

EXPAT GUIDE HERNING

5. EDITION

YOUR INTERNATIONAL GUIDE TO HERNING

Must-have information about getting settled in Herning and about culture, events, things to do and places to go in the area.





Developed by
Herning Municipality &
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Herning  **Herning**
Kommune Bibliotekerne



Dorte West
Mayor, Herning Municipality

A WARM WELCOME TO HERNING

We hope you will have a good time here - whether it is a short, long or permanent stay.

In the City of Herning we have an ambition to create a good place to live - every single day. That includes good jobs, but just as important is it to have a meaningful life outside of work. Therefore, we care to offer you many different things to do in your spare time.

That is why we create places like the library, why we build and develop sports fields and venues, why we support music and culture and much more. You can learn more about the many opportunities on the following pages.

Herning Municipality has about 90.000 inhabitants and we are a growing society. We appreciate that you have chosen to come here and help us grow. I hope this booklet will help you find your way in the Herning area.

I wish you a pleasant stay!

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GETTING A NETWORK IN HERNING

For its size, Herning has quite a large international environment, and in fact you can meet more than 100 nationalities here.

Below are a few examples of networks and organisations you can join or follow to meet other people and get a network in Herning.

INTERNATIONAL SOCIETY

International Society is a community in the Herning & Ikast-Brande area where people meet to share experiences about how to overcome cross-cultural barriers and improve communication in society.

They organize activities in Herning and Ikast-Brande for international workers, students, expat family members, internationally minded Danes etc., and they have more than 200 active members. The main purpose is to create events that strengthen the relationships between internationals in the area - and of course to meet the Danes.

Learn more

+ international-society.dk

Contact us

info@international-society.dk

SOROPTIMIST INTERNATIONAL

Soroptimists is a world-wide organization of women in professions and business who work together at local, national and international levels to educate, empower and enable women and girls. It is the largest women's organization in the world.

Soroptimists have addressed women's issues in their communities and beyond, since being founded in 1921.

Today, they are an international network of more than 75,000 powerful and effective advocates of women's and girls' rights.

Learn more

+ herning.soroptimist-danmark.dk

Contact us

herningsoroptimist@gmail.com

INTERNATIONAL ROTARY CLUB

Herning International Rotary Club is a Social- and Business Network for Internationally oriented people living in Herning and Central Jutland. Rotary brings together people from all parts of the world, who want to use their expertise to do good. People whose sense of responsibility inspires them to give back to their communities.

At Herning International Rotary Club you can connect and form lifelong friendships with like-minded people. They empower youth, improve health, promote peace and advance communities in all corners of the globe. With 1.2 million members in 34,000 clubs worldwide, their global community impact has never been greater and it continues to grow.

They meet every Wednesday at 7pm at
Hotel Scandic Regina
Fonnesbechsgade 20
7400 Herning

Learn more

+ rotary.dk/clubs/herning-international

Contact us

herninginternationalrc@gmail.com



BOBLBERG

Boblberg is a free digital platform where you can find communities in your local area.

At Boblberg you can find people with the same interests as yourself, for example friendships, voluntary work, walks, creativity workshops, workout partners, and much more. The platform is Danish, but posts in English are welcome.

Learn more

+ boblberg.dk

Contact us

support@boblberg.dk



Stay updated

Get all the information about events for internationals in the area. Sign up for the bi-monthly newsletter at **expat-in.dk**

TESTIMONIALS FROM EXPATS IN HERNING

Herning Municipality has around 7.000 citizens with an international citizenship. We have asked some of our internationals how it has been to move here, and what their tips are for other newcomers.

THE RÜTH FAMILY

Elisabeth, Eva-Maria and Ulrich – originally from Germany, moved to Herning in 2021.



We have asked the family how to be a happy expat in Herning.

Engage yourself in one (or more) of the local associations and enjoy Herning!

There are so many possibilities: sports clubs, music, churches, etc., consider also volunteering, so will hearts and houses open for you and your family. Don't forget to enjoy the many options Herning offers – from classical music to international sports championships, there's something to everyone's taste.

Embrace Danish people by learning the language as soon as possible.

All of us learned Danish as quick as possible, and even if our first tries in shops or the library were quite bumpy, we met so many Danes, who were willing to help and appreciated our efforts (and we actually got better.

Consider sending your kids to a Danish school.

This was probably the most daring step we took, but didn't regret it. Elisabeth enjoys her life in folkeskolen, all her friends are Danes... and she clearly is the champion when it comes to the Danish language.

GABRIELE RAJAUSKAITE

Originally from Latvia, and has been living in Herning for approximately 6 years.



We have asked Gabriele for her tips for other newcomers to Herning.

My favourite place in Herning...

...has to be Fuglsang Sø, which is a lake about 15 mins from the city centre. It is a perfect place to go for a walk or run, or invite some friends and have a picnic. It gives you a chance to take a break from everything and enjoy the sun when we do get good weather!

My best tip for a newcomer in Herning...

...Is to meet as many people as you can - the best way to meet people is to participate in social events, clubs or take up a sport, there are many teams or classes you can join. If you don't know where to start, join International Society, there are a lot of friendly people, who will welcome you and show what this city has to offer.

When I first moved here, I would have like to know...

...How much Danes value their time, so if you want to make good impression, never be late. Another one is to always bring cake or cookies, no matter the occasion, it is appreciated and will be a good chance to get to know new colleagues or classmates.

YOUR HOME IN HERNING

RENTING

You can either rent accommodation in the Herning area through public housing associations or on the private market.

Herning Kommune has agreements with the housing associations, which means that if you move more than 30 km away from Herning to work or study, you can get priority and move ahead on the waiting list. Please note that you need to call the housing associations to have the priority registered on your application.

PURCHASING PROPERTY

Foreigners are as a general rule restricted by law from buying residential property in Denmark unless you can document that you are taking up permanent residence here. In practical terms this means getting a permit from the Ministry of Justice in order to finalize the purchase.

EU citizens working in Denmark are exempt from these rules, but you should consult a lawyer in order to clarify your specific options.

USEFUL LINKS

Housing associations

- + lejehuset.dk
- + lejerbo.dk

Private rental

- + boligportal.dk
- + akutbolig.dk

Rental rights

- + lejeloven.dk
- + llo.dk

Real estate

- + boligsiden.dk



Did you know that...

