

# THE INTER NATIONAL PASSPORT

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A TALE OF TWO CITIES



RANDOM ACTS OF KINDNESS



THE WESTFJORDS OF ICELAND

FEBRUARY 2025 - WWW.THE-INTL.COM



**A PASSPORT FULL OF STORIES:  
HEATHER WRITES HER WAY ACROSS THE NORTH.**





# DENMARK'S WORKFORCE DOES NOT LACK TALENT - IT LACKS RECOGNITION!

## DEAR READERS

According to Statistics Denmark, as of 2021, internationals constitute approximately 12% of the total workforce in Denmark. The increased employment of internationals has driven more than the total employment growth in Denmark over the last 13 years.

These numbers highlight a crucial reality: internationals are making a significant economic contribution to Denmark, filling essential roles across industries and supporting the economy. But behind these statistics lies another pressing issue - one that is often ignored. While companies continue to call for more foreign workers to fill vacancies, many well-qualified professionals who have already integrated into Danish society are still struggling to secure employment in the correct field.

I have spoken to countless individuals who have spent years in Denmark—learning the language, adapting to the culture, upskilling, and networking - only to be told they lack the “right” experience or that companies prefer to hire internally. This isn't just frustrating; it's a missed opportunity. How can Denmark claim to have a talent shortage when so much talent is being overlooked?

## #THEFORGOTTENGOLD: A DISCUSSION THAT RESONATED

Two weeks ago, I addressed this issue in a LinkedIn post with the hashtag #theforgottengold. The response was overwhelming, with 74,050 impressions and countless likes. This engagement showed just how important this conversation is. The post struck a chord with so many professionals who feel invisible in the Danish job market. The comments section became a space for frustration, support, and crucial insights. Many shared their personal stories of applying for hundreds of jobs without success despite having all the necessary qualifications. One comment that stood out read: *"I have lived in Denmark for years, learned the language, and adapted to the work culture. Yet, I keep hearing that companies 'can't find the right talent.' How am I invisible to them?"*

Others pointed out the disconnect between recruitment practices and Denmark's diverse talent pool. One highly skilled professional wrote: *"Companies say they can't find the right people, but are they even looking in the right places? Are they making an effort to recognise the talent that is already here?"*

Another user raised an important question: *"When companies say they need to hire foreign specialists, do they mean people from outside of Denmark—or just people who*

*don't already live here? Because I am a foreigner too, and I am already here, ready to work."*

## WHY THIS MUST CHANGE

This conversation made one thing clear: Denmark does not have a talent crisis—it has a recognition crisis. The country does not lack qualified professionals; it cannot see and utilise the talent that is already present.

The current system favours bringing in professionals from abroad while failing to acknowledge the skilled individuals who have already made Denmark their home. These are people who have done everything asked of them—studied, integrated, learned the language, and built networks—yet still face barriers to employment.

The irony? Companies continue to struggle with labour shortages while thousands of competent professionals remain unemployed or underemployed. How many businesses could benefit from hiring someone who already understands Danish workplace culture and doesn't need relocation support? How many skilled individuals could be making a real impact if only they were given a chance?

## A CALL TO ACTION: SHINING A LIGHT ON #THEFORGOTTENGOLD

In response to the overwhelming engagement and the stories shared, I have decided to take action. Starting with the next issue, I will dedicate a regular section to highlighting the overlooked career talents in Denmark—those who are qualified, eager, and ready to contribute but are being ignored.

This section will feature real stories from real people—professionals who are actively looking for work but are being shut out of opportunities. I want to showcase the experiences, skills, and ambitions of #theforgottengold and help shift the narrative around who is truly available and ready to fill Denmark's job vacancies.

So, I want to hear from you. If you feel that you or someone you know belong to #theforgottengold, please share your story and contact me at [lyndsay@the-intl.com](mailto:lyndsay@the-intl.com).

Love,

Lyndsay

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## ENGLISH JOB DENMARK

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**Deadline:** N/A

**Contact:** Michal Kruszewski  
+48 532957700

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**Location:** Brøndby

**Deadline:** 10 March 2025

**Contact:** N/A

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**Deadline:** Ongoing

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### DOCUMENTATION COORDINATOR (MATERNITY COVER 12 MONTHS), NORDIC SOLAR

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**Location:** Copenhagen

**Deadline:** 24 February 2025

**Contact:** N/A

### PUBLIC AFFAIRS SPECIALIST, TOPSOE

You will be working closely with Topsoe's Power-to-X and Global Commercial businesses as well with our colleagues abroad to leverage our understanding of policy drivers and build relations in regions such as Asia, Middle East and Africa.

**Location:** Kgs. Lyngby

**Deadline:** 27 February 2025

**Contact:** N/A

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**Location:** Kolding

**Deadline:** Ongoing

**Contact:** Milena Magdonova  
[milena.magdonova@trademarktex.com](mailto:milena.magdonova@trademarktex.com)  
+45 25 60 66 14

### EMISSION COMPLIANCE SPECIALIST

Are you passionate about sustainability and eager to make a tangible impact on emission reductions? Do you excel at working with numbers and enjoy building and streamlining processes? Join us.

**Location:** Aarhus

**Deadline:** Ongoing

**Contact:** Morten Ranck, Fleet Management Director  
[morten.ranck@unifeeder.com](mailto:morten.ranck@unifeeder.com)

### CUSTOMER TRAINING SPECIALIST, SAAB

You are responsible for analyzing the customers' training requirements, creating training plans and organizing training events internally with the project teams and externally with our customers - primarily in the defense industry.

**Location:** Sønderborg

**Deadline:** 31 March 2025

**Contact:** N/A

### BRAND MANAGER, SCANDINAVIAN TOBACCO GROUP

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**Deadline:** Ongoing

**Contact:** N/A

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**Deadline:** 2 March 2025

**Contact:** Lars Mosbek,  
Group Senior Director IT Operations  
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# HEATHER'S JOURNEY: A LIFE BETWEEN CULTURES.



CREDIT: BRUNO CASTRO / WESTFJORDS RESIDENCY

A STORYTELLER, A CULTURAL EXPLORER, AND A WRITER FORGING HER PATH ACROSS BORDERS. HEATHER SHARES HER EXPERIENCES OF LIFE, LOVE, AND CAREER IN DENMARK AND BEYOND.

PHOTOGRAPHS [MARTIN MACALPINE](#) / BRUNO CASTRO / WESTFJORDS RESIDENCY TEXT [LYNDSAY JENSEN](#)

**HEATHER'S STORY IS** one of movement, adaptation, and cultural curiosity. Born into a family with roots in Scotland and northern England, she has always been surrounded by a blend of influences. Switzerland and Germany played a significant role in shaping her perspective as well, leaving her with a sense of belonging that stretches far beyond national borders.

Unlike many internationals who long for home, Heather has never quite reached the point of missing a single place. Instead, she embraces the ebb and flow of travel, always looking ahead to the next journey. Her international lifestyle means she is rarely without the comforts of home—whether that's Danish liquorice, Scottish whisky, or the familiar taste of *Irn-Bru*. Currently, she finds herself in Iceland on a writing residency, a place where she has the rare fortune of finding both her favorite Scottish chocolates, *Tunnock's*, and a selection of Danish imports. It's no wonder she jokes about moving there part-time.

## FINDING A HOME IN DENMARK

Denmark wasn't Heather's first experience living abroad—Switzerland and southern Germany came first. But the transition to Denmark was unique. She and her husband

have always kept a base in both Denmark and Scotland, shifting between the two. The COVID-19 pandemic and Brexit added complexity to this arrangement, resulting in longer periods in Denmark. Now, her life is a whirlwind of locations - Denmark, Iceland, Scotland, Ireland, Norway, and the USA, all within the first quarter of the year.

Her connection to Denmark is, unsurprisingly, her Danish husband. But beyond that, they share a deep interest in other cultures, always open to the possibility of new places. Switzerland is on their radar, though the absence of the sea might be a challenge for her husband, an avid sailor. Conversations about Copenhagen have surfaced, especially in the context of potentially raising a family. The thought is taken so seriously that, during a sentimental moment, her husband preemptively recruited their Copenhagen friends to serve as honorary aunts and uncles to their future children.

## ADAPTING TO DANISH CULTURE

Heather's transition to Denmark was gradual rather than abrupt. The country tested her in ways she hadn't anticipated. Like many foreign women, she initially felt a strong pressure to fit in. Learning Danish became a priority, and her determination







paid off—she mastered the language at an impressive pace. Her knowledge of German helped, but it was ultimately her persistence that made the difference. When Danes switched to English, she would persist in Danish, explaining why it was essential for her to practice.

Her efforts had an unexpected ripple effect—her father-in-law, inspired by her progress, started speaking Danish to other internationals as well. For Heather, language was just one piece of the puzzle. She remembers the first time a friend complimented her on running a “good Danish home.” It felt like a validation of her integration, yet it also made her question whether she was losing a part of herself in the process.

Over time, Danish friends began telling her she wasn’t “really foreign-foreign,” or that she was “Danish-ish.” These remarks left her both amused and puzzled. If the Danes didn’t consider her an outsider, did that mean she had become part of them? In other Nordic countries, the assumption is even stronger—while visiting a small island in Norway, locals repeatedly referred to her as “the Danish girl.” No matter how many times she corrected them, the label stuck.

### FIRST IMPRESSIONS VS. REALITY

Heather’s first exposure to Denmark was during a holiday on the German border, an experience that initially left little impression. Over time, however, she came to appreciate the region’s cultural diversity, where people seamlessly navigate between languages like German, Danish, Frisian, and Sønderjysk. When she finally visited Copenhagen at twenty with her now-husband, it was a completely different experience - exciting, unpredictable, and filled with the charm of youth.

