform on stage and there are lots of games to play in each classroom. • Saint Lucia Parade in school. The Lucia children walk around the school dressed up in white with candles. Svanereden organise an event too. Find out more about Saint Lucia here: http://cphpost.dk/news/how-santa-lucia-never-fails-to-brings-light-to-dark-denmark.html An Alternative in Copenhagen: https://www.routesnorth.com/event/lucia-kayak-parade-copenhagen/ • The PA organise a Christmas Hygge event: www.facebook.com/ngginternationalschool/videos/760908894065204/ • End of school class breakfast and assembly on the last day for children and parents. School finishes early. |
| January | <ul style="list-style-type: none"> • PA organise a welcome coffee for new parents. |

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|-----------------|---|
| February | <ul style="list-style-type: none"> • Fastelavn. Danish Halloween. Students dress up and hit a wooden barrel until it breaks! www.facebook.com/ngginternationalschool/videos/1013022168853874/ • Winter break |
| March | |
| April | <ul style="list-style-type: none"> • Book week. Teachers read stories everyday to the children during lunchtime, the kids dress up and the PA organise the book swap. The students bring in pre-loved books and at the book swap they can choose some new books to take home. • Parents work day with Svanereden. Parents gather together to improve the play facilities for the students. E.g. building a camp fire, shed or adding a new swing to the playground. • Spring concert. Every class performs a song onstage. |
| May | <ul style="list-style-type: none"> • PA Spring event at Næsseslottet. Enjoy the delicious food, relax on the grass and watch the kids swim and build rafts. |
| June | <ul style="list-style-type: none"> • PA summer BBQ. • End of school class breakfast and assembly on the last day for children and parents. School finishes early. |

- *Some of these events might move within the year as term dates change.*
- *Each class has a class representative who organises social events through the year. The PA also organises welcome coffees and nights out throughout the year.*

Danish Seasonal activities



| | |
|------------------|---|
| August | <ul style="list-style-type: none"> • Puppet shows in the King's Garden(Kongens Have,Copenhagen) • Shakespeare festival in Kronborg Castle, Helsingør |
| September | <ul style="list-style-type: none"> • Open Farm Day (Åbent Landbrug) http://aabentlandbrug.dk/ Pet a cow, play with the sheep and pick apples. |
| October | <ul style="list-style-type: none"> • Tivoli opens for Halloween • Winter break: Check Kronborg Castle and Tøjhusmuseet for great re-enactments. |
| November | <ul style="list-style-type: none"> • Tivoli opens for Christmas |
| December | <ul style="list-style-type: none"> • Christmas market at Kronborg Castle: www.visitdenmark.com/denmark/traveltrade/elsinore-yuletide-daytrips-copenhagen. You can also ride a steam train. |

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| | <ul style="list-style-type: none"> • Visit the Camilla Plums farm at Christmas: www.fuglebjerggaard.dk/ • Visit Rosendal Farm for æbleskiver: https://rosendal-gaard.dk/jul-for-firmaer/ • Tivoil and Nyhavn are great at Christmas. When you are at Nyhavn, try the white Glögg at https://zeleste.dk/ and sit in front of their open fire in the beautiful courtyard. • Choose and cut your own Christmas tree: http://www.grangaarden.dk/produkter.html • Solve a puzzle (Danish) and cut your own Christmas tree: www.ryegaard.dk/jul-paa-ryegaard/hjaelp-med-at-redde-julen |
| January | |
| February | <ul style="list-style-type: none"> • Winter festival at Tivoli opens • DR Koncerthuset organise a concert festival for children. Kids can try lots of different instruments and listen to concerts for free. |
| March | <ul style="list-style-type: none"> • Tivoli opens for the summer • See the beautiful Cherry blossom at Bispebjerg Cemetery, Copenhagen (might be in April!). The 5th best in the world! https://www.visitcopenhagen.com/copenhagen/bispebjerg-cemetery-gdk1087341 |
| April | <ul style="list-style-type: none"> • Organic Day (Økodag). Find a local farm where you can see the happy cows jumping and running in the fields after a long winter inside. https://xn--kodag-uua.dk/ • Sakura Festival: https://sakurafestival.dk/ |
| May | <ul style="list-style-type: none"> • International Viking market in Ribe, VikingCenter, Jutland: https://www.visitdenmark.com/denmark/international-viking-market-ribe-vikingecenter-gdk633981 • Indian food festival organised by local Indian parents: https://www.facebook.com/events/2017219985221393/ • Visit a farm and enjoy fresh food: http://www.barresoegaard.dk/aabent_hus |
| June | <ul style="list-style-type: none"> • Middle Ages Festival with knights and food at Esrum Abbey & Millyard: http://www.esrum.dk/oplevelserarrangementsoversigt/esrum-middelalderdage-5/ • Puppet shows in the King's Garden(Kongens Have), see below |
| July | <ul style="list-style-type: none"> • English tours of Fredensborg Palace: https://www.visitnorthsealand.com/In-int/fredensborg-palace-garden-and-orangeri-guided-tours-gdk769608 • Puppet shows in the King's Garden(Kongens Have) |

