

COPENHAGEN



THE ULTIMATE CIS FAMILIES GUIDE

Welcome to Denmark!

We know that it can feel daunting settling into a new country. Drawing on the experiences of CIS families, this guide was put together to help you feel more at home in this wonderful city.

We hope you enjoy exploring!



The CIS PTA & Newcomers Committee

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1. Medical Care

WHAT TO DO IN CASE OF AN EMERGENCY

The Emergency number in Denmark is 112. If you need urgent medical assistance with acute, life-threatening illness or injury, this is the number to call.

If you need to see a doctor, the contact details of your own physician (G.P.) are shown on your Health Insurance Card (“yellow card”). If you need help outside of your own doctor’s normal surgery hours, then you should phone 1813, the emergency line in The Capital Region of Denmark. Note that the automatic voice is in Danish. Stay on the line and wait until a person answers. All of the doctors speak English.

The line is staffed by physicians and nurses who are able to guide you to proper and quick help and assistance 24 hours a day. For example, they can refer you to a hospital emergency department or an urgent care centre, or send a doctor to you. If they do refer you to the emergency department, they will be able to advise you of which hospital emergency department or urgent care centre has the shortest waiting time. You will be informed about when you can expect to be examined and treated, which means that you can wait at home if there is waiting time. If you visit a hospital emergency centre or an urgent care centre without an appointment, you will receive help according to your needs, but you will normally have to wait longer.

You can find more information about emergency medical care (in English) at <http://www.regionh.dk/english/menu/Healthcare+Services/Emergency+Services/>

OTHER USEFUL CONTACTS

24-hour Pharmacies

- Lyngby Svane Apotek, Lyngby Hovedgade 27, 2800 Lyngby, Tel: 45 87 00 96 - www.lyngby.apotekeren.dk
- Steno Apotek, Vesterbrogade 6C, 1620 København V, Tel: 33 14 82 66 - www.183.netapotek.dk
- København Sønderbro Apotek, Amagerbrogade 158, 2300 København S, Tel: 32 58 01 40 - www.sonderbro.dk

Doctors (“læge”)

You can find the contact details of your own family doctor on your “yellow card”. If for any reason you wish to change your doctor, you can do this at your local Kommune for a small fee.

Dentists (“tandlægerne”)

- Emergency Dentists
- Oslo Plads 14 - 2100 Copenhagen Ø (near Østerport Station), Tel: 35 38 02 51. Opening hours: Mon. – Sun. 8pm - 9:30pm. Sat, Sun, Holidays 10am – 12 noon
- Carlsbergvej 13, 3400 Hillerød, Tel: 70 25 00 41. Opening hours: Mon – Fri 4pm – 7am, Sat, Sun & public holidays open 24 hours

You can also call the 1813 Helpline for advice.

● Dental Services for Children

The health care system in Denmark offers free dental care to every child with a CPR number until the age of 18. After you have registered at a Danish Kommune, you will be invited to an appointment for each of your children. The quality of care is very high. If you need emergency dental treatment before the appointment, Charlotte (the CIS school nurse) can help book an appointment with a local dentist.

Orthodontia is also covered for children. If required, your child’s dentist will make a recommendation for an orthodontic assessment. You will be notified as to when your child is scheduled for their assessment.

Recommended Dentists

- Dr. Susanne Hedegaard Drøjsbjerg - Rygaards Alle 8A, 2900 Hellerup Tel: 39 62 59 90
- Dr. Birgitte Mikkelsen - Ordrupvej 101, First Floor, 2920 Charlottenlund Tel: 39 64 00 21
- www.implantatlinik.dk - Nr. Farimagsgade 13, 1364 København K Tel: 33 15 20 33
- Dr. Stine Martoft - Fridtjof Nansens Plads 2, 2100 København Ø Tel: 70 24 80 00
- Dr. Daniel Taro Okuno - Ordrupvej 78C, 2920 Charlottenlund Tel: 39 63 99 33 - www.ordruptand.dk
- Dr. Johansen Jens Søndergaard - Jægersborg Alle 29B, 2920 Charlottenlund Tel: 39 64 42 05
- Tandlæge Klinikken - Strandvejen 102E, 2900 Hellerup Tel: 7024 8020 www.byenslinik.dk

Dermatologists (“hudlæge”)

- Nadeem Janjua (Frederiksstadens Hudklinik) Tel: 88 82 64 80
- Michala Gammeltoft (Københavns Privathospital) Tel: 45 93 39 33

Gynaecologists

- [Christine Felding \(Gynækologisk Klinik Rungsted\)](http://ChristineFelding.dk) Tel: 48 17 62 50
- Olav Istre (Privathospitalet Hamlet) Tel: 38 17 07 00

Ophthalmologists (“øjenlæge”)

- Hanne Göte - Frederiksborggade Øjenklinik Tel: 33 32 30 01
- Klaus Trier - Tingskiftevej 6, 2900 Hellerup Tel: 39625663

Paediatricians (“børnelæge”)

- Seija Pearson - Sct. Olai Gade 39, 3000 Helsingør Tel: 49 22 41 20

Physiotherapists, osteopaths & chiropractors (“fysioterapeut, kiropaktor”)

- Lotte Brath Jensen (osteopath) - Lyngbygårdsvej 100, 2800 Kongens Lyngby Tel: 21 91 03 58
- Sigga Husted-Andersen (chiropractor) - Aurehøj Klinikken, Aurehøjvej 12, 2900 Hellerup. Tel: 39 62 00 61
- Johan Hellelose (chiropractor) Kiropraktik i Centrum, Linnésgade 25, 3. sal, 1361 København K Tel: 33 12 39 20
- Malene Krause (osteopat) - Vedbæk Stationsvej 20, 2950 Vedbæk. Tel: 4062 1561 | Email: mail@malenekrause.dk | Website: www.malenekrause.dk *Excellent children's osteopat

2. Shopping

Health & Body Products

Pharmacies (Apotek) are located in most towns. The Apotek has a range of medical supplies, over the counter medicines, vitamins as well as children's products. Matas is a drug store chain where you can find soaps, creams, shampoos etc as well as household cleaning supplies.

Clothing

There are plenty of shopping opportunities in Copenhagen. Department stores such as Illum and Magasin carry designer clothing and tend to be more expensive, whereas stores like Name It and H&M carry more affordable clothing. Some favorites for women:

- Vero Moda - www.veramoda.dk
- Zara - www.zara.com
- Noa Noa - www.noa-noa.dk

For babies/pregnant women:

- Babysam - www.babysam.dk
- Mamalicious - www.mamalicious.dk
- Mor og Barn - www.mor-og-barn.dk
- Mummi - www.mummi.com
- Pif Paf Puf - www.pif-paf-puf.dk

Home Furnishings

- IKEA - Nybrovej 2, 2820 Gentofte. More than just a place to pick up a flat pack. Offers interior design service, home delivery and kids parties!
- ILVA - Gammel Lundtoftevej 5, 2800 Kongens Lyngby
- Greensquare Antiques - Strandlodsvej 11 b, 2300 København S www.greensquare.dk

Toys

- Toys R Us - Located next to Ikea www.toysrus.dk
- BR- several locations, including Hellerup www.br.dk
- Gyngehesten - Margrethevej 1, 2900 Hellerup

Shopping Centres

- **Waterfront Shopping** small indoor mall in Hellerup, www.waterfront-shopping.dk
- **Fisketorvet** Large mall including a cinema www.fisketorvet.dk
- **Fields** Large shopping mall - including a "Bilka" (hypermarket - www.bilka.dk) and has Capella Play (www.capellaplay.com) so your kids can play while you shop! www.fields.dk
- **Lyngby Storcenter** www.lyngbystorcenter.dk
- **Frederiksberg Center** www.frbc-shopping.dk

INCO (Flæsketorvet 84, 1711 København V, Tel: 33 78 61 36 - www.inco.dk): Must have a membership card. Carries bulk items and restaurant supplies. You can find items here that are not available in typical supermarkets. Note that at Inco, tax is not included in the price, so add an extra 25% to the list price!

