Pre-Departure Orientation

UW Madison

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Who Am I?

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DIS student Summer 2011
• Kollegium
• Public Health

DIS Copenhagen 2013-2015
DIS North American Office 2015-Present

Favorite Danish word: gulerødder (carrots)
Quizerooski

In your web browser on your phone or computer, go to:

PollEv.com/stevenolson338
Agenda

1. Where is DIS?
2. Academics
3. Study Tours
4. Travel Breaks
5. Cultural Engagement
6. Housing Options and Questions
7. Finances in Denmark
Agenda

8. Health and Safety
9. Cell Phones
10. Copenhagen Staff- “Who is DIS?”
11. Healthcare
12. “How Should I Prepare for My Experience?”
13. Online Registration Questions
Introduction to DIS
Introduction to DIS

DIS - Study Abroad in Scandinavia
Introduction to DIS
Copenhagen ≈ Giant Village
Getting Around Copenhagen
Getting Around Copenhagen
DIS Academic Reality

“What Am I Going to Struggle With?”

- Group work
- Balancing social life, academics, living abroad, traveling, and staying connected back home

- Your faculty members are usually practitioners in their field
- Your classmates are typically from North American universities
- Field Studies on Wednesdays
- 4 months of coursework interspaced with 2 weeks of travel - time management is critical
Study Tours, DiSCovery Trips & Travel

Approx. **105** days total in Copenhagen
= **15** weeks (and weekends)
= **3.75** months

"At rejse er at leve"
To Travel is to Live
- HC Andersen

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Event</th>
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<tbody>
<tr>
<td>August 18</td>
<td>Departure from U.S.</td>
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<td>August 19</td>
<td>Arrival Day in Copenhagen for All Students</td>
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<td>August 20 - August 23</td>
<td>Arrival Workshop</td>
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<td>August 24</td>
<td>Classes Start</td>
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<td>September 11 - September 16</td>
<td>Core Course Week</td>
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<td>October 7 - October 15</td>
<td>Travel Week 1</td>
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<td>October 28 - November 5</td>
<td>Travel Week 2</td>
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<td>November 22 - November 26</td>
<td>Study Break</td>
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<td>December 7 - December 10</td>
<td>Final Exams</td>
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<td>December 11</td>
<td>Last Day of Semester – Earliest Departure to the U.S.</td>
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<td>December 12</td>
<td>Last day of DIS Housing</td>
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Study Tours, Optional Tours, and DIScovery Trips

All students
Program Study Tour (Short) - 3 days outside of Copenhagen
Program Study Tour (Long) - 5 days outside of Denmark

Optional
Optional Study Tour
DIScovery Trip

Tours will never conflict with other courses

If interested in DIScovery Trips, sign up on online registration
Cultural Engagement

How do you plan to make it happen?

Some suggestions:

• Sign up for the Visiting Host Program
• DIS Activities Fair
• Take Danish
• Pursue your hobbies abroad
DIS Housing

- What are your top three preferences?
- How is DIS my housing application evaluated?

Already in your room:
Towels, linens, sheets, pillows

- DIS will provide you free laundry facilities
Homestay

- Diverse Hosts- traditional four person families OR single dads/moms
- Hosts are interested in the cross-cultural experience, not in being your parent
- No curfews, we promise 😊
- You’ll have your own room
- 1/3 of DIS hosts accept 2 students
But Will I Be Isolated?

Location for students in Homestay network (Amager)

Local Homestay network (Amager)

- **Chandler**
  - Wake Forest University

- **Reid**
  - Middlebury College
  - Room #: 301

I tend to think of myself as a one man wolf pack.
Folkehøjskole

• Live with college-aged Danes and international students
• Share meals in cafeteria other social events
• Single & double rooms, private or shared bathroom
• Breakfast & dinner covered
• Best of both worlds: deep social connection with residents at folkehøjskole and classes with DIS students
Kollegium

- Kollegiums are scattered throughout the metro area.
- Floor mates are Danish, DIS, and international students from various universities in Copenhagen.
- Room layouts vary greatly: single & double rooms, private vs. communal bathroom, kitchenette vs. communal kitchen, etc.
- Grocery shop and cook for yourself. A $600 food stipend will help.
- Kollegium usually hosts social events.
Rented Room

Share an apartment with a local

- Live with a Copenhagener between ages 18-30 (students or young professionals)
- You have your own room, shared kitchen, bathroom, living areas
- You might have a new close friend in your roommate or simply co-exist
- For those students who are very independent
- Grocery shop and cook for yourself, with help from $600 partial food stipend
Living & Learning Community (LLC)

Themed housing

- Mostly DIS students and a **few** Danish SRA’s
- Singles, doubles, triples & quads
- Options include: Creative Writing, Green, Culinary, Arts & Culture, Outdoor, Social Justice, Entrepreneurship, Public Health
- Shared kitchen and common space
- Grocery shop and cook for yourself, partial food stipend $600
- Usually extra-curricular weekly events
- No overnight guests allowed
Residential Community

Live with other DIS students

- Variety among different RC’s: some are suite/apartment style, others are dormitory style
- Primarily DIS students and a few Danish SRA’s
- Singles, doubles, triples & quads
- Shared kitchen, bathrooms and common areas
- Grocery shop and cook for yourself, partial food stipend $600
- No overnight guests allowed
Financial Matters

