



Country guide for new EPIET/EUPHEM fellows

Statens Serum Institut, Copenhagen

DENMARK

Last updated: March2022

Updated by:

- Tjede Funk, EPIET fellow 2021-2023
- Oliver McManus, EPIET fellow 2020-2022
- Daniela Michlmayr, EUPHEM fellow 2020-2022

Based on previous guidance by

- Daniel V. Thomas Lopez, EUPHEM fellow 2018-2020
- Guido Benedetti, EPIET fellow 2018-2020
- Celine Barnadas, EUPHEM fellow 2015-2017
- Andreas Petersen, EUPHEM fellow 2015-2017
- Lara Ricotta, EPIET fellow 2015 – 2017
- Silvia Funke, EPIET fellow 2014-2016
- Annika Wendland, EPIET fellow 2013-2015
- Julita Gil Cuesta, EPIET fellow 2012-2014
- Frederique Dorleans, EPIET fellow 2011-2013
- Lieke Van Alphen, EUPHEM fellow 2011-2013
- Oktawia Wójcik, EPIET fellow 2010-2012
- Sophie Gubbels, EPIET fellow 2009-2011
- Maike Koningstein, PhD student 2006-2011
- Katarina Widgren, EPIET fellow 2008-2010
- Sabrina Bacci, EPIET fellow 2007-2009
- Hannah Lewis, EPIET fellow 2006-2008

Source:

<http://epietalumni.net/activities/countries-guide/>

Please note: This is a living document. If you find any information to be incorrect or out of date, or there is anything you wish to add, please amend the guide (and date it accordingly) and send the new version to your cohort representative for uploading onto the EAN country guides website. Thank you.

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EARLY ON AND GETTING STARTED

1. Registration in Denmark

Please, refer to the International House website in order to have a comprehensive picture of what to do before and upon arrival in Denmark in order to register and settle down.

International House in Copenhagen – <https://ihcph.kk.dk/>
Checklist – <https://international.kk.dk/checklist-newcomers>

You need to do 3 steps before being fully registered in Denmark:

- 1) Register via SIRI as EU citizen in Denmark (via international house) <https://nyidanmark.dk/de-DE/Contact-us/Contact-SIRI>
- 2) Apply for CPR number (needed to get health insurance, salary etc) (via international house)
- 3) Apply for NemID (which is a log in for every website from the state...)

Note: before going to the International House, you must have:

- An appointment with the International house (see the website);
- An address that is valid for at least 1 month; you have to show a rental contract/agreement or proof of accommodation;
- An employment contract or an “employer declaration”; the form is available on the International House website.

Important: from the moment you start your fellowship to the time you leave Denmark in order to attend the Introductory Course of the Fellowship, you will probably have only 2 weeks. That time will not be enough for you to complete the paper work, unless the employment contract or the “employer declaration” are ready by the time you arrive at the Institute and you have an appointment for the International House. Therefore, it is recommended that you get in touch as soon as adequate with the Administration of Statens Serum Institut (SSI).

Further tips:

- Bring passport-size photographs because they are very expensive in Denmark.
- Make sure you entirely read what you need to do from the International House website. It will always be more comprehensive and up-to-date than any guide like this.
- Remember to verify with the Authorities of your country of nationality any further requirement that you might have to fulfil e.g. registering as a resident abroad.
- You will see how everything turns around obtaining a CPR (Civil Personal Register) number, which is of crucial importance for accessing services in Denmark.

2. Finding accommodation

The sooner you can deal with finding an accommodation, the better. You have several options at hand. It is always worth informing your training site and fellows based there that you are looking for an accommodation, as they may know of someone renting out a place.

In Denmark, it is the owner who pays real estate agent fees, not the person looking for an apartment. So it cannot hurt to look at places using professional sites/companies.

Prepare for prices of 4,000-5,000/month Kr minimum for a shared apartment. To rent your own flat will cost something between 10,000 - 12,000 Kr per month. If you want to live in the inner Copenhagen area (postcodes up to 2300), prepare to pay something more. Know what is included in your rent because there are additional charges for electricity, gas, heating (separate as it comes direct from the Kommune), water, TV, Internet.

