

THE INTER NATIONAL

ISSN 2596-5220



RICOTTA CAKE



GO ON HOLIDAY: GUILT-FREE



THE LANGUAGE OF SUMMER



7 FREE FESTIVALS FOR SUMMER

JUNE 2026 - WWW.THE-INTL.COM



**SPACE FOR CONNECTION:
JESS ON THE IMPORTANCE OF SHOWING UP**

THE DANISH SUMMER SLOWDOWN

As summer approaches and Denmark collectively shifts pace, I find myself reflecting on rest, perspective, and why life sometimes asks us to pause in one place so we can focus our energy where it matters most.

DEAR READERS,

EVERY YEAR AROUND this time, Denmark begins to change rhythm. Schools close for summer, colleagues start disappearing one by one with cheerful “*god sommer*” wishes, offices become quieter, and suddenly everyone seems to be heading towards summer houses, campsites, airports, beaches, or long evenings in the garden.

For many internationals, especially those new to Denmark, July can come as a bit of a surprise. Emails slow down. Meetings get postponed until August. Some businesses close entirely for a few weeks. Municipal offices run at half speed. It can feel like the whole country collectively takes a deep breath and says, “We’ll come back later.”

And honestly, I think there is something incredibly healthy about that.

In so many cultures, rest is treated almost like something you have to earn. There is pressure to keep producing, keep achieving, keep answering emails, keep moving. But Denmark has always approached summer differently. Time off is not viewed as laziness. It is part of life. Part of balance.

Denmark consistently ranks among the countries with the strongest work-life balance, and while no country is perfect, I do think there is something we can all learn from the Danish way of slowing down. Spending time with family is prioritised. Rest is prioritised. Being present is prioritised.

And maybe we need that reminder more than ever.

For many internationals, life abroad often comes with an underlying pressure to constantly prove themselves. To work harder, adapt faster, survive bureaucracy, build networks, support family back home, and somehow still hold everything together. Sometimes we forget that we are allowed to stop for a moment, too.

So this summer, I hope many of you allow yourselves exactly that. Take the trip. Spend time with your children. Visit the summer house. Sit outside until late, while the sky never fully goes dark. Read a book. Switch your phone off for a while. Let yourself breathe a little.

Sometimes slowing down is not falling behind. Sometimes it is exactly what we need to continue.

EIGHT YEARS OF THE INTERNATIONAL

This summer also marks a very personal turning point for me.

For almost eight years now, The International has



PEXELS: LAURA MEINHARDT

been a huge part of my life. Month after month, issue after issue, we have shared stories, practical guides, personal experiences, interviews, reflections, and conversations designed to help internationals navigate life in Denmark.

When I started this publication, I simply wanted to create something that helped people feel less

alone. A soft landing. A sense of connection. Somewhere, people could recognise parts of themselves and realise they were not the only ones trying to understand this country, this culture, and this very unique way of life.

Over the years, it became far bigger than I ever imagined.

We have built an incredible community of writers, contributors, volunteers, readers, photographers, creatives, and supporters from all over the world. Together, we have covered everything from culture and careers to identity, inclusion, healthcare, parenting, language, politics, food, education, disability advocacy, and belonging.

But behind every publication is also a person with a real life happening outside the deadlines.

And over the past year, life has shifted significantly for my family and me.

MAKING SPACE FOR WHAT MATTERS MOST

Many of you know my son Bjørn through articles, social posts, or my advocacy work on disability and accessibility.

Bjørn has cerebral palsy, epilepsy, is fed via a tube, is non-verbal, is a wheelchair user, and is completely dependent on others for his care. He is also funny, expressive, incredibly determined, and the centre of our world.

The last year has been an especially difficult one for him.

He has been very ill at times, and it has become increasingly clear that his current living situation is simply no longer the right one for his needs. When someone has complex disabilities, the smallest things can have enormous consequences. Care is not just about routines on paper. It is about dignity, understanding, consistency, training, communication, accessibility, safety, and genuine quality of life.

As his mother, I cannot ignore when those things are not working.

So much of my focus now is going into fighting for a better future for Bjørn. That means searching for a completely new living setup for him. It means finding the right place, the right people, the right staff, and building something around his actual needs rather than trying to squeeze him into a system that was not designed for someone like him.

It also means endless kommune meetings, applications, planning, coordination, difficult conversations, and navigating systems that are often not built for flexibility or individuality.

There is nothing simple about this process.

Anyone who has cared for a disabled family member will understand how consuming these battles become. You carry them in your mind all the time when you are working, sleeping, or trying to rest.

And right now, Bjørn needs more of me.

WHY ACCESSIBILITY IS PERSONAL

In many ways, this is also why my work with Changing Places Denmark has become so important to me again.

Accessibility is often discussed as a “special interest” issue, but for families like ours, it affects absolutely everything. It determines whether you can travel, attend events, visit public spaces, spend time outdoors, or participate in ordinary life.

For many disabled people and their families, something as basic as finding a suitable toilet can completely determine whether leaving the house is even possible. That reality is invisible to most people until they experience it themselves.

Changing Places Denmark was created because I believe dignity and inclusion should not depend on disability.

The work I do there is deeply connected to the life

I live with Bjørn every single day. The fight for proper accessibility, inclusion, and understanding is not theoretical for us. It is personal.

And Bjørn is very much part of this journey too.

One of my hopes moving forward is that this advocacy work can also become part of Bjørn's life and activities. After all, this is exactly what I fight for every day - a society where people like Bjørn are seen, included, and able to participate more fully in the world around them. I want him to be part of those conversations, those visits, those moments when change slowly starts to happen.

Accessibility is not only about buildings, toilets, or regulations. It is about dignity, visibility, independence, and making sure disabled people are part of society - not hidden away from it.

And I know there are many other families quietly carrying similar battles behind closed doors.

A NEW RHYTHM FOR THE INTERNATIONAL

Because of all of this, I have made the very difficult decision to change the rhythm of The International moving forward.

We are not disappearing. The International is not ending. But after almost eight years of producing monthly issues, we will now move to a quarterly publication schedule.

This was not an easy decision for me. This publication has been part of my identity for a long time, and I care deeply about the community we have built together. But I also know that life sometimes asks us to redirect our energy where it is needed most. Right now, that place is my family.