Her perspective on Denmark deepened with Brexit. Many Brits envied her for having an EU-citizen partner, unaware of Denmark’s strict immigration policies. The assumption that being married to a Dane meant an easy process was far from reality. Heather became increasingly aware of how Denmark’s system often fails to support the foreign spouses of Danish citizens, despite the country’s growing need for international talent.

### CULTURAL NUANCES AND CHALLENGES

While cultural differences exist, Heather finds that Scotland and Jutland are surprisingly similar. The reserved nature of Jutlanders, often described as gruff by outsiders, felt familiar rather than foreign. English writers often generalise British culture, but Heather understands firsthand that Scotland is distinct. In fact, she now feels more out of place in London than in Copenhagen or even Oslo.

Some Danish customs, however, took time to decode. Traditions, especially surrounding birthdays, follow an unspoken rulebook that no one explains to newcomers. Heather recalls scouring blogs like Keri Bloomfield’s *Bilingual Backpack Baby* and reading *The International* to make sense of these nuances. It was through these resources that she finally felt understood.

### A WRITER’S PATH

Heather’s professional journey has always centred around writing and communication. With a degree in Culture and Heritage, she developed expertise in the northern world, spanning the Nordic and Celtic cultures. Her language skills - English, German, and

**HEATHER REMEMBERS THE FIRST TIME A FRIEND COMPLIMENTED HER ON RUNNING A “GOOD DANISH HOME.” IT FELT LIKE A VALIDATION OF HER INTEGRATION, YET IT ALSO MADE HER QUESTION WHETHER SHE WAS LOSING A PART OF HERSELF IN THE PROCESS.**

Danish—became integral to her work.

Her first consistent writing platform was *The International*, where she explored everything from rural Jutland to Denmark’s vibrant bar scene. A passion for whisky writing developed naturally, leading her to cover Nordic distilleries, from remote Arctic locations to Jutland’s countryside.

She credits her career path to the international women writers who came before her, especially those at *The International*, who provided inspiration when she was still finding her voice. Creative friendships, such as her connection with musician Christine Kammerer, reinforce this sense of shared cultural exploration.

This year, Heather has fully embraced freelance writing. She is participating in a Nordic-German journalism fellowship, preparing to write more in German. She is also beginning work on a book—a daunting yet thrilling endeavour. The book follows Isobel Wylie Hutchison, a Scottish woman who travelled extensively in the Kingdom of Denmark in the 1920s and 30s. Heather aims to retrace her journey, focusing on Iceland in 1925, a time when the country was newly independent but still tied to Denmark. Her research will take her across Iceland this summer, retracing Isobel’s steps.

### LOVE, FAMILY, AND THE FUTURE

Heather and her husband’s story is one of serendipity - she was the first local he met upon arriving in Scotland. Their connection was undeniable, even when they insisted they were just friends. A Danish newspaper once ran a piece about them titled, “In love the first day he landed in Edinburgh airport.” The only inaccuracy? He had actually taken the train.

Integrating into each other’s families came with its moments. Heather’s father was already fond of Denmark, frequently visiting Odense for work and immersing himself in Danish traditions. Her father-in-law, on the other hand, was initially unimpressed - until she learned Danish. They ended up with a close and supportive bond.

Looking ahead, Heather envisions a multilingual, multicultural household. When she and her husband first met, German and English dominated their conversations, later shifting to Danish and English. Their shared curiosity for languages ensures that any future children will grow up with a diverse linguistic foundation.

For now, she continues to travel, write, and explore, embracing the life of someone who belongs everywhere and nowhere at once. Her joy lies in the wild landscapes of Scotland, the rugged beauty of Iceland, and the cultural intricacies of Denmark—a life spent at the crossroads of nations, never truly standing still.

For Heather, the journey is never-ending. Whether in Denmark, Scotland, Iceland, or somewhere new, she embraces every experience with curiosity and resilience. And perhaps that is the essence of truly living an international life. **THE-INTL**



## TIPS FOR FITTING INTO DENMARK:

HEATHER HAS LEARNED A LOT ABOUT ADAPTING TO DANISH LIFE AND OFFERS THESE TIPS FOR NEWCOMERS:

- **LEARN THE LANGUAGE** – DANISH IS TRICKY, BUT EVEN BASIC PROFICIENCY OPENS DOORS AND HELPS WITH INTEGRATION.
- **EMBRACE THE CULTURE** – UNDERSTAND DANISH TRADITIONS, FROM BIRTHDAYS TO WORK-LIFE BALANCE, AND JOIN IN WHEN YOU CAN.
- **BUILD A SOCIAL NETWORK** – DANES CAN BE RESERVED, BUT JOINING CLUBS OR HOBBY GROUPS IS A GREAT WAY TO CONNECT.
- **BALANCE FITTING IN AND STANDING OUT** – IT'S OKAY TO EMBRACE DANISH LIFE WHILE KEEPING YOUR OWN IDENTITY.
- **BE PATIENT** – INTEGRATION TAKES TIME, BUT PERSISTENCE PAYS OFF.



CREDIT: HEATHER STORGAARD

**"WHETHER IN DENMARK, SCOTLAND, ICELAND, OR SOMEWHERE NEW, SHE EMBRACES EVERY EXPERIENCE WITH CURIOSITY AND RESILIENCE."**





# HOW TO ASK YOUR LINKEDIN CONNECTIONS FOR HELP?

PHOTOGRAPHS PEXELS TEXT LESLEA PETERSEN



**NETWORKING, NETWORKING, NETWORKING** was literally the title of one of my articles years ago, and nothing has changed! I know I bang on about cultivating relationships if you are job-seeking or changing careers, but in Denmark, it's vital. Networking on location—sorry, I hear you introverts—is much easier to connect with people and have important conversations. Reaching out with an in-message on LinkedIn needs preparation and a more subtle approach, but introverts can boss it, too, without feeling uncomfortable.

## LINKEDIN IS A FABULOUS RESOURCE FOR CONNECTING

LinkedIn is THE networking platform in Denmark for professionals, and a fabulous resource for building your career. Do your research, though, before you reach out. I spend time every week responding to messages that clearly show that person hasn't bothered to read my profile or what my business can offer. I can't stress enough that when you reach out for help, find out as much as you can about the connection and

prepare carefully what you want them to know about you.

Don't waste those limited in-messages at your disposal without working on the following so you can start the first quarter of 2025, making those connections work for you.

## HERE ARE MY TOP TIPS FOR MAKING THAT REQUEST FOR HELP WORK!

- **Get your LinkedIn profile ready** for someone to go through the details and find out more about you. With most of my clients, I find out more on their 2-page CV than I do on their LinkedIn profile. Crafting a stand-out profile and building your content and visibility should be a priority in your career – in employment or not. With an uncertain job market, you may need your connections when you least expect it.

- **Be polite.** It sounds simple, but I have had people request help that I can't/won't be able to give and then keep hassling me. I have had to block people in the past. Plus, I don't work for free—sorry, but who does?

- **Customise your message.** Don't Google a LinkedIn template and send this in every message. It's like a CV; you need to tailor the content to the person. What is it about them, their company, or what help do you need? It's so easy to spot a message that has been copied and pasted (I often get the wrong name or Dear Sir!).

- **Get to the point quickly.** Don't give your work experience history and a long-winded explanation of why you are in Denmark or what obstacles are in place. Think of the recipient and the little time they have available. What do you need, and why do you think they can help? It's like a cover letter in style. Your motivation, your skills that you bring and, if it's to find out about a specific job or team, why you are a good fit for THEM. Be brief and very clear about your expectations and how they could assist you.

- **Ask a mutual connection to introduce you.** This is especially helpful if your connection can endorse you or support you. It's personal and authentic, and it is like a stamp of approval for your skills, expertise, or fit for their organisation. Don't expect strangers to recommend you or introduce you, though I don't. My reputation is on the line, but I will introduce you to people who will benefit both parties if I think it's appropriate.

This list is not exhaustive, but hopefully, it encourages you to take the time and effort to write your message and think about the best approach to ensure a positive response on LinkedIn. Being able to have a conversation with a potential employer or new client is priceless in building your reputation and showcasing your expertise. Don't blow this opportunity by rushing a quick note that says nothing about you, sounds like a sales pitch or worse and losing out on a potential interview. Give the recipient the time and respect that you would want in return.


And don't forget to thank them if the connection worked out, even if they couldn't help but take the time to reply—it might lead to something fruitful later. **THE-INTL**



**LESLEA PETERSEN**  
CEO OF ENGLISH  
JOB DENMARK

Leslea Petersen is the CEO of English Job Denmark, an organization dedicated to coaching professionals and businesses in retaining international talent. Originally from Britain, Leslea moved to Denmark 16 years ago, marrying into Viking heritage. With over 20 years of communications experience in both business and not-for-profit sectors, she brings a wealth of knowledge and expertise to her role. Leslea is deeply passionate about helping organisations navigate the complexities of international recruitment and fostering a diverse workplace. Her commitment to excellence has made her a prominent figure in the Danish job market.

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[info@englishjobdenmark.dk](mailto:info@englishjobdenmark.dk)





# MORE THAN YOU CAN IMAGINE: RARE DISEASE DAY

PHOTOGRAPHS RARE DISEASE DAY FB PAGE / ANNA PAWLOWICZ / PEXELS

TEXT ANNA PAWLOWICZ

**RARE DISEASE DAY**, observed annually on the last day of February, is a global platform to raise awareness about rare diseases and the challenges faced by those affected. Established in 2008 by the European Organisation for Rare Diseases ([EURORDIS](#)), the day aims to highlight the impact of rare diseases on individuals and families worldwide. The date was chosen because, in leap years, it falls on February 29, the rarest day of the year, symbolising the rarity of these conditions.