- It is possible to sublet a partially, or fully furnished apartment if that is what you want.
- It is very common to ask for three months of rent as a deposit.
- It is also very common to ask for three months of rent in advance.
- There is no definite first come, first serve policy. Landlords like to meet their prospective tenants and then make a choice. However, they have so many potential tenants to choose from that it is advisable to contact them as soon as you see something that you like (it could be gone the same evening during peak times).

Be careful not to get scammed, when you look for an apartment without an agent! There are people renting out flats that do not exist (especially in Facebook groups). The typical story is that the apartment seems too good to be true (too big or nice for the price). The owner often tells you that he is in the UK (or abroad) and is using a phone number starting with +44 70. This is a number that is used from another country and directed through the UK. The owner typically tells you to pay a deposit before you have seen the apartment, "so that he knows you are serious about renting the apartment" or needs you to make a deposit to send you the keys by mail since he/she is living abroad. Often the owner also wants to know your personal details like passport number, etc. The story can sound very realistic and may include a (non-existing) rental agency. Therefore, never pay anything before you have seen the apartment.

Amenities: Internet, Telephone, Television, Gas, Electricity, Water, Heating

A CPR number is necessary to have a SIM card with a contract. If you do not want to wait until you get your CPR number, we recommend that you get a pay-as-you-go SIM card first. These can be obtained virtually everywhere - from petrol/gas stations, 7/11's, supermarkets and in kiosks.

There are many providers – check the newspaper, ask your colleagues for help and any offers. Options are: Telmore (www.telmore.dk), CBB (www.cbb.dk), Lebara (www.lebara.dk), Lyca mobile (www.lycamobile.dk), 3 (www.3.dk), Oister (<https://www.oister.dk/mo/>).

Furniture and household goods

For cheap furniture you can always go to IKEA (www.ikea.dk) and Ilva (www.ilva.dk) in Gentofte (bus 150S from Norreport st for IKEA and Lyngby S tog station for Ilva).

Also useful are:

- Silvan - Do-It-Yourself (DIY) shop - equipment and furniture.
- Jysk (www.jysk.dk) - for beds, bed-clothes, things for your bathroom (not of the best quality).
- Føtex is a large Danish supermarket but they sell a lot of kitchen equipment (link in supermarket section).

Second-hand goods:

- www.dba.dk Large online Danish second hand 'market place' where people sell their old things
- Den Blå Avis (free paper) is filled with advertisements on second hand furniture etc.
- Comparable to e-bay but on a much smaller scale is the Danish site www.qxl.dk
- An indoor flea market called "Det blå pakhuis" near the SSI. It is open every Saturday and Sunday from 10-17. Entrance is 10 kr per person and the address is Holmbladsgade 113, Copenhagen South.
- There are also Facebook groups for buying/selling second-hand goods

A flea market is called loppemarked. Ask colleagues for addresses of second-hand shops and flea markets. In summer frequently loppemarkeder are held in all kinds of places in and around Copenhagen.

Useful websites

We recommend you looking for Facebook groups with those key words. Also, there are two youth hostels very close to the Institute:

Danhostel Amager <http://danhostelcopenhagen.dk/en/>

Danhostel Copenhagen City <http://www.danhostel.dk/hostel/danhostel-copenhagen-city>

Another option to stay while looking for permanent accommodation is airbnb www.airbnb.com

Other useful websites (Danish)

<http://www.dba.dk>

<http://boligbasen.dk>

<http://www.findbolig.nu>

<http://www.ledige-lejligheder.dk>

Other useful websites (Danish/English)

<http://www.boligportal.dk>

<http://www.housingdenmark.com>

<http://en.copenhagenhomes.dk>

<http://www.homesandhousing.dk/eng>

<http://www.housingcompany.dk>

<http://www.danishhomes.com>

<http://www.cphbolig.dk>

<http://www.cityapartment.dk>

<http://www.expresshousing.dk>

<http://www.apartmentincopenhagen.com>

<http://www.copenhagenhousing.com>

<http://www.shbolig.dk>

3. Reimbursement of moving expenses

Upon arrival at SSI, you will be introduced to the Institute, your office and related logistics.