What makes this decision easier is knowing how supportive and understanding our team has been throughout the process. One thing I have always been proud of with The International is that it was never just “my” publication. It has always been built by people who genuinely care about internationals in Denmark and the importance of community. And that community is still here.

Moving quarterly means we can continue creating meaningful content, supporting internationals, sharing stories, and building connections - just at a more sustainable pace for this season of life.

So, while Denmark heads into holiday mode, we will be taking a brief pause, too. We will return in September with our Autumn issue, just in time to welcome many of you once again at our stand at International Citizen Days. I always love meeting readers there, hearing your stories, and being reminded why this community matters so much.

In some ways, it feels fitting that this decision comes during the summer. Denmark has a way of reminding us that slowing down is not failure. Rest is not weakness. Changing pace does not mean something has lost value - sometimes it is simply necessary.

So I hope this summer gives all of you moments to rest properly. Spend time with the people who matter. Disconnect a little. Be present. Allow yourself slower mornings and longer evenings.

And when the seasons change again, we will still be here - just in a slightly different rhythm.

Love,

Lyndsay Jensen
Editor-in-Chief & Founder



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This issue was published on the 1st June 2026.

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CONNECTING AND TAKING INITIATIVE



Being Irish and having already lived in several countries across the globe, Jess Hearne arrived in Denmark in 2018 after meeting a Danish partner while living in China. The relationship that first brought her here eventually ended, but her connection to Denmark stayed.

Instead, over the years, Copenhagen became the place where she found a community, stability, and a sense of being a part of something that she had not experienced elsewhere.

Writer: **Viggo Goris** / Photography: [Maja de Silva](#)

HER JOURNEY HAS not been without challenges. Like many internationals, she has struggled with the Danish job market, navigated cultural differences, and worked to build a life away from home. Yet alongside those difficulties came beautiful friendships, personal growth, and the feeling of finally being rooted somewhere after years of movement. “I went from being a nomad to being very, very happily settled here.” Today, Denmark is no longer simply the country she moved to. It became the place she calls home.

Long before Denmark entered the picture, movement between countries had already become a familiar part of Jess’s life. Growing up between cultures taught her flexibility early on, but it also left her feeling never fully rooted in one place.

After finishing her studies in Ireland at 23, she worked for several years in executive assistance roles. Still, the routine quickly began to feel limiting.

“I kind of felt like I needed a sense of adventure.”

At 26, she decided to leave Ireland and move to China to teach English. The experience gave her exactly what she had been searching for: change, challenge, and the excitement of discovering another culture. And yet it also unexpectedly led her towards Denmark.

While living in China, she met a Danish guy and eventually decided to move to Denmark to continue the relationship. At the same time, she wanted the move to stand on its own for herself, independent of romance. “I moved here to be with him, but I also needed a reason to come over for myself as well.”

To create that foundation, she enrolled in a master’s degree at the University of Southern Denmark in Odense. Although the relationship eventually ended, her connection to Denmark did not.

She eventually moved to Copenhagen, planning only to stay until she finished her studies before

moving elsewhere. Instead, something unexpected happened. “I ended up falling completely in love with Copenhagen.” That feeling has remained ever since.

DANISH FRIENDS

Arriving in Denmark was both exciting and overwhelming. Jess quickly built friendships through her studies, but the geography of those relationships created its own challenges. “My friends were either in Odense or Copenhagen, so I was constantly traveling around to be social.”

Living in Aarhus at the time, she also found it difficult to secure a job as an international. Compared to Copenhagen, the international community felt much smaller and opportunities more limited. And beyond practical difficulties, there were also cultural differences to navigate.

One of the biggest contrasts she noticed was the





difference in interactions. “Irish people are very open and very talkative. You get on a bus, and there’s no hope of sitting quietly with your headphones in because someone will definitely talk to you.” Denmark felt almost opposite.

What surprised her more was how different her own experience of friendship was compared to the stories she often heard from other internationals. “I constantly hear from expats that they have difficulties making Danish friends, but that’s something I’ve never really experienced.”

While many of her friends are international, she also developed strong friendships with Danes. Rather than dividing people into the categories of ‘international friends’ and ‘Danish friends’, Jess approached social life differently.

“My goal was simply to make friends. No matter where people are from, you can always try to make an effort to find common ground.” That mindset became central to how she integrated into Danish society.

CONNECTING

Apart from her studies, much of Jess’s social network grew from her first job after moving to Copenhagen: working at an Irish pub in the city centre. “It became the starting point for so many connections.” Through colleagues, regular customers, mutual friends, volunteering, and previous jobs, her network slowly expanded over time.

She credits much of her experience to remaining open to opportunities. That openness also included taking the initiative socially. “Naturally, I’m a very decisive person. So I’m not afraid to organise things.” Volunteering and professional communities also became important parts of her life in Denmark.

She is also involved with Career Club DK as a member of its advisory board, where she has found both support and inspiration through the organisation’s

network. These communities helped create what Jess now describes as her chosen family. “I’ve never felt that sense of belonging anywhere else in my life.”

FROM ST PATRICK’S DAY TO HYGGE

Over time, Denmark has influenced not only Jess’s routines but also her outlook on life. Some changes are simple. Danish food, for example, quickly became one of her favourite parts of daily life. “With cakes and frikadeller, I just can’t get enough of Danish food.”

Other changes have been more personal. For years, Jess worried that living abroad might distance her from her Irish identity. “One thing I felt in the past was a fear of losing my Irishness.” Living in Denmark gradually changed that perspective. “I realised that embracing another culture doesn’t mean losing another part of yourself. You’re just adding to it.”

At the same time, she was surprised by how strong the Irish community in Copenhagen is. “There are so many Irish people here.” Large St Patrick’s Day celebrations and friendships with fellow Irish internationals have helped her maintain that cultural connection. Rather than feeling divided between her identities, she now feels that both cultures coexist comfortably.

The process of settling in Denmark also came together with entering a different stage of adulthood. Having moved to Denmark at 28 and now being 36, she sees how both time and culture have shaped her priorities.

Jess became more focused on appreciating smaller moments and creating comfort in everyday life. Reading, in particular, has become one of her ways of slowing down. “The whole hygge lifestyle really plays into that.”