Rare Disease Day is celebrated globally through various events, including conferences, fundraisers, and awareness campaigns. These activities engage patients, healthcare professionals, policymakers, and the general public to foster a better understanding of rare diseases and advocate for improved healthcare and support systems. In 2024, over 600 events were held across more than 100 countries, underscoring the widespread commitment to this cause.

*To shine a light on Rare Disease Day, here are five surprising facts about rare diseases you probably haven't heard about:*

1. While individually rare, there are many collectively. There are approximately 10,000 named rare diseases in the world, and they affect approximately 6% of the global population.
2. Around 80% of rare diseases are caused by changes in a person's genetic code, leading to a wide variety of symptoms that differ not only between diseases but also between individuals with the same disease.
3. Approximately 50% of patients affected by rare diseases are children, and 30% of these children will not live to see their fifth birthday.
4. Most rare diseases have no approved drug treatment, highlighting the urgent need for research and development in this area.
5. On average, it takes about 7 years to receive a correct diagnosis for a rare disease, leading to prolonged periods of uncertainty and often inappropriate treatments.

These facts highlight the critical need for continued research, awareness, and support for individuals and their families affected by rare diseases.

## QUEEN MARY OF DENMARK AND HER CONNECTION TO THE RARE DISEASE COMMUNITY

Queen Mary of Denmark has advocated for individuals affected by rare diseases, leveraging her royal platform to raise awareness and promote research. As the patron of the World Health Organization's Regional Office for Europe, she actively participates in initiatives aimed at improving healthcare outcomes for rare disease patients. On Rare Disease Day 2024, she attended an event in Copenhagen organised by the Danish organisation Sjaeldne Di-



agnoser, where she engaged with children living with rare diseases, highlighting the importance of support and understanding.

Beyond her public appearances, Queen Mary has been involved in various health-related patronages, including organisations focused on heart health, stroke research, and mental health support. The WHO Regional Office for Europe notes that her commitment to health issues is evident in her advocacy for maternal and child health, health promotion, and disease prevention.

## JOIN THE RARE DISEASE MOVEMENT

Visit Rare Disease Day's website to learn more about the events held globally under this year's theme, 'More than you can imagine.'

For information on resources and support available for Danish residents, you can contact the local Rare Disease Network ([Sjaeldne Diagnoser](#)) at [mail@sjaldnediagnoser.dk](mailto:mail@sjaldnediagnoser.dk).

If you're concerned about yourself, your child, or another family member who may be affected by a rare disease, please contact your local family doctor to discuss it. They may refer you to the [Center for Rare Diseases](#) at Rigshospitalet, Denmark's hub for rare disease patients. The centre is led by world-class medical specialists who offer advice, treatment, and support to those affected.

If you have questions about this article, please contact the author, Anna Pawlowicz, at [anna@wearehumankind.dk](mailto:anna@wearehumankind.dk). Anna is the mother of Matias, a 4-year-old boy with a rare disease, and she's happy to connect with those in the rare disease community in Denmark. **THE-INTL**

"QUEEN MARY OF DENMARK HAS ADVOCATED FOR INDIVIDUALS AFFECTED BY RARE DISEASES, LEVERAGING HER ROYAL PLATFORM TO RAISE AWARENESS AND PROMOTE RESEARCH."



**ANNA PAWLOWICZ**  
FOUNDER AND CEO &  
CO-FOUNDER OF HUMANKIND

Hailing from Poland and the UK, Anna is the Founder and CEO & co-founder of HumanKind, a consultancy focused on driving disability inclusion in the workplace and in our society. Anna's mission to foster disability inclusion started with the birth of her son, who lives with a physical disability and autism.

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**humankind**





# A TALE OF TWO CITIES

## AMSTERDAM VS COPENHAGEN – THE FOOD AND CULTURE SCENE.

PHOTOGRAPHS **VARIOUS** TEXT **OPHELIA WU**



RESTAURANT DE KAS | CREDIT: RESTAURANT DE KAS



CREDIT: THOMAS VAN GALEN FOR I AMSTERDAM



MUSEUM OF HUMANITY | CREDIT: MUSEUM OF HUMANITY

**THERE HAS ALWAYS** been a debate about Amsterdam's and Copenhagen's similarities. From the instantly recognisable canal houses to their shared love of cycling, these two cities, steeped in history and heritage, often find themselves in friendly rivalry.

Before settling in Copenhagen, I had considered Amsterdam—a city that holds a special place in my heart due to family ties and fond childhood memories. While they share certain characteristics, to me, these two cities are alike in some ways yet fundamentally different in others.

Despite countless visits to Amsterdam over the years, I had never thoroughly explored its food and cultural scene—until recently. Thanks to *Amsterdam & Partners*, I had the opportunity to return and rediscover the city from a fresh perspective.

### CULTURALLY AND HERITAGE-RICH

Living in large, heritage-rich cities like London and Copenhagen means you're never short of museums, cultural and historical attractions. From national museums that take you back to prehistoric times to innovative spaces and themed exhibitions, there's always something fascinating to discover. The same applies to Amsterdam, which celebrates its 750th anniversary this October.

Like Copenhagen, Amsterdam has long been a hub of progressive thinking. Its origins trace back to 1270, when a dam was constructed on the Amstel River, giving the city its name—Amsterdam. Just a few years later, in 1275, the "*Tolprivilege*" was introduced, granting the people of "*Amestelledamme*" exemption from paying tolls to export their goods through Holland. This spirit of freedom and enterprise set the foundation for the city's future prosperity. Amsterdam's access to waterways was key, fostering a mercantile spirit that not only drove trade but also introduced its residents to diverse cultures and ideas.

This environment nurtured great painters, philosophers, explorers, and thinkers who made Amsterdam a cultural and intellectual beacon in Europe. However, the city's iconic canal houses, built by its wealthy merchants, also carry a darker legacy—one tied to slavery and exploitation during the Dutch colonial era. Interestingly, the famously wonky and narrow houses owe their inconsistent architecture to a pragmatic reason: property taxes were based on the width of the building, which also influenced the design of the steep, narrow Dutch staircases. Everything is about "storytelling" these days, sometimes I wonder, if those walls could really speak, what kind of fascinating stories they'd be telling.

Like Copenhagen, Amsterdam's canals and waterways played a crucial role in its development, shaping its quarters, each with its own distinct personality and heritage. Beyond the renowned *Rijksmuseum*, *Van Gogh Museum*, *Stedelijk Museum*, and *Anne Frank House*, Amsterdam offers a diverse array of museums. These include art and design-focused institutions like the immersive *Fabrique des Lumières*, *the Moco Museum*, and the highly anticipated *Drift Museum*, as well as interactive spaces like *WondrExperience*. For those seeking more unusual experiences, there's the *Eye Filmmuseum*, *BodyWorlds*, the quirky *Het Kattenkabinet* (a museum dedicated to cats), and the Embassy of the Free Mind. Echoing the city's diverse blend of history and modernity.

Amsterdam's Museum District is a cultural treasure trove, with many institutions located within walking or cycling distance. In contrast, Copenhagen doesn't have a specific museum district. Still, its key cultural sites—such as the *National Museum*, the *Museum of Copenhagen*, *Glyptoteket*, and *Thorvaldsens Museum*—are close enough to be walkable, forming a charming cluster. While Copenhagen rarely sees new museum openings, Amsterdam seems to find space for them continually. (How do they manage it?) With Amsterdam being nearly double the size of Copenhagen, it's perhaps no sur-





DRIFT MUSEUM | CREDIT: DRIFT MUSEUM AMSTERDAM



RESTAURANT 'T HEEMELRIJCK | CREDIT: RESTAURANT 'T HEEMELRIJCK



RIJKSMUSEUM | CREDIT: JOHN LEWIS MARSHALL

prise that it boasts over 90+ cultural institutions, compared to Copenhagen's still-impressive 68.

### A CITY FULL OF STORIES

I am a museum enthusiast; every visit sparks inspiration and curiosity. On my latest trip to Amsterdam, two venues stood out. The first was the *Museum of Humanity* in the Zaan region, a thought-provoking space dedicated to human dignity and global stories. The second was the *Drift Museum*, set to open in late 2025. Yes, you read that correctly—set to open. My visit was an exclusive, private, hard-hat tour offering a behind-the-scenes glimpse of this exciting project. It was genuinely fascinating to see the raw space and imagine its transformation. You'll REALLY need to put on your imaginative cap and envision the outcome based on a presentation, guided tour, and renderings. But trust me, it's something to look forward to.

Set in the historic *Van Gendt Hallen* in Amsterdam's emerging Oostenburg district, this visionary project breathes new life into the industrial heritage of five factory halls built between 1898 and 1905. Initially used for producing steam trains and later diesel engines, the 13,300 m<sup>2</sup> site is now being sustainably transformed under Eduard Zanen's initiative, with *zU-studio*, led by Javier Zubiria, overseeing the renovation. Their design preserves the building's industrial grandeur while adapting it to host *DRIFT's* kinetic installations across two halls spanning 8,000 m<sup>2</sup>. The remaining halls will feature a mix of sports facilities, restaurants, offices, and start-ups, all prioritising sustainability. Despite its charming location by the water, docking at the site is prohibited due to legal and licensing restrictions. To overcome this, the architects have created an indoor harbour, offering guests a dramatic entrance. It's a perfect example of the city's dedication to blending innovation, technology, and sustainability.