You can refer to the ECDC manual for your cohort and to SSI Administration concerning your contract, taxes and pension (public/private), as well as before you plan any expense related to your moving. Further tips:

- For 2018 cohort, relocation budget could be used for the initial accommodation in your hosting city (around three nights) at a reasonable price. Confirm this if needed.
- For SSI, it is easier to handle your relocation budget if it is paid directly by them. If this is not possible (e.g. paying in your country a local company to deliver some boxes in Denmark), be sure to have a proof of payment. A screenshot of your bank movements is more appreciated than a receipt, so try to pay with bank card everything possible (flight ticket, relocation boxes, initial accommodation, etc.).

- You need to have paid for all your relocation expenses by the end of your first Specific Grant Agreement (the end of February). But it's ok to book the actual service for later. For example, you can book a company to ship your belongings in March, as long as you pay by the end of your first SGA.

4. Finances

Note: the 2020 fellows were not paid regularly for the first three months of their fellowship. It is strongly recommended that you have several thousand euros in savings available, in case this happens to you too.

Bank account

The currency in Denmark is (Danish) kroner (crowns), abbreviated as kr. or, internationally DKK. 100 kr is approximately €13.50. Most credit cards are accepted in Denmark. There are however some stores which only accept Danish cards with the DK logo (Dankort), although this does not happen often anymore in Copenhagen. Cash dispensers can be found everywhere, and bank cards, including the ones with a Maestro logo, work in these machines.

To open a bank account, you need to have your CPR number. You will have to show an ID/passport, and in some cases, you may be asked to show a document with your address in Denmark. However, as getting a CPR number can take a few weeks, there is a possibility that the main banks (Danske Bank, Nordea, etc.) may be able to open an account for you based on your home address and a signed contract. If you already have your NemID, you can easily open your bank account online.

If you open more than one bank account, you must select one of the accounts as your "nemkonto" which is the official account where tax, municipality and other state matters will be referred. You will receive information about this in the mail. Here you can find more information about Danish banks, including a comparison of the services provided by each bank <https://internationalcommunity.dk/en-US/Your-guide-to-DK/Coming-to-Denmark/Banking>.

You will use a "nemID" (username) and a card with codes to use to log on your internet banking. This will also allow you to access two Danish web platforms called Borger and Eboks (similar function). There you will receive messages from authorities (for example, the Kommune) and access your payslips from SSI. It is a bit like having another email.

Some banks will not give you a Dankort (Danish bank card) until they have seen that a regular income comes into the account for 3 months. You may apply for the Dankort after 3 months. In the meantime, you will be allowed to have a Danish Credit Card, which may also be used to withdraw cash and pay in larger shops/supermarkets.

Most banks in Denmark are closed on Saturdays and Sundays, but may be open longer on Thursdays. Note: Try to open your bank account as soon as possible and send the bank details to SSI in order to receive your pay check as soon as possible. For the first months it might be possible to receive your salary in the bank account of your country of origin.

Mobile Pay

Once you have a Danish bank account and a Danish phone number, you can get the Mobile Pay app. This is what Danes use to send money to each other. You can also use it in some shops, and it's the only method of payment for drinks at SSI's parties.

Taxes

A special tax system exists in Denmark for international researchers. As a fellow, you might be placed under this taxation scheme. In this case, specific rules will apply to you. Please, verify this with the Administration of Statens Serum Institut before going to the International House. This taxation should not have an effect on your final salary (as it is standardized by the ECDC for all fellows), but on the amount of taxes the Institut pays for your contract.

This special taxation system makes you eligible for a different pension arrangement. This arrangement is likely to be good for you, especially if you do not stay in Denmark. Ask the HR people at SSI for more information.

A sample guide to your monthly payslip: see appendix, it may help you understand the taxes and your contract.

Note: Please immediately apply for the reduced tax scheme through SSI. This is not optional (although it sounds like) and you must fill the form. Only then do you get the right salary otherwise too much tax will be taken from your account and complicates everything.

5. Administration

Contract

You may or may not receive your contract before you arrive at SSI. The 2020 fellows didn't, but the 2021 fellow did. You may want to press them to get your contract early. But before your contract can be finalised, you need to choose a pension scheme.