Denmark’s climate has also suited her personality surprisingly well. “I’m a winter girl through and through.” While many people complain about the cold and

“I REALISED THAT EMBRACING ANOTHER CULTURE DOESN’T MEAN LOSING ANOTHER PART OF YOURSELF. YOU’RE JUST ADDING TO IT.”



darkness, Jess finds comfort in it. “When everyone’s looking forward to summer, I’m just thinking, no, I want it to get cold and snowy again.”

KNOCKING ON CLOSED DOORS

Despite building a fulfilling personal life in Denmark, one area has remained consistently difficult: employment. Like many internationals, she finds the Danish job market the most challenging aspect of living in the country.

Back in Ireland, the longest period she had ever gone without full-time employment was six weeks. In Denmark, however, finding stable full-time work has been a much longer and more exhausting process.

“There are a lot of times when I feel invisible.” Despite networking, volunteering, improving her skills, and following professional advice, progress often feels slow. “It feels like you’re constantly knocking on doors, but nobody’s home.”

Her professional background specialises in both executive assistance and written communication. While she remains interested in creative and journalistic work, she has increasingly focused on finding a job as an executive assistant, as such roles are more likely to lead to a stable career.

At the same time, she continues taking different opportunities where possible and stays involved in volunteer work that builds both experience and connections.

Throughout this period, maintaining momentum has become essential. “One thing I’m immensely proud of is that I’ve kept myself busy.” That determination is also central to the advice she gives other internationals struggling professionally. “Do your best to keep yourself busy. Take opportunities that help you build experience and avoid gaps in your CV.”

At the same time, she acknowledges the emotional difficulty of staying positive amid the uncertainty of job hunting. Trying to find a balance between optimism and rejection can be exhausting.

TALER DU DANSK?

Language has also been one of the more challenging aspects of integration. While Jess quickly learned practical Danish through everyday necessities such as grocery shop-

ping, speaking the language confidently took longer.

Today, she is enrolled in Danish classes and says she finally feels herself making progress. Her Danish boyfriend has also played an important role in encouraging her to practise speaking without fear of mistakes. Looking back, language is the one thing she wishes she had prioritised earlier.

“The only regret I have is not dedicating more time and energy to learning Danish sooner.” For internationals hoping to integrate, she believes language learning should be one of the priorities. “That will make your life so much easier.”

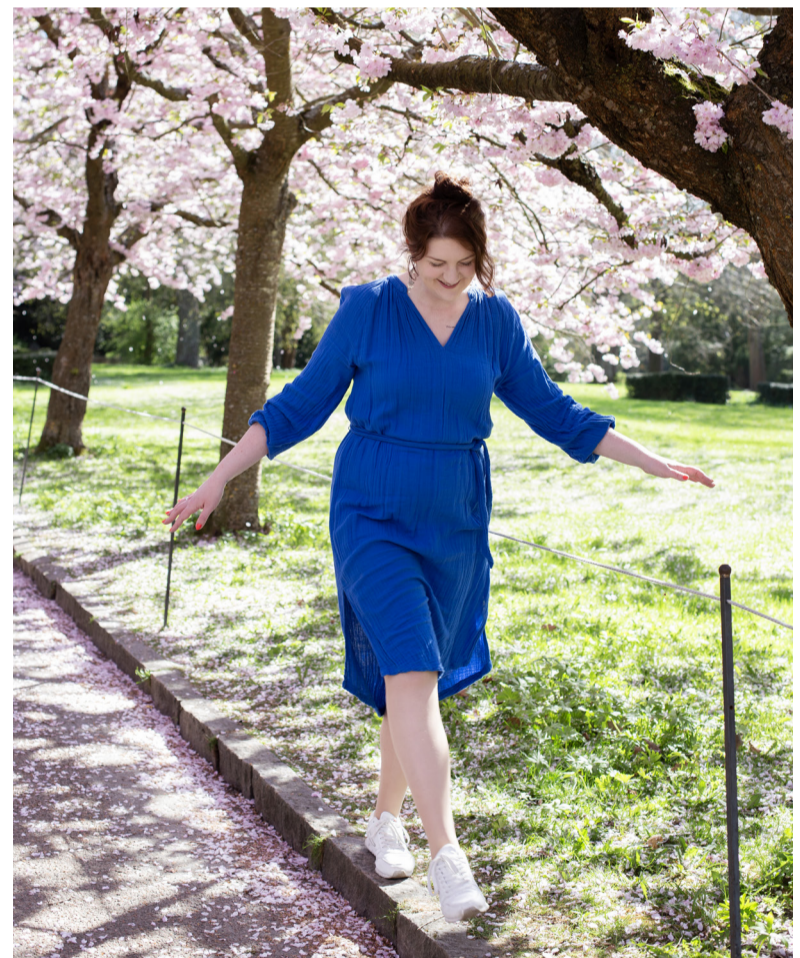
For people considering a move to Denmark, she offers practical but honest advice.

First, she stresses the importance of financial preparation. “You need to have a good amount of money saved up.” Because finding work can take far longer than expected, having a financial safety net can make the transition significantly less stressful.

She also encourages people to think carefully about what they want from Denmark. “Figure out what you want to get out of living here.” Some people may arrive intending only to study or spend a short period abroad, while others hope to build a permanent life. Understanding those goals early can shape how someone approaches integration, networking, and career building.

But most importantly, she encourages internationals not to hide their struggles. “No matter how used to moving abroad you are, it’s always hard.” Being honest about loneliness, uncertainty, or homesickness allows other people to offer support. “The beauty of having international friends is that everyone knows what you’re going through.”

For Jess, that shared understanding has become one of the most valuable parts of life in Denmark. Not because every problem disappeared, but because, for the first time, she found somewhere that truly felt like home.