Books in English

- **Books and Company** (Sofievej 1, 2900 Hellerup, Tel: 39 30 40 45) Copenhagen's only bookshop dedicated to stocking a wide range of English books including the latest fiction, non-fiction, cookery books, art and coffee table books, travel literature, and books for children and young adults . www.booksandcompany.dk
- **Awesome Books** (www.awesomebooks.com) deliver to Denmark for £2.99

Cake/baking products

- **Special Købmanden** (Tel: 35 34 42 82) They have a fantastic range of baking products for making birthday cakes, cupcakes or cake pops. They also offer courses from basic cake decoration to more advanced themed cake creation like pirate ships or dragons! You can order products and book courses via their online store <http://specialkoebmanden.dk/en/>

Food Shopping

- **Nørregade Bolsjer** Old fashioned sweets in Nørregade.
- **Perchs Tea** (Kronprinsensgade 5, 1114 København K, Tel: 33 15 35 77 Traditional teashop. The interior has not changed since it opened in 1835. www.perchstearoom.dk
- **Conditori La Glace** (Skoubogade 3, 1158 København, Tel: 33 14 46 46) dates back to 1870. Run by six generations, La Glace is renowned for the delicious Sports Cake with crushed nougat, whipped cream, macaroon bottom and caramelized choux pastry. www.laglace.dk
- **Supermarco** (Fiskerihavnsgrade 3, 2450 København SV, Tel: 33 93 82 93) The place for "real pasta, real cafe, real dolce vita". Get your San Pellegrino, tiramisu, grappa, mascarpone, panna cotta and other Italian specialties here. www.supermarco.dk

Butcher

- **Broe** (Gentoftegade 58, 2820 Gentofte, Tel: 39 65 16 17) www.slagterbroe.com

Fish

- **Strandvejens Fisk** (Strandvejen 191, 2900 Hellerup, Tel: 39 62 35 36)
www.strandvejensfisk.dk
- **Fiskeriet**, Jægersborg Allé 37, 2920 Charlottenlund, Tel: 39 64 14 63)
www.fiskeriet.dk
- **Kildegårds Fiskehal**, Kildegårdsvej 15, 2900 Hellerup, Tel: 39 62 28 48)
www.kildegaardsfiskehus.dk
- **Johs Tvillings Filetfabrik**, Kattegatvej 63, 2100 København Ø Tel: 39 16 38 00)
www.tvilling.dk

Farmshops

- **Fuglebjerggaard** (Hemmingstrupvej 8, 3200 Helsingør, Tel: 48 39 39 43). Farm shop, pick your own. Experience the farmyard animals, garden and fields. Inside the shop you will find the farm's own products; meat, sausages, stone-ground flour, fruit, vegetables and plants. Open Saturday from 10am to 4pm. www.fuglebjerggaard.dk
- **Aarstiderne** (Krogerup Avlsgaard, Krogerupvej 3, 3050 Humlebæk). If you pass Louisiana going north, it is the first turn on your left and about 400 metres up that road. (www.aarstiderne.com) The information is in Danish, but calls or emails in English are fine. Tel: 7026 0066 or info@aarstiderne.com. They have a blog in English (www.soiltostove.com) with a lot of useful information.

Home Delivery

- **Nemlig** (kontakt@nemlig.com, Tel: 70 33 72 33) Online supermarket with more than 5000 products (only in Danish). www.nemlig.com
- **Irma** (only in Danish). www.irma.dk
- **Aarstiderne** will supply boxed, seasonal, organic food year-round, with free delivery. www.aarstiderne.com
- **Den Grønne Asparges** is another option for home delivery of organic food. (www.dengrønneasparges.dk)

Garden/flowers products

- **Bo Grønt Høsterkøb** (Hørsholm Kongevej 35, 2970 Hørsholm, Tel: 45 89 06 89).
www.bgh.dk
- **Gartner Preisler** (Emdrupvej 32, 2100 København Ø, Tel: 39 29 29 00).
www.gartnerpreisler.dk
- **Plantekassen** (Jægersborg Allé 172, 2820 Gentofte, Tel: 39 65 82 13).
www.plantekassen.dk

Indian/Asian shops

- **Spice** (Jægersborg Allé 54, 2920 Charlottenlund, Tel: 26 18 34 68).
- **East West Foods** (Vesterbrogade 104, 1620 Copenhagen V, Tel: 33 22 81 23).
www.eastwestfoodsdk.com
- **Istanbul Bazar** (Frederiksborgvej 15, 2400 København NV, Tel: 20 96 37 07)

3. Services

Electricians

- Daniel Olano Tel: 53 20 00 31 email: cphhandyexpat@outlook.com
- Per Tange - Henningsens Allé 28, Hellerup Tel: 39 62 62 82 email: per@ptel.dk
- Peter Dahl Jensen Tel: 35 26 03 05

Glazier

- Glarmester Henrik & Bent A/S, Hellerupvej 5, Hellerup Tel: 39 40 48 50

Handyman

- Daniel Olano Tel. 53 20 00 31 email: cphhandyexpat@outlook.com
- Todd Williams (CIS dad), also gardening Tel. Email: mrfixitcph@gmail.com

Dishwasher / Washing Machine Repair

- Karsbaek Hvidevare Service (Tel: 38 10 55 77) www.karsbaek-service.dk
- Din Hvidevare Reparatør (Tel: 70 70 15 90) www.hvidevarerep.dk/index_uk.html

Window Cleaner

- John Høgh - Høgh's Window Cleaning, Græsvang 22, 2740 Skovlunde Tel: 40 13 09 18
- Marc Larsen, Visuel Vinduespolering - Fuglsvej 18, 4300 Holbæk marc@post.tele.dk, Tel: 29933510

Curtains / Blinds / Upholstery

- Maureen Chaduc (CIS mum) Tel: 22 27 22 23 Email: mchaduc@btinternet.com

Computer / Tablet Repair

- PC Service Center (Bernstorffsvej 82, 2900 Hellerup, Tel: 32 16 66 53 or Nordre Frihavnsgade 32, 2100 København Ø, Tel: 32 18 00 21) Virus removal, hardware and software repair, PC backup, laptop repair and data recovery. www.pcservicecenter.dk
- Phonetrade - repair smartphones & tablets - Strandvejen 153, 2900 Hellerup www.phonetrade.dk
- DkTech Service Repair Center - Frederiksborggade 37, 1360 Copenhagen Tel: 33124346

Graphic Design and Print

- PROPRINTS.DK, Ivan Gendjov (CIS dad), Tel: 5030 3898, email: ivan@proprints.dk
All sorts of graphic design and photography, print of business cards, leaflets, posters, banners, stickers, T-Shirts, Hats, Mugs, picture frames, keyrings, glass coasters, lanyards and a great selection of personalised gifts.

Life Coach

- Transition Coaching for Expats - Paola Torres, Personal Performance Coach. Tel. 28 77 00 72 email: paola@settlingin.dk www.settlingin.dk

4. Hair Care & Beauty Salons

Hair Care Tips

For dry hair from the hard water the general advice is to buy a really good conditioning shampoo and conditioner. Some products that have been recommended are:

- John Frieda Luxurious Volume shampoo and conditioner (buy at Magasin)
- Redken hair cleansing cream and Redken So-Soft shampoo (at salons)
- Pantene Pro-V Balsam
- Kerastase Nutrive (sold at New Hair and other salons)
- Laminates shampoo and conditioner (sold at Z Klippestuen).