Another area of immense cultural importance is the Hembrug District in the Zaan region, just outside Amsterdam on the other side of the North Sea Canal (*Noordzeekanaal*). Once shrouded in mystery, the Hembrug area was the high-security heart of the UNESCO-listed Defence Line of Amsterdam (*de Stelling van Amsterdam*). It served as the production hub for firearms, artillery, and ammunition for various parties, including the Dutch Army. So secretive was its past that it didn't even appear on maps. Today, this intriguing area is being slowly transformed into a vibrant creative space, home to museums, restaurants, and galleries that attract both established and emerging talents. The name "Hembrug" originates from the former *HEMbrug* railway bridge over the North Sea Canal. 'HEM' refers to land reclaimed outside the dikes, raised to make it usable after the canal's construction.

Behind its once-tall fences and under strict security, this 42.5-hectare site played a pivotal role in Dutch military history. As early as 1895, it featured venues like an "explosion forest" and factories producing armaments. Today, many of these abandoned industrial buildings are repurposed to house some of the Netherlands' most intriguing museums.

One standout is the *Museum of Humanity*, a passion project of photographer Ruben Timman, located fittingly in a former ammunition factory. This museum boasts a remarkable collection

of over 8,000 portraits of people from five continents, offering a striking and thought-provoking exploration of human dignity and diversity. Among its powerful images is a portrait of Kim Phuc, documenting her transformation since the Vietnam War, and countless other faces that illuminate humanity's shared stories. Through its portraits and narratives, the *Museum of Humanity* aims to create a world where every person feels seen, acknowledged, and valued—a mission perfectly aligned with the Hembrug area's ongoing transformation into a space where creativity and history converge.

### THE FOODIE SIDE OF AMSTERDAM

Amsterdam's diversity ensures an abundance of culinary delights in the heart of the Dutch cheese homeland. While the world has been captivated by Nordic cuisine, with food enthusiasts flocking to Copenhagen for iconic restaurants like *Noma* and *Alchemist*, the Dutch have been quietly savouring their own vibrant and refreshing food scene.

From the sweet indulgence of stroopwafels and the rich flavours of Dutch cheese to the comforting crunch of bitterballen, Amsterdam offers a feast of traditional delights. Quaint cafés in historic buildings and innovative spaces like restaurant *REM*, perched on a North Sea platform, add to the city's charm. Modern dining trends shine, too, with a growing focus on sustainable, farm-to-table cuisine featuring fresh, locally sourced ingredients.

One of the best examples of this commitment to sustainability is *Restaurant De Kas*, a trailblazer in the farm-to-table movement. Nestled within a striking greenhouse in a serene park setting, *De Kas* boasts a "harvested in the morning, on your plate in the afternoon" promise. This unique venue embodies the art of dining in harmony with nature's rhythms. Its menu evolves with the seasons, featuring the freshest ingredients sourced from its own gardens and local farms. With both a Red and Green Michelin Star, *De Kas* is renowned for its pure, simple dishes made from the highest-quality produce, exemplifies Dutch agricultural innovation and offers a culinary experience rooted in sustainability.

On the city's other side lies café-restaurant *'t Heemelrijk*, a cosy, family-run Dutch eatery and recipe with roots dating back to 1949. Now managed by the third generation, it has grown from a sandwich shop to three locations this year. French culinary influences from family travel complement its Dutch heritage, showcased in hearty meat stews, snert (split pea and pork soup), and stamppot (mashed potatoes, vegetables, and sausage). These simple yet flavourful dishes are rich in history.

Amsterdam is home to countless cafés (not to be confused with coffeeshops, which mean something entirely different here), bars, bakeries, and restaurants serving everything from traditional Dutch pancakes and pastries to vegan fare, craft brews, and global cuisines like Japanese, Korean, African, and Vietnamese. Blending heritage with forward-thinking creativity, the city's culinary scene reflects its vibrant cultural and environmental ethos. With such an array of flavours to explore, the real question is: Can it rival Copenhagen and the Danes? That's for you to decide. **THE-INTL**




**OPHELIA WU**  
FASHION CONSULTANT  
AND JOURNALIST

Ophelia is a dynamic fashion professional with roots in Hong Kong, a decade in London, and a home in Copenhagen since 2019. With a profound background and passion for fashion, beauty, interiors, and travel, she balances the bustle of everyday life with spirituality, wellness, and mindfulness, embracing Scandinavian culture through a global lens.

Her fashion journey began in 2007 at ELLE Hong Kong as an editor and stylist, leading to roles at multiple publications and being a part of the global styling team at Net-A-Porter.com in the UK. She has worked with renowned brands such as Matches and Matas Beauty, styled icons including Michelle Yeoh and Victoria Beckham, and collaborated with esteemed names like De Beers, Chaumet, and the British Fashion Council to craft compelling campaigns. Today, guided by a conscious approach to life, she channels her expertise in fashion, beauty, and interiors into social media and communications that transcends borders for brands, all while enjoying the charm of slow countryside living in Denmark.

 [Ophelia Wu](#)

 [Ophelia Wu](#)



# SELF-LOVE THROUGH FITNESS: MAKING YOUR WORKOUTS ABOUT YOU.

PHOTOGRAPHS UNSPLASH TEXT ALEXANDRA BECK



**FOR MANY OF** us, the word 'fitness' comes with a suitcase full of expectations. Sculpted abs, calorie counts, and before-and-after photos flood our feeds, subtly whispering that success looks a certain way. But what if we flipped the script? What if fitness wasn't about shrinking, sculpting, or meeting someone else's idea of perfection - but instead, about showing up for you?

Self-love and fitness might not seem like natural companions at first glance. After all, gym culture can sometimes feel like it's built on punishment - burning off last night's dessert or earning the next one. But true self-love in fitness isn't about making up for what you ate or chasing after a body type that may not even align with your genetics. It's about movement that feels good, goals that are meaningful to you, and creating a routine that supports your mental and physical well-being.

## SHIFT THE NARRATIVE: FROM PUNISHMENT TO CELEBRATION

One of the biggest mindset shifts you can make is reframing your workout from being a punishment to being a celebration. Think about it: your body shows up for you every single day. It carries you through work meetings, grocery store runs, and late-night dance parties in the kitchen. Doesn't it deserve to be celebrated?

Instead of viewing exercise as a task on your to-do list, try approaching it with gratitude. You get to move your body. You get to build strength, flexibility, and endurance. Fitness isn't a debt to repay—it's a privilege to embrace.

## DEFINE YOUR 'WHY'

Self-love through fitness starts with understanding your 'why.' Are you working out to have more energy to play with your kids? To feel stronger during your daily activities? Or maybe it's about carving out an hour in your day that's purely yours.

When your goals are rooted in self-care rather than self-criticism, everything changes. You'll find yourself choosing workouts that make you feel good, not just ones that burn the most calories. And spoiler alert: workouts you enjoy are the ones you'll actually stick with.

## MOVE IN WAYS YOU LOVE

Here's a radical idea: if you hate a workout, you don't have to do it. Seriously. Not everyone is built for marathon running or high-intensity interval training - and that's okay! Fitness doesn't have to look one way.

Try different styles of movement until you find one (or several) that light you up. Maybe it's strength training, yoga, dancing in your living room, or long walks with your favourite podcast. The best workout is the one you want to show up for.

## REST IS PART OF THE PROCESS

Let's get one thing straight: rest is not lazy, it is not failure, and it

is essential. Self-love in fitness means recognising when your body needs a break and honouring that need without guilt.

Rest days aren't about "falling off track" - they're about giving your body the time it needs to repair, recharge, and come back stronger. So, go ahead and schedule that day off. Curl up with a book, take a nap, or just let yourself be. You've earned it.

## DITCH COMPARISON

It's easy to fall into the trap of comparing your progress to someone else's. Social media is full of curated highlight reels, and it's all too easy to feel like you're not measuring up.

But here's the truth: fitness is personal. Your journey is yours alone, and no one else is living in your body. Instead of focusing on how someone else looks or what they can lift, celebrate your wins - no matter how small they seem.

Did you show up for your workout today? Win. Did you choose to move your body when you didn't feel like it? Win. Did you take a rest day because you needed it? Big win.

## CELEBRATE YOUR WINS

Speaking of wins, celebrate them! Whether it's hitting a milestone, trying a new workout, or just showing up on a tough day - take a moment to acknowledge your effort. Self-love thrives when you give yourself credit for showing up, even when things aren't perfect.

Fitness isn't about punishment, perfection, or meeting someone else's expectations. It's about loving your body enough to care for it - through movement, nourishment, rest, and compassion.

So, the next time you lace up your sneakers or roll out your yoga mat, take a moment to remind yourself: this is for you. This is your time, your space, and your celebration.

Now go ahead - move, breathe, rest, and most importantly, love yourself every step of the way. **THE-INTL**



"INSTEAD OF FOCUSING ON HOW SOMEONE ELSE LOOKS OR WHAT THEY CAN LIFT, CELEBRATE YOUR WINS - NO MATTER HOW SMALL THEY SEEM."



**ALEXANDRA BECK**  
PERSONAL TRAINER &  
NUTRITION COACH

Alex is a Swiss/Brit mom and wife who has lived in Copenhagen since 2009. She switched from corporate life in communications to the independent life of an outdoor personal and group fitness trainer. She coaches people of all ages and fitness levels to find fun and consistency in movement through individual and group workouts. Delivering entertainment and spreading group fitness magic is her superpower. Alex encourages you to high-five her if you see her in the capital!