ABOUT THE WRITER

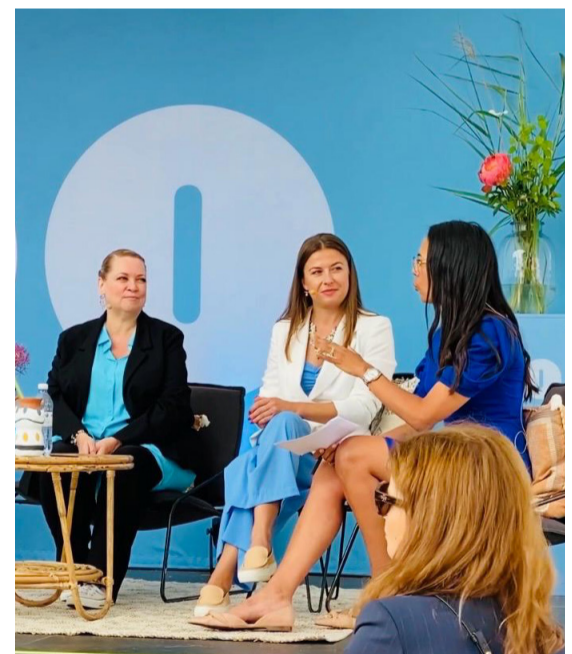
Viggo Goris is a Belgian journalism student interning at The International in Copenhagen. He

writes on society, culture, and sports, focusing on clear and engaging coverage of contemporary issues. His work is informed by international experience, including time spent in Norway and project work in Romania.



FROM FOLKEMØDET TO FORGOTTEN GOLD

Tracing the roots of #TheForgottenGold Movement back to a debate at Folkemødet, **Aamna Tauheed** explores how a conversation about overlooked international talent grew into a wider Scandinavian call for visibility, inclusion, and change.



DURING THE SUMMER of 2023, Lyndsay Jensen, founder and Editor of The International Denmark, was [invited to a debate as a panellist](#) at Folkemødet by Danske Industri. Folkemødet is Denmark's annual "People's Meeting" - a huge democracy festival where politicians, organisations, businesses, and citizens gather for open debates, talks, and networking in the town of Allinge on Bornholm.

It takes place every June and mixes politics, culture, public discussion, concerts, and social events in an informal festival atmosphere.

At this debate on internationals in Denmark, the conversation regarding untapped talent living in

Denmark was raised. In the debate, she highlighted the social and professional challenges faced by highly educated international professionals in Denmark.

After the debate, the #TheForgottenGold Movement began as a thought, a seed, which has since caught on in the rest of Scandinavia. We call our international talent "forgotten gold," which already exists in the country but is overlooked and remains invisible in Scandinavia despite their higher education and professional experience.

Over the past year, the movement has become a conversation across the Nordic region, especially in Denmark. As a journalist covering it, I have received

"I SAID THIS AT FOLKEMØDET, IN THE SUMMER OF 2023, AND I'LL SAY IT AGAIN FOR THOSE IN THE BACK: IF DENMARK WANTS INTERNATIONAL TALENT, IT MUST FIRST RECOGNISE THE FORGOTTEN GOLD ALREADY LIVING HERE." - LYNDsay JENSEN

an overwhelming number of responses from hundreds of overlooked internationals who want to share their stories. What began as an effort to document the overlooked experiences has gradually evolved into a broader debate about visibility, social integration, systemic barriers and diversity.

THE VOICE OF UNTAPPED TALENT IN SCANDINAVIA

The movement has become relatable and has made a huge impact on people's lives, helping them feel seen and heard. Since the first published article, international professionals from diverse backgrounds and industries have continued to reach out via email and the International Denmark social media handles to share their experiences in the challenging Scandinavian job market. The overwhelming response itself discloses why the movement matters and how it has become the voice of International professionals experiencing an invisibility in the super-competitive job market.

In the words of one of the #TheForgottenGold movement participants, the movement is clear enough to show the connection between international talent and this movement. She said: "The initiatives like #TheForgottenGold matter to us because they expose the systemic barriers and highlight the struggles of internationals living in Scandinavia. It is a movement for change and a voice for internationals seeking visibility and professional opportunities."

VISIBILITY: THE SUCCESS CRITERION OF MOVEMENT

#TheForgottenGold Movement was never designed to produce polished narratives about international professionals. Creating visibility in Scandinavian society and the job market is the primary reason for this movement. Moreover, by sharing their stories, our platform aims to highlight the systemic barriers and social constraints that the international community faces in Scandinavia. That's why the success criterion for this movement should not be measured by whether participants eventually secured full-time employment in the challenging job market.

The experiences of untapped and invisible international professionals, as told in their #forgotten stories, are often absent from public discussions of the diverse labour market and integration.

BEYOND EMPLOYMENT STATISTICS

#TheForgottenGold stories are not merely the "struggle tales" of the talented but overlooked international professionals existing in Scandinavia. The challenges in the labour market exist in every country. Companies do have the liberty to choose the best candidate, but confining recruitment criteria to a single community would itself undermine their claims of cultural diversity.

The #ForgottenGold stories highlight a deeper issue that goes beyond employment statistics. They discuss the emotional and structural reality of professional invisibility. For many internationals, the experience of job-seeking in Scandinavia affects them more than their career progression. Long-term professional exclusion from the job market shakes their confidence, takes a mental toll, and leaves them feeling socially disintegrated. One of #TheForgottenGold summed up this experience by sharing her story. She said:

"Being unemployed for a long time triggers feelings of isolation and a loss of professional identity. The continuous rejections, ghosting, and silent treatment from companies or recruiters shake my confidence and affect me mentally. I needed a sense of community and wanted to connect with people who could understand or relate to my situation. I started working on my professional visibility, which is why I decided to share my story for #TheForgottenGold Movement."

PRESENTING THE POSITIVE, THE NEGATIVE, AND THE UNPLEASANT

Meanwhile, the campaign avoids depicting Scandinavia in oversimplified terms. The key feature of #TheForgottenGold is its intentional emphasis on complexity.

Several participants expressed positive views of life in Scandinavia, highlighting the social security and liberty they gained after moving there. They valued the work-life balance, social trust, public safety, and institutional stability that Scandinavian countries are known for. However, acknowledging those positives does not erase the difficulties many internationals continue to face in the labour market. The movement aims to present reality in its entirety, including the good, the bad, and the unpleasant.

Many of the international professionals featured in #TheForgottenGold stories eventually secured jobs relevant to their backgrounds. While some decided to leave the country, a few chose to change industries or pursue entrepreneurship.