Pension

Money will be automatically deducted from your salary to be paid into your pension. This is mandatory. You need to choose a pension scheme before SSI can finish your contract and start paying you. Please check your pension funds regularly as SSI might not transfer the pension immediately after starting your position

If you have a specific background (for example you're a doctor or you have a PhD), it may be obvious which pension scheme is right for you. That's because in Denmark, pension schemes are tied to trade unions, which have certain membership requirements. If not, ask HR for advice. One option (chosen by the 2020 fellow) is [P+](#).

Salary corrections

You can check your salary correction with the ECDC Fellowship Office. As an indication, check the 2016 correction factor here, around page 16:

https://ec.europa.eu/eurostat/documents/6939681/7070380/5189298_annual_report.pdf

The correction factor for Denmark is approximately +30%, giving you around 21.000 DKK after tax each month.

6. Insurance

Health insurance

Public health insurance

Everyone residing in Denmark has the right to health insurance services as well as hospital assistance. The services included in the public health insurance are free medical consultation from a general practitioner and medical consultation from specialists with a referral from a GP. Services also include subsidies for medications, dentist and chiropractor consultations - with a referral from your general practitioner e.g. physiotherapy and psychology consultations. The subsidies vary according to type of treatment and will be subtracted from your bill. However, be aware that dentist treatments and consultations are mainly supported by the patients' own expenses. When contacting GP, dentist, etc. you will have to present your "sygesikringskort" as proof of your right to health care insurance.

Note that it might take a while to get your CPR number (it will take around 1-2 weeks to receive your CPR-Health insurance card once you have submitted all required documentation at the International House), and thus to be enrolled in the Danish health insurance. With the exception of emergency hospital assistance, you must pay for any treatment you need during the first weeks in Denmark. Emigrating from your own country may make you not eligible for the (public or private) health insurance in that country anymore. You might want to consider a private insurance (e.g. specifically for expats) to cover for the meantime.

Once registered, you can apply online for the European Health Insurance Card. Consider doing this as soon as possible as you will be traveling frequently for the Fellowship modules.

Other insurances

The ECDC recommends that you obtain additional insurance including travel, disability, work liability, etc. Many of the former EPIET Fellows have recommended ExpatPlus. If you would like to get the additional insurance from a Danish provider, you will need your CPR number. Codan (www.codan.dk) and Tryg (www.tryg.dk) are the two largest and most popular firms. The websites are in Danish, but you can call them for any inquiries, and they do have policy papers in English.

Unemployment fund

The conditions to receive the unemployment benefits after the contract ends are the following:

1. to be a member of an unemployment insurance (akademikernes), and to pay a monthly fee, for at least one year before applying for the unemployment benefits. Important: the year is estimated as 365 working days
2. It is necessary to have received at least 12 months of registered pay from the employer.

It is important to get to know about subscribing the insurance on time, to be able to request the unemployment fund after the contract ends. The unemployment fund is suitable for fellows as well, since it is valid within European countries. This means that even if the fellow moves countries within Europe, he/she will benefit of the unemployment fund, even though not the full period as if staying in Denmark.

There are several insurances available. Some fellows have used A-Kasse. Check the website for more and updated information: <https://aka.dk/english/>

Travel insurance

Information about ECDC Travel Insurance

ECDC travel insurance is provided by Cigna International Health Services. All staff and sponsored meeting delegates travelling on behalf of ECDC are covered by this insurance. The insurance takes effect as from the time one leaves their home/office for the meeting/mission and ends upon return to home/office. Times outside this period, including durations with private deviations, are not covered.

Coverage includes, among others, medical expenses as well as costs for repatriation in case of personal accident and/or serious illness, theft, riots etc. For medical expenses, the travel insurance is a complimentary insurance. Any costs or damages that are not covered by the primary insurance (private, national or corporate) will be supplemented by the travel insurance upon a written declaration that such expense had not been covered.

Please note that the ECDC Travel Insurance is only a "top-up" insurance and everyone are expected to have a travel insurance (professional or private) already.