 [@alexbeck.fit](https://www.facebook.com/alexbeck.fit)

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ALEX  BECK



# IN PLAIN SIGHT

## COPENHAGEN'S NOT-SO-HIDDEN GEMS.

PHOTOGRAPHS **PEXELS** TEXT **JESS HEARNE**



A MODERN CITY BY HISTORICAL STANDARDS, COPENHAGEN REMAINS RICH IN HISTORY DESPITE ITS LACK OF ANCIENT LEGACY. IN PLAIN SIGHT ACQUAINTS COPENHAGEN'S EXPAT COMMUNITY WITH THE FASCINATING TALES OF THEIR ADOPTIVE HOME CITY.

**BEHIND NYHAVN'S POSTCARD**-perfect façade lies a tale as colourful as its buildings—a tale of kings, sailors, prisoners, and poets. A vibrant swirl of past and present, Copenhagen's iconic canal holds a myriad of history, culture, and stranger stories.

### A FEAT OF ENGINEERING

Nyhavn's story begins in 1670, with King Christian V's vision of linking the city's bustling harbour to Kongens Nytorv. For five years, Danish soldiers worked alongside Swedish prisoners of war to carve out the canal we see today. Rather than being a royal flight of fancy, the canal was an engineering marvel for its time, designed to bring ships right up to the doorsteps of the city.

By the 18th century, Nyhavn had become a bustling hub of trade. Along its banks, colourful houses inspired by Amsterdam's iconic architecture began to rise. The canal's oldest surviving townhouse, built in 1681, still stands today at number 9, a charming testament to historic Danish architecture.

During this time, Hans Christian Andersen called Nyhavn home. Despite being a notorious introvert, he spent many happy years in various residences along the canal, right in the heart of the noisy, chaotic merriment Nyhavn was known for. It was here that he wrote some of his most famous stories, such as *The Little Mermaid*.

### A SAILOR'S PARADISE

The 19th century saw Nyhavn transform into a sailor's paradise, brimming with taverns, inns and alehouses. The canal would often echo with the shouts of rowdy sailors and the occasional brawl, with outsiders brave enough to venture in typically being greeted with the infamous "Nyhavn Welcome" - a punch in the face!

In 1874, a wooden footbridge was constructed to connect Nyhavn's two sides. While practical, it was also an aesthetic oddity, described by locals as "the bridge that couldn't decide if it belonged to a vil-



lage or a city." In 1912, a sturdier structure was built, which still stands today.

An unusual detail of Nyhavn's history in this period is its connection to tattoo culture. Sailors passing through would often get inked at one of the local parlours, as the area had become a haven for body art in Copenhagen. Some say the spirit of these sailors lives on in the vivid colours of the buildings, painted to match the tattoos that once adorned their skin.

### A NEW GOLDEN AGE

However, at the dawn of the 20th century, the once-bustling canal fell silent, and the area slipped into neglect. The Industrial Revolution had taken a toll on Nyhavn as ships grew larger and railways became the dominant form of transportation. The vibrant colours had faded, and the area had become a ghost town. It was in desperate need of revival.

Restoration efforts in the 1970s saw Nyhavn ushered into a new age. Inspired by old photographs and sailor lore, a new colour palette was developed to repaint the

houses and revitalise the canal's whimsical charm. In 1977, Nyhavn welcomed back the wooden ships that had once dominated its waters, marking the beginning of its transformation into the cultural hub we see today.

Today, Nyhavn is a feast for the senses. Millions of visitors are drawn to the pedestrianised streets every year to soak in its iconic beauty. Every December, the canal transforms into a Christmas market, complete with festive lights reflecting off the water. It's said that on particularly cold nights, the ghosts of old sailors can be heard whispering through the winter air—a playful nod to Nyhavn's enduring spirit.

Nyhavn is more than a canal; it's a living, breathing piece of history. From its origins in the labour of prisoners to its modern role as Copenhagen's crown jewel, it continues to captivate with its blend of beauty and eccentricity. It's a place where the past lingers in the air, whispering tales of kings, fairy tales and the inked sailors who once called it home. **THE-INTL**

"THE INDUSTRIAL REVOLUTION HAD TAKEN A TOLL ON NYHAVN AS SHIPS GREW LARGER AND RAILWAYS BECAME THE DOMINANT FORM OF TRANSPORTATION."



### JESS HEARNE

NATIVE ENGLISH  
COPYWRITER,  
PROOFREADER & EDITOR

Jess is an Irish writer who has lived in Copenhagen since 2019. A lifetime goal is to visit as many UNESCO World Heritage sites as she can - she's travelled extensively throughout Europe, Asia and the Americas. With a background in history, art history and socio-political frameworks, she works as a freelance copywriter, proofreader and editor. As well as working with healthcare industries, political publications and small businesses, Jess also puts time aside for passion projects, such as writing history books from the feminist perspective, advocating for social causes and researching the psychology of film. In her free time, Jess is either curled up with a good book, taking part in a pub quiz or the kitchen, competing with her chef boyfriend over who makes the best lasagne!

 [Jess Hearne](#)



# K.W. BRUUN

## FOUR GENERATIONS OF FAMILY BUSINESS.

PHOTOGRAPHS [KWBRUUN.COM](http://KWBRUUN.COM)TEXT **MARIANO ANTHONY DAVIES**

**K.W. BRUUN & Co A/S** is a Danish family-fund-owned group with roots dating back to 1914, when Karl Wilhelm Bruun sold his first cars. K.W. Bruun was a pioneer and a skilful merchant who created a solid foundation for the company that today is led by the 4th generation of the Bruun family; its Chairman of the Board today is Maria Bruun-Lander.

"Money should never be the goal. Only the means." This was one of the rules of life for Karl Wilhelm (K.W.) Bruun - the founder of K.W. Bruun & Co.

### POTTED HISTORY

K.W. Bruun's lifelong passion for cars started in 1907 when he sat in the back seat of his father's brand-new Oldsmobile with a tiller. By 1925, he had become an importer for Fiat, and in 1930, he founded British Motors, importing Hillman, Humber, and Sunbeam.

When Denmark was occupied in 1940, K.W. Bruun hid 150 cars in barns and friends' houses and turned the car dealership in Østerbro into an art gallery. By focusing on art, peat, shoe soles and 'hidden cars', K.W. Bruun made it through the war and came through well - even with a profit and without having to lay off any employees, the latter of which was very important to him.

In 1952, British Motors changed its name to Interdan, the same year Peugeot was also imported. In the 1960s, more brands were added: Trabant, Wartburg, Datsun, and DAF, and in the 1980s, Dodge, Alfa Romeo, and Nissan. Over the years, K.W. Bruun has imported over 25 different car brands to Denmark.

The Bruun family has, with Karl Wilhelm Bruun and wife Ragnhild Bruun, roots in Kgs. Lyngby, where the couple built Egebakken on Caroline Amalievej in 1937 and lived for many years until they passed away. The construction of Classic Car House in Kgs. Lyngby is a great source of pride for the family, both personally and professionally.

### K.W. BRUUN & CO TODAY

K.W. Bruun & Co is today owned by two family foundations - K.W. Bruun & his wife's Family Foundation and Ragnhild Bruun's Foundation. These are now led by Maria Bruun-Lander, who is the 4th generation after the founder. The group consists of five divisions with over 900 employees.

*K.W. Bruun Import A/S* is one of the largest car importers in the Nordic region, with car and spare parts imports of Peugeot, Citroën, DS, Opel and Mitsubishi in both Denmark and Sweden, as well as Fiat, Alfa Romeo, Jeep, Hongqi and Voyah in Denmark. K.W. Bruun Import is also a modern logistics company with logistics centres in Greve (Denmark) and Stockholm (Sweden). These handle the distribution of spare parts and accessories to their network of over 500 dealers and workshops.

*K.W. Bruun NæT A/S* focuses on developing digital business concepts, including Bilabonnement, Auto.nu and the Quickpoint workshop chain.

Investment activities in the Group are handled partly by *K.W. Bruun Invest A/S*, which invests in and operates residential rental properties, securities, and alternative investments, and partly by *K.W. Bruun Collection A/S*, which manages a portfolio of classic investment cars.

The group's passion for cars and associated cultural heritage for more than 100

years now culminates in the establishment of *Classic Car House A/S*.

### CLASSIC CAR HOUSE

After three years of extensive planning, conversion and construction, Classic Car House, the largest classic car universe in the Nordics (25.000 square metres of historical time capsule), could finally open its doors to the public in August 2023.

At Classic Car House, visitors can experience cars from around the world and the spectacular stories that uniquely accompany them.

In addition to the museum, Classic Car House offers storage in a specially built car hotel with space for 200 cars, as well as a workshop specialising in classic cars. The venue also houses its car dealership, which offers classic car buying, selling, and renting. Furthermore, within the old Virumgaard building, there is a restaurant, Willys Bistro, along with event and banquet halls and meeting facilities designed to accommodate the wishes and needs of a broader audience.

On 27 September 2024, the family-owned firm *K.W. Bruun & Co A/S* announced the sale of *K.W. Bruun Import A/S* and *K.W. Bruun NæT A/S* to UK-based Global Auto Holdings Limited, which has cemented its place among the largest automotive retail groups globally across the US, Canada, the UK and Ireland with a total turnover of approximately DKK 45 billion. **THE-INTL**



**MARIANO ANTHONY DAVIES**

PRESIDENT & CEO OF  
OXFORD BUSINESS  
SERVICES APS

Mariano has over 40 years global experience as a business executive. He spent ten years with KPMG, so far thirty years with British Chambers of Commerce (while also running Oxford Business Services ApS). He is a British citizen, who grew up in Kent, went to boarding school in Sussex and has a British university education. He has been married to a Dane for over 45 years and has held over 150 official anti-Brexit speeches since 2016. He both speaks and writes Danish without difficulty.