Still, there are hundreds of them navigating the job market and struggling for a single professional opportunity.

The outcomes of the movement matter because it isn't about crafting ideal immigration stories but about highlighting the challenges faced by hidden, untapped talent already living in Scandinavia.

WHY POLICYMAKERS SHOULD FOCUS ON THIS ISSUE

Scandinavian countries are often praised for their commitment to diversity and inclusion, but the experiences shared through #TheForgottenGold Movement reveal a different story. Inclusion should not exist only in policy statements or be used merely as a marketing strategy to build a country's image. It must be reflected in recruitment processes, workplace culture, and access to leadership and growth opportunities.

International professionals bring more than technical expertise and experience. They also bring global perspectives, cross-cultural competence, multilingual communication skills, and international networks. These qualities are strategic assets in the global economy. If industries and companies in Scandinavia did not allow them to work and integrate, retaining international talent would be difficult, if not impossible. This tight-fisted approach toward internationals creates a significant dent in claims of equal opportunity and cultural diversity and represents a missed opportunity for innovation and competitiveness. That's why policymakers should consider the challenges international professionals face in the Nordic countries. Specifically for Denmark, one of the participants said:

"Although Denmark promotes diversity and inclusion, I sometimes feel that both the system and the people will always perceive us as 'others' in their country. They design career guidance programs for the international community, but hesitate to offer equal professional opportunities. I want to understand how the system works for internationals here. The system should be more open and welcoming; otherwise, don't invite internationals to your country to study or work".

#THEFORGOTTENGOLD MOVEMENT IS STILL CONTINUING

#TheForgottenGold Movement is going on after a year via the platform of The International Denmark and continues to evolve because new professionals reach out every day to share their experiences. Every month, our newspaper publishes a story about a "forgotten gold" living in Scandinavia and fighting for visibility, so that someone could discover him and give him an opportunity in the job market relevant to his profession.

Relocating to another country often requires rebuilding nearly every aspect of life at once — career, language, confidence, social circles, and identity. The process is rarely straightforward, and the emotional consequences are often underestimated in public discussions about international talent.

Migration or relocation to another country is a major step, and only a few choose to step out of their comfort zones. Rebuilding life, both professionally and personally, in a new environment and culture is a bold step. It requires social and professional support from the country that granted them a valid visa and the right to live there. Welcoming internationals and providing them with a space for social and professional integration are entirely different scenarios. As a voice for international professionals in Scandinavia, The International Denmark understands these challenges and highlights them through the #TheForgottenGold Movement.

REDEFINING WHAT SUCCESS REALLY MEANS

For international professionals living in Scandinavia, the impact of #the Forgotten Gold Movement has been long-lasting and positive. Participants report that the movement gives them visibility, value, confidence, and motivation. Their published stories have also helped build trust and increase their credibility with recruiters. Beyond recognition, the movement has developed a sense of community and connection, and this is how we, as a platform, redefine its success. The real challenge remains, and the international "gold" is yet to be discovered.

ABOUT THE WRITER

Aamna Tauheed is a Denmark-based copywriter and communications specialist with a strong background in business communications. Passionate about storytelling, she writes compelling content that amplifies brands and drives positive change.



GO ON HOLIDAY: GUILT-FREE

As the Danish summer slowdown begins, **Leslea Petersen** explains why rest can be an important part of the job search process.



PIXELS: HELENA LOPES

IF YOU'VE BEEN job hunting for a while, the idea of taking a holiday might feel irresponsible. I mean, shouldn't you be using every spare moment to send out applications or reinvent that CV one more time? But here's a little secret that I share with all my clients: stepping away from job applications for a short break could be the best move you make this summer. Taking time off isn't giving up - it's a way to recharge, rebuild your confidence, and return to your job search with a fresh new perspective.

THE GUILT TRAP

Many job seekers feel a deep sense of guilt about taking time off (I did). It's easy to believe that if you're not constantly applying, networking, or checking job portals, you're going to miss out. Pressure from family or friends asking you the same question, "Have you got a job yet?" (As if you wouldn't shout it from the rooftops), but they need to understand that you need rest and a break too. Lack of productivity doesn't mean you no longer care or want a job, but that pressure can feel even heavier, eh? You might worry that opportunities will pass you by or that employers will think you're not serious enough.

But here's the thing, and before you comment, "But Leslea, I desperately need a job", guilt doesn't make you more employable, and taking a break will renew your energy. Rest is part of the process,

and taking a break doesn't mean you're losing momentum - it means you're protecting your mental health and setting yourself up for better results when you return.

RETHINK WHAT REST REALLY MEANS

Think of rest as an investment in your job search. When you're constantly 'on', your creativity and motivation start to dwindle. A proper break helps you reset your mindset, gain perspective, and come back with renewed enthusiasm. Studies have shown that people who take regular breaks are more focused, make better decisions, and perform more effectively.

So instead of seeing a holiday as time lost, see it as time gained. You'll return refreshed, rested and with a more positive attitude, all of which make a huge difference when you're interviewing or networking.

PRACTICAL TIPS FOR A GUILT-FREE BREAK

If you're worried about missing out while you're away (and it doesn't mean taking off the whole summer - if your budget allows, then go for it), a little preparation can help you relax fully.

- Set up job alerts so you don't have to constantly check various job portals, but change them to weekly rather than daily.
- Get some applications in before the break,

"TAKING A BREAK FROM JOB HUNTING ISN'T GIVING UP - IT'S GIVING YOURSELF THE ENERGY AND CLARITY TO KEEP GOING."

especially unsolicited, as there is a lot of movement after a longer break, and you never know, one of those companies might be looking for just you in September.

- Plan your return by setting a few simple goals for when you get back, such as updating your CV or reaching out to a connection on your target list. Having a plan in place helps you get started again quickly.
- Let go of the "shoulds." You don't need to earn your rest. You're allowed to enjoy your time off simply because you're human.

RECRUITERS ALSO TAKE A BREAK!

The hiring team are also on holiday over the summer. Of course, some are still working and looking at their next hires for after the break, but it is a quieter time in Denmark as far as jobs available are concerned. Plus, there are some great social events this time of year, and you never know who you will meet playing frisbee on the beach!

