



# BULLETIN

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## ***Emilie from Denmark***

Hi! My name is Emilie and I come from Copenhagen, which is the capital city of Denmark. I am 20 years old and I have just finished high school, where my main subjects were Music, English, Spanish and Social Studies. I am very interested in these subjects but mostly in learning and understanding the relations between different languages. For this reason I want to study Linguistics at the University of Copenhagen next year. But before doing this I wanted to take a break from school, getting to know new places and people and also learn more about myself. Therefore I thought that spending seven months as an EVS volunteer here at OKO centrum, would be a great experience, and so far it really has been!



*This is me!*



*My and the other exchange students from my organization (Brazil 2011/2012).*

I really like exploring different cultures, which I normally do by volunteering for the organization AFS Intercultural Programs, which arranges both exchange programs and voluntary jobs. I have been volunteering for AFS for the past five years, working as a trainer for future and present exchange students, as a contact person and also as committee member of my local council. Through this organization I have met a lot of people from all around the world. I also did an exchange year in Brazil (2011-2012) and my family has hosted six exchange students!

I am a very happy and optimistic person and I love to spend time among friends. I am really looking forward to meeting you all!

# My Hobbies!

In my spare time I like to do a lot of different things. I often prefer to be very active, practising different sports, but I also enjoy spending my time relaxing, being together with friends and family, reading and listening to music.



One of my greatest interests is languages, both speaking them but also learning more about different languages connection to each other. By now I speak four different languages fluently or almost fluently: Danish, English, Portuguese and Spanish. Hopefully I will also soon be able to speak Czech and as for the future I hope to speak even more languages!

## Capoeira – a bodily conversation

Through my exchange experience in Brazil I learned a lot about the culture of the country and especially one part of it I got really engaged in – the Brazilian cultural heritage, capoeira. Because of its uncommon combination of elements from dance, acrobatics and music, capoeira is a quite alternative type of martial art, which also explains why it is mostly referred to as a game instead of a fight. Most *capoeiristas* (performers of capoeira) also refers to the game as a conversation between to persons through the movements of their body.

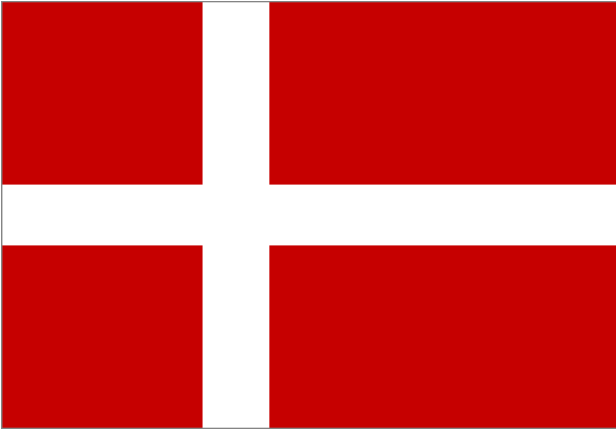
I have been training capoeira for the past five years and usually I train three times a week. My group is called *Senzala*, which is the name of the place where the slaves used to live during the Colonial time in Brazil, and I really enjoy spending my time together with my fellow *capoeiristas* doing capoeira, playing music, singing and just hanging out.



*A picture of a roda de capoeira (the circle where the game of capoeira is played) in my group.*



# Denmark



*Dannebrog - the Danish flag*

Denmark is a very small country in Scandinavia, and we are only a bit more than five and a half million inhabitants. But even though we are not that big a country we have a great history, culture and many traditions.

As Danes we are very proud of our flag, *Dannebrog*, which is said to be the oldest flag in the world. We raise the flag at any given opportunity (birthdays, national holidays, football games etc.), not as a patriotic sign, but rather as a tradition.

## The Danish "hygge"

In Danish we have a word that we usually use a lot, but which unfortunately is untranslatable. We use it to describe the time we spend together with family and friends, just having a good time, eating good food and drinking tea/coffee and preferably in candlelight. It is a feeling of belonging to the moment and each other, to enjoy the simple pleasures of life. The closest translation in English might be something like *cosiness*.

The word *hygge* is one of the basic parts of being Danish and it might also be one of the reasons why Denmark has been ranked as the happiest country in the world several times.



*Trying to capture the feeling of "hygge"*



*Smørrebrød*

## Try Saying "Rødgrød med fløde"!

The most important part of the traditional Danish cuisine is probably our lunch, *Smørrebrød*, which is pieces of rye bread topped with different types of cold cuts and meats. The bread is the most important part of the Danish lunch and almost every Danish family eats it everyday. Even though it might seem like you can put almost anything on the bread, we have a lot of unwritten rules about which different foods that can be combined, and if you do not follow these rules, Danes are very likely to look weirdly at you.

Another traditional Danish dish is a dessert called "Rødgrød med fløde" (red porridge with cream). It consists of different berries and is mostly known, because it is very difficult to pronounce for people who do not speak Danish. Therefore when meeting a Dane one of the first questions you might be asked is, whether you can say "Rødgrød med fløde".



# ***Copenhagen and All of Our Bikes!***



*The skyline of Copenhagen.*

Copenhagen has about one million citizens and is the biggest city in Denmark. It is a very beautiful city that combines both modern and old buildings. The parliament of Denmark is for instance one of the city's old castles, called Christiansborg. Like almost every other part of Denmark Copenhagen is close to the ocean, and during summertime it is quite normal for the citizens of Copenhagen to go for a swim in the harbour.

Like most other big cities there is always something to do in Copenhagen. I usually prefer going to concerts, hanging out in one of the many cafés or meet up with friends in one of the parks. There are many opportunities to explore the culture, and once a year we have a big event called "Kulturnatten" (Night of culture), where all cultural institutions opens for the public and arrange different events and guided tours. I personally think this is a fantastic opportunity to see the city from another view than normally. Throughout the whole year there are various other cultural events and festivals.

And now to the bikes! Danes really really love biking. Just in Copenhagen there are almost two times as many bikes as citizens and more than 60 % commute by bike to work or school everyday. It does not matter whether you are a politician, teacher, student or director, you just grab your bike. Rain or snow is neither an excuse for not travelling by bike. Also kids usually learn how to bike when they are about four years old.

One of the main reasons why we bike so much is probably because Denmark is a very flat country. Our highest point is only 170 meters above the ocean!



*Biking citizens of Copenhagen.*