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# APPLE TURNOVERS

A CLASSIC PASTRY THAT'S SUPER EASY TO PREPARE AND GUARANTEED TO FILL YOUR KITCHEN WITH HOME-BAKED DELICIOUSNESS.

PHOTOGRAPHS & TEXT: NATASHA LIVIERO

## APPLE TURNOVERS

MAKES 18 - 20 TURNOVERS

### INGREDIENTS:

- 3 (+/- 480g) Granny Smith apples
- 50g brown sugar
- 25g butter
- 2g cinnamon
- 4g vanilla extract
- 800g puff pastry
- Flour for dusting
- 1 egg, whisked for egg wash
- Brown sugar for sprinkling

### METHOD:

1. Set the oven to 170°C.
2. Peel, core and dice the apples into 5-8mm pieces.
3. Place the apples in a medium-sized frying pan and add the sugar, butter, cinnamon and vanilla.
4. Cook over medium heat for approximately 12-15 minutes, until most of the liquid has evaporated and the apples have softened, but still firm and hold their shape.
5. Set aside to cool.
6. Dust the work surface with flour, roll out the puff pastry and cut 9cm squares.
7. Line a large baking tray with baking paper and place the squares on it, leaving at least 5cm between each square.
8. Spoon 1-2 tablespoons apple filling onto one side of each square, leaving a 1cm border. Don't be tempted to overfill the squares, as they will pop open during baking.
9. Brush a little egg wash around the borders of the pastry and carefully fold over, pressing the edges together.
10. With the tines or the side of a fork (dipped in flour), press the edges together to seal the pastry.
11. Place the tray in the fridge for 20 minutes.
12. Brush the surface of the turnovers with egg wash, generously sprinkle with sugar and cut two small lines through the surface of each one.
13. Bake for 20 minutes or until puffed and golden brown.
14. Cool on the baking tray for 10 minutes before moving to a cooling rack.
15. Best eaten the day they are made.




### NOTES:

\* TURNOVERS CAN BE FROZEN AT STEP 11. REMOVE FROM THE FREEZER AND CONTINUE FROM STEP 12, BAKING FOR A FEW EXTRA MINUTES.



**NATASHA LIVIERO**  
PASTRY CHEF

Natasha is a pastry chef who is South African by birth and Croatian by blood. She spent many years working for a wellness publication but did an about-turn at the beginning of 2020 when she joined a culinary school to fulfil a lifelong dream to study patisserie. She's passionate about European patisserie and loves spending time in the kitchen experimenting with recipes (while quibbling with her fe-line friends), and is always on the hunt for interesting new cookbooks.

 [@natashaliviero](https://www.instagram.com/natashaliviero)



# RANDOM ACTS OF KINDNESS

PHOTOGRAPHS PEXELS

TEXT MONIKA PEDERSEN



**EDUCATION IS ABOUT** educating the whole child. This means teaching the academic programme, but equally important and, some may argue, even more consequential are teachings regarding the social, emotional, and soft skills needed to be a well-integrated, kind, thoughtful global citizen who can navigate a multi-national and multicultural society.

These attributes and skills may be taught at home, but they need to be reflected in the daily practices and behaviour within the classroom, where children spend a large proportion of their day. Children do not absorb them purely by osmosis; they need to be highlighted and discussed through class dialogues, storytelling, and specially tailored activities so that a true understanding of their meaning is formed and etched in their minds.

## PASTORAL CARE

Pastoral programmes integrated into a school's curriculum with allocated time are invaluable. It is a spiralling curriculum which is built upon year on year with topics appropriate to specific age groups. It also requires a passionate teacher with empathy and understanding, as it is not the same as teaching subject-focused material. It is usually the class teacher who is responsible for implementing the programme as s/he has the best overview of the individuals in the class and their needs and ways of being. Often, the time is insufficient, and other opportunities need to be sought to cover topics; however, it is the bedrock in supporting a child's emotional growth. In an age where there is a lot of instability and uncertainty, building a child's confidence and ability to self-advocate is essential. These are life skills that can help protect a child from anxiety, self-doubt, and manipulation and aim to promote good mental health.

## RANDOM ACTS OF KINDNESS

A helpful avenue to support classroom



work is the International Day for Random Acts of Kindness, which is celebrated on 17 February.

The day, as described by sources, is 'a day dedicated to show appreciation for those around us, notice those in need, give back to others, and pay it forward.' It is a day where there is a focus on being kind, selfless, compassionate, helpful towards others, and not expecting anything in return. It is a day to raise an awareness that hopefully remains all year round and becomes a way of being.

To make it concrete for little children, specific activities are helpful to form their understanding, as words are not always truly absorbed or understood. Still, actions go a long way in cementing a deep understanding. It could be as simple as a smile at one another in class or a compliment without expecting one back. It could be holding a door open, lending a coloured pencil, and picking up an item dropped on the floor. Outside of the classroom, it could be a donation of clothes or no longer needed toys to a charity foundation or giving

up a seat to an elderly or infirm person on public transport. It is a small act of kindness that is so easy, but the idea is that it brightens another person's day and makes it a little easier or makes another person feel a little special and brings a smile to them. It is a means to foster a sense of community and caring for one another, which, in the bigger picture, builds a more pleasant and respectful society.

## REFLECTIONS

In reality, the behaviours mentioned above were generally the norm, and for many people, they remain a common way of being. However, as the world diversifies and 'bad actors' create new and different norms that often seem to be unchallenged, often owing to the fear of retribution, it is imperative that 'good old fashion decency and decorum' is reiterated to children during their schooling, especially the younger generation, so that society does not disintegrate into wildness, and young people have a chance of a future in a hospitable world. **THE-INTL**

"LIFE SKILLS THAT CAN HELP PROTECT A CHILD FROM ANXIETY, SELF-DOUBT, AND MANIPULATION AND AIM TO PROMOTE GOOD MENTAL HEALTH."



**MONIKA PEDERSEN**  
INTERNATIONAL EDUCATOR

Monika comes from the London area of the UK, where she worked in the state system and the international school system, as an English teacher of 11-18 students and then a high school principal. She has also worked in leadership roles in Germany and in Denmark. She has an overview of the British, International, American, and the Danish system. She has many years of experience and continues to enjoy the profession. She has relocated to Denmark with her Danish husband.

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# LEARNINGS FROM A WINTER IN THE WESTFJORDS OF ICELAND

PHOTOGRAPHS HEATHER STORGAARD

TEXT HEATHER STORGAARD

**WINTER IN ICELAND'S** Westfjords is a lesson in embracing nature's rhythm. With long darkness and fleeting sunlight, life moves slowly, guided by the weather. Icelanders embrace rare daylight, celebrate the sun's return, and find joy in the Northern Lights, which teach the value of spontaneity and simple moments of light.

## THE DARK

In Þingeyri in the Westfjords of Iceland, where I am now, the sun rises first between 09:30 and 10:00. By 14:30, it is on its way down again, with darkness returning at around 17:00. Unless you take a walk up the nearby fell, there is no actual site of the sun until the first or second week of February. The darkness shortens your days far beyond what we experience in Denmark even in the middle of winter, and it got me wondering about what we can learn about living from the Icelanders. How does a country cope with the dark and cold, particularly in such remote locations?

## PACE OF LIFE

Iceland has extreme weather, which likely won't be news to any of you who have visited this enigmatic country. But while those of us in Europe have a tendency to battle against the elements, Icelanders quietly accept the limitations of their cold, dark, windy winters. Life in any rural location is inherently slower paced than big cities, but Iceland is a country mostly made up of rural pace. Þingeyri strolls through life until events require short sprints of activity. Icelanders are spontaneous like that. If the weather and daylight are with them, they act. However, if the weather asks them to stay at home, knitting and coffee dates are embraced. Planning hardly exists, never mind the thorough scheduling gymnastics of a Danish calendar. When living with winters as extreme as these, I think it is only a good thing to be more in tune with yourself on the day and act on your wishes as they occur.

## SEIZING THE DAY

On the 21st of January, the sun shone with blue skies for the first time since I arrived in Þingeyri. Blue Monday, reportedly the saddest day of the year, was conquered. Excited, I bundled up to head out along the shoreline in search of the sunrise. One of the positives with so many hours of darkness is that sunrises don't require the arduous early starts I am used to. The sunrise gifted me with rich, deep purples, orange and yellows, reflecting from the snow-covered fells around Dýrafjörður.

Later that day, I met a group, and we set off up Sandafell in the crisp snow. We saw the tracks of an Arctic Fox and marvelled at the views, but perhaps most of all, the glimpse of the sun, peaking out from over the next fells. This first sun sighting in the winter is a cause for great celebration here in the Westfjords, with gatherings



held and pancakes served to mark the occasion. I love the sense of marking weather and seasonal events, celebrating something as fundamental as daylight that us Europeans take for granted.

But that wasn't all for the day - darkness arrived in the late afternoon, and with it the magnificent Northern Lights. I've seen them before, but that night the Old Norse legends really made sense. Supposedly, the Bifrost was a bridge to the sky, created so the Gods could travel between realms. With a clear green ladder up to the sky ahead of me, just to the right of shining Venus, I could feel the myth. I felt like if I kept walking, turning to follow the fjord all the way to its North Atlantic end towards Greenland, I could head up into the sky on the green and pink lights. When the sky entertains as it does in Iceland, who can really begrudge its measly allowance of the sun? Forget the knitwear and toy puffins - spontaneity and the acceptance of winter is the most important thing I aim to take home from Iceland. **THE-INTL**

"HOWEVER, IF THE WEATHER ASKS THEM TO STAY AT HOME, KNITTING AND COFFEE DATES ARE EMBRACED."