It is possible to get free legal advice every other Thursday at Huset No7.

Read more at
advokatvagterne.dk



8 USEFUL TIPS

GOOD TO KNOW



Danish homes are often heated with hot water radiators. Turn off the radiators when opening windows to save on your heating bill.



You count living rooms and bedrooms in order to determine the size. For instance, three rooms means one living room and two bedrooms.



In apartment blocks the ground floor is called "stuen" (or st.), the floor above is the 1st floor and so forth.



Energy efficiency is in focus and houses are usually very well insulated with double glazed windows and double walls.



It is safe to drink and use water straight from the tap in Denmark.



It is common for apartment buildings to have a shared laundry room.



Be careful when you rent! Check ownership, level of rent, get a contract and never pay cash or via a foreign bank account. If something is too good to be true it probably is.



Addresses are written with the street name first, followed by house no. and floor/placement. For instance: Bredgade 35, 1. tv - 7400 Herning
Th/Tv = right/left. Mf = middle.

GETTING AROUND IN HERNING

If you are based in central Herning, biking, walking, and taking public transportation may be enough to get you around town. Outside the city people often travel by car, and most families own at least one. Owning a car can be expensive compared to what you are used to, due to higher car taxes, fuel prices, and insurance costs.

If you only need a car once in a while, car rental is available in Herning as well as carpooling services like e.g. GoMore.

PUBLIC TRANSPORTATION

In Herning, city busses (bybusser) are yellow and regional busses are blue. They all depart from Herning Station. Regional and InterCity trains also depart from Herning Station. Private cross-country bus companies, with routes to Copenhagen, e.g. Flixbus and Kombardoexpressen, operate from the South side of Herning Station.

Buying tickets

You can buy tickets on the bus. However, when travelling by train, you must buy them before getting on. Several ticket solutions are available such as apps and **rejsekortet**, which is a travel card (similar to e.g. Oyster Card) you scan when you enter and exit the bus or train. As a commuter you can have a period added to your rejsekort.

If you are 16-19 years old and/or currently enrolled in a higher education you can get reduced fares by signing up for a youth card at **ungdomskort.dk**. You will be fined for travelling without a ticket (750 DKK).

AIRPORTS

There are often good and cheap connections from Midtjyllands Airport in Karup to Copenhagen. To get to the airport you can book a 'Flexbus'.

Billund Airport has direct routes to more than 90 destinations in the world. To get to the airport you can take a train to Give and from here a bus to Billund.

You may also consider carpooling services like GoMore or asking for a ride on various Facebook groups.

PARKING

Parking in Herning is generally free of charge, but be aware of parking signs and time limitations. A parking disc in the front window of your car is needed to show the starting time of your parking.

BIKING

Bikes are usually quite cheap, especially if you buy used, and many Danes will bike regardless of rain, wind or snow. Bikes can be bought at specialised bike stores, larger supermarkets or at second hand websites.

There are several bike shops in Herning City and the surrounding area. Use Google to find the nearest "Cykelhandler". It might be the more expensive option but an authorized bike dealer will offer warranty, monthly and yearly service and ensure that the bike is legally equipped.

BIKING RULES & TIPS

- Always stop at red lights and signal when you stop or turn.
- Always stay in the bike lane or as far right on the road as safely possible.
- Remember lights on your bike at night and in the morning (white in front, red in the back).
- Brakes, bell, and reflectors are mandatory.
- Do not ride your bike on sidewalks or through pedestrian crossings.
- Stop for bus passengers crossing the bike path; they have priority.
- It is illegal to handle a mobile while biking.
- It is not mandatory to wear a helmet, but it is recommended, to keep safe.
- Be careful when listening to music on your headphones, you will not be able to hear the traffic around you.
- Buy a good and secure bike lock. Save the serial no. of your bike and lock, in case your bike gets stolen.
- The same rules apply for electrical scooters as for bikes.

Useful links

Public transportation

- + rejseplanen.dk
- + dsb.dk
- + arriva.dk
- + midttrafik.dk
- + rejsekort.dk

Youth card

- + ungdomskort.dk

Carpooling & busses

- + gomore.dk
- + flixbus.dk
- + midttrafik.dk/flextrafik
- + kombardoexpressen.dk

Second hand bikes

- + dba.dk
- + guloggratis.dk



10 CULTURAL EXPERIENCES IN HERNING

01. FERMATEN

Fermaten is the regional music venue of Mid-Jutland. It can host a crowd of more than 700 people. Throughout the year, Fermaten is venue to more than 100 concerts and events, featuring both Danish and international bands and acts.

+ fermaten.dk

02. ENSEMBLE MIDTVEST

Ensemble MidtVest is one of four classical chamber ensembles in Denmark. They have toured in several countries all over the world, but have their base at HEART museum in Herning, and play many concerts every year in Mid- and West Jutland.

+ emv.dk

03. SØBY BRUNKULSMUSEUM

From 1940 to 1970 the brown coal fields were a busy and tough workplace. At times up to 2.000 workers digged coal to supply Denmark with energy. Go back in time and experience the workplace that is situated in the scenic nature of the Søby-area.

+ brunkulsmuseum.dk

04. FREKVENS @ SCENE7

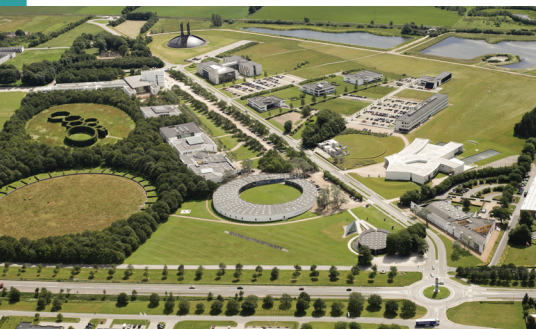
Frekvens are music events in Herning for new and upcoming music in the Herning area. Every event consists of three bands, who performs and writes their own material. The genres vary from pop and hip-hop to jazz and punk.

+ fermaten.dk/projekter/frekvens

05. BIRK

Birk is an exciting area a few kilometres east of Herning city, where art, architecture, landscape, education and industry is combined. See world class art, take a stroll in the sculpture park or climb to the top of the monumental sculpture, Elia. Birk is also home to Aarhus University and VIA University, student apartments and numerous businesses.

