

# Welcome to wonderful Kalundborg

Kalundborg isn't just a city on the map. It's a flourishing community where history, innovation and nature come together. With a fast-growing economy, stunning coastal landscapes and a rich medieval heritage. Our city offers the perfect balance between careers, opportunities and an exceptional quality of life.



Here are some facts about Kalundborg v

## Demography:

**Kalundborg city: 16 370 habitants**

**Kalundborg municipality: 48 681 habitants**

## Geography:

**Kalundborg municipality: 604 km<sup>2</sup>**

**Coastline: 160 km**

## **Fun fact:**

**Do you know that the sun shines about 100 more hours in Kalundborg compared the rest of Danemark?**

**Isn't it a good reason to move to wonderful Kalundborg ?**

# **How to successfully integrate in Denmark?**

**Here you will find answers to your questions to start your new life in Denmark and precisely in Kalundborg in a smooth way.**

- 1. How the Health care system works in Denmark?**
- 2. How to use the transport effectively in Kalundborg?**
- 3. How to find a place to live in Kalundborg?**
- 4. How to integrate your children into Kalundborg?**
- 5. Activities, hobbies, culture in wonderful Kalundborg**
- 6. How and where to learn Danish?**
- 7. What can we eat in Denmark?**
- 8. How to become friends with Dane?**

# 1. How the health care system works in Denmark?

Here are some tips to help you to understand the Danish health care system:



1. Get your CPR Number [the yellow card] true the immigration service
2. You can find on internet [ [borger.dk](http://borger.dk)] a list of General practitioners and choose the one which is suitable to you and your family.
3. It is free to consult the doctor in Denmark.
4. If you need to see a Rheumatologist, Gynecologist, Neurologist or any kind of specialist, you will have to talk with your GP and get a referral from him/her.
5. An appointment with a GP lasts 15 minutes.
6. When you talk your GP in Denmark, it is very important that you get prepared before the appointment. Think about what you want to say and explain your problem in a very concrete way. Tell your symptoms, how long you have them. You can also write on a paper to help you during the appointment.
7. Get a health assurance, it will be very useful and helpful to pay the dentist, physiotherapy .... And other treatments or medicine.

You can try to get to Sygesikring Danmark or other assurances. Talk with the human resources of your company. They will be happy to guide you.

**Small reminder: The communication is very important in Denmark when you talk to your general practitioner**

## **2.How to use the transport effectively in Kalundborg ?**

**Inside the municipality of Kalundborg, you can use several local buses. So, if you do not have a car, you can still get around.**



- 1. To plan your next trip, you can use [Rejsplanen.dk](https://rejsplanen.dk) . it is also in English language.**
- 2. Bicycles, Christiana bikes are a very good option to go around wonderful Kalundborg.**
- 3. If you want to travel by train to Roskilde, Holbæk, Copenhagen, you have direct lines every hour from Kalundborg station during the daytime.**
- 4. If you have a car, there are two main roads going into Kalundborg from north to south and east. So, no matter where you come from, simply put your location on your GPS and your next stop could be wonderful Kalundborg.**

# **3 How to find a place to live in Kalundborg ?**

**In Kalundborg municipality, you have all the options to live as you wish: houses, appartements.**



**Here are different websites you can use to help you to find your dream and cozy home:**

- 1. You will find on internet a website that call rental property Kalundborg  
In danish: lejebolig Kalundborg**
- 2. You will be able to find a list of new and coming housing projects on the Kalundborg municipality website.**
- 3. You can also talk with the different public housing associations on Kalundborg municipality website.**

**Good luck**

## **4.How to integrate your children into Kalundborg ?**

**When we start a new life in a new country, it can be challenging, especially when we have children.**

**Here are some practical information to help your children to integrate into Kalundborg :**



- 1. Daycare centers are usually open from 6.30 until 17.00 although this can vary.**
- 2. Childcare is financed partly by the family and partly by the municipality.**
- 3. Nurseries (Veggestue) are for children between 6 months and 3 years old.  
Childcare (dagplejer) is a private home by a childcare provider employed by the municipality.**
- 4. Kindergarten ( Børnehave) is for children between three and six years old.**
- 5. Danish language school ( Sprogskolen) to help your children to learn Danish**
- 6. International school of Kalundborg from class 0**
- 7. The public school system provides classes from 0 to 9 (10)**
- 8. High school(Gymnasium)**