Hairdresser (frisør) recommendations

- **Hårlywood** Ndr. Frihavnsgade 47, 2100 København Ø, Tel: 35 55 10 00
www.haarlywood.dk
- **Oak-s** Sofievej 1, st. th., 2900 Hellerup, Tel: 39 30 40 10 www.oak-s.dk
- **Rodian Rodian** Strandvejen 179, 2900 Hellerup, Tel: 33 13 13 63
www.rodianrodian.dk
- **Eddies Cut** Bernstorffsvej 67, 2900 Hellerup, Tel: 39 62 18 51 www.eddiescut.dk
- **Oday Saqr** - Tvaergade 28, 1302 Copenhagen Tel: 33 15 88 28
- **New York** Brogårdsvej 20, 2820 Gentofte, Tel: 39 29 79 39
www.newyorkhairsalon.dk
- **The Colour Authority** - Melchior's Plads 3, Copenhagen Tel: 51 14 11 94

Beauty Salons:

- **Evani Beauty Clinic** Strandvejen 209, 2900 Hellerup, Tel: 53 55 50 60
www.evanibeautyclinic.dk
- **Oasis Wellness** Rådhusvej 10, 2920 Charlottenlund, Tel: 39 90 10 03
www.oasiswellness.dk
- **Fleurir** Sortedam Dossering 101, 2100 København Ø, Tel: 27 38 52 71

Massage

- **Chiang Rai Wellness** Bernstorffsvej 13A, 2900 Hellerup, Tel: 50 50 23 77
www.chiangrai.dk
- **Oasis Wellness** Rådhusvej 10, 2920 Charlottenlund, Tel: 39 90 10 03
www.oasiswellness.dk

5. Schools / Childcare / Language Courses

International Pre-schools / Nurseries

- **Stepping Stones** (Bernstorffsvej 230, 2920 Charlottenlund) Fully licensed pre-school for children aged one to five. www.steppingstones.dk
- **Children's Garden International Preschool** (Bernstorffsvej 75, 2900 Hellerup Tel: 73 75 29 00) offers an educational program for children ages 2 to 6. www.childrengarden.dk
- **Sunrise International Preschool** (Norgesmindevej 32, 2900 Hellerup Tel: 35 43 23 17) offers a fun and educational program for children ages 2 to 6. www.sunrisepreschool.dk
- **Tiny Tots** (Viborggade 9, 2100 Copenhagen Tel: 50 34 57 91) Day care and pre-school for children from 6 months to 6 years. www.tinytots.dk
- **Little Montessori School in Lyngby** (Lundtoftevej 97, 2800 Kgs. Lyngby Tel: 45 93 52 95) School accommodating 20 children aged from 2.5 to 6 years old. www.littlemontessori.dk

Danish Preschools / Nurseries

- Hellerup Montessori Børnehave (Rygårds Alle 57, 2900 Hellerup Tel: 39 62 40 43) www.hellerupmontessori.dk

Nanny Agency

- NannyCPH find, select, prepare and match nannies with international and Danish families Tel: 70 22 88 90 www.nannycph.dk

Babysitters

- You can find an up-to-date list of babysitters on the PTA page of the CIS website.

English-speaking playgroups

- LINK playgroup – meets every Wednesday morning at Hellerup Church Hall, Margrethevej 7, Hellerup
- Rygaards Playgroup – meets every Monday from 9.15 until 11.15 in the canteen at Rygaards School.

Danish Language Classes

- Classes for CIS parents are held at school. For more information, please contact the teacher directly: Tel: 27 20 10 31 or e-mail: michaelhalskov@gmail.com

6. Transport

Buses and Trains

To find your route, use www.rejseplanen.dk.

You must have a valid ticket. Inspectors check tickets regularly and fines are harsh. Ignorance is not usually an acceptable excuse. If you use public transport regularly, then a monthly pass will probably be your best option.

Otherwise, the rejsekort (www.rejsekort.dk) is the easiest and most flexible option. Just don't forget to touch in and out! If you are taking your bike on the train, remember that you need a ticket for your bike on regional (Ø) trains and the Metro, but taking your bike on the S train is free.

Cycling

www.cyclecopenhagen.dk is a bicycle route planner based on multiple preferences.

There are a lot of rules applicable to cyclists and many of them appear to be unique to Denmark! Avoid being caught out and landing a heavy fine by checking out <http://bike-safety-denmark.weebly.com/>. This very useful website was put together by a CIS student as part of her Grade 5 Exhibition project.

Driving Schools

- **Copenhagen International Driving School** (Jeff Abbey) Native English driving instructor based in Gentofte. Tel: 40 43 25 50 email: abbey@get2net.dk
www.abbeylearn2drive.dk
- **Københavns Køreskole** (Krusågade 21-23, 1719 København V, Tel: 70 20 33 30).
www.kbhkoereskole.dk/english_default.html
- **ASA Køreskole** (Godthåbsvej 93A, 2000 Frederiksberg, Tel: 38 34 37 34). www.asa.dk
- **Søernes Trafikskole** (Blegdamsvej 80, 2100 København Ø, Tel: 33 33 03 04).
www.soernestrafikskole.dk

Parking

There are three parking zones in the city, divided into a red, a green, and a blue parking zone. They cover the Copenhagen city centre and the inner bridge areas, known as "brokvarterer" in Danish. They are Østerbro, Vesterbro, Amagerbro and Islands Brygge. The closer you get to the city centre, the more expensive it gets.

A useful app is EasyPark, which allows you to pay for parking via your mobile phone. No more searching for change! You can download the app to your phone in English.

In many areas outside the city, you don't need to pay but you do need to set the parking clock in your car. It is acceptable to set it at the next quarter hour (e.g. if you park at 08.20, then you can set your clock to 08.30). Check the signs carefully to see how long you are allowed to park.

Follow these rules to avoid getting a parking ticket!

- Set your parking clock and don't outstay the maximum time allowed.
- Do not park or stop less than 10 metres from an intersection, measured from the closest edge of the intersection or cycle track.
- Do not park or stop on pedestrian crossings or in front of exits from cycle tracks.
- Park or stop at least 5 metres from pedestrian crossings or in front of exits from cycle tracks. Park or stop at least 5 metres from the beginning of double white lines dividing the road into lanes.
- Do not park or stop next to a double white line, if less than 3 metres from it.

Taxis

- Dantaxi Tel: 70 25 25 25 www.dantaxi.dk
- Taxinord Tel: 48 48 48 48 www.taxinord.dk

Both have apps that you can download onto your phone to make booking easier.

7. Restaurants

Copenhagen has some excellent dining options. For up-to-date restaurant reviews & ratings, check out www.tripadvisor.co.uk

DANISH FUSION

Les Trois Cochons (Værnedamsvej 10, 1619 København V, Tel: 33 31 70 55) French Fusion / Brasserie. Book well ahead for a table on the weekends. www.cofoco.dk

Cafe Bomhuset (Skovriderkroen, Strandvejen 235, 2920 Charlottenlund, Tel: 39 65 67 00) Also offers a daily takeaway menu. www.cafebomhuset.dk

Bistro Boheme (Esplanaden 8, 1263 København K, Tel: 70 22 08 70) Great place for a glass of wine and fabulous French fusion food. Good service. Great atmosphere. www.bistroboheme.dk

Den Lille Fede (Store Kongensgade 17, 1264 København K, Tel: 33 33 70 02) Superb service, five course menu with wine pairings if desired, very cozy atmosphere. Outdoor seating in the summer. www.denlillefede.dk

Relæ (Jægersborggade 41, 2200 Copenhagen N, Tel: 36 96 66 09) is a gourmet restaurant. The owner and head chef Christian Puglisi comes with an impeccable CV that includes Spain's El Bulli restaurant as well as Noma. www.restaurant-relae.dk