+ visitherning.dk/birk



06. MCH

Every year, Messecenter Herning is host to numerous concerts, conferences, trade fairs, sports events and much more. MCH comprises of Kongrescentret in the city centre and Jyske Bank Boxen, MCH Arena, and the trade halls South West of the city.

+ mch.dk



07. KULTURFEST HERNING

Kulturfest Herning is cultural festival week that takes place every year in June. Local associations and cultural institutions open themselves to the citizens of Herning, and several hundred events, both big and small, take place throughout the week.

+ kulturfestherning.dk

08. HUSET NO7

Huset No7 is a culture house and café in central Herning that houses creative workshops, events, classes and more. They host networking initiatives, where you can meet new people and there is a cafe that is run as a social enterprise, and a free playroom for kids.

+ husetno7.dk

09. TERMINALEN

Named after the old post terminal next to the train station, the huge premises has been transformed into the biggest skatepark in the North. There is also a large climbing wall, an e-sport center, parkour track, pole dancing and much more.

+ terminalen7400.dk

10. ART WALK: HERNING DOORS

On a route through Herning City, starting from HEART Museum, through the pedestrian street, and finally ending at Herning Textile Museum, 21 engraved aluminium doors by artist Jaume Plensa form the artwork Herning Doors.

+ socledumonde.org/hernings-doors



MORE INFO

The 10 experiences listed here are just a guide and there is much more to experience in Herning and the surrounding area.

Get more inspiration at visitherning.dk or herningerkultur.dk or download the app 'herningerkultur'.

WORLD-CLASS MUSICIAN FROM KIBÆK

Professional bassoonist in the world-renowned classical orchestra Ensemble MidtVest, Yavor Petkov, found his base in the small town of Kibæk south of Herning.

Yavor grew up in Sofia, Bulgaria in a home full of music. Both parents were professional musicians - his mother was a singer and his father a horn player. When Yavor was 12, his father asked if he would like to play an instrument and he pointed at the bassoon on an instrument poster. Sadly, the father passed away shortly after Yavor

had started playing, and the music that his home had always been full of disappeared. But Yavor decided to continue playing and soon joined the music school in Sofia.

Yavor later moved to Hannover to be educated as a bassoonist. His professional career has taken him to Malaysia, New Zealand and Berlin. He heard about Ensemble MidtVest from a colleague and in 2011, he auditioned for a spot and was accepted.

DARK NOVEMBER IN HERNING

Moving to an apartment in Herning, in the middle of the dark, cold November was a bit of a shock. But his colleagues in the ensemble were very helpful and welcoming, so he didn't feel alone. He quickly made new friends and got a local network by joining International Society's events, and fitness training at DGI.

The year after Yavor moved to Denmark, he became a father. His wife is a professional violinist in Qatar, so that meant a lot of



*"I chose the bassoon simply
because I thought it was beautiful."*



“For my daughter this is a perfect place really”.

His daughter is in a very good class in school and she has great friends. Together they enjoy swimming and playing tennis. She is also active in karate, and she has started playing the piano. The family also enjoys travelling, for example to Germany, where they have family.

While Yavor from time to time misses the metropolitan life of Berlin, Hannover or Sofia, he finds a small town like Kibæk an ideal place for his daughter to grow up.

travelling back and forth. After a few years the couple decided that the daughter should live with Yavor, and go to Danish kindergarten in Kibæk south of Herning, where he had bought a house.

“My wife and I were walking in Herning and looked in the window of a real estate agent – and somehow we both looked at the same house immediately. We drove there, and when we got to the house, my daughter was just calm and happy.”

PERFECT FOR HIS DAUGHTER

Today the daughter attends the local school in Kibæk, and they have settled in very well in the local society of Kibæk, while the mother, who is still in Qatar, comes to Denmark as much as possible.

“The locals in Kibæk have been open and friendly. There are a lot of nationalities, and we have been very well received – though my Danish skills are limited.”

About Ensemble MidtVest

Ensemble MidtVest is a classical chamber music ensemble with 10 professional musicians, based at the HEART museum in Herning. They perform more than 100 concerts a year in Denmark and abroad, and also engage in the local society, e.g. by performing school concerts and workshops. The ensemble is financed by the music committee of the Danish Art Council and by the four municipalities of Herning, Holstebro, Ikast-Brandø, and Struer.

Yavors best tips for newcomers

Be open. *It's easy to get a network here. Go to e.g. events of International Society. It's quite alive here, you just need to be active and open.*

Learn Danish. *Learning the language definitely helps you connect with the Danes.*

MUSEUMS IN HERNING

HEART

Herning Museum of Contemporary Art in Birk, is home to a large collection of Danish and international conceptual and experimental art. The museum has ties to the region's long history of art and textile production. HEART offers three to four annual exhibitions on themes such as history, future, and design.

+ heartmus.dk

CHPEA MUSEUM

CHPEA - Carl-Henning Pedersen & Else Alfelt Museum, located in Birk, offers an adventurous art experience with a unique collection of over 6.000 works from the founding couple of the international art group CoBrA. The museum is a universe of creativity, unfolded in paintings, water-colors, graphic works, sculptures, mosaics, stained glass, and ceramics.

+ chpeamuseum.dk

DEEP FOREST ART LAND

Deep Forest Art Land is an exhibition space that unfolds under the open sky. A 3 kilometre marked trail of footpaths will lead you through the woods and past more than 100 works of art - while at the same time challenging your imagination.

+ deepforestartland.dk

MUSEUM MIDTJYLLAND

Museum Midtjylland Is a cluster of 5 museums, three of which are located in Herning, namely the Textile Museum, Frilandsmuseet and Herningsholm Museum. You can read more about these below.

+ museummidtjylland.dk

TEXTILE MUSEUM

At the Textile Museum, you will experience the history of the central Jutland textile industry and how the boom of the '50s transformed the area. In the old Herning Clothes Factory, you can immerse yourself in the 'Made in Midtjylland' exhibition.

FRILANDSMUSEET

Just a few minutes from Herning city center you can take a step back in time. Frilandsmuseet gives you the opportunity to experience rural life in the area as it was more than 200 years ago.

