

▶ RELAXATION TIPS

ON THE LINKS BELOW WE HAVE GATHERED INFORMATION TO HELP AND INSPIRE YOU IN RELAXING IN COPENHAGEN

- ▶ [Culture and Leisure Copenhagen Municipality](#)
- ▶ [AOK - "Everything about Copenhagen"](#)
- ▶ [City playgrounds with map in English](#)
- ▶ [Visit Copenhagen](#)

○ FEBRUARY

○ 2015

Dual Career Newsletter



INTERNATIONAL STAFF MOBILITY

Dear Members of the Dual Career ~ Spouse Network,



For a lot of people, the month of February is the time of year where winter seems never ending and autumn seems still very far away. Cycling through the rain, another rejection letter from a job you applied for, or children who are impossible to get out of bed during the morning, doesn't improve the positive spirit.

That is why, we will focus on mindfulness in this and next month's edition.

In our Spotlight, we introduce Liselotte Strøyberg, our mindfulness instructor who organises courses for the University of Copenhagen. We will inform you on how you can get a chance to win one of the free spots on her course!

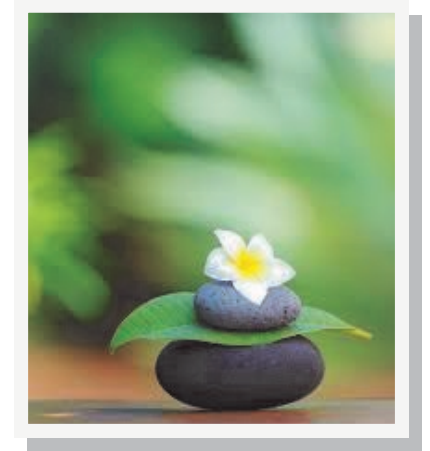
In March you are also able to join our special mindfulness session, organised by ISM where you can experience Karina Weidner, who has more than 20 year experience working with mindfulness & stress coaching.

In February, we also celebrate *Fastelavn*, which is the name for Carnival in Denmark, Norway, Iceland and the Faroe Islands. *Fastelavn* evolved from the Roman Catholic tradition in the days before Lent, but after Denmark became a Protestant nation, the holiday became less specifically religious. It is sometimes described as the Danish Halloween, where children dress up in costumes and gather treats.

We will also invite you to join our *Fastelavn* party in International House, where children can "*slå katten i tønden*". We will make sure that there won't be a cat in the barrel, but plenty of sweets!

With focus on mindfulness and celebrating *Fastelavn*, we are sure February will be a relaxing month for you!

Mark de Vos & Mary K. Kobia



**NEW JOB
CONGRATULATIONS!**

MARIE SORIVELLE

From Dominica, Juris Doctor in Law

New Job: Research Assistant at the University of Copenhagen, Centre for Medical Parasitology

SIMONE WENKEL

From Germany, Biologist, PhD

New Job: Research Coordinator at the Danish Stem Cell Center, University of Copenhagen



Spotlight: Why Mindfulness Matters

A path to less stress, better concentration and improved job satisfaction!

It's a busy world we live in! You plan your day while you are on Facebook, listening to the radio and commuting to work, and plan your weekend. You multitask while cooking and keeping one eye on the kids and another on the television. But in the rush to accomplish necessary tasks, you may find yourself losing your connection with the present moment — missing out on what you're doing and how you're feeling. This morning, did you notice whether you felt well-rested or observe which colour the sky is?

Mindfulness is the practice of purposely focusing your attention on the present moment - and accepting it without judgment.

Over the past few decades, mindfulness has been growing in popularity and has been found to be a key element in achieving happiness.

Research has shown that mindfulness meditation by repeated training can reduce stress experiences and provide better ability to concentrate. Mindfulness coach Liselotte Strøyberg explains why mindfulness is so important: *"With an endless stream of higher demands, we can lose ourselves in the process and fail our wish to improve. If we want to change that line of events we need to bring awareness to the situation."*

"Mindfulness helps us reflect and be in the moment!"

The University of Copenhagen offers you a

"MINDFULNESS HELPS YOU TO MORE CLARITY IN TIMES OF DOUBT AND COPING WITH DIFFICULT EMOTIONS"

LISELOTTE STRØYBERG

unique opportunity to attend an intensive mindfulness course, where you will be introduced to practical tools that can better your awareness. We only have two free seats available. If you would like sign up for this course please register by sending a brief motivational letter on why you would like to attend this course to Mark de Vos: mark.devos@adm.ku.dk For more info on the course see attached document.

WELCOME TO NEW SPOUSES



- Ankur Razdan
India
- Gang Zhang
China
- Jord Prangsmå
Holland
- Nathalie Cremades
France
- Yun Ha Byun
South Korea

UPCOMING EVENTS

INTERNATIONAL STAFF MOBILITY (ISM) - INTERNATIONAL CAREER SPOUSE LUNCH 10.00-13.00HRS

- ⇒ **February 11th** - What is your STAR-quality? Get introduced to the STAR-method that helps you analyse your cores skills and results - [Please register here](#)
- ⇒ **March 11th** - Networking: Coffee 2 go or stay? Tips on how to book a coffee meeting - [Please register here](#)
- ⇒ **April 8th** - Hands-on approach to LinkedIn - [Please register here](#)
- ⇒ **May 13th** - Meeting and getting advice from an HR professional - [Please register here](#)
- ⇒ **June 10th** - Company presentation: BIOGEN IDEC - [Please register here](#)

ISM'S PARTNERS

- ⇒ **10th March - 10.00-12.30 - Copenhagen Career Program**
Information meeting to accompanying spouses pursuing a career in Denmark
For more information about this event and how to register please see attached document.

Please visit our website for more information on all events www.ism.ku.dk



KID'S EVENTS

Fastelavn
February 13th
10.00 - 13.00hrs

[Please register here](#)