Dear Members of the Dual Career ~ Spouse Network,

We hope that you survived the wettest February Denmark had in many, many years – we beat the record of most rain ever! Even though this month has been extremely wet, the weather has been mild enough to let the first sign of spring appear: the snowdrops. In Danish they are called ‘Vintergækker’ and they can be found all around the city in green areas. They are a harbinger of spring and it is exciting to see them peak out in the grass, knowing spring is just around the corner.

If you want to feel the spring coming and maybe see some ‘vintergækker’ we will recommend you to visit ‘Landbohojskolen’. It is a park located in Frederiksberg. The park has lots of different plants, trees and flowers. The park has a magical, cute little pond, it looks like something from a fairy tale. Later in the year the parks rose garden will bloom and you can see many different roses. Nevertheless, for now you can enjoy the little signs of spring all around the park.

Another recommendation if you want to explore Copenhagens green areas is ‘De Gamles By’.

This little green spot in located in Nørrebro. Earlier it was a quite unknown place which is a shame, since it is a small oasis. It has a cute orangery, where you can enjoy a cup of coffee or a packed lunch. The place is also a true gem if you have kids, since you can find goats, guinea pigs and chickens, and you can pet them. Quite unique to find in the middle of a city!

Since these recommendations rely on good weather, we would like to suggest you an indoor activity. In March the documentary festival ‘CPH:DOX’ takes place. It runs from 18th to 29th of March and takes place in different cinemas all around Copenhagen. CPH:DOX aims to tell stories through the documentary genre – and they sure do. You can choose from loads of different documentaries. The themes vary, everything from how munks in Bhutan experience getting access to wifi as on of the most closed countries in the world, to how cultures around childbirth vary across countries. Cinemas like Dagmar, Grand and Empire are smaller and really ‘hyggeleg’ cinemas.

All the best,

Mary K. Kobia, Mark de Vos and Daniell Gamiely

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade"

- Charles Dickens, Great Expectations
Spotlight: Be visible and understand 'the Danish way'

Javiera Aravena-Calvo
From Chile
Bioengineer, MSc in Agriculture
PhD at the University of Copenhagen (PLEN)

How long did it take for you to find a job in DK?
I arrived 2,5 years ago and I have been looking for a job/PhD position since then, though in the middle I took bit more than a year to focus on my newborn baby. After my daughter started daycare, I have been applying to jobs/PhD intensively for about 6 months, until I got this PhD position.

What is your best advice to someone who is not living in DK, but looking for a job there?
I would recommend first to put efforts in understanding the Danish work culture and get tips of how to proceed with the job search. Reading some websites about life in Denmark gave me a good overview of how things work here. Get hands on improving your CV, tailor your cover letter, update your LinkedIn profile and identify what would be the places where you would like to work. Then, network, call and meet people related to the area of your interest. You have to make yourself more visible professionally to get more chances to be called for an interview. And also, consider learning Danish if your area needs it.

What has been most challenging about your job search?
Many things! The most difficult have been to face rejections and also to make my career goals more flexible. My area of expertise (plant sciences) is a bit limited here in the industrial sector in Copenhagen, so I had to be open to transfer my knowledge and skills in some other areas. But at the same time, I realized that it was more advantageous for me to get a PhD position (which are also scarce) to enhance my career. The other difficulty for me was to keep motivated and with confidence, in order to call, knock doors, arrange coffee meetings, make myself “visible” etc., and to learn the Danish way of writing CVs, cover letters and preparing for job interviews, which have different rules compared to the other countries I have lived. In this regard, without the guidance and support from Mary and Mark through the Dual Career Services, I would have been totally lost.

What surprised you the most about the Danish job interview?
My experiences were good in general. I was very surprised that interviews were very relaxed and focused on hearing about my skills, experience and how I was as a person. They were like a fluid conversation and I felt comfortable.

What is your best advice to someone going for a job interview?
To be very prepared! To know very well the company’s profile, culture and goals. Identify areas in the team or the job/project itself where your skills can bring value and help them. And as Mary says, bring all your good energy, shake hands strongly and make eye contact.

What kept you going when things didn’t turn out the way you expected?
My motivation was the desire to keep advancing my career after few years without working. And my vital support was my husband and my family from the distance.

Reflecting back on your job seeking process and experiences in Denmark, what advice do you have to give to other spouses?
Don’t sit and wait for the opportunities to come to you. Although is hard, you must go and contact potential employers. And try to keep yourself active by meeting friends, volunteering, learning Danish, practicing hobbies/sports, etc.

What are you most excited about doing in your new job?
My PhD involves lots of research and also taking courses - like going back to school again. These things are very exciting for me because I am passionate about getting new knowledge and being involved in science. I will expand my skills and get more experience in my field.

How has IDCN helped you?
Being an active member of the International Dual Career Network (IDCN) helped me to built more confidence and to develop my teamwork skills further. It was like doing a real job, and it felt great. Also, the interaction with this amazing bunch of people gave me new energies. I strongly recommend to join!

Facts and figures about the University of Copenhagen

- 37,493 students
- 9,348 employees of whom 4,856 are researchers
- 12,982 research publications
- 962,769 square metres floor area
- 8.9 billion DKK in revenue
- 6th best university in Europe (ARWU)
### UPCOMING EVENTS

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<tr>
<th>Event</th>
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<tr>
<td><strong>International Spouse Career Lunch: Start-ups and entrepreneurship</strong> - How to start your own business?</td>
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<td>Join this informal event and get all the necessary information on how to start your business in Copenhagen.</td>
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<td><strong>Facilitator:</strong> Zikoh Kouassi-Zessia - Business Advisor at Business House Copenhagen</td>
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<td>17th March. 10:00 -13:00 hrs. Gyldenløvesgade 11, 6th floor, 1600 Copenhagen V.</td>
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<td><strong>International Spouse Career Lunch: Theme: Hands-on approach to LinkedIn</strong></td>
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<td>Get valuable input on how you can use LinkedIn to promote yourself professionally whether you’re looking for a job, or trying to expand your professional network in Denmark.</td>
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<td><strong>Facilitator:</strong> Morten Esmann - LinkedIn Expert and Career Consultant – <a href="https://www.ida-danmark.org">The Danish Society of Engineers (IDA)</a></td>
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<td>2nd April. Time: 10:00 -13:00. Gyldenløvesgade 11, 6th floor, 1600 Copenhagen V.</td>
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<td><strong>Workshop: Better working lives for junior researchers and PhD-students</strong></td>
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<td>What should PhD students do to get better working lives? How do you deal with work pressure, imposter syndrome and career uncertainty?</td>
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<td><strong>Facilitator:</strong> At this career event where you will have the pleasure of meeting Niels Glæsner. Niels holds a PhD in educational science and works as a Consultant at the <a href="https://adm.ku.dk">Danish Association of Masters and PhDs (DM)</a></td>
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<td>20th May. Time: 10:00-13:00. Gyldenløvesgade 11, 6th floor, 1600 Copenhagen V.</td>
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