HERNINGSHOLM MUSEUM

At Herningsholm Manor, you can come close to the author Steen Steensen Blicher, experience the evocative paintings, or study the beautiful premises of the manor house and old murals.



HERNINGSHOLM MUSEUM



HEART



SKOVSTNOGEN ARTSPACE



TEXTILE MUSEUM



FRILANDSMUSEET



CHPEA

ENJOY NATURE IN HERNING

Wherever you are based in the Municipality of Herning, nature is not far away. But as a newcomer to the area, you may wonder where to go? Below is a list of parks and recreational areas in and around Herning that you can check out.

Fuglsang Sø

Vesterholmvej, 7400 Herning

Geometriske Haver

Birk Centerpark, 7400 Herning

Lillelund Engpark

Gullestrupvej, 7400 Herning

Søndre Anlæg

Godsbanevej, 7400 Herning

Mindeparken

Parkvej, 7400 Herning

Vestre Anlæg

Vestergade, 7400 Herning

Løvbakkerne

Løvbakkevej, 7400 Herning

Præstbjerg Naturcenter

Klejstrupvej 2, 7550 Sørvad

Momhøje Naturcenter

Kibækvej 19, 6933 Kibæk

Trehøje Bakker

Stadionvej 3, 7480 Vildbjerg

Søby Brunkulslejer

Brunkulsvej, 7400 Herning

Find more nature spots

- + visitherning.com
- + eng.naturstyrelsen.dk/experience-nature
- + natur.herning.dk
- + riverfisher.dk (if you like fishing)

WANT TO SLEEP OUTSIDE?

Book a shelter

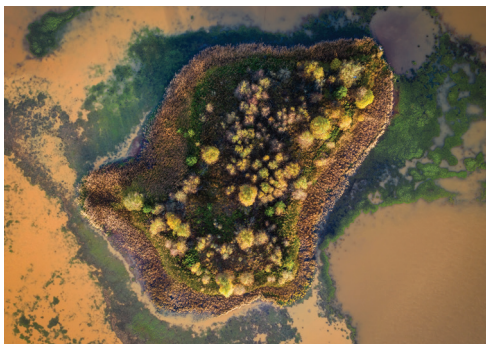
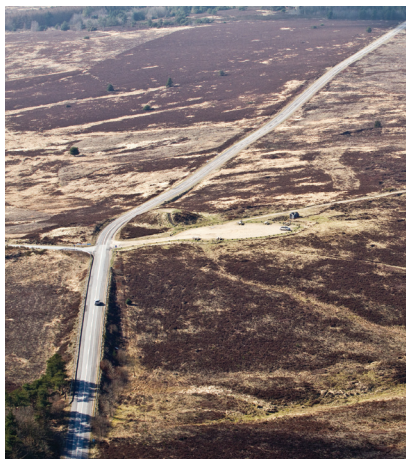
Herning Municipality has several shelters that you can book and use for free.

+ natur.herning.dk

Free camping

In certain areas you are allowed to stay overnight in a small tent. It is also possible to book a primitive campsite for larger groups.

+ eng.naturstyrelsen.dk



JOIN A SPORT IN HERNING

In Denmark, we have a unique history of doing sports together in clubs - we call these "foreninger". Here we meet in our spare time and do sports as a team or as a community of athletes in individual sports. Most smaller towns and villages will also have a number of sports clubs.

In a Danish sports club, you might meet your colleague or neighbour on the track, where he or she coaches your daughter's football team. Your banker might be the chairman of the local tennis club, and your boss might be serving coffee during a weekend tournament.

In most cases they are doing this as volunteers, in their spare time and without pay. The key values of most of these clubs are community, volunteering and room for diversity.

SELECTED SPORTS FACILITIES

You can use many of the facilities below without signing up for membership.

Herning Svømmehal

Swimming, fitness & water polo
+ herningbad.dk

DGI

Swimming & fitness
+ dgi-husetherning.dk

Terminalen

Skatepark, MMA, e-sport and more
+ terminalen7400.dk

Sportscenter Herning

Badminton, tennis, squash, judo, jiu jitsu, wrestling, rifle shooting, archery and more
+ sportscenterherning.dk

EXAMPLES OF SPORTS & CLUBS IN HERNING

- Herning Basketball
- Hawks AFC (Americal Football)
- Herning Cricket Club
- Herning Fremad (Soccer)
- Herning KFUM (Soccer)
- Herning Ishockey Klub (Ice hockey)
- Herning Pirates FC (Floorball)
- Herning Trolls (Baseball / Softball)
- HFH (Handball)
- Herning Klatreklub (Climbing)
- Herning Fight Center
- Herning Kendo (Martial Arts)
- Herning Volleyball
- Padel Lounge Herning
- Herning Latin Dance
- Herning Tennisklub
- Herning Gymnastik Forening
- Herning Cykle Klub (Cycling)
- Herning Rideklub (Horse riding)
- Kærbo Rideklub (Horse riding)
- Herning Vandski & Wakeboard
- Herning Løbeklub (Running)

The Herning area has more than 400 different sports clubs - get help to find a sport at
+ activeherning.dk



THE LIBRARY IN HERNING

In the middle of the city center of Herning, you will find the library. It is a cool and "hyggelig" place, popular with all ages and types, and is definitely worth a visit, even if you are not a big reader.

The library is much more than just books. At the library you can read the paper, get inspired or just hang out with friends for a while in the cozy environment. You can also enjoy delicious coffee, cookies and sandwiches at the library café. However, you are more than welcome to bring your own coffee and food into the library.

The library has around half a million materials in a variety of languages, for both children and adults, to choose from. You will find foreign language books in the basement, called "Dybet".



*The library
is free - and
for all*

VISIT THE LIBRARY

	Opening hours	Service hours/staff
Monday	8am - 9pm	10am - 6pm
Tuesday	8am - 9pm	10am - 6pm
Wednesday	8am - 9pm	10am - 6pm
Thursday	8am - 9pm	10am - 6pm
Friday	8am - 5pm	10am - 6pm
Saturday	8am - 5pm	10am - 3pm
Sunday	8am - 5pm	10am - 3pm

Our staff will be happy to help you during service hours. When the staff is not there, you will need your "Sundhedskort" (yellow card) and your library pin code to enter the library. Please find opening hours for local libraries in the Herning area at herningbib.dk.

