

▶ JOB SEARCH TIPS

ON THE LINKS BELOW WE HAVE GATHERED INFORMATION TO HELP AND INSPIRE YOU IN BUILDING A SOCIAL NETWORK IN DENMARK:

▶ [Culture & Leisure Guidance](#)

▶ [International House Welcome Reception 2016](#)

▶ [Volunteer Fair 2016](#)

○ February

○ 2016

Dual Career Newsletter



INTERNATIONAL STAFF MOBILITY

Dear Members of the Dual Career ~ Spouse Network,



In December it felt the winter would never come, but now it is seriously freezing and snowing. We hope you are able to enjoy it.

We also realised that we passed this newsletter's one year anniversary. In this column we try to inform you about Danish traditions and habits according to the current month. Last years February edition described *Fastelavn*, which you can read in our previous [newsletter](#) on the website.

Now we would like to share more about *fastelavnsboller* and *fastelavnsris*, typically associated with *fastelavn*.

Fastelavnsboller ("shrovetide buns" or "lenten buns") are round sweet rolls usually covered with icing and sometimes filled with whipped cream. Another (especially amongst children) popular custom is the *fastelavnsris*, with which children ritually flog their parents to wake them up on the morning of Easter Sunday.

Fastelavnsris have many shapes and forms and differ from area to area. In some areas they are bunches of twigs, usually from fruit trees, preferably with buds. Those are often

decorated with feathers, egg-shells, storks and little figures of babies. In other areas, they are a bent willow-branch, shaped like an ankh and wound with crepe paper that has frizzles cut with scissors. Both varieties may be decorated with candy as well.

In Denmark the custom is known already in the 1700's and it has several roots. The custom originates from an old fertility ritual, which has been absorbed into Christianity. After the reformation, particularly pious people used to flog their children on Good Friday to remind them of the sufferings of Christ on the cross. Earlier, it was mainly the young women and the infertile who were flogged. It was also common that a young man would carry his *fastelavnsris* and (of course gently) strikes at young women he met on the street. Later it became the children's special right to flog their parents on this day. In any case, the reward given for the flogging would be a *fastelavnsbolle*.

If you would like to try one: [sign up](#) for our Kid's event on the 5th of February ☺

Mark de Vos & Mary K. Kobia



"I've had a lot of worries in my life, most of which never happened!"

Mark Twain



Spotlight: Cross Cultural Psychology

Dorte Kongerslev, a Danish psychologist, shares her view and gives good tips to internationals in Denmark

I have 7 years of experience as an expat spouse in Africa. In Denmark, I worked with cross cultural challenges, remote management, and relocations.

I also held several “welcome to Denmark” courses with focus on understanding the challenges of being an expat, and understanding what Danish culture is all about. Currently I work as psychologist at a hospital in Denmark.

Do you have any good advise for internationals in Denmark?

The key to becoming part of any culture is through learning the language. Denmark is no different in this matter, and it definitely makes it easier to have just a basic understanding of the language and to be curious about the culture.

On different online expat forums I often read that Danish language, culture and behavior was regarded negatively. There is no such thing as good or bad culture. However culture exists because it makes sense to those who practice it.

In Denmark specifically, it is possible to make local contacts through sports or other leisure activities. We have a very active culture and leisure life, so be proactive and participating. Whether it is ceramics, opera, archery, or Zumba, there are so many different activities to sign up for in most local communities. Also try and look at AOF, which is a public organization – they distribute a catalogue of many different leisure activities that you can sign up for twice a year.

“It can be helpful to try and understand the background and set of values from which a particular culture is developed”.

Often people ask me to recommend a typical Danish experience. I suggest the phenomenon called “sort sol” or “black sun”, directly translated. It is simply spectacular. It happens every autumn at the west coast of Jutland, and it is the time when the migratory birds

gather before they fly south. You will see the birds flying in enormous, synchronized flocks, and they almost cover the sky completely. That is why it is called “black sun”.

[On this link](#) you will find additional information about “black sun” and useful info about guided tours. Enjoy!

WELCOME TO NEW SPOUSES



- Daniel Miguel Fuentes Spain
- Douaa Hamed Egypt
- Fatemeh Pakpour Iran
- Natalia Semenova Ukraine
- Pranitha Anugala India
- Ryan Dhindsa India

UPCOMING EVENTS

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

- ⇒ **February 10th** - What is your STAR-quality? Get introduced to the STAR-method that helps you analyse your cores skills and results - [Registration](#)
- ⇒ **March 9th** - Hands-on approach to LinkedIn - [Registration](#)
- ⇒ **April 13th** - Networking: Tips on how to book a coffee meeting - [Registration](#)
- ⇒ **May 11th** - Meeting and getting advice from an HR professional - [Registration](#)
- ⇒ **June 8th** - Danish Working Culture - [Registration](#)

DUAL CAREER ~ SPOUSE JOB SEEKER’S NETWORK

Every Thursday 10:30-12:30

Are you currently looking for employment in Denmark? Would you like to share job search goals, overcome barriers and expand your network? Maybe this network is for you? - [Registration](#)



KID’S EVENTS

We are pleased to invite you for enjoyable and informal meet-ups where you are welcome to bring your children! For more information and how to sign up see below links.

[Mama & Papa Club](#)

Every 2nd Thursday
13:00-15:00

[Fastelavn](#)

5th February - 10:00-13:00

[Kids Dance Event](#)

8th April -10:00-13:00