A HOLIDAY DOESN'T MEAN YOU HAVE GIVEN UP

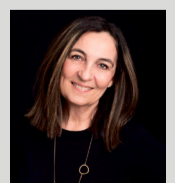
Taking a holiday as a job seeker isn't a sign of laziness or that you have given up. It's a sign that you value your wellbeing, and rest is a form of self-respect - it's one of the most powerful tools you have to stay motivated and resilient.

So, this summer, give yourself permission to step away. The job search will still be there when you return, and it is truly the quiet time in Denmark, and you'll come back with the energy, clarity, and confidence to land that perfect role.

ABOUT THE WRITER

Leslea Petersen is the CEO of English Job Denmark, helping professionals and businesses retain international talent.

With 20+ years in communications, she is passionate about diversity, recruitment, and supporting inclusive workplaces.



THE FUTURE OF INCLUSIVE DESIGN

Inclusive design is often seen as complicated or expensive - but **Viggo Gori** explores how one Danish building is changing that mindset.



HANDICAPHUS PRESS PICTURES

KATRINE MANDRUP TANG - CEO OF THE DANSKE HANDICAPORGANISATIONER

VISITING THE HEADQUARTERS of Danske Handicaporganisationer in Høje Taastrup, I entered what is said to be the world's most accessible office building. Opened in 2012, the building was created around one central idea: making everyday working life accessible for people with all kinds of special needs and disabilities.

Completed in 2012, the building was created with one ambitious goal: to be accessible for people with all kinds of disabilities. Rather than designing for a specific group, the organisations behind the project had to identify common needs that could benefit everyone. According to Alexander, my guide who lives with ADHD and autism himself, this process was far from simple. Many disability organisations naturally wanted the building to be adjusted to their own members' specific needs. Yet the project managed to shift the focus from individual solutions to shared necessities that benefit everyone.

SHARED SOLUTIONS

One of the most obvious examples is already visible at the reception desk. It is built on two levels, allowing both standing visitors and wheelchair users to communicate comfortably at eye level. It is a simple detail, but one that immediately reflects the philosophy of equality used throughout the building.

As the tour continued, more examples of thoughtful design appeared everywhere. Contrasting colours divide sections of the building, helping visitors navigate more easily. Elevators and staircases are always placed side by side, ensuring that nobody is separated in their movement through the building. There are multiple types of toilets to meet varying needs, while guide strips both inside and outside help visually impaired visitors find their way independently.

What makes the building even more fascinating is the process behind it. Alexander explains: "Architects and engineers were asked to experience disability themselves during the planning phase. Some navigated spaces blindfolded, while others attempted to move through buildings in wheelchairs." The aim was not simply to teach technical needs, but to change the way designers think.

CHANGING THE MINDSET

Katrine Mandrup Tang, the CEO of the *Danske Handicaporganisationer*, later reinforced that same idea. "The whole purpose of the house is not just to build a house in a universal design, but to affect architects and engineers in thinking that way."

For Tang, the building proves that accessibility doesn't have to be more expensive, but that mindset has to change. She pointed to small practical examples, such as coat hangers placed at usable heights, as reminders that inclusive design doesn't necessarily cost more. "It's not expensive or complicated at all, it's just a way of thinking."

"We describe the building as the most accessible office building in the world, something we are very proud of." But she admits that, more than ten years after its opening, she hopes that might not be entirely true anymore and that the world is evolving.

Today, around 30 organisations work from the building, many of them relatively small with only a handful of employees. According to Tang, sharing one space creates significant benefits not only financially but also politically and socially. "As organisations representing different disabilities, we constantly learn from one another and broaden our perspectives beyond our own specific target groups."

As an umbrella organisation representing 38 disability organisations across Denmark, it focuses on identifying common political goals rather than supporting only one disability group. Their work ranges from education and labour market policy to transport accessibility and social inclusion. Tang described their work as focused on engaging with decision-makers and building broad alliances across sectors, often collaborating with unexpected partners, such as cycling organisations, to improve accessible transportation.

Despite progress in physical accessibility, Tang believes society still has a long way to go in terms of mental accessibility. "Research shows that eight out of ten Danes feel insecure when meeting people with disabilities." For her, this insecurity largely stems from a lack of contact rather than from unfriendliness. "If we don't meet each other, then we don't know enough about each other, and then there will be insecurity."

That idea might capture the building's deeper meaning. It is not simply about elevators or guide strips. It represents a broader vision of an inclusive society where accessibility is no longer treated as a special adjustment for a minority, but as a natural part of everyday life for everyone.

Walking out of the building at the end of the visit, it became clear that the true achievement of *Danske Handicaporganisationer* is not just creating one of the world's most accessible office buildings. - it is challenging people to rethink what accessibility, equality and inclusion should actually mean in modern society.

ABOUT THE WRITER

Viggo Goris is a Belgian journalism student interning at **The International in Copenhagen**. He writes on society, culture, and sports, focusing on clear and engaging coverage of contemporary issues. His work is informed by international experience, including time spent in Norway and project work in Romania.



THE QUIET MIGRATION OUT OF THE CAPITAL

As housing pressure grows in Denmark's largest cities, **Kelly Draper Rasmussen** explores the shifting movement of internationals toward overlooked municipalities.