BECOME A MEMBER

There is no charge to become a member of the library and borrow from the library's extensive collections of books, movies, computer games, music, audio books etc.

The only requirement is that you are a registered member of the Herning Library.

It is free to register at any of the library's branches - all you need is to bring your CPR-number (yellow card) and photo identification (driver's license, student card, etc.). You can also register online with your MitID or NemID at **herningbib.dk**

ORDERING MATERIALS

You can always ask the helpful staff for help ordering materials from both Herning Library and other libraries. The service is free of charge. You can also order materials yourself to pick up at the library, at **herningbib.dk** or **bibliotek.dk**



EVENTS AT THE LIBRARY

The Library in Herning hosts many large and small events every year. Events are aimed for all ages and groups such as children, families, adults, young people and students.

The Library has events dedicated to expats in Herning, both general introductions to the Library and other events in English.

To see a list of upcoming events, go to **herningbib.dk/arrangementer**

BENEFITS OF THE LIBRARY IN HERNING

...IF YOU ARE A STUDENT

If you have moved to Herning to study, remember that the Library has a lot of exciting offers and services for students!

As a student you can...

- Get help in finding the right materials and sources for your assignments.
- Get access to a number of professional databases related to your study projects.
- Enjoy our cozy work and study environment with free WIFI.
- Print, scan and copy at low cost.

...IF YOU ARE A FAMILY

The library has a large children's section, which includes books, music, movies and games for all ages.

The librarians know a great deal about materials, which can stimulate language development. Just ask!

The library also arranges a number of events for children such as theatre for small kids and activities in Makerspace, where school kids learn about new technologies, programming, creativity, innovation and much more.



...IF YOU ARE IN THE PROCESS OF LEARNING DANISH

The library has a large selection of language courses, for instance, films and audio books that you can check out. They also have a special area with books written in an easier level of Danish.

You can also visit the library's "Lektiecafe" (study café) for adults for additional help. The study café is located on the 1st floor of Herning Library and is open Tuesdays from 2pm - 5pm.

THE LIBRARY GIVES YOU FREE ACCESS TO A WORLD OF ONLINE EXPERIENCES

See a complete list of online databases, apps and more at
+ herningbib.dk/e-materialer

@Reolen Global

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Please note that you have to be registered as a member of the library to access the services. Some of the services require that you are a resident in the municipality of Herning.

WELCOME TO DENMARK AND DANISH CULTURE

By Anatolie Cantir, lecturer at VIA University in Herning

I arrived in Denmark 18 years ago from native Moldova and made Herning my home. Currently, I am a full-time lecturer at VIA University where I teach such subjects as Intercultural Communication and Philosophy of Science.

My drive, curiosity and obsession about how other people think and live has made me think about the Danish society. It has also motivated me to travel the world and think about my own background.



In many ways, culture is all about expectations, I think. But what are those expectations when navigating the Danish culture?

DANISH CULTURE IS AN EXTREME

In my lectures I talk about Danish mentality through decoding known Danish values e.g. equality, trust, independence, humor, privacy, self-image, hygge and most importantly how they play out in real life.



If you are an expat, you are probably often puzzled about the behavior of your Danish colleagues and friends. And if you are a Dane you cannot really explain your own behavior, mostly because you take it for granted, or you give poor explanations such as: "we do it like this because we did it last year".

AN EXAMPLE OF TRUST

Two years ago, I remember, I was reading in Herning Folkeblad (newspaper) that a paedophile man had reported himself to the authorities asking for help. The reaction of the authorities was very welcoming and understanding.

I just wonder where in the world a citizen would have so much trust in the authorities, to go and report he is a paedophile. This is in itself an example of a core Danish value - (extreme) trust in one another.

ANATOLIE'S 7 TIPS

IF YOU ARE NEW TO DANISH CULTURE

01

Danes are very task-oriented so when you work with Danes, it is the task/work in itself that is the most important and less your status.

02

If a Dane makes a horrible dark joke about you - it is mostly to include you.

03

Being humble and saying you are not very good at something, might mean exactly the opposite.

04

Don't talk directly about your achievements, let others do it or let your actions/work talk about you.

05

It is OK to make fun of yourself and your own mistakes. It helps avoid awkward situations.

06

Don't ever surprise your Danish colleagues with unplanned meetings - do make an agenda and pre-agree about it.

07

Talk about the weather as well or as bad as you wish, no Dane will ever get hurt about it.

DANISH TRADITIONS

Every country has traditions that are local and stand out. Here's a guide to some of the Danish traditions you may encounter and wonder about.

FEBRUARY

Fastelavn

On the day of Fastelavn, children dress up in costumes and walk door to door gathering treats (a form of trick-or-treat). Events also include *Slå katten af tønden* (Hit the cat out of the barrel), which is similar to a piñata. The child who knocks out the bottom is crowned *Kattedronning* (Queen of Cats); the one who knocks down the last piece is crowned *Kattekonige* (King of Cats). A popular baked good during Fastelavn is the *Fastelavnsbolle* (shrovetide bun or lenten bun), a round sweet roll usually covered with icing and filled with cream.

piece of paper, cut in a symmetrical pattern, with a rhyme on it. The sender will write dots instead of his/her name and the receiver has to guess who sent it. If they do not guess it they owe the sender a chocolate easter egg. Most Danish families also gather for Easter lunch during the holidays.

APRIL

Danmarks Besættelse

At the outset of World War II in September 1939, Denmark declared itself neutral. However, on 9 April 1940, Germany occupied Denmark, which lasted until the Allied victory on 5 May 1945. Today, we mark this day by raising the flag to half-pole.

APRIL/MAY

Konfirmationer

Since 1736, it has been a tradition for young people, in 7th or 8th grade, to get confirmed in the church. It is a religious act, but many non-religious families choose to hold 'non-firmations' - a kind of coming-of-age celebration with a party and gifts. Confirmations take place on weekends in April and May. After the ceremony it is common to invite the family to a party to celebrate the confirmee.



MARCH/APRIL

Påske (Easter)

Leading up to Påske (Easter) it is an old tradition to send a *gækkebrev*, which is a

Blå Mandag

Blå Mandag (Blue Monday) is the first Monday after the confirmation, where the teens have a day off from school and go out for a day of fun together. The day typically consists of shopping, amusement parks eating at restaurants and celebrating.