Det Lille Apotek (Store Kannikestræde 15, 1169 København K, Tel: 33 12 56 06) is probably Copenhagen's oldest restaurant. It has been feeding Copenhageners since 1720. www.detlilleapotek.dk

Cafe Norden (Østergade 61, st., 1100 København K, Danmark, Tel: 33 11 77 91)
www.cafenorden.dk

Cafe Victor (Ny Østergade 8, 1101 København K, Tel: 33 13 36 13), www.cafevictor.dk

Charlottenlund Fort (Strandvejen 150, 2920 Charlottenlund, Tel: 39 62 22 63)
www.charlottenlundfortet.dk

Kanalen (Wilders Plads 2, 1403 København K, Tel: 32 95 13 30) A lovely, cosy restaurant with wine pairing. www.restaurant-kanalen.dk

CASUAL / BISTRO FARE

Skovshoved Kro (Strandvejen 267, 2920 Gentofte, Tel: 39 90 58 11) A nice, child-friendly cafe. They also have a nice restaurant next door in the hotel. www.skovshovedkro.dk

Cafe Zirup (Læderstræde 32, 1201 København K., Tel.: 33 13 50 60) If you need something casual, this place is great, always packed, good cafe food in a great neighborhood.
www.zirup.dk

Pastis (Gothersgade 52, 1123 København, Tel: 33 93 44 11) French Bistro food. Casual atmosphere and good service. Outdoor seating available when the weather allows it.
www.bistro-pastis.dk

Midtown Grill (Kalvebod Brygge 5, 1560 København V, Tel: 88 33 12 31) Following the tradition of the old American steakhouses, at Midtown Grill you will find the best steaks in town. www.midtowngrill.dk

The Standard (Havnegade 44, 1058 København K, Tel: 72 14 88 08) Four restaurants: Almanak (Danish), Studio (New Nordic), Verandah (Indian) and Jazz Club. Great setting on the water by Nyhavn. www.thestandardcph.dk

Riraz Sticks'n'Veggies (Kompagnistræde 20, 1208 København K, Tel: 33 15 05 75 or Store Kannikestræde 19, 1169 København K, Tel: 33 32 33 45). Riz Raz is famous for its reasonably priced Mediterranean buffet. One of the cheapest good restaurants in Copenhagen.
www.riraz.dk

DANISH (TRADITIONAL RESTAURANT/SMØRREBRØD)

Ida Davidsen (Store Kongensgade 70, 1264 København K, Tel: 33 91 36 55) This is fifth generation restaurant that is very popular serving smørrebrød" (Danish open sandwiches). It is only open for lunch Monday-Friday and you will need a reservation. www.idadavidsen.dk

Aamann (Øster Farimagsgade 10, 2100 København Ø, Tel: 35 55 33 40) Classic Danish food with a contemporary edge. www.aamanns.dk

Schønemann (Hauser Plads 16, 1127 København K, Tel: 33 12 07 85) The traditional way to discover Danish cuisine and atmosphere. Don't forget to book in advance. www.restaurantschonemann.dk

Restaurant Told og Snaps (Toldbodgade 2, 1253 København K, Tel: 33 93 83 85) serves tasty smørrebrød of high quality. www.toldogsnaps.dk

Chr. 4-tal (Standgade 14, 1301 København K, Tel: 35 11 04 04) Cosy and trendy restaurant situated in the Christianshavn district. www.chr4tal.dk

ITALIAN

Famo 51 (Gl.Kongevej 51, 1610 København V, Tel: 33 22 22 50)/ **Famo** (Saxogade 3, 1662 Copenhagen V Tel: 33 23 22 50) Great Italian, Famo is the original in Vestebro, serving a classic Italian, five course fixed menu. www.famo.dk

La Vecchia Signora (Grønnegade 12-14, 1107 København K, Tel: 33 16 00 48) Casual, family friendly, services basic pasta and fire baked pizzas. www.la-vecchia-signora.dk

Armando's Trattoria (Brogårdsvej 25, 2820 Gentofte, Tel: 39 63 50 50) Friendly staff, great food, great service. www.gentofte.armandos.dk

La Lanterna (H.C. Ørstedsvej 28, 1879 Frederiksberg C, Tel: 33 31 33 00) www.lalanterna.dk One of the best Italian restaurant in town with a true Italian atmosphere.

L'osteria del Grappolo Blu (Vester Farimagsgade 37, 1606 København V, Tel: 33 12 57 20) Cosy, family run restaurant displaying rustic wood panelling and ornate carving. Set menu offers well-prepared, authentic Italian antipasti and tasty pasta. www.ilgrappoloblu.com

Altopalato (Duntzfelts Allé 3, 2900 Hellerup, Tel: 39 61 94 05) www.altopalato.dk a refined northern Italian cuisine.

Casa d'Antino (Dronningens. Tværgade 43, 1302 København K, Tel: 33 15 15 05) www.casadantino.dk Northern Italian cuisine.

JAPANESE

Sticks n Sushi: Several locations including Hellerup www.sushi.dk

THAI

WokShop (Branches in Hellerup, Lyngby & Østerbro) Swift service with a great basic Thai food in a modern atmosphere. Always packed and no reservations, so be prepared to wait. There is a bar area to pass your time. Couples are often placed together at a larger table, so get ready to know your neighbour. www.wokshop.dk

Khun Juk Oriental (Store Kongensgade 9, 1264 København K, Tel:33 32 30 50) Located in a small house inside of Bolten's Gard, this is a more upscale Thai option with great menu offering. Service is attentive, very welcoming and food is excellent, you won't regret it. www.khunjuk.dk

Thai Lanna (Strandvejen 130, 2900 Hellerup, Tel: 39 40 04 00) Thai take away in Hellerup. www.thailanna.dk

Kiin Kiin (Guldbergsgade 21, 2200 København N, Tel: 35 35 75 55) Thai food with a modern twist with every detail meticulously thought through. One Michelin star - very rare for a Thai restaurant to receive and the only in Denmark! Set 11 course menu served in 5 servings. www.kiin.dk

INDIAN

Kardemomme (Maglemosevej 1, 2900 Hellerup, Tel: 70 20 10 48) Eat in or takeaway. Reservations not always necessary. There is another branch in Lyngby. www.restaurantkardemomme.dk

LEBANESE

Shawarma Grill House (Frederiksberggade 36, 1459 København K, Tel: 33 12 63 23) On the popular pedestrian street of Strøget, you will find several small Shawarma restaurants. This is the oldest and biggest of them all. www.shawarmagrillhouse.dk

FRENCH

Saint-Jacques (Sankt Jakobs Pl 1, 2100 København, Tel: 35 42 77 07) Rather bizarrely, this place designed its interior to look like a small church in the heart of Østerbro. Menu items change frequently, based on the inspiration of the chef and the availability of ingredients. www.letzonline.dk

Le Basilic (Gasværksvej 5, 1656 København V, Tel: 33 31 83 05) Le Basilic is a small French paradise in the middle of Copenhagen. www.le-basilic.dk

Le Pavé (Gråbrødretorv 14, 1154 København K, Tel: 33 13 47 45) a popular and reliable French restaurant. www.lepave.dk

Le Sommelier (Bredgade 63, 1260 København K, Tel: 33 11 45 15) French restaurant and winebar. <http://english.lesommelier.dk/>

DINING WITH KIDS

Grøften (Vesterbrogade 3, 1620 København V, Tel: 33 75 06 75) A Danish classic - the oldest restaurant in Tivoli.

Halifax Burger (Triangelen 1, 2100 København Ø, Tel: 82 30 32 00) A popular choice for high quality burgers.