PEXELS: KETUT-SUBIYANTO

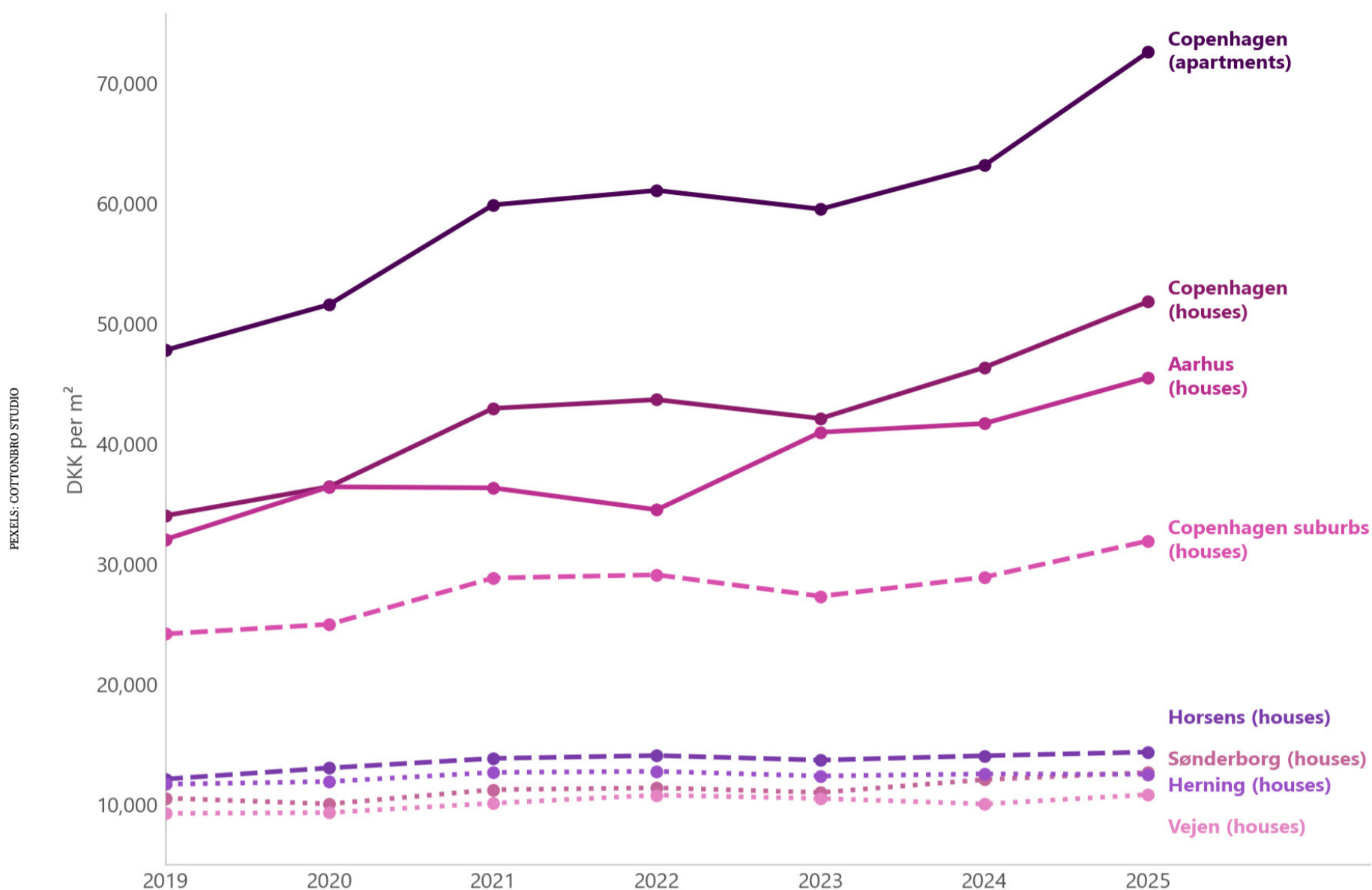
BETWEEN 2020 AND 2025, 110,000 international migrants arrived in Copenhagen. Over the same period, an estimated 16,600 left Copenhagen for other parts of Denmark. The city's international population still grew, but the internal outflow is accelerating. In 2020, it was 1,900 people. In 2025, it was 3,500. Copenhagen is gaining internationals through the front door but losing them out the back.

Presumably, the majority end up in Copenhagen's western suburban belt, and the internationals commute to their job. Nine municipalities, Høje-Taastrup, Ballerup, Herlev, Brøndby, Greve, Glostrup, Rødovre, Ishøj, and Vallensbæk, gained a combined 11,100 international residents through internal migration over the six years. For some of these places, the numbers are striking relative to their size.

Herlev's internal intake equals 29% of its entire 2020 international population. Ballerup's is 26%. These are not marginal adjustments. The composition of these communities is being reshaped.

BEYOND COPENHAGEN, THE SAME PATTERN REPEATS

Copenhagen dominates the headline numbers, but the same dynamic runs through every major Danish city. Aarhus lost an estimated 2,714 international residents internally over the period. Odense lost 2,853. Aalborg 1,296. In each case, the surrounding towns absorbed part of the loss. Five towns along the E45 corridor: Horsens, Vejle, Fredericia, Hedensted and Favrskov gained a combined



Source: Finans Danmark / BM011. Annual average realised transaction price, DKK per m².

1,679, roughly two-thirds of Aarhus's loss.

The towns and suburbs gaining more international residents share two things: they are cheaper than the cities people are leaving, and there are more jobs. A house in Horsens costs around 14,400 DKK per square metre. In Herning, 12,500. In Vejen, 10,900. Copenhagen apartments average 72,600. That differential is significant and growing. Copenhagen apartment prices rose 52% between 2019 and 2025, while Herning house prices rose 7%. Whether people are moving toward affordability or toward employment (or both), the data cannot say.

THE URBANISATION STORY DENMARK IS MISSING

The broader picture is one of mid-sized Danish cities growing faster than anyone expected. Horsens just overtook Randers to become Denmark's sixth-largest city, having gained 7,376 residents over the past decade compared to Randers' 2,332. Herning has crossed 50,000. The share of Denmark's population living in cities with more than 50,000 residents has risen from 15.9% in 2016 to 18.2% today. Internationals are a significant part of this shift.

These figures are estimates, not direct measurements. Internal migration is inferred since the data are not available, so true internal gains are likely slightly higher than reported. The housing price data is for purchases, not rentals, and many internationals rent. The price picture describes where people end up, not necessarily why they moved. What it cannot do is tell us whether someone left Copenhagen for Horsens because of a job offer, a cheaper flat, a partner or all three. What it can tell us is that they left, consistently, every year, in growing numbers.

The story of Danish urbanisation is usually told as a Copenhagen story. Record arrivals, housing pressure, a city pulling in people from across the world. That

story is true. It is also incomplete. A rebalancing is happening largely outside the national conversation about population and migration. Horsens and Vejen are not obvious destinations. They do not feature in Denmark's integration debate despite the major contribution of internationals there.

The distribution of people across this country is shifting - internationals are part of that shift, and the places absorbing it are mostly places that nobody is paying much attention to.