MAY

Danmarks Befrielse

On May 4th, 1945, British Field Marshal Bernard Montgomery announced that Denmark had been liberated from German occupation. Today we mark this day by putting candles in the windows to celebrate the day freedom and hope returned to Denmark after five years of darkness.

Store Bededag

Store Bededag is a Danish holiday celebrated on the 4th Friday after Easter. On the evening before the holiday, it is customary to eat "varme hveder" - a traditional wheat bread. Tradition has it that bakers were not allowed to work on this holiday and therefore had to bake the bread the day before.

JUNE

High School Graduations

In the last week of June it seems like everywhere you go you will run into newly-graduated teenagers wearing the iconic student caps. During the last weeks of June, the streets are filled with decorated trucks with students as they drive around town, stopping by their houses for something to eat and drink – and to celebrate.

Sankt Hans Aften

Sankt Hans (Saint John's Eve) is a celebration on 23rd of June of the summer solstice. Through time the traditions have varied.

Vikings would visit water wells and build bonfires to ward off evil spirits. The bonfire tradition continues to this day. Some people place a straw witch at the top of the fire as a way to remember the witch burnings of the 16th and 17th centuries. There will also be speeches, singing and fireworks.



NOVEMBER

Mortens aften

Mortens Aften (Saint Martin's Eve) is the Funeral day of Saint Martin of Tours and is celebrated on the 11th of November each year. This is the time when autumn wheat seeding was completed. In Denmark, Mortensaften, meaning the evening of St. Martin, is celebrated with a traditional dinner where duck is served.



MORE INFO

Read more about Danish traditions and holidays at the following links.

- + bit.ly/35gd630 (Culture Trip guide)
- + bit.ly/3kjhHse (Holidays and traditions)
- + bit.ly/34gByTv (11 weird traditions)
- + bit.ly/3yEIQhy (official flag days)

CHRISTMAS TIME IN DENMARK

IT'S ALL ABOUT HYGGE!

The winter time is all about family, food, tradition and hygge in Denmark. We count down to Christmas with a *Kalenderlys* (calendar candle) printed with the numbers 1-24. Danes also have *Adventskranse* (Advent wreaths) with four candles, one for each Sunday leading up to Christmas. Children (and adults) gather to watch the Danish Julekalender on TV, which is a 24 episode Christmas-themed miniseries.

CHRISTMAS LIGHTS

In December, cities in Denmark have a big Christmas tree with lights, usually in the city square as well as decorations and lights all over the city. Herning is no exception and you can usually enjoy the Christmas lights from mid-November, and the Christmas tree is lit the first Sunday in Advent.

GLÖGG AND ÆBLESKIVER

In December Danes have glögg and æbleskiver on every given occasion! Glögg is originally Swedish and consists of heated red wine, brandy or snaps, and spices such as cinnamon, cardamom, raisins and almonds. In Denmark glögg is served with a small hot cake called *æbleskive* which is eaten with jam and sugar.

LUCIAOPTOG

In Denmark, the Day of Lucy (Luciadag) is

celebrated on 13th December. The tradition was imported from Sweden by initiative of Franz Wend, as an attempt to bring light in a time of darkness during the German occupation of WWII. Today, we mark the event with a candlelit Lucia procession.

JULEAFTEN

Juleaften (Christmas Eve) is celebrated with a big feast on the evening of the 24. December. The traditional menu consists of roast pork/duck, boiled potatoes, red cabbage, sugar coated potatoes and gravy. For dessert we have *risalamande* (rice almond pudding with cherry sauce) with an almond hidden in it - the person to find the almond will get a gift (Mandelgave). After dinner we "dance" around the Christmas tree while singing carols, before unwrapping presents. On 25 and 26 December, many Danes visit family and friends.

NYTÅRSAFTEN

On New Year's Eve friends and family get together for a celebration. The evening usually starts with the Queen's New Year's speech on TV at 6pm before having dinner. At midnight champagne and kransekage (marzipan cookies) is served, and everyone awaits the stroke of midnight on the clock tower at Copenhagen City Hall (on tv if you're not in Copenhagen). When the clock strikes twelve, some Danes follow the more recent tradition of *jumping into the new year*, by jumping off a chair. After that, people go outside and set off fireworks.



Photo: Ole Jørgensen



Christmas concerts and events in Herning

You can hear the world-renowned Herning Boys' Choir perform *Messias* in Herning Church. You can also get into the Christmas spirit with creative workshops, concerts, sleighing and much more.

See all events at
herningerkultur.dk

LEARN DANISH IN HERNING

The local language school in Herning is called Sprogcenter Midt and is located on the 1st floor of the shopping mall herning-Centret.

They offer Danish language courses for expats at all levels. The focus is on everyday words and phrases that are immediately applicable to life in Denmark. They have a proactive approach to attendance that promotes learning progression and builds bridges to the labour market.

Sprogcenter Midt is located at
Merkurvej 1 C, 7400 Herning
herning@sprogcentermidt.dk
Tel: +45 6180 9261

Learn more

+ sprogcentermidt.dk/find-os/herning



Free tuition

You are entitled to up to 3,5 years free tuition within the first 5 years you live in Denmark.

"It was exciting to start my education. I met people from many different countries and even though you couldn't express yourself in Danish, you quickly learned the basics."

- Ilona, Lithuania



"I especially remember my teacher. She was so kind, friendly, and sympathetic. With her we were not afraid to speak Danish and all our barriers were broken down."

- Danuta, Poland



"It has been easy to switch between morning, afternoon and evening classes and plan my education according to my work schedule."

- Ildi, Hungary



"It is a modern and professional school. I like coming here, the facilities are good and the school is easy to access by car, bus or bike."

- Chunqin, China

PRACTICE DANISH BY VOLUNTEERING

Learning a new language can be difficult, which is why offering your time and help as a language buddy is priceless and can help you create valuable connections.



TALDANSK CAFÉ

Every Monday and Wednesday, a group of volunteers come to the language school at Lærdansk for the open Taldansk Café. Here they offer support to migrants and refugees through tutoring, conversation, as well as explaining letters and filling out official applications.

The volunteers also help in the class room, as mentors and as family support. New volunteers and activities are welcomed.