It is recommended to always bring your European Health Insurance Card when travelling in Europe.

Source: ECDC EVA

7. Living in Denmark with children

If you are coming with a child to Denmark then there are good daycares available. You have to apply for a kindergarten or daycare place through the Pladsanvisning Denmark. You will be guaranteed a spot within 2 months. For an application for a spot please use the link below and read more about the options.

You have 3 options:

1) public daycare: is pretty good and will be selected in the vicinity of where you live. You will get a proposal from them and then you can accept it. They are pretty fast in making proposals so don't worry. You have priority when you come from abroad and have no childcare. The public daycare is very good and is approximately around 3447 DKK including lunch but can be less if you apply for a subsidy. Children older than 3 years 2738 DKK with lunch

2) private childcare institution

3) private childminder

You can read more here: <https://international.kk.dk/live/childcare-and-school/childcare-services>

8. Leaving the country

Consider that you will need to deregister as a resident in Denmark at the moment that you might leave the country. Information is available at International House.

AT WORK

9. The institute: Statens Serum Institut

Upon arrival at SSI, you will be introduced to the Institute, your office and related logistics.

Breakfast (EPIET)

Every Friday, someone from the department brings in breakfast for everyone at 9:00. There's a rota for this, but your turn won't be until a long time after you start.

Fredagsbar (EPIET)

Once a month on a Friday, people stay at work to share some drinks. The drinks are already in the office (you may notice some fridges full of beer), and you pay a small amount via Mobile Pay when you take one.

Parties

There are three annual SSI parties: a late summer party, Oktoberfest, and the Christmas party. At these events, everyone gathers in the big gym for food and drinks, and there's dancing afterwards.

On top of the SSI-wide parties, the epi department organises a couple of annual events as well. For example, the department participates in the [DHL Stafetten](#) relay race at the end of August/start of September. If you'll already be in the country by then, it might be fun to join.

Holidays

You get 2.08 days of holiday for each month of work. That's 25 days a year. You start accumulating holiday in September (which is coincidentally also the month you arrive), and you have to use your allowance by the next December. You can carry over 5 days.

On top of the 25 annual days, SSI gives you 5 days of "special holiday". But you only start getting them after working for one year. These special holiday days are on a different schedule: you need to use them by the end of April.

LIVING IN DENMARK

10. Public transport

You can choose between buses, S-togs (trains) and the metro. How to travel from point A to point B and on-line maps can be found at <http://www.rejseplanen.dk/>. They also have a great mobile app. You may also want to purchase a Copenhagen A-Z map which can be obtained from petrol stations.

The city is divided in zones, and the fare you have to pay depends on the number of zones you are travelling through. You pay for a minimum of two and a maximum of nine zones. You will always need two zones even if you are traveling in the same zone.

Tickets can be purchased from machines at the metro or train stations and on the bus from the driver. Please note that you should bring coins if you plan to buy tickets from the bus driver. The machines at the stations will accept coins as well as credit cards.

A regular ticket is a single trip ticket. The 2 and 3 zone tickets are valid for one hour and can be used in the metro, bus, train and harbour bus.

You can also buy a 'Rejsekort' www.rejsekort.dk which you use to check in at the blue points when you get on and scan again to check out when you get off (note that there are always 2 blue points, and you have to use the right ones: 'ind' to check in and 'ud' to check out). You will pay a penalty if you do not check out.

The Rejsekort has to be charged with money and then the appropriate amount is deducted when you check out. You can buy it at machines and major transport hubs and probably elsewhere too (that includes the airport when you first arrive)

Note: travelling with a rejsekort is much cheaper than buying individual tickets every time.

Another option is the "periodekort", (unlimited travels in the zones you choose) valid from a minimum of 30 days up to 365 days. You do not need to buy according to months, but you choose according to days. For the 65 days card you need a picture.

More information about the different kinds of tickets at

<http://www.visitcopenhagen.com/copenhagen/transportation/tickets-prices>

Further tips:

- Once you have a CPR, you will be able to get a Personal Rejsekort, with the best advantages of all the types of Rejsekort. But as that might take a while, buy a standard Rejsekort right when you arrive in Copenhagen, as you will start saving money, instead of using single tickets. Even if you do not use it anymore once you have your Personal Rejsekort, the standard one will be useful if you have acquaintances visiting.

