Dear Members of the Dual Career ~ Spouse Network

Fall is upon us again, which means constantly shifting weather here in Denmark. But don’t worry—fall is still immensely beautiful here.

To help and celebrate the many internationals moving to Denmark, Lifeindenmark organises the campaign Welcome September, with events and workshops happening all over the country. Among those are International Citizen days that are taking place on the 22nd and 23rd of September. It is the perfect opportunity to meet and network with other internationals, while also getting to know different companies or organisations that might be interesting for you in your life here in Denmark.

You can also check out some of the other events happening around the country, including a city walk for Internationals in Lyngby on the 30th of September. You can read more on their website and explore the different events for each region in Denmark. However, remember to sign up for the events you would like to join!

September also marks the start of a new academic year, which means that we have a new programme of events planned for you for the fall. This includes the MENTAL HEALTH AND WELL BEING WORKSHOP: Your Life by Design: Approaches to Managing Stress taking place on September 11th here at ISM.

We also have different workshops planned for the Job Seekers Network for the fall. Here in September you can join a CV workshop as well as a Network, Coffee Metting & LinkedIn workshop on the 26th. You can find the overview at our website, but we will also make sure to update you on Facebook throughout the fall.

If you would like to join another cultural event, we will once again visit the Deer Park for a guided tour. If you have not yet been there, you should definitely plan a visit. This tour is always very popular and a great hit for both kids and adults, as you not only get to see the beautiful park, but also the many deers living there!

Kind regards,

Mary K. Kobia, Diana Lund Nordstrøm & Katrine Sandahl Mortensen
ISM Dual Career Team – University of Copenhagen

“By all these lovely tokens, September days are here. With summer’s best of weather and autumn’s best of cheer.”
— Helen Hunt Jackson
What is your best advice to someone who is not living in DK, but looking for a job there?
Adapt their CV and cover letter to the DK standards and start connecting with people in the companies you are interested in.

How has IDCN helped you?
IDCN provided me with a great team to work with, where I improved a lot of my transferable skills. This team (all of IDCN Copenhagen, including Mark and Mary) has given me a support group that I could count on when I needed. It also provided me with many job search-related workshops, which are very practical and useful that helped me to better my applications. I also increased my network due to IDCN.

What is your best advice to someone going for a job interview?
Research the position and the company thoroughly and practice your answers.

What kept you going – your motivation, when things didn’t always turn out the way you expected? Where did you find support?
I found motivation in my family, friends and mentors.

What are you most excited about doing in your new job?
I am excited to be working in a completely new environment.

Reflecting back on your job seeking process and experiences in DK, what advice do you have to give to other spouses?
Build your network!

Virginia Cunha
From: Portugal
Senior Medical Writer at Novo Nordisk

How long have you been looking for a job in DK?
I have been looking for a job here in DK since I moved here in September 2018.

How long did it take for you to find a job in DK?
It took me 1 year and 5 months.

What has been most challenging about your job search?
Networking and wanting to transition from academia to industry.

What surprised you the most about the Danish job interview?
Relaxed interviews and the use of personality and aptitude tests.