Bones (Amagerbrogade 132, 2300 København S, Tel: 88 72 88 80) American-style BBQ restaurant. www.bones.dk

La Sirena (Jaegersborg Alle 11, 2920 Charlottenlund, Tel: 39 63 77 47) Popular local Italian restaurant.

Jensens Bøfhus - chain of restaurants with branches across the city. www.jensens.com

Restaurant Aji (Lyngby Hovedgade 50, 2800 Kongens Lyngby, Tel: 45 87 02 15) Japanese restaurant with running sushi.

Phoenix Running Sushi (Vangede Bygade 96, 2820 Gentofte Tel: 39 65 89 88) Reasonably priced running sushi.

SPECIAL OCCASION

Den Gule Cottage (Strandvejen 506, 2930 Klampenborg, Tel: 39 64 06 91) Great reviews on service, food and settings. www.dengulecottage.dk Sister restaurant Den Røde Cottage also gets great reviews.

Noma (1401 København, Tel: 32 96 32 97) Voted the best restaurant in the world and has 2 Michelin stars...need we say more? Book WELL in advance! Typically you can call the first of the month to book 3 months out! The focus is on innovative Nordic cooking and the Danes' use of seasonal ingredients. Fixed price menu - many, many courses! www.noma.dk

Søllerød Kro (Søllerødvej 35, 2840 Holte, Tel: 45 80 25 05) Located in a small quaint inn, Søllerød Kro offers a romantic atmosphere and amazing food! One Michelin Star for nine consecutive years. www.soelleroed-kro.dk

Era Ora (Overgaden Neden Vandet 33B, 1414 København, Tel: 32 54 06 93) Michelin star quality, set menus with wine pairings, great for special occasions, birthdays, anniversaries etc. www.era-ora.dk

Restaurationen (Møntergade 19, 1115 København K, Tel: 33 14 94 95) Lisbeth & Bo Jacobsen have been running the gourmet restaurant Restaurationen since 1991, serving traditional Danish cuisine with a French twist. www.restaurationen.dk

Geranium (Per Henrik Lings Allé 4, 2100 København Ø, Tel: 69 96 00 20) Many consider Geranium to be the best restaurant in Copenhagen. A wonderful dining experience for a special occasion.

PLACES FOR DRINKS

Vinoteque at Nimb Hotel (Bernstorffsgade 5, 1577 København, Tel: 88 70 00 00) a unique wine bar at Nimb Hotel (next to Tivoli) offering a large collection of exclusive wines. Fun place to go for a glass of wine or cocktails before heading to dinner. www.nimb.dk

Ruby (Nybrogade 10, 1203 København K, Tel: 33 93 12 03) Ruby is a laid back cocktail bar, with outstanding cocktails and service. www.rby.dk

Ølbaren (Elmegade 2, 2200 København N): is the place if you want to try a few different beers in a relaxed environment. A wide selection of beers on tap and bottled. www.oelbaren.dk

Nørrebro Bryghus (Ryesgade 3, 2200 København N, Tel: 35 30 05 30) They brew their own beer and have a casual cafe downstairs and restaurant upstairs. www.noerrebrobryghus.dk

Mikkeller Bar (Viktoriagade 8 BC, 1655 København V, Tel: 33 31 04 15) A fantastic brew pub in Vesterbro. Interior is sort of a crossover between bar and pub. This place is well worth a visit if you have any remote interest in beer, and is a nice drinking hole even if you don't. www.mikkeller.dk

PLACES FOR A CUP OF TEA

A.C. Perch's Thehandel (Kronprinsensgade 5, 1114 København K, Tel: 33 15 35 62) Visit this small shop and feel like you have been beamed back to those good old days in 1835 when the first teas were imported from exotic places like China, Ceylon, India, Japan and Africa. You can also treat yourself to one of the teas at the adjoining Tea Room and even try one of the lovely cakes. In the afternoons reservation is advised. www.perchs.dk

Tante T (Viktoriagade 6, 1655 København V, Tel: 32 10 36 10) 100 kinds of tea in all types and colours. www.tante-t.dk

Sing Tehus (Skindergade 25, 1157 København K, Tel: 33 11 66 01) A Japanese/Danish teahouse close to Gråbrødretorv and Købmagergade. Highly prized teas imported directly from Japan. www.singtehus.dk

The Mad Hatter Bubble Tea Emporium (Sankt Hans Torv 3, 2200 København, Tel: 33 11 66 01) The concept originates from Taiwan and is green or black tea, blended with an optional fruit flavor and mixed together with tapioca pearls. The small chewy pearls are sucked up through an oversized straw and make the tea bubble in your mouth. www.themadhatter.dk

Tea for Two (Ordrupvej 70 A, 2920 Charlottenlund, Tel: 39 90 12 09) Enjoy a good cup of tea and a delicious cake, or try the afternoon tea with finger sandwiches, cakes in the English style. www.Tea-for-two.dk

TAKEAWAY

Just Eat Service for ordering takeaway food online and a quick delivery at home. www.just-eat.dk

Room Service Great selection of restaurants. Order online for home delivery. www.roomservice.dk

Armando's (Brogårdsvej 25, 2820 Gentofte, Tel: 39 65 50 50) Great pizzas. www.gentofte.armandos.dk

CA (Rebekkavej 49, 2900 Hellerup, Tel: 31 70 75 52) Italian take away conveniently located behind Hellerup station. Highly recommended by CIS families. www.ca-cateringevent.dk

CATERERS

CA (Rebekkavej 49, 2900 Hellerup, Tel: 31 70 75 52) Italian take away which also offers a catering service. Conveniently located behind Hellerup station. www.ca-cateringevent.dk

8. Entertainment / Sport

MUSIC TEACHERS

- Rory Bennett - Piano teacher <http://rorybennett.com/>
- Arden Lambert (Tel: 50 18 35 63) Experienced violin teacher - all ages, levels and styles of music.
- Darlene Popkey Email: darlene.popkey@gmail.com

SPORT

Most communes have lists of sports clubs on their websites. Here are some recommended by the CIS community.

Badminton	Gentofte Badminton Klub www.gbk.dk
Ballet	Hellerup Klassiske Balletskole www.ballet-skolen.dk Københavns Ballet Akademi www.balletskole.dk Therese Bøvings Balletskole www.therese-b-ballet.dk
Basketball	Basketbakk Klubben Falcon www.falconbasket.dk
Brazilian Jiu-Jitsu	Choke Copenhagen www.chokeacademy.com
Capoeira	www.senzala.dk
Diving	LUK www.luk2002.dk
Fencing	Hellerup Faegteklub www.hellerupfaegteklub.dk
Field Hockey	Gentofte Field Hockey Club www.ghk.dk
Football / Soccer	HIK www.hik.dk
Gymnastics	Gymnastikforeningen Gefion www.gymgefion.dk Lyngby og Gentofte Gymnastik www.lg-gymnastik.dk
Gyms / Health Clubs	Well-come fitness (Tuborg Havnevej 4-6, 1. Sal, Waterfront, 2900 Hellerup) www.well-come.dk/en Fitness World www.fitnessworld.dk Fitness DK CrossFit Copenhagen www.crossfitcopenhagen.dk DGI-byen (Tietgensgade 65, 1704 Copenhagen V) www.dgi-byen.com/fitness_center/

