Dear Members of the Dual Career ~ Spouse Network,

SEPTEMBER 2019

September, the ninth month of the year. Autumn is here and this is a beautiful season in Denmark. The trees will turn into beautiful shades of orange, yellow and brown. The sunsets are particularly stunning.

There are so many amazing places in and around Copenhagen, where the changing colors of the season can be experienced. Here are some places you can enjoy autumn to the fullest.

If you feel like escaping the Copenhagen buzz for a day, Roskilde is the place to go. It is a 25 min train ride away. Roskilde has a beautiful and historical Cathedral where many kings and queens are buried. The Cathedral is breathtaking and has been admitted to UNESCO’s World Heritage Sites.

The city is also known for the big Viking Ship Museum. Here you will be taken back in time with the exhibition and the opportunity to sail in a authentic Viking ship in Roskilde Fjord.

The new place in town to eat is Boltens Food Court. It is located in the center of the city at Gothersgade 8, and has a lot of different options to explore. You can get traditional Danish food, Italian, Spanish, Brazilian, American, Thai and much more, so go and check out all the options. There are also various vegan options, for instance the famous Beyond Meat Burger at Two Monkeys.

On the 15th of September Copenhagen Half Marathon will fill the city streets with both elite and amateur runners. It has become quite popular over the last four years because of the flat route with it’s soft curves and long straight stretches, and it is an extremely fast course. This day will be a blast for both runners and spectators with entertainment stations along the route and new records to be set.

At the end of the month the new circular line on the underground Metro rail system, will open. The City Ring as it is called, connects all areas of Copenhagen as it has stations in Nørrebro, Østerbro, Frederiksberg and at the Central Station.

See you soon!

Mary K. Kobia and Mark de Vos

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And then the sun took a step back, the leaves lulled themselves to sleep and Autumn was awakened.

Raquel Franco
How long did it take for you to find a job in DK? First I looked for part-time jobs and I got three of them. It was a way to, quoting an HR Manager I met at an IDCN Career Event, “put my foot on the Danish ground”, as this makes you more appealing when you send an application.

What has been most challenging about your job search? In my case, waiting. Maternity took me behind for a while, I wasn’t prepared to wait so long until my son got a place at kindergarten, in my culture women go back to work after three or four months, otherwise they could lose their job, so, as per my mindset, I was feeling “late” in my job search. But it ended up being an advantage! Mixing personal life with job search allowed me to avoid that feeling of frustration that comes when you’re sending CVs and nobody calls you, I used my “waiting time” to train myself for the right moment.

How has IDCN helped you? In so many ways! It allowed me to “work” while I was still taking care of my son, this helped me avoiding depression, cause I was feeling useful again and my calendar was full of appointments that were more work related rather than babysitting. Nobody worried about me bringing my son everywhere, even to official meetings, on the contrary they always made me feel welcome. It also gave me the chance to refresh my skills and to learn new ones. At every job interview I went to, the interviewer thought I already had a job, which positioned me “on the Danish ground”, and this was an advantage. Last but not least, it surrounded me with people who have the same kind of problems and with whom I could share the same enthusiasm of being expat in this beautiful country.

Reflecting back on your job seeking process and experiences in Denmark, what advice do you have to give to other spouses? Don’t be afraid to put yourself out there, try new things, meet new people, keep moving around. Finding activities in Denmark is the key to finding a job. Networking, learning new skills and spread the message that you are looking for a job and what your qualifications are.

What are you most excited about in your new job? The environment. I will be a part of a company that is currently expanding into the international market. I have Danish colleagues but mostly deal with people in Italy and Spain and being a liaison has always been part of my personality.

Spotlight: Let your personality show

Silvia Foresta
From Italy

Education: Ongoing Bachelor in Language mediation and Intercultural Communication

Current job: Partner Service and Sales Support Coordinator at Milestone Systems A/S

UPCOMING EVENTS

Stress management workshop—Back to sleep!
11 September 10:00 - 13:00
International Spouse Career Lunch

Dr. Nadya Dich is a sleep consultant, stress researcher and educator. Her mission is to use her scientific knowledge to educate people and provide them with the information and tools to reduce stress

Register here

Career opportunities for PhDs outside academia!
10 October 10:00 - 13:00
International Spouse Career Lunch

What should PhD students do to get jobs outside academia? Which jobs exist beyond academia and what skills are in demand? How can you prepare for an alternative career path applying your research skills?

Register here