11. Cycling in the city

Bicycling is big in Denmark, especially in the summer. Bicycles can be bought new in bicycle stores that can be found everywhere in the city. However, they do not come cheap. Most new bikes cost between 2000 and 3000 DKK (sales in January and July-August may be the best time to buy). The cheapest options for new bikes are the big supermarkets as Kvickly, Føtex, etc., or a car and motor bike shop called, T. Hansen (cheapest bikes start at 1300-1400 DKK).

Second-hand bikes also do not come cheap, so be aware! They can be advertised in: www.dba.dk and many bike shops also have second hand bikes, particularly in Nørrebro. Second hand bikes start from around 800 DKK. Second-hand bikes are also sold in different Facebook groups for Copenhagen.

Most bikes in Denmark have a registration number (engraved on the frame). When you buy a second hand bike, it is always good to check on the app called "Politi" that the bike has not been reported stolen – you can do this by entering the bike's registration number.

Become familiar with the bicycling rules because they might be different from what you are used to in your home country, especially at crossings. And fines are often given by the police. You are required to have lights on your bicycle from sunset to sunrise. A set of bicycle lights can be bought in most supermarkets. A helmet is also recommended.

12. Language classes

Danes speak fantastic English. You can definitely live your life without speaking any Danish at all. However, life will be easier for you at work and personally if you understand a bit of Danish. And fortunately, you can get free Danish classes for your first three years in Denmark. You have to pay 2000 DKK as a deposit, but you get it back if you pass your exam. These are some popular free language schools in Copenhagen:

- <https://ucplusdansk.dk/sprogcentre/sprogcenter-koebenhavn/>
- <https://www.clavis.org>
- <https://speakspeak.dk>

On top of the free language classes, ECDC gives you a budget of €1500 to spend on language classes. (You can only use this for Danish.) You may want to use that to book lessons privately. [Studieskolen](#) is a well-liked language school that offers group and private classes.

Beware: your €1500 will be split into two parts: Sep-Feb of the first year and Mar-Sep of the first year. Once you pass those deadlines, those parts of your budget expire. If you've got money left over, a language school may let you buy a voucher. Money from ECDC is only available in year 1!

13. Recreational Activities, sports, worth visiting, meeting people

Biking and running are the most common sport activities practiced in Denmark, amongst others. Several possibilities exist for biking as there are specific bike paths in Copenhagen. For runners, there is a great diversity of sport clubs that offer the possibility to train. Amongst those many, Sparta is a large one (<http://www.sparta.dk>) but many other smaller associations can be found on the internet. At SSI there is a runner's club which every Tuesday and Thursday meet at the entrance gate at 3.45 PM. It is a great opportunity to meet colleagues from other departments. There is no fee, and you just show up if you would like to participate.

If walking/riding is one of your favourite activities, a good mean to discover Denmark and its nature is with Dansk Vandrelaug (DVL), an association organizing rides and walks throughout the country. There is a DVL section for young people (DVL-Ung). They can be found on Facebook as well.

If training in a fitness club is the way you like to practice sport, there are many fitness clubs offering a wide diversity of activities (running, cycling, zumba, yoga, sauna, hammam, body building...). <https://www.sats.com/> is one of those clubs amongst others.

There is also a gym room at SSI. You have to be member of the sports club at SSI (called IK Sera) to use the facilities. Email ik-sera@ssi.dk to join. The cost (in 2022) is 40 Danish kroner each month, which is deducted automatically from your salary. Once a member, you have unlimited access to the gym room. You are also entitled to participate in other activities organised by the club, such as yoga, disco fitness, badminton and table tennis. There are also team sports training at the SSI, you can get further information through the IK Sera.

Swimming pools are found in many places in Copenhagen and around. The most famous is located very near the main station, called DGI byen and offers a variety of sports activities, <http://www.dgi-byen.dk/> and <http://www.dgi-byen.dk/vandkulturhuset/>. During summer you will also find outdoor pools (friluftsbade), as Bellahøj Friluftsbad, <http://kulturogfridid.kk.dk/bellah%C3%B8j-friluftsbad> and the harbour bathing “Havnebad” close to SSI (<http://www.copenhagenet.dk/cph-map/cph-bathing.asp>).