**HEATHER STORGAARD**  
WRITER

Heather Storgaard comes from Northern Scotland, grew up in Switzerland, and lived in England and Germany. In 2017 she met her Danish husband, who proudly received British dual citizenship in 2024, and they now split their time between Central Scotland and Helgenæs, a peninsula in rural Eastern Jutland. Suitably for a Scot, Heather works with whisky, spending her time writing and translating, with a particular soft-spot for the up-and-coming world of Nordic Whisky.

[heatherstorgaard](#)





# HOW TO LEARN DANISH AT A LOCAL LEVEL.

PHOTOGRAPHS **VARIOUS** TEXT **NATÁLIA ŠEPITKOVÁ**



**TAHA BILIRGEN** is a Turkish-American living in Denmark. He studies Economics and Business Administration at Aarhus University. Alongside his studies, Taha is a student instructor for Business Economics at Aarhus University and works as a media manager at Social Mate, a digital marketing agency in Aalborg. Last year, he passed the Danish exam, the PD3.

**Q:** *When and where did you start learning Danish?*

**A:** I first considered learning Danish in 2020 when I began dating Astrid, whom I actually just got engaged to this February. For roughly 1 year, the learning process was primarily casual. I learned a few words, some basic grammar, etc. My first visit to Denmark was in the summer of 2021, and the trip encouraged my interest in the language. Shortly after this trip, I started taking the language learning process more seriously, using online resources and consuming more Danish media (podcasts, Danish TV shows/films, etc.) Between my first visit to Denmark in 2021 and my start at Aarhus University in 2023, I had several opportunities to visit Denmark, which accelerated my learning through immersion. During this period, I began studying Danish more intensely, committing around 1 hour per day. By the winter of 2023/2024, I had a good grasp of the language and was able to start language school from Module 5 of Prøve i Dansk 3.

**Q:** *Are you currently learning the language?*

**A:** Although I'm now able to use the language fluently daily, I recognise that language learning is an ongoing process; even native speakers can continually improve their vocabulary, grammar, etc. While I'm no longer at a language school, I continue to consume Danish media, use Danish in the workplace, etc.

**Q:** *Do you think Danish is a complicated language?*

**A:** Danish could be seen as complicated, depending on your background. My native language is English, and there are enough similarities with Danish that I was able to quick-

ly pick up on the vocabulary and grammar. For instance, *'hvorfor'*, the Danish word for 'why', is highly similar to 'what for' - at least in terms of pronunciation. On the other hand, the language has some intricacies that make it difficult for anyone to fully master. An example is the common gender and neuter gender - what we call 'en' and 'et' words. There's no actual foolproof guideline for determining which words fall under which category, which means that you have to have enough repetition and consistency with the language that, over time, you automatically assign a given noun to the correct gender. Lastly, some other things make learning the language a bit more challenging. For instance, the language is not entirely phonetic - which means that you cannot always pronounce a word as it's written. For instance, a very common word, *'hvad'* (what), is often pronounced as *'va'*. Further, as with any language, pronunciation can be seen as challenging and requires years to perfect.

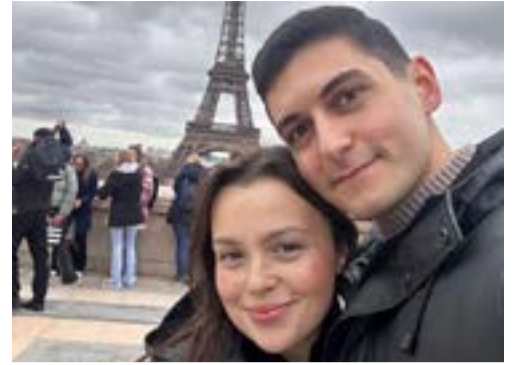
**Q:** *What were your beginnings with the language?*

**A:** I had a daily routine where I would spend around 30 minutes self-studying through an online subscription-based language service and 30 minutes reading and translating a Danish news article. Then, depending on my free time, I would listen to Danish podcasts/music, watch Danish TV shows/films, etc. Some days, I would study more, other days less, but I was always relatively consistent. At a certain point - probably around the 1-year mark, I was finally proficient enough to 'speak' with Astrid in Danish, although this was mostly a novelty. Since we first met, Astrid has always been fluent in English - so much so that, even when she visited me in the U.S., I don't think anyone could distinguish her from a native speaker. That meant that it was so easy for us to stick with English. However, today, we've really been good about sticking with Danish in our day-to-day.

**Q:** *When did you start using the language "in the wild"? Do you have any funny incidents with misunderstandings?*

**A:** I believe the first time I used the language 'in the wild' was over the phone with Astrid.





However, the first time I really (partially) spoke to others was likely the Christmas of 2022-2023, which I celebrated in Nibe, Denmark, with Astrid's family. My Danish was rough, but I had nothing to lose because it was a supportive environment. Like anyone else, I made a few funny mistakes when starting with the language and for instance, referring to chicken (*kyl-ling*) as 'kell\*ng' (bi\*\*h) or saying 'lu\*er' (prostitute) instead of 'leder' (leader).

**Q:** *What helps you most when learning a language?*

**A:** Whatever you do, remember the "why" behind your efforts. Learning a new language was and still is an opportunity to learn about a new culture. Since it's my fiancée's culture, it's a chance to better understand her and her family.

To break that down a bit further, I've always enjoyed learning about different parts of the world. In hindsight, this probably motivated me to study Foreign Service, my first university degree. As part of that education, I studied abroad for a brief period in London. When I look back on that experience, the best part was working part-time at a cafe on Oxford Street. It took me out of my 'student bubble' and meant I was part of the much more heterogeneous, spontaneous real world of a new city; I felt like I was actually a part of something rather than just a spectator.

That same idea applies here in Denmark and motivates me to master Danish. The 'Julefrokost' (Christmas lunch), for example, is an essential aspect of Danish culture - and something I've wanted to experience since watching the 2009 film 'Julefrokost' with Mick Øgendahl, Dick Kaysø, Kim Bodnia, Søren Malling, and others. Because I invested the time and energy into learning Danish, I was able to enjoy an authentic experience with my colleagues this past December.

My point is that while I was learning the language, it was tough. Remembering why I was doing what I was doing allowed me to push through and be consistent. Now, about 2-3 years after I started in earnest, I'm finally seeing the payoff in my day-to-day life.

**Q:** *Do you have any advice for those learning Danish?*

**A:** Make sure you have the right level of commitment. Like any language, Danish is not something that can be learned casually, at least at the beginning. Treat it like any other challenging academic subject. Put pen to paper—set milestones for yourself. Over time, language learning becomes more fun - you get to do it by interacting with people, watching movies, etc. But you need to overcome the initial phase first.

**Q:** *You passed the PD3 test. What was the most challenging for you?*

**A:** The writing section of the exam was more difficult for me (compared to reading comprehension or the verbal section) because it was tough for me to decide on my topic. I also spent too much time planning, which left little time to write. I recommend using the weekends before the exam to do several practice essay responses. You must have a good understanding of how much time you actually have.

**Q:** *Did you need the Danish language for your study or work?*

**A:** I do need it for my work as a media manager. While we could speak English in the office, it would require some changes/adaptations. Moreover, I specifically asked that we stick to Danish, mainly to improve my language. Since my study program is in English, Danish is not strictly necessary for success, although it does help when a Danish word or two appears

in the slides, homework, etc. Lastly, as a student instructor, Danish is also important. While the classes themselves are in English, I use Danish when it comes to some of the administrative aspects of the job - for example, communicating with certain colleagues.

**Q:** *Many internationals complain that even when they try to speak Danish with Danes, they automatically switch to English when they see they are not fluent. How is your experience?*

**A:** I found this more common as I was learning the language and had a thicker accent. It's important not to take this personally, as it comes from a good place. Moreover, it's a privilege to have English as a backup whenever you need it.

When starting, request that conversations remain in Danish. Understand that some English sentences may still find their way through the cracks or that the conversation may quickly end up back in English, regardless of your request. There's no reason to make it awkward, but you can try to nudge the conversation back to Danish appropriately. At the end of the day, there are unlimited opportunities to practice Danish, so missing one or two opportunities will not make or break the learning process for you.

Also, try to use it as motivation. Danes often switch to English if they feel it would be easier for you. They get to do that because they have studied English since childhood as a formal part of their education. Many Danes have also consumed English/American media since childhood. So, in a sense, they've invested the time. While reaching an equivalent level of Danish (as Danes have English) is a challenge, you can't expect the same outcomes as others without investing the same amount of effort. Anyone who has learned anything difficult knows it takes time. That understanding is what makes the best learners humble as they approach anything new.

**Q:** *How many languages do you speak? Do the other foreign languages you know help you learn Danish?*

**A:** I speak English & Turkish natively. I've also studied Spanish for many years and consider myself workplace proficient. The similarities between English and Danish have made learning the latter relatively easier for me. However, many languages share specific rules, which means that my Turkish or Spanish knowledge may also have helped me.

**Q:** *What is your current level of Danish?*

**A:** I consider myself completely fluent. By the time I graduate from Aarhus University, I hope to be at a 'native' level. Something I'm focusing on right now is really incorporating the little details that are not necessarily taught but appear in day-to-day speaking. For instance, sprinkling in a 'jamen, altså' (i.e., 'well, I mean') can make you sound much more native.

On one hand, there is a point of diminishing returns. The gains you make in year 1 will often be smaller than in year 2. However, with language, we need to approach the concept of diminishing returns differently. Once you reach a certain point with a language, provided a sufficient level of immersion, your learning takes place automatically and often in the background. Therefore, I'm finding that my language is improving much more rapidly now than in the beginning.