Learn more

+ sporgcentermidt.dk/find-os/herning

FRIVILLIGCENTER HERNING

Frivilligcenter Herning is an umbrella organization for voluntary, social associations in Herning Municipality.

If you are interested in volunteering, you can look for volunteer jobs on their website.

You are also welcome to contact Frivilligcenter Herning, who can help you find the exact volunteer job that matches your skills and wishes.

Learn more + fcherning.dk





PARKS & PLAYGROUNDS

1. Mindeparken

Parkvej, 7400 Herning

2. Sdr. Anlæg

Godsbanevej, 7400 Herning

3. Musiklegepladsen

East of Kongeåvej, 7400 Herning

4. Vestre Anlæg

Vestergade, 7400 Herning

5. Løvbakkerne

Løvbakkevej 32, 7400 Herning

PLACES TO GO WITH KIDS

1. Herning Library

Østergade 8, 7400 Herning

2. Huset No7

Nørregade 7, 7400 Herning

3. Herning Svømmehal (swimming)

Brændgårdvej 20, 7400 Herning

4. DGI-huset (swimming)

Kousgaards Plads 3, 7400 Herning

5. Baboon City

Åkirkebyvej 10, 7400 Herning

6. Hermans Hule

Thyrasvej 60, 7400 Herning

7. Vizz Legeland

Merkurvej 110, 7400 Herning

8. Terminalen

Godsbanevej 7, 7400 Herning

CULTURE

1. MCH Kongrescenter (music & theatre)

Østergade 37, 7400 Herning

2. Team Teatret

Østergade 32, 7400 Herning

3. Elia (sculpture)

Birk Centerpark 15, 7400 Herning

4. Skulpturparken & geometric gardens

Birk Centerpark 5, 7400 Herning

5. Skovsnogen Artspace

Døvlingvej, 6933 Kibæk

**HERNING
ER
KULTUR**



**WHAT ARE YOU
DOING TONIGHT?**

USE THE CALENDAR

**THE BEST TIPS AND IDEAS
FOR YOUR NEXT CULTURAL
EXPERIENCE IN HERNING**

HERNINGERKULTUR.DK
[FB.COM/HERNINGERKULTUR](https://fb.com/herningerkultur)  [HERNINGERKULTUR](https://herningerkultur.dk)

THE DANISH REGISTRATION PROCESS

When you move to Denmark, you need to make a few official registrations. Read the following to find out what you need to do.

RESIDENCE CERTIFICATE

EU, EEA and Swiss citizens

Residents from these countries can stay up to 3 months without a Residence Certificate. However, the certificate is required to get a CPR-number and a yellow health card.

It is mandatory to book an appointment at newtodenmark.dk before you visit SIRI.

After some processing time you will receive the Residence Certificate by mail.

Non-EU/EEA residents

You need to apply for/receive your visa and Residence Certificate **BEFORE** your arrival.

Residents from nordic countries

A Residence Certificate is not necessary.

SIRI & International Citizen Service

Dokk1, Hack Kampmanns Pl. 2
8000 Aarhus C



Bring the right documentation

Make sure to bring the right documentation for your appointment at SIRI.

Check newtodenmark.dk to see check lists depending on your situation.

CPR-NUMBER

Everyone planning to stay in Denmark for more than three months must register for a CPR-number (personal registration number). The registration is done either at the International Citizen Service **OR** at the local Citizen Service (Borgerservice) in Herning.

You will have to show up in person and bring your Residence Certificate (Except for nordic citizens).

It is mandatory to book an appointment whether you go to Citizen Service in Herning or ICS/International Citizen Service in Aarhus.

When applying for a CPR-number you will also choose a doctor (GP) from a list provided by Citizen Service.

You can read more about the CPR-number, and what it is used for at **herning.dk**.

Citizen Service Herning (Borgerservice)
Torvet 5, Entry B, 7400 Herning

YELLOW HEALTH CARD

Once you have registered for a CPR-number, you will automatically receive the yellow health card (Sundhedskort) by post. This card gives you access to free medical treatment, with a few exceptions such as e.g. dental care and physiotherapy.

The card is personal and will state your name, address, CPR-number and contact details of your doctor. You need to bring

the card to all visits to the doctor, hospitals, and to the pharmacy when you have a prescription to pick up.

The Yellow Health card is also available as an app (Sundhedskortet).

NEWCOMER SERVICE

If you have questions about moving to Herning and living here e.g. concerning registration, housing, daycare, leisure and settling in, you are welcome to contact Newcomer Service.

It is also possible to set up an introduction meeting with Mette - either online or in Herning.

Mette Klarskov Hebel
newcomer@herning.dk
+45 96 28 85 18
international.herning.dk



Useful links

- + lifeindenmark.dk
- + newtodenmark.dk
- + headstartcareer.dk
- + workindenmark.dk
- + jobnet.dk
- + international.herning.dk

PAYING TAXES IN DENMARK

If you have a job in Denmark or receive benefits from the state, you have to pay taxes. It is a crime not to pay taxes - both for you and your employer. In Denmark taxes are collected by SKAT.

Make sure that SKAT has your updated email and other contact information; they will inform you of important deadlines via email or Digital Post.

Most employers will receive your tax card from SKAT and deduct the tax automatically. Remember to ask your employer if they have it; if not, they may just deduct 60 % until they have the right information (Don't worry, you will get your money back at the end of the tax year).

The tax rate in Denmark is high on personal income but in return you get free healthcare, education, welfare benefits etc.

There are two tax forms to take note of. Read the following to learn more.

FORSKUDSOPGØRELSEN

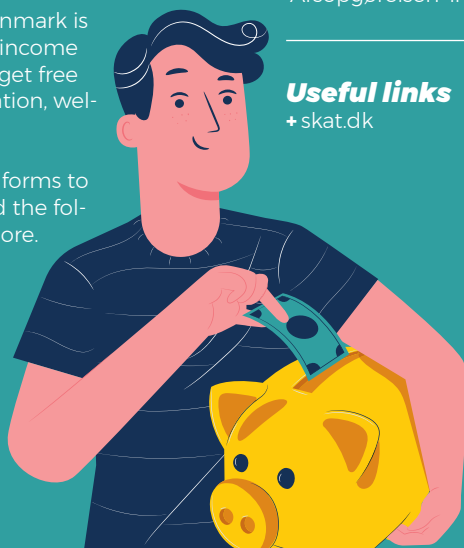
A document stating how much you expect to earn in the current year, which is the basis of your tax payment. If there are major changes in your salary, if you buy or sell property, take up loans etc. you should change the information online to avoid paying too much throughout the year.