14. Supermarkets

There are a number of supermarkets in Denmark which vary substantially in price and availability of goods. The cheapest have the most limited choice. Opening times (and your local store) can be found on their website. The main supermarkets, from cheapest to most expensive are: Fakta, Lidl, Aldi, Rema 1000, Netto, Super Brugsen, Føtex, Irma. Supermarkets are the place where you can bring plastic and glass bottles for recycling, and you get money back. Some of bottle might have a size not accepted by the supermarkets; those must go into the containers you find in the streets.

CONTACT

15.Contact information of current and previous fellows

Feel free to ask the SSI site supervisors Steen Ethelberg (EPIET) or Rune Stensvold (EUPHEM) for the contact details of the current fellows. They have lots of additional information that they are happy to share with you.

Current fellows:

Name	Cohort	Email	moved from
Guido Benedetti	2018	guido.address@gmail.com	Italy
Oliver McManus	2020	olmc@ssi.dk	UK
Tjede Funk	2021	tjfu@ssi.dk	Sweden
Daniela Michlmayr	2020	dami@ssi.dk	USA

A FEW LAST USEFUL POINTS

Salary corrections: refer to the Fellowship Programme Office at ECDC if you need to know the correction factor for salaries in your host countries. These can change and the most up to date information should be available from the Programme Office.

Language classes: if you are planning to claim back money for Danish classes, please talk to SSI Administration to find out how they can budget it and talk to them about when you are planning to take classes and what the expected costs will be. Please do this at the beginning of your fellowship and ask the coordinator team at the intro course for a description of the funding allocations, as the rules are written in the contract between ECDC and host site, but it's not explained in the director's decision.

Parental leave benefits: please note that you are employed under the respective rules of your host country, and this may have an impact on parental leave benefits if you have not worked in the country beforehand. This is something to look into if it may affect you during your fellowship, as ECDC cannot change the local laws on parental leave.

It is not easy to adapt to a new culture, and after an initial "enthusiastic" phase (which may last from weeks to months according to the person) almost everybody will then pass through a phase when you "reject" the new country/culture ("I want to go home"), followed by a positive phase again. In the "rejection" phase things can be quite hard (compounded by the fact that everything is in another language). It is important to know that these psychological phenomena are normal, and they are part of the experience. Try to remember: "It is not worse, it is not better, it is just different".

Wikipedia gives a good explanation of this psychological phenomenon, and some way to overcome it http://en.wikipedia.org/wiki/Culture_shock

To get an idea of the variety of projects previous fellows were working on you can check their portfolios: <https://ecdc.europa.eu/en/epiet-euphem/who-we-are/fellows>.

Appendix: this document is an example of how a fellow's payslip might look like and how taxes and salary might work. This document (and the displayed amounts) does not necessarily represents what your payslips will look like.

Kode	Art	Antal enheder	Sats	Ydelse	Fradrag		
2000	VEDR. DEC. 2018			35.211,25			
7045	Løn				94,67		
9000	ATP Pension, sats A				40,00		
9845	Kontingent				2.809,00		
9850	AM-bidrag				8.723,00		
	A-skat						
Personalkategori		LR/KL	TR	SKTR	OPRYK.DATO	Ydelseer i alt	Fradrag i alt
093 Særligt aflønnede						35.211,25	11.666,67
Pengeinstitut	Kontonummer	Til disposition			beløb		
	VIA NEMKONTO	28/12/2018			23.544,58		
Evt. supplerende oplysninger							
AFLØNNINGSBRØK: 1/1							

Kode 2000: Your gross salary, containing the net salary established by ECDC (Base salary for all fellows x Correction factor), the pension and the taxes

Kode 7045: Fixed contribution by all workers

Kode 9000: SSI Sports club

Kode 9845: Labour market contribution, 8% of (Løn – ATP Pension)

Kode 9850: Researchers Taxation, 27% of (Løn – ATP – Labour market)

Salary received in your account