	Charlottehaven Fitness & Health Club (Hjørringgade 12C, 2100 København Ø) www.charlottehaven.com/Fitness-Healthclub
Ice Hockey	Gentofte Stars www.gentoftestars.dk
Ice Skating	Gentofte Kunstskejteløber Forenings www.gkf.dk Skøjteklub København http://sk-kbh.dk/
Judo	Brønshøj Judo Club www.bjcjudo.dk
Karate	Charlottenlund Shotokan Karate Klub www.cskk.dk
Pilates	Power Pilates with Kirsten Larsen kisselarsen@gmail.com
Riding	Gentofte Rideklub www.gek.dk
Rugby	Frederiksberg Rugby Klub www.frk-rugby.dk The Exiles Rugby Klub www.exiles.dkk
Sailing	Yachtklubben Furesøen www.yachtklubben.dk Skovshoved Sejlklub www.skovshoved-sejlklub.dk Hellerup Sejlklub www.hellerupsejlklub.dk
Swimming	www.svoemmelaereren.dk www.hsk.dk/svomning/svømmeskolen
Tennis	KFUMs Tennis Klub www.kfum-tennis.dk
Yoga	Bikram Yoga Hellerup www.bikramyogahellerup.dk Yoga Factory www.yogafactory.eu/en Bikram Yoga Copenhagen www.bikramcph.dk

INTERNATIONAL SOCIAL GROUPS

- **LINK** (Ladies International Network Kobenhavn) www.linkdenmark.com LINK was founded in 1973 to provide a social network for English-speaking expats from all countries. They hold monthly meetings and organize a variety of programs covering a wide range of interests.
- **Meet up** www.meetup.com/cities/dk Helps groups of people with shared interests plan meetings and form offline clubs in local communities around the world.
- **AWC Denmark** (American Women's Club in Denmark) www.awcdenmark.org The AWC is a non-profit, voluntary organization that provides fun, friendship and social support to its members living permanently or temporarily in Denmark and promotes mutual understanding between the US and Denmark, particularly through philanthropic work.
- **International Women's Club of Denmark** www.iwcc.dk The International Women's Club of Copenhagen is a non-political and non-profit organization founded in 1977.
- **Expatriate in Denmark** www.expatriatedenmark.com Everyone can join the Expatriate in Denmark network, expats and Danes alike. The network and all services are free to registered members. The ultimate aim of Expatriate in Denmark is to make Denmark a more attractive place to work, to live, and to stay.

9. Activities for Children

There is a lot to do in Copenhagen with children. In some cases, look into buying an “annual pass” - it may make sense for you if you plan to return a few times within the year.

MUSEUMS

Louisiana, Modern Art Museum (Gl. Strandvej 13, 3050 Humlebæk): offers a range of activities for children and adults to explore together in The Children’s Wing. These include free activities for families with children plus drop-ins and special activities at weekends and on school holidays. The Children’s Wing is a three-storey building and is the ideal place to find imaginative ways of introducing children and young people to modern art and encouraging them to think about materials, meanings and ideas. www.louisiana.dk

Zoological Museum (Universitetsparken 15, 2100 København Ø) is dedicated to the documentation of animal life on Earth, its origin and diversification. In the permanent exhibitions you encounter the magnificent mammoth and enormous whale skeletons. www.zoologi.snm.ku.dk/english

Post & Tele Museum (Købmagergade 37, 1150 København) Lovely compact museum with a fun indoor play area for children. The cafe has a great view over the city.

National Museum (Ny Vestergade 10, Copenhagen, Tel: 33 13 44 11) is Denmark’s largest museum of cultural history. Kids can play their way through history at the Children’s Museum. There are several play areas including grandma’s wardrobe, the world of the Vikings, Medieval Stronghold, and Granddad’s classroom. www.natmus.dk

Statens Museum for Kunst, National Gallery of Denmark (Sølvgade 48-50, 1307 Copenhagen) is the only place in Denmark which features more than 700 years of Western art and cultural history under one roof. The museum houses a large collection of Danish and international paintings, sculptures, drawings, and installations. Inside, you will find The Children’s Museum of Art (Børnenes Museum for Kunst). The Children’s Museum of Art presents two annual exhibitions geared specifically towards a child’s perspective giving children the opportunity to experience exhibitions designed just for them. www.smk.dk/en/

Thorvaldsens Museum (Bertel Thorvaldsens Plads 2, 1213 Copenhagen K, Tel: 33 32 15 32) Children can visit the school of drawing, listen to exciting stories about gods and heroes or, together with their grown-ups, make clay figures in the museum’s impressive entrance hall. www.thorvaldsensmuseum.dk

M/S Maritime Museum of Denmark (Ny Kronborgvej 1, 3000 Helsingør, Tel: 49 21 06 85) A range of exhibitions telling the story of Denmark as one of the world’s leading shipping nations - the past and present. Lots of hands-on activities for kids. www.mfs.dk

Orlogsmuseet, The Royal Danish Naval Museum (Overgaden Oven Vandet 58, 1415 Copenhagen) Experience Denmark's unique naval history museum with its fleet of ship models and other fascinating exhibits charting the history of Danish naval artillery, dramatic battles at sea with exploding cannons, and Copenhagen as an esteemed naval city.

Cirkus Museet, The Circus Museum (Hovedporten 6, 2650 Hvidovre) The museum displays the life of the circus, the family traditions and the different acts you can find in the circus from fleas to elephants and clowns to acrobats.

Geological Museum (Øster Voldgade 5-7 1350 Copenhagen K) The Geological Museum is part of the Natural History Museum of Denmark. The exhibitions at the museum cover the Solar system, the evolution of life on Earth, volcanoes, minerals, and the geological evolution of Denmark and Greenland.

Tøjhusmuseet, The Royal Danish Arsenal Museum (Tøjhusgade 3, 1214 Copenhagen K) Originally, it served as an arsenal for the Army and the Navy and finally as a museum. www.thm.dk

Garderhøjfortet (Garderhøjfort 4, 2820 Gentofte) The entrance from Jaegersborgvej doesn't look like much. Two red flags are the only indication that the long avenue leads to something other than a residential neighbourhood. Venture further and you will find yourself at a huge fort. Garderhøjfortet was first opened to the public in 2013 so many have still not discovered its charms. There are lots of activities for all the family. Dress up as a soldier and raid the fort or visit the gardens. www.garderhojfort.dk

Frilandsmuseet, Open Air Museum (Kongevejen 100, 2800 Kongens Lyngby, Tel: 33 13 44 11) is one of the largest and oldest in the world. Spread across 86 acres of land today the museum houses more than 50 farms, mills and houses from the period 1650-1950. Virtually every region in Denmark and the Faeroe Islands as well as the former Danish provinces of southern Sweden and northern Germany is represented so at the Open Air Museum you can travel the length and breadth of Denmark in a single afternoon. www.natmus.dk

INDOOR ACTIVITIES

DGI BYEN (Tietgensgade 65, 1704 Copenhagen V) Sports Centre with 4 pools. You can swim in the big pool, challenge yourself in the climbing and diving pool, and relax in the warm water basin and spa. You can also go bowling - don't forget to book lanes in advance. www.dgi-byen.com

Grøndal Centret (Hvidkildevej 64, 2400 København NV, Tel: 38 34 11 09) is one of the largest sports centers with 25 badminton courts, 6 squash courts, 20 table tennis, 2 basketball courts, 20 bowling lanes. and 8 golf simulation courses. There is also a wonderful indoor playground for kids. <http://kubik.kk.dk/groendalcentret>

Indoor Ski og Golf, (Egegårdsvej 76, 2610 Rødovre, Tel: 70 25 25 10) Come with the whole family for indoor Skiing or Golf. Good Fun! www.isgk.dk

Experimentarium, Science Center (Trangravsvej 10-12, 1436 Copenhagen), exhibits constantly change to keep it fresh! Open every day except a few around Christmas/New Years. Season passes available for purchase. www.experimentarium.dk

Tycho Brahe Planetarium (Gl. Kongevej 10, 1610 Copenhagen) Shows spectacular IMAX films – the largest film format in the world and digital 3D films – that show you nature's magnificence, whether they take you below the surface of the sea, out in space or into the jungle. www.tycho.dk/in_english/