ÅRSOPGØRELSEN

A document stating how much you earned and paid in taxes the previous year - and whether you paid too much or too little in taxes. You can usually gain access to 'Årsopgørelsen' in March.

Useful links

+ skat.dk



DIGITAL POST AND MITID

DIGITAL POST

Digital Post is your secure and personal online mailbox. Here you can receive and send messages to public authorities. You can access your Digital Post online via e-boks.dk or borger.dk. You are obligated to check your Digital Post regularly.

You can automatically receive a notification by email or text message when you get new mail in your mailbox - this ensures that you do not miss important messages.

You can also receive reminders for appointments with public authorities by signing up for NemSMS. Go to borger.dk and search for NemSMS.

Digital Hotline

If you need help with your digital solutions, call the hotline +45 70 20 00 00

Monday - Thursday: 8am - 8pm

Friday: 8am - 4pm

Sunday: 4pm - 8pm

Useful apps for your phone

- + Digital Post
- + E-boks
- + MitID (former NemID)
- + Sundhedskortet (health card)
- + Kørekort (Driver's license)

MITID

The key to contacting authorities online and using any digital self-service is called MitID (MyID). MitID is used to access SKAT, online banking your Digital Post and much more.

To order a MitID you must...

- have a Danish CPR-number
- be over 15 years old
- have a valid ID (passport and/or driver's license from a EU/EAA country).
- it may be necessary to bring a witness to confirm your identity.



Good to know

The MitID system is secure and reliable, however, you still need to take normal digital precautions - such as not giving your login information to others.

Useful links

Order MitID

+ mitid.dk

Digital Post

- + borger.dk
- + e-boks.dk
- + lifeindenmark.dk

INSURANCE IN DENMARK

It is important and recommended that you have a good insurance coverage when you live in Denmark. There are many different options available - the following cover the basics.

IF YOU OWN A CAR

A third-party liability insurance (ansvarsforsikring) is mandatory if you own a car. It covers expenses, if you have to pay compensation to another person following an accident with your car.

You can also get an insurance covering loss and damages to your car (kaskoforsikring).

IF YOU WANT TO PROTECT YOUR HOME

Home insurance, also called indboforsikring, is an insurance for your personal belongings and will protect you if there's a break in, fire or if your things are stolen.

IF YOU HAVE AN ACCIDENT

Accident insurance, also called 'ulykkesforsikring', covers the financial consequences and related expenses of an accident.



GOOD TO KNOW

You might be able to get a good price on your insurances through your bank or trade union.

Useful links

Insurance prices

+ forsikringsportalen.dk

NEWS IN DENMARK

NATIONAL TV-STATIONS

The major public service TV-channels in Denmark are **DR** (Danmarks Radio) and **TV2**. Each of these have a range of channels like DR2, Ramasjang (for kids), TV2 News, TV2 Sport.

All DR channels can be streamed free of charge whereas TV2 requires a subscription either through a TV-provider or their own service, TV2Play.

LOCAL & REGIONAL NEWS

Herning has its own daily local newspaper called **Herning Folkeblad**. The newspaper requires a subscription, but the Wednesday edition is free of charge and is delivered to all households in Herning. Some online articles are also free at aoh.dk.

There are also smaller local weekly papers that are distributed for free, depending on where you live in Herning.

The regional TV station is **TV MIDTVEST** and the regional radio station is **DR P4 MidtVest**.

Local commercial radio stations are **Radio M** and **Radio Alfa Midtjylland**.

NEWS IN ENGLISH

The Local

The latest news in English
+ thelocal.dk

The International

Monthly magazine for internationals in Denmark. Find your free printed copy at Herning Library.
+ the-intl.com

Last week in Denmark

Weekly sum-up of Danish news and politics.
+ lastweekdk.substack.com

Your Danish Life

Online expat magazine
+ yourdanishlife.dk





EMERGENCY AND HEALTHCARE

EMERGENCY ROOM & AFTER HOURS MEDICAL HELP

The emergency room (skadestuen) and the After Hours Medical Help (Lægevagten) are both located just outside Herning at Regionshospitalet Gødstrup.

Lægevagten is free and open from 4pm to 8am on weekdays and 24 hours on Saturdays, Sundays, and holidays. The service should only be used for illnesses that cannot wait until your GP is available.

If you need help, call **+45 70 11 31 31** (if you are in Herning or Central Denmark Region). Please note that you have to call beforehand; you can't just show up. Remember to have your CPR-number ready when calling.

Emergency Room

Regionshospitalet Gødstrup
Hospitalsparken 15, 7400 Herning

HEALTHCARE

All Danish residents have universal access to healthcare and, as an international resident of Denmark, you will have access to free medical treatments, with the exception of e.g. dental care and physiotherapy.

The yellow health card is proof that you are entitled to national health services, and you will need to bring the card to all health appointments. Read more about the yellow health card on page 37.

EXTRA HEALTHCARE SERVICES

Children and young people receive free dental care - often at clinics based at or near their school. Adults must pay, but the rates are subsidised by the state. Adults are responsible for finding their own dentist.

Physiotherapy, psychological help, and some specialist doctors, are not free either. However, your GP can offer a referral which may lower the cost and the waiting time.

IN CASE OF AN EMERGENCY

Ambulance / **Police**
112 / **114**

The numbers are the same all over Denmark.

Herning
Kommune

Herning
Bibliotekerne

WELCOME TO
**EXPAT
FAIR HERNING**
EVERY YEAR IN SEPTEMBER



Expat Fair Herning is an event for internationals in Herning - and anyone else interested.

The purpose of the event is to inspire and inform international citizens about activities, associations and things to do in the Herning area. At the fair there will also be opportunity to hear talks about Danish culture, living in Denmark as an Expat and much more. And of course the event

is also a great chance to network and get to know new people.

The event is organized by Herning Municipality and Herning Libraries in collaboration with members from the associations International Society and Herning International Rotary Club.

The event is free and anyone interested is very welcome.