## **5 . Activities, hobbies, culture in wonderful Kalundborg**

**The balance between work and private life is very important in Denmark. Also having a hobby is part of the life of the Danes. Here are some examples of activities you can enjoy doing in Kalundborg and also take the chance to make new friends or a new network.**



**Sports: Handball, Football, Golf, Horse- riding, Swimming, Basketball, Volleyball, and many other choices....**

**Culture: Music school, Dancing, Singing, Acting, Theater, library (reading group...)**

**Did you know that Volunteering in Denmark could be the perfect opportunity for you?**

**The volunteer culture in Denmark Emphasizes autonomy, equality, and social inclusion. Danish volunteer organizations vary widely, focusing on culture, leisure, sports, education, and social services.**

**Enjoy .....**

# 6. How and where to learn Danish language?

When we move in Denmark and decide to make our life in this beautiful country, one of the biggest challenges is to learn Danish.

What a crazy language .....



Most of the Danes can speak English, so this makes the life easier for foreigners. But if we want to integrate in Denmark, understand the culture, make friends, it is very important to learn how to speak Danish.

Here are few tips to help during the process:

- Danish language school ( Dansk sprogcenter)
- Kalundborg municipality: telephone 5953 5790

When you try at the beginning to talk Danish, explain to the person that you're new in Denmark and you are learning Danish and ask if it is okay speak a bit Danish and a bit English. By doing that, you will show to the Danish people that you really want to integrate to their culture , they will really appreciate that.

In Denmark, it is all about positive communication.

Take a deep breath, Danish is just one of the most difficult language to learn in this world. HAHAAH

# 7. What should we eat in Denmark?

Denmark is a small country and not very known for their food culture. When we arrive in this country, we can be wondering about what we can eat or what are the traditional food. No worries, they are plenty of delicious food and we will discover it together –



- **Rugbrød ( rye bread):** the dark, chewy whole grain bread is the oldest recipe in Denmark and an essential part of their culture.
- **Danish pastry:** open the door of a Danish bakery and enjoy any kind of Danish pastry like cinnamon roll. You won't be disappointed.
- **Smørrebrød (open sandwich)** is the typical food the Danes eat during the lunch time. You will find any type of sandwiches made with the traditional bread Rugbrød with various combinations of topping such as pickled herring, roast beef and eggs topped with mayo and shrimps.

Here are some foods, Danes eat during traditional celebrations:

-December: ableskiver, risengrød, småkager, gløgg,

-Christmas: flæskested , brunede kartofler, rødkål, brun sovs, Ris a l´amande

-February: fastelavnsboller

-Easter: lammekøde

-4 weeks after Easter: hvedeboller

**Fun fact:** Noma, the renowned restaurant in Copenhagen led by Chef René Redzepi, has been named the best restaurant in the world five times by The World´s 50 Best Restaurants.

# 8. How to become friends with Danes?

**Understand Danish Social Norms:** To become friends with a Dane can be challenging when we come from another culture. No worries, nothing is impossible. Danish people are often described as polite but reserved. They value personal space and may take time to open up to new people. Understanding social norms is the first step toward forming connections. Don't mistake their reserved nature for unfriendliness. Once you get to know them, Danes are loyal and warm friends.



**Here are some tips to help you to make beautiful friendship in Denmark.**

- 1. Learn Danish**
- 2. Join a club community where both Danes and internationals are involved. Could be sports, yoga, dancing, culture ....**
- 3. Ask any Danish people you know out for a coffee and look for options for meeting Danes through mutual friends-**
- 4. Learn the art of hygge: host or attend a small dinner, share experiences like cooking, playing board games. Focus on meaningful connections rather than large networks.**