Capella Play (Field's center, Arne Jacobsens Allé 12, 2300 Copenhagen S) Indoor playzone offers fun for children at all ages. <http://dk.capellaplay.com>

Fun City (Hørkær 3d, 2730 Herlev) is an indoor playground. 15min drive from Hellerup. www.funcitycopenhagen.dk

Danmarks Akvarium - "Den Blå Planet" (Jacob Fortlingsvej 1, 2770 Kastrup) Gigantic aquariums filled with over 20.000 exotic marine animals and 450 different species, some with underwater glass tunnels. www.denblaaplanet.dk

Creative Space (Kastelsvej 1, 2100 Østerbro, Tel: 33 79 00 71 and Gammel Kongevej 154, 1850 Frederiksberg, Tel: 33 79 00 72) Ceramic painting for adults and children. www.creative-space.dk

Copenhagen Air Experience (Galgebakkevej 3, 2630 Tåstrup Tel: 43 99 91 91) Scandinavia's first vertical wind tunnel. www.airexperience.dk/uk/

Paintball (Refshalevej 177 A, 1432 København V, Tel: 32 95 35 35). www.paintballarena.dk

OUTDOOR ACTIVITIES

Tivoli (Vesterbrogade 3, 1630 Copenhagen V) An amusement park in a garden-like setting. Entrance fee plus buy tickets for rides, or a wristband for unlimited rides. Season pass available for purchase. www.tivoli.dk

Copenhagen Zoo (Roskildevej 38, 2000 Frederiksberg) Always fun and open year round. Season passes available. www.zoo.dk

Bakken (Dyrehavsbakken, Dyrehavevej 62, 2930 Klampenborg, Tel: 39 63 35 44) The oldest amusement park in the world. www.bakken.dk

Viking Ship Museum in Roskilde (Vindeboder 12, 4000 Roskilde) is a museum, a research institution and an active boatyard. May-September you can sail on the fjord in a replica

viking ship (but you need to get there early to reserve a spot!). Open every day from 10.00 - 17.00. www.vikingskibsmuseet.dk

Canoeing or Kayaking in Lyngby (Frederiksdal Kano og Badudlejning, Nybrovej 520 v/Slusen, 2800 Kgs. Lyngby) Spend a few hours on the rivers and lakes in Lyngby by renting a canoe or kayak. You can paddle down the estuary from Frederiksdal or Nybro near Lyngby to the sea in Øresund. From April to September. www.frdal.dk

Apple Picking (Frydenlund Frugtplantage, Frydenlunds Allé 7, Trørød, 2950 Vedbæk) Fun fall activity for the whole family. Saturday and Sunday 10:00 – 16:00. www.frydenlund-frugtplantage.dk

Bonbon Land (Gartnervej 2, 4684 Holme-Olstrup) is an amusement park about 100km from Copenhagen. The park is open every day. www.bonbonland.dk

Knuthenborg Park & Safari (Maglemerporten, Knuthenborg Allé, 4930 Maribo) is northern Europe's biggest safari park. The park is open from April to October. <http://uk.knuthenborg.dk>

Fugleparken (Sodemarksvej 22 - 3230 Græsted) The largest bird zoo in Scandinavia. www.fugleparken.dk/en

Go Monkey (Vandtårnsvej 55, 2860 Søborg, Tel: 26 85 20 89) Climb through the tree tops along wires, rope ladders and zip wires. A great adventure for children aged 7 & up. www.gomonkey.dk

Klatreskoven (Pasteursvej 8-10, 1799 København V) Another place to climb through the tree tops along wires, rope ladders and zip wires. Suitable for younger kids as well (aged 3 and up). www.klatreskoven.dk

Nordsjællands Veterantog (info@veterantoget.dk, Tel: 48 70 89 35) train rides pulled by both steam locomotives and diesel-powered locomotives. www.veterantoget.dk

PLAYGROUNDS - PARK - FOREST

Dyrehaven (Jægersborg Deer park) is a state-owned forest open 24 hours a day all year round. Within the Deer Park there are about 2100 deer during the summer. They are fed during the winter but during the rest of the year they forage in the forest. www.skovognatur.dk/Udgivelser/Vandretursfoldere/Engelsk/Jaegersborg.htm

Fælledparken is one of the biggest parks in Østerbro. Within this park, you will find TRAFIKLEGEPLADS where children can learn about traffic - both theoretically and practically. There is a traffic lane as a replica of the real world of signals, signs, lanes, road markings, bike trails, gas station etc.. Open Monday – Friday 9:30 – 16:30. www.trafiklegepladsen.dk

Kongens Have (at Rosenborg castle) The summer 'Marionetteatret' in Kongens Have is a Copenhagen institution, with two brand new shows being performed on the special stage at

the Kronprinsessegade side of the park since 1966. The 30-minute shows have little or no words but plenty of music and sound effects, making them ideal for children of two years and upwards, whatever language they understand. From June – August, every day except Monday - 14:00 & 15:00. www.marionetteatret.dk

Ørstedsparken (Nørre Farimagsgade, 1364 Copenhagen) Some Fridays near 15.30, Kids can bake their own bread.

Remisen (Blegdamsvej 132, 2100 København Ø, Tel: 35 38 07 91) Not only does Remisen have an enormous play area with a climbing structure, a pirate ship, zipline, a slide, a swing, ride-on toys, balls and lots of mattresses - it also has separate rooms for crafts, dolls, legos and computers. www.kulturogfridid.kk.dk/remisen

10. Birthday - Parties

Party Supplies

- **Fest og Farvre** (Lyngby Hovedgade 84F, 2800 Lyngby, Tel: 45 87 26 35 or Jagtvej 59, 2200 København N, Tel: 35 85 08 21) carries a variety of party supplies such as plates, balloons, costumes, country flags (variety of countries) and carnival toys. www.festogfarver.dk
- **Easy2Party.dk** An online party supplies store. They sell everything for a themed party - paper plates, cups, napkins etc. Free delivery when you spend over 400kr.
- **Ballon Salg** Here you will find the largest and cheapest online shop for Balloons, Helium, Foil Balloons and Accessories (tablecloths, napkins....). www.ballonsalg.dk
- **Magiske Minder** is an online store selling children's party decorations, table wear and gift bags. All the popular themes are covered including dinosaur, princess, football, pirate, safari and fairies. www.magiskeminder.dk
- **Fun4Rent** If you are looking for a bouncy castle, popcorn machine, sumo suit or any other party ideas. Give Bjarek a call (tel: 61 26 12 81) and tell him you are from CIS. www.fun4rent.dk

Birthday Cakes

- **Annie's Homemade Kitchen** CIS mum, Fiona, makes yummy homemade treats including cakes and cupcakes for birthday celebrations. Particularly tasty gluten-free goodies! Tel: 29 39 98 69 Email: annieshomemadekitchen@gmail.com
- **Baked With A Kys** CIS mum, Beverley, bakes delicious, quirky cakes and cupcakes for all occasions. Tel: 50 65 82 08 Email: bakedkys@gmail.com

Themed Party Venues

- **Pirate Party** Tall Tales told by a pirate in full costume, dressing up and a hunt for 'Captain Laforcadas' hidden treasure! The treasure hunt takes the children around the whole museum while the rest of the party is based in the Gun Cellar where you can bring your own food and drink. Booking: from Monday to Friday, 10am - 2pm, Tel 33 18 14 33