Public holidays

Denmark has 16 public holidays every year. If they fall on a weekend however you lose that extra day off. Check out the public holidays here: <https://publicholidays.dk/>

Remember to keep up to date on the school's intranet Firefly for any closing days due to public holidays and the school holidays.

Denmark and Copenhagen for free

- **Ny Carlsberg Glyptotek**, Museum in Copenhagen. Free on Tuesdays. The winter garden is beautiful. <https://www.glyptoteket.com/>

- **Nikolaj Kunsthal Church**, Copenhagen. Free on Wednesdays. It has a gallery and exhibitions: <https://www.visitcopenhagen.com/copenhagen/nikolaj-kunsthal-gdk414248>
 - **Puppet shows in the King's Garden** (Kongens Have), Copenhagen. From June to August: www.marionetteatret.dk/uk/
 - **Find the forgotten Giants** (you'll need a car): www.visitcopenhagen.com/copenhagen/six-forgotten-giants-gdk1091362 and <http://thomasdambo.com/works/forgotten-giants/>
 - **The Botanical Gardens** (be sure to climb the spiral staircase in the glasshouse!): www.visitcopenhagen.com/copenhagen/botanical-garden-gdk422317
 - **Bakken**, an outdoor amusement park in the Deer Park (rides do cost money): www.visitcopenhagen.com/copenhagen/bakken-gdk443528
 - **Islands Brygge Harbour Bath**, swim in the harbour in Copenhagen www.visitcopenhagen.com/copenhagen/islands-brygge-harbour-bath-gdk482346
 - **Christiania**, the freetown of Copenhagen: www.visitcopenhagen.com/copenhagen/christiania-gdk957761
 - **Visit your local library!** As mentioned in the section before, the Danish libraries have great facilities and lots of books in English and other languages. Some have cafes or restaurants. During school holidays, the libraries organise free workshops, all to be found in your local newspaper or on the library websites. Try Hørsholm library: <https://biblioteket.horsholm.dk>
 - **Natural playgrounds**, these can be found all over Denmark. Each playground featured has the location, photo and a rating: [www.naturlegepladser.dk/](http://naturlegepladser.dk/)
 - **Shelter Sleepovers**. You can sleep in many different forest shelters for free (some need to be booked in advance): <http://naturstyrelsen.dk/naturoplevelser/overnatning/#%22x%22:671157,%22y%22:6240022,%22zoom%22:2>
 - **Copenhagen City Playgrounds** www.visitcopenhagen.com/copenhagen/sightseeing/playgrounds-copenhagen
Fælledparken, Osterbro has 3 great parks: the traffic park ('Trafiklegepladsen' in Danish), Towers Park ('Tårnlegepladsen' in Danish) and Water play playground ('vandlegeplads' in Danish). At the traffic park they will teach your child to ride a bike if they are open.
- ***Great site for updates free and budget friendly experiences for children under 18: www.visitdenmark.com/denmark/children/free-and-budget-experiences-denmark-kids***

LINK group for women

The Ladies' International Network København (LINK) brings together women from all over the world who live in this area. The yearly membership covers many different events: <https://linkdenmark.com/>

NIC – Nordsjælland International Community

The Nordsjælland International Community Network. Hosting Bookclubs, Friday Bars and Workshops in the Nordsjælland. <https://www.facebook.com/nordsicommunity/>
<https://nordsjaellandinternationalcommunity.wordpress.com/>



We hope you have found this useful.

We look forward to meeting you!