- Will your card(s) work abroad?
- Inform your bank you will be abroad
  - What fees does your bank and/or credit card company charge?
- You must have a **PIN** code, and a chip is recommended
- Most merchants accept **Visa/Mastercard**, as form of payment
- It is always a good idea to have some cash on you
Health & Safety

- Copenhagen is known to be relatively safe, but it is still a city!
- If something should happen, what would you do, who should you contact?
  - DIS 24-hour Emergency Phone
- You also must have a functioning mobile phone
- How may over-frequent communication with friends and family back home affect your experience abroad?
Cell Phones- DIS partnership with TDC

For 99$ per semester:

- **Unlimited** text/voice to any Danish number
- 10 gigs of data (in Denmark) per month
- 1 gig of data (when traveling outside Denmark) per month

If you want to call to non Danish numbers, you will pay roaming rates, roughly 70 cents per minute

“But How Can I Call Home?”

Sign up instruction will be emailed to you in a few weeks
Healthcare

• Every DIS student will receive comprehensive healthcare provided by the Danish National Healthcare system

• You will be given a GP, often in your neighborhood

• Most DIS students do not need to purchase additional health coverage

• Medications are paid out of pocket (though subsidized)

Examples

If you are riding your bike and break your leg, you are covered for the ambulance, x-rays, and surgery

If you get pneumonia, all visits to the GP are covered. Medications are paid out of pocket, but later reimbursed through DIS private insurance
Current Events in Scandinavia  Syrian Refugee Crisis

• How do you think this might shape your experience?

• Scandinavians are not unified on this issue:
  - compassionate and welcoming
  - frustrated and unhappy

• DIS has chosen to make this one of its priorities- e.g. DIS Refugee Action Committee

Syrian child refugees receive backpacks donated by DIS
DIS Copenhagen Staff

- Academic Support Staff/Registrar
- Housing & Student Services
- Study Tours
- IT
- Accounting
- Library
- DIS Clubs
- Classrooms
- Lounges
- Computer Labs (w/ printers)
- Study Spaces
- Meeting Rooms
- Student Counseling
- Faculty Offices
What Now?

- Research and apply for your top three housing preferences- Due 1 June
- Talk to your parents and loved ones about a communication plan
- Prepare to be uncomfortable and embarrassed at times
- Buy a plane ticket to Copenhagen!
- Housing placements = 10 days before term starts
Check What Your Peers Are Doing Now

Study Abroad Blogs

Meet the Bloggers

Hear what current DIS students are up to by reading their study abroad blogs! From pre-departure jitters to the last flight, they share their cross-cultural, academic, and European travel experiences with you.

Ellie
Architecture & Design

Arianna
Biomedicine

Anna
Child Development & Diversity

Millie
Communication

Linda
Computer Science

Emma
Danish Language & Culture

Kirsten
Environmental Science of the Arctic

Denae
Europe Humanities
Look at Your Course Webpages - Download Syllabi

Human Health and Disease: A Clinical Approach

Many students tell me that by the end of the semester this experiential learning experience, they become certain whether or not to attend medical school. One of my goals is to facilitate this thought process, helping them each to discover whether medical school is right for them.

— Troels Wesenberg Kjær, M.D., Ph.D, DIS Faculty & Chief Physician in Clinical Neuropsychology, National University Hospital

Prerequisite(s)
One year of biology and one year of chemistry at university level.

Program: Medical Practice & Policy
Week Long Study Tour: Berlin-Poznan or Budapest-Vienna or Stockholm-Tallinn
Core Course Week Study Tour: Western Denmark
Major Discipline(s): Biology, Pre-Medicine/Health Science, Public Health

Type: Con
Available: Fall
Credit(s): 3

Note
Please be aware that the course does not provide regular medical training corresponding to that of medical students and does not include shadowing of doctors or physical examination of patients.

A Unique Housing Option for You
Request to live in the Public Health Living & Learning Community (LLC) next semester with fellow students who enjoy learning about and living a healthy Danish lifestyle.

Final Syllabus, section A - Fall 2015
Download now
This is the most recent syllabus. You will receive your final syllabus on the first day of class.
Registration Questions?

Registration Fall 2017 - Home

Welcome and once again, congratulations on your acceptance to DIS. It is now time to create your DIS experience by registering for courses, housing, tours, and more!

- Please note that you must review and accept the DIS Student Agreement and complete the Personal Information section before you can access the other forms.
- Courses, Optional Study Tours, and DIScovery trips fill up on a first come, first served basis. However, we ask that you complete all registration forms as soon as possible.

Required steps:
- Review and accept DIS Student Agreement
- Choose a DIS program
- Personal Information
- Pay Danish Visa Fee
- Register for Courses
- Photo
- Pay Program Deposit
- Upload Transcript(s)
- Housing Application
- Getting to Copenhagen
- Passport Information
- Required Materials for Danish Visa

Optional steps:
- Sign up for Optional Study Tours and DIScovery Trips
- Visiting Host Program
- Join the Facebook Group
- Sign up for the TDC Cell Phone Plan

Post Arrival Information:
- Telephone - CPR number

Optional Activities:
- Optional activities
What Should I Pack? What is the Weather Like?

*It rains often!*

- Rain coat / Water-resistant clothing
- Layered clothing
- Waterproof boots or shoes

*Occasional snow, but usually melts after a few days*

- Gloves or mittens
- Winter jacket

We recommend you do not bring more than two large suitcases; one large suitcase should suffice
Questions?

olsonsc@umn.edu