- **Orlogsmuseet** Overgaden oven Vandet 58, København K
<http://orlogsmuseet.dk/skole/foedsel.htm>
- **Statens Museum for Kunst, National Gallery of Denmark** (Sølvgade 48-50, 1307 Copenhagen) offers creative parties. A guided visit to the gallery followed by a hands-on session in the workshop. www.smk.dk/en/
- **Outdoor Adventures** Both Go Monkey & Klatreskoven (see details in “Activities for Children”) offer arrangements for children’s parties.
- **Dance Party** Want to be the coolest parent on the block? Then book a party for your miniature groovers at Danseplaneten! There are 3 birthday options available: 1, 2 or 3 hours, you choose the dance style anything from L.A. Style and Hip-hop to break dancing. (Available in English) Booking: Tel 26 74 74 00 or amir@danseplaneten.dk
- **Danseplaneten** Waterfront shopping, Tuborg Havnevej 2-6, 1 Sal, 2900 Hellerup
www.danseplaneten.dk
- **Space** You can ‘party among the stars’ at Denmark’s Planetarium. A birthday party package for 6/9 year olds includes ‘the little astronaut test’, fun tasks at the space station, a space treasure hunt, goodie bags and is topped off with a 3D film experience in the IMAX Cinema. It’s also possible to arrange for a special birthday menu at the Restaurant Cassiopeia. Booking: from Monday to Friday, 10am - 2pm, Tel 33 18 19 82 or event@tycho.dk Tycho Brahe Planetarium: Gl. Kongevej 10, 1610 København V <http://planetariumet.dk/oplevelser/børnefødselsdag>
- **Stuntman** If you have the daunting task of planning a birthday party for a group of older boys this could be your salvation. Action Ater offers stuntman experiences for adults and stuntman birthday party workshops for kids. Parties are specifically tailored to the age of the children and, depending on age, they will learn to do stage fighting, falls, special effects such as break away bottles (bottles breaking when hit on the head) and bullet hit (bullet hit, as seen on TV with blood). (Available in English) www.actioneater.dk
- **Pony** Contact the very friendly staff at Frederiksen Isheste (Riding school) to discuss your requirements. The party lasts for around 2 hours and includes cake and drinks. www.frederiksens-isheste.dk
- **Copenhagen Air Experience** A great way to celebrate your birthday with an absolutely smashing party! Bring your friends and fly!
www.airexperience.dk/uk/copenhagen-air-experience/events/children's-birthdays.a.spx

Entertainers

- Team Peru is an extra-curricular program at CIS that works in partnership with UK based Kiya survivors, a charity that supports children with special needs in Peru. It currently consists of a large group of dedicated students who are finding ways to support the centers in Peru. One way they have been raising money is by helping at children's parties as an extra pair of hands, playing games, face painting etc! They have recently helped out at a few families from school with great success. The contact person is Charlotte, the school nurse charlottezeeberg@cisdk.dk.
- If you are looking for an entertainer for your party then try detforbørn.dk, an online directory of children's entertainers in Denmark. Clowns, balloon animals, face painting, magicians, singers and puppeteers all listed. www.detforbørn.dk

11. Pets

Vets

- Artemis Dyreklinik Tel: 39 40 10 34 www.artemis.dk
- Gentofte Dyreklinik Tel: 39 62 02 00

Pet Boarding

- Vejlegaarden kennel & cattery Tel: 44 97 59 14
- For small animals (e.g. rabbits & guinea pigs), the pet shops in Lyngby & Charlottenlund offer boarding.

Pet supplies

- Maxi Zoo (in the shopping centre by IKEA)
- Bonnie Dyrecenter (near Føtex in Lyngby Storcenter)
- Charlottenlund Dyrehandel, Jaegersborg Alle 6, 2920 Charlottenlund
- Brogaarden (Søbredden 27, 2820 Gentofte, Tel: 28 95 79 10) www.brogaarden.eu

12. Miscellaneous

PUBLIC HOLIDAYS

Date	English Name	Danish Name
1 January	New Year's Day	<i>Nytårsdag</i>
The Thursday before Easter Sunday	Maundy Thursday	<i>Skærtorsdag</i>
The Friday before Easter Sunday	Good Friday	<i>Langfredag</i>
March/April	Easter Sunday	<i>Påskedag</i>
The day after Easter Sunday	Easter Monday	<i>2. Påskedag</i>
The 4th Friday after Easter	Great Prayer Day	<i>Store Bededag</i>
39 days after Easter	Ascension Day	<i>Kristi Himmelfartsdag</i>
7 weeks after Easter	Pentecost	<i>Pinsedag</i>
7 weeks +1 day after Easter	Whit Monday	<i>2. Pinsedag</i>
25 December	First Day of Christmas	<i>Juledag / 1. juledag</i>
26 December	Second Day of Christmas	<i>2. juledag</i>

HOUSEHOLD TIPS

Washing Machines

Kill mould with Hexophosphate – (sold at Matas) add ½ dl to every load of laundry. Hexo doesn't affect whites or colors and prevents smelly clothes. Also, consider using Hexo once a month in the anti-kalk dispenser at 95 degrees to fully sterilize the machine.

Don't forget to use Kalk Fjerner (anti-kalk is available either in powder or tablets) in your washing machine to avoid a build-up of limescale on your clothes and in the mechanics of the machine. This should also allow you to reduce the amount of detergent. The dryers can be quite harsh on knitwear, so be a good Dane and drip dry your things on a drying rack!! Many of the European dryers have a special drain that needs to be cleaned out regularly (ask your landlord about this).

Dealing with Hard Water

- For preventative care, keep a glass scraper in your shower and scrape the walls and glass doors after every use.
- For regular cleaning try Ajax bathroom gel, Lime Lite power gel, Afkalker, or Cillit Bang to keep water stains at a minimum. Kalkfjerner and afkalker has also been recommended for clogged shower heads. Soak in the detergent and scrub with a brush.
- For longer and older stains try a paper towel soaked in kalkuploesning on top of the stain overnight. Using strips of cloth soaked in vinegar and wrapped around stained chrome is also helpful. Vinegar also works well in showers.
- To remove limescale build-up in your electric kettle or coffee pot, plain vinegar ("eddike") does the trick. Run some through the coffee maker, or boil a little in the bottom of your kettle and rinse well.

Dishwasher

For the dishwasher, you will need to add dishwasher salt. It is sold next to the dish soap. There is a special container in the machine for the salt at the bottom of the machine.

To prevent your glasses & dishes being left with a chalky film on them, put a teaspoon of citronsyre (available from Matas) in the dishwasher tablet holder with the tablet in every wash.

OTHER USEFUL WEBSITES

- **Copenhagen Post** Denmark's English-language newspaper www.cphpost.dk
- **AOK (Alt Om København)** All about Copenhagen. Use www.aok.dk to find everything about Copenhagen (restaurants, shopping, events or things to do with kids). Unfortunately the web site is only in Danish.
- **Mini Cph** Guide to getting the most out of Copenhagen with kids. www.minicph.com
- **Copenhagen Book** The Copenhagen Book is regularly updated and for over 40 years it has been a useful guide for short-term and long-term travelers during their stay in Denmark. www.thecopenhagenbook.dk
- **Labels** personalise your labels www.namelabels.dk (runs by a CIS mom)
- **Copenhagen Libraries in English** The Copenhagen library system website had added a useful link. You will find a selection of their most important information and services in English. <http://bibliotek.kk.dk/temaer/copenhagen-libraries-in-english>
- **Sweetdeal** offers you some daily deals. www.sweetdeal.dk
- **Bike with Mike** A great way to see the city! www.bikewithmike.dk
- **DMI (Danmarks Meteorologiske Institut)** Denmark Weather forecast, quite accurate. www.dmi.dk
- **DBA (Den Blå Avis)** Number one classifieds site in Denmark. www.dba.dk
- **Firewood** www.hcskov.dk
- **Piano** to buy, rent or lease a piano or keyboard (new or second-hand) <http://piano.dk/>

13. Notes



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COPENHAGEN INTERNATIONAL SCHOOL NEWCOMERS COMMITTEE 2015-16