**Q:** *Are you planning to learn another language?*

**A:** I don't plan to learn a new language, although I'd like to. Having learned Danish, I could consider learning Swedish or Norwegian just because I find the similarities, differences, and history of the languages interesting. **THE-INTL**

**“WHATEVER YOU DO, REMEMBER THE 'WHY' BEHIND YOUR EFFORTS. LEARNING A NEW LANGUAGE WAS AND STILL IS AN OPPORTUNITY TO LEARN ABOUT A NEW CULTURE. SINCE IT'S MY FIANCÉE'S CULTURE, IT'S A CHANCE TO BETTER UNDERSTAND HER AND HER FAMILY. ,,”**



**NATÁLIA ŠEPITKOVÁ**  
FREELANCE JOURNALIST AND WRITER

Natalia is a Slovak journalist based in Aalborg, Denmark. She has around 15 years of experience in journalism. Her experiences as an editor and a reporter were founded in Slovak magazines and newspapers. She was also working as a TV reporter, a TV moderator and a host in radio broadcasting. Part of her career included working with PR and marketing. Natália is also a content creator on her social media. Follow her blog [www.mamavdanske.com](http://www.mamavdanske.com), where she writes about life in Denmark.

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# TUNING IN TO WISDOM AND INTUITION TRANSFORMATION IN THE YEAR OF THE SNAKE.

PHOTOGRAPHS **PEXELS** TEXT **FIONA L SMITH**

**AT THE END** of January, the Chinese celebrated their New Year and the beginning of the Year of the Snake, bringing the snake's qualities of adaptability, renewal, and transformation. There's also a turning point in Nature's calendar now, as the Celtic festival of Imbolc marked a shift away from the dark days of winter back towards the light.

## THE SYMBOLISM OF THE SNAKE

In Chinese culture, the snake symbolises transformation, wisdom and a deep connection to our intuition. Known for its ability to shed its skin, the snake reminds us of the importance of letting go of things that no longer serve us and creating space for growth and renewal. For internationals living in Denmark, this symbolism can be particularly poignant; moving country and creating a life somewhere new requires us to shed old identities, adapt to a new environment and culture, and embrace the unknown.

Shedding an 'old skin' can mean letting go of roles or labels we identified within our lives before we moved here. Perhaps back home, you were the family organiser, the dependable friend and party host and respected professional. If some of that has changed, you may be feeling unmoored or even bereft. If you gave up a job you loved or left family, community and familiar places behind, it's natural to feel a sense of loss. And everyday tasks can suddenly feel more complicated - it's not so easy to pick up the phone and get something done or sort a problem when there's a new language, culture and organisational system to navigate, so our mental load can also dramatically increase when in a new place.

Releasing an 'old skin' deserves attention, time, and acknowledgement. Finding supportive ways to process how we're feeling, whether through journaling, talking to a trusted friend, or seeking professional support, allows us to honour what was meaningful while also making room for new experiences. The snake's process of shedding its skin isn't without discomfort, and neither is ours. As we shed these layers, we're left feeling tender and vulnerable, but we can also open to new potential, growth, and transformation.

## IMBOLC AND THE ENERGY OF SPRING

Imbolc - celebrated on 1 February, marked the midway point between the Winter Solstice and the Spring Equinox. Now



the earth begins to stir, with snowdrops emerging and daylight hours slowly lengthening. Energetically, it's a season of hope and potential, and it's a time to plant seeds, both literally and metaphorically. We're nearly there!

What aspects of life do you want to nurture - friendship, community, career... health? What old patterns or beliefs are you ready to release? By aligning with the energy of Spring, we can create momentum for meaningful change, even when February starts with yet more dull days!

## TUNING INTO THE WISDOM OF THE BODY

In a practical sense, this means learning to tune into our internal rhythm and voices. The body holds immense wisdom and communicates through sensations, emotions, and physical cues. However, our busy daily lives, juggling cultural adjustments, work pressures, and family responsibilities make it all too easy to keep pushing through, be busy, and ignore the warning signs that we might need to adjust course or slow down.

Practices like somatic awareness, breathwork, or mindful movement can help us reconnect with our bodies and better understand the messages it's trying to send - for example, a tight chest might signal unspoken grief or anxiety. At the same time, a sense of lightness and openness might indicate joy or alignment. By cultivating a deeper awareness, we can make choices that support our well-being and deepen our connection to ourselves and others.

To make February the true beginning of your year, here are five tips to draw on the wisdom of the snake, the energy of Imbolc, and the inner wisdom of the body:

## EMBRACE LETTING GO

Take time to reflect on what isn't working for you. This might be habits, limiting beliefs, or even a relationship dynamic that feels draining or toxic. Write down what you want to let go of and symbolically release it - perhaps by burning the paper (you can also safely do this in a tin can if you live in an apartment) or burying it in the earth.

## HONOUR WHAT WAS LEFT OR LOST

Give yourself time to honour or grieve what you left behind or lost when you moved country. It can be really helpful to write about the people, friendships and places you miss, noticing the feelings that arise as you write. Music can also help - play a song that you love and let your body express in movement the things that are difficult to put into words. When we give ourselves permission to feel and process, it's not only healing but also makes more space for what we want to create now. February is also a wonderful time to plant vegetable or flower seeds indoors to symbolise new growth and beginnings.

## CULTIVATE CONNECTIONS

Building a community begins with reaching out and being brave. Getting to know other internationals can be a really good way to start feeling at home here. You can join a local expat group (many returning Danes also do this) or find groups for Internationals on Facebook where 'in real life' events and meet-ups are shared. Can you prioritise at least one social opportunity every week to cultivate friendship and a sense of community?

## MOVE WITH THE SEASONS

Incorporate daily movement that reflects the shift in energy - with Imbolc and the promise of Spring in the air, it's time to up the tempo! This could mean taking brisk walks, trying a new dance class, practising vinyasa yoga, or (re)starting to run - in the gym, with a club, or with a 'Couch to 5k' App for company.

## TUNE IN AND LISTEN





Dedicate a little time each day to tuning inwards. This could be as simple as doing a five-minute body scan, noticing areas of tension or ease. We can't heal what we don't feel! Learning to slow down and listen really can guide you towards what you need most - both in your life and for this transformative Year of the Snake. **THE-INTL**

"IN CHINESE CULTURE, THE SNAKE SYMBOLISES TRANSFORMATION, WISDOM AND A DEEP CONNECTION TO OUR INTUITION."



**FIONA L SMITH**  
SOMATIC THERAPIST  
AND COACH

Fiona is a Somatic Therapist and Coach, with a clinic in Frederiksberg and online. Specialising in trauma healing, nervous system regulation, and holistic wellness, Fiona is passionate about helping women move beyond burnout, people-pleasing, and anxiety or pain to rebuild confidence, ease and empowerment. Originally from the UK, Fiona is mum to a 13-year-old son and step-mum to 17-year-old twins. She loves wild walks with her dog and winter dipping (with sauna!) She thrives on good food and a good book, wild dance, and time in the sun.

-  [Fiona L Smith](#)
-  [Fiona L Smith](#)
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# CRISIS PREPPING CHECKLIST!



## BE PREPARED FOR THREE DAYS

The Danish authorities recommend that you and your household be self-sufficient for at least three days in a crisis.

## WHY IT'S IMPORTANT

If you are prepared and able to take care of yourself and your loved ones, authorities can focus their efforts where the needs are greatest, helping to normalise the situation. The more people who can fend for themselves and assist others during and immediately after a crisis, the stronger we stand as a community.

## PRACTICAL ADVICE

Here are some simple steps to help you prepare. These recommendations have been developed in collaboration with various Danish authorities and represent a joint assessment of how to respond to crises:

**Basic supplies:** Ensure you have enough food, water, and essential medications for at least three days.

**Communication:** Have a plan for staying informed and communicating with family members.

**First aid:** Keep a first aid kit and know basic first aid procedures.

**Utilities:** Know how to turn off utilities like gas, water, and electricity if necessary.

**Safety:** Have tools and supplies for essential home repairs and personal safety.

## COMMUNITY EFFORT

You might only need to use some of this advice, but it's good to be prepared. Do what you can to help yourself and those around you—family, neighbours, and friends. Denmark is known for its strong community spirit, and by following these guidelines, we can be even better prepared for future crises.

## HERE IS AN ESSENTIAL LIST OF WHAT EVERY HOUSEHOLD SHOULD HAVE:

### DRINKING WATER:

Drinking water (3L per person per day)

Water for animals or livestock

### FOOD:

Long-lasting food that doesn't need to be cooked

### MEDICINE & FIRST AID:

Prescription medications

First aid kit

Iodine tablets (for people under 40, pregnant and breastfeeding mothers)

### HYGIENE PRODUCTS:

Toilet paper

Hand sanitiser

Nappies, tampons and sanitary towels

### WARMTH:

Blankets, duvets and warm clothes

### OTHER NECESSITIES:

Power bank for your mobile phone

Torch

### OTHER NECESSITIES:

Batteries

Physical payment cards (remember your PIN code)

Cash (coins and small notes)

Candles & matches

### COMMUNICATION:

AM/FM radio that runs on battery, solar power or hand crank (a car radio is an alternative)

### THINGS TO KEEP IN MIND:

Are there children or older adults in your house?

Do you live exposed to a flooding area?

Do you have alternative transport options in the event of a flood?

Can you help or get help from family, neighbours or friends?

FOR MORE INFORMATION, GO TO THE BEREDSKABSSTYRELSEN WEBSITE