

▶ NETWORKING AND VOLUNTEERING TIPS

○ JANUARY

○ 2016

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

- ▶ [Meetup](#)
- ▶ [Copenhagen Volunteers](#)
- ▶ [Copenhagen Host Program](#)

Dual Career Newsletter



INTERNATIONAL STAFF MOBILITY

Dear Members of the Dual Career ~ Spouse Network,

Happy New Year!

We hope you had a great holiday with enough time together with your relatives and friends. Hopefully you got a lot of new energy, ready for a new year!

Many exciting things will happen in 2016. The Olympics will take place in Brazil and the UEFA European championship will be organised in France. Presidential elections will be held in several countries such as the USA, the Philippines, and Somalia. According to Chinese astrology the goat will make place for the monkey and the Ramadan will this year already start in the beginning of June.

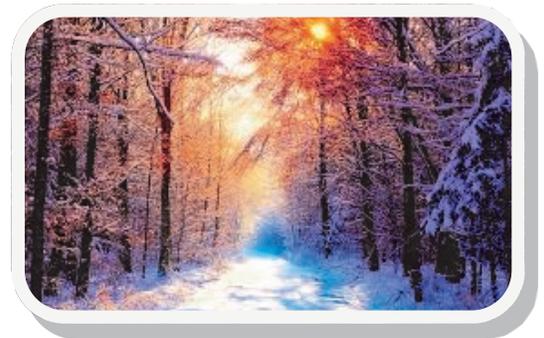
Denmark, and in particular *Kronborg* in Helsingør, will celebrate William Shakespeare's memory and the cultural legacy of Hamlet - 400 years after the playwright's death. *Kronborg* is a castle and stronghold immortalised in Shakespeare's play Hamlet. It is a renaissance castle and one of UNESCO's World Heritage Sites.

Kronborg is situated on the northeastern tip of the island of Zealand at the narrowest point of the Øresund, the sound between Denmark and Sweden. This part, is only 4 km wide, hence the strategic importance of maintaining a coastal fortification at this location commanding one of the few outlets of the Baltic Sea.

The castle's story dates back to 1420. Along with the fortress *Kärnan*, Helsingborg on the opposite coast of Øresund, it controlled the entranceway to the Baltic Sea. The castle also has a church within its walls. In 1785 the castle ceased to be a royal residence and was converted into barracks for the army. The army left the castle in 1923, and after a thorough renovation it was opened to the public.

In 2016, *Kronborg* will be visited as part of an ISM event. We are really looking forward to meeting you again in this new year!

Mark de Vos & Mary K. Kobia



NEW
NETWORK

DUAL CAREER ~ SPOUSE JOB SEEKER'S NETWORK

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? For more information and how to sign up use [this link](#).



Spotlight: Married to a Scientist

Grith Walløe, a Danish HR professional, shares her personal experiences

Denmark is all about work-life balance. This applies for scientists too. Scientists with families may leave the office around 4/5 to be with their families. This might give you the idea that being married to a scientist in Denmark is slightly different from what you are used to from other countries. In my experience this is only partly true.

I have been with my husband for more than 2 decades and several times we lived abroad as part of his academic career. We settled in Copenhagen and have two children, aged 8 and 11. I am not a scientist myself, but living with one for so many years has given me an idea that science is much more than a job. It is a way of living. So is being married to one.

"Honey, I am just going to drop by the lab for a minute". How many times have I not heard this on a Sunday afternoon? The children and I have gotten used to it by now. We adapt. Sometimes we tag along and find a playground close by or we just do our own thing.

I have learned from experience that "a minute" can easily turn into hours. I decided long ago, that it is easier to just accept it rather than get annoyed and wait around for "family time", or even try to change it. I am married to a scientist and trying to change his love for science would be wrong on many levels, and unlikely to be successful.

Work-life balance is indeed flexible in Denmark. I work fulltime and this can be challenging, as it feels like I am a single mother from time to time. Conferences, grant applications, teaching or something entirely different. I take care of the family 100 % during these intense periods.

This is only possible because my work is also extremely

flexible and allows me to plan my hours to match the needs of my family. On the other hand if my husband has the time, he takes over organizing the children's busy schedule

"Yes, let's talk about it later" – a scientist means: "I forgot to listen. I am thinking of my next article and my grant application".

and I am free to work as much as I please or spend time on other activities.

In my experience scientists in Denmark do not work less than in any other countries. However, they have flexibility to plan their work around their family life. They might leave the office at 4, but they often go back in (or work from home) later in the evening and in the weekends. Mostly, not because they have to, but because they really want to.

WELCOME TO NEW SPOUSES



- Chandini Ravindra India
- Elena Longhin Italy
- Johannes Carolus Germany
- Magda Rogalska Poland
- Roland Alexander Pache Germany
- Talmadge Nardi USA
- Tatenda Mushangwe Zimbabwe

UPCOMING EVENTS

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

- ⇒ **January 13th** - Alternative Job Search Methods; Why Wage Subsidy or 4 weeks Internship? What does it mean and how does it work? - [Registration](#)
- ⇒ **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: Coffee 2 go or stay? 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](#)

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



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