Sources:

- Statistics Denmark
- FOLK1C - foreign population by municipality, quarterly
- VAN1AAR - international immigration by municipality
- VAN2AAR - international emigration by municipality
- Finans Danmark: BM011 - Realised transaction prices per m², by postal code
- TV2 Nyheder: Population figures for Horsens/Randers and urbanisation stats (13 May 2026)

ABOUT THE WRITER

Kelly Draper Rasmussen is a Denmark-based data analyst who makes complex immigration and labour data accessible through her Data in Denmark newsletter. Her research has informed national policies and supports international communities.



DOES OUTDOOR LEARNING WORK?

As nature-based education gains attention worldwide, **Makoda Gascon** explores how outdoor learning shapes the experiences of students across age groups.



PEXELS: COTTONBRO STUDIO

FOR THOSE UNABLE to experience outdoor learning, or who anticipate their own children being part of it, what is outdoor learning, and how does it work for the youth of today?

WHAT IS OUTDOOR LEARNING?

The concept of outdoor learning is not new - it rests on the idea that students learn through their connection to and interaction with the outdoors. At its core, it is meant to be a way to gain a wholehearted understanding of nature. With this broad term, it can be helpful to understand how it is used in various ways depending on location and necessity.

DOES IT WORK?

While a definitive answer may be difficult to reach, as effectiveness is up to each individual to decide, there are many benefits to implementing outdoor learning. When it comes to interacting with nature, hands-on learning can be essential as students use their bodies to navigate and understand the natural world around them. At the same time, gaining meaningful experiences with others through outdoor interactions can help students build stronger connections with their peers. Furthermore, nature can be a good relaxer, providing an opportunity to

reduce stress and promote mindful thinking. Follow along as we learn some ways outdoor learning has been implemented, so you can make a better judgment about whether it works from your viewpoint.

FOREST SCHOOLS

An interpretation of outdoor learning that may be more familiar in Denmark is the forest school, or *skovbørnehave*. This type of outdoor learning is mainly for younger grades, usually from preschool to kindergarten, and emphasizes discovery over structured lessons or objectives. The idea is to have full immersion in nature, with the core focus on exploration and connection to their environment through play. At the same time, it helps students better understand risk management, as they have to learn to explore in ways that won't harm or endanger them. If they do happen to get into a tricky situation, it can become a lifelong learning experience in which they slowly learn to better assess and protect themselves in their future adventures.

OUTDOOR CLASSES

One approach that can be implemented across many grade levels is having classes outdoors. This can be particularly beneficial for a science class, where the

curriculum can come to life through the use of actual natural parts. With outdoor classes, students can become the harbingers of their own learning, taking advantage of their surroundings to further their understanding of the subject matter. Besides science class, nature can be a great catalyst for lessons in other subjects, where students actively explore or use real-world objects and scenarios to understand the curriculum in new ways. During outdoor classes, students can take in their surroundings and understand that nature can be used for learning.

OUTDOOR EDUCATION

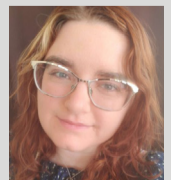
For upper-grade levels, the concept of outdoor education may be one of the final stages of outdoor learning for a student. In this way, students learn to take part in activities that require the outdoors and hone skills that will make them successful while interacting with nature. For example, while I was in school in rural Canada, our high school offered outdoor education as an elective. This class focused on teaching us outdoor survival skills, such as how to make and light a fire with materials found in nature, how to enjoy the outdoors by taking long bike rides through the countryside, and how to use our skills on a final weekend-long camping trip. This way of connecting to nature matured to the level that we were via our grade level, and pushed us to see nature as a tool for survival and a source of endless beauty.

EDUCATOR STANDPOINT

As an educator, I believe it is very beneficial for individuals of all ages to foster a relationship with nature and enjoy being outside. In a time when it is so convenient to stay inside, children must know it is okay to interact with nature and that they don't need to be afraid of the world around them. Depending on how it is implemented, outdoor learning can significantly shape each person's view of the world and help foster a strong bond with nature.

ABOUT THE WRITER

Makoda Gascon is a Canadian-American educator who will be relocating to Denmark. She has a strong background in writing and education, and loves to share her passion for knowledge to better connect people from all over the world.



RICOTTA CAKE

Perfect for lingering summer afternoons, **Natasha Liviero** pairs seasonal berries with an easy bake that brings a burst of tangy freshness to the table.



RICOTTA CAKE (MAKES 1 X 23CM CAKE)

INGREDIENTS:

1 lemon, finely zested
 1 lime, finely zested
 160g castor sugar
 130g flour
 10g baking powder
 ½ tsp salt
 50g almond flour
 3 XL eggs
 80g vegetable oil of your choice
 50g lemon juice
 250g ricotta cheese
 10g vanilla extract/paste
 40g almonds, toasted until lightly browned
 400g fresh raspberries and blackberries
 Edible flowers (optional)



METHOD:

1. Preheat the oven to 170°C (fan) and line the bottom and sides of a 23cm round baking tin.
2. Add the zest and sugar to a large bowl and rub between your fingertips until fully combined and fragrant.
3. Sift the flour, baking powder and salt into the sugar bowl. Add the almond flour and mix until combined.
4. In the bowl of a stand mixer fitted with the whisk attachment, whisk together the eggs, oil, lemon juice, ricotta, and vanilla on medium speed until light and creamy.
5. By hand, with a wooden spoon, mix in the flour mixture until just combined.
6. Pour the batter into the prepared baking pan, smooth the surface and sprinkle with slivered almonds, if using.
7. Bake for 30-32 minutes, or until a toothpick inserted into the centre of the cake comes out clean. The surface will naturally crack.
8. Rest in the tin for 15 minutes before unmoulding and placing onto a cooling rack to cool completely.
9. Top with fresh berries and edible flowers just before serving.

NOTES:

- * Top with any seasonal berries of your choice and freshly whipped cream, if desired.
- * If baked with the almond slivers, it also works well with just a sprinkling of icing sugar.
- * Store in an airtight container for up to 3 days.

ABOUT THE WRITER

Natasha Liviero is a South African pastry chef with Croatian heritage and a passion for European patisserie. She spends her days crafting recipes, sparing with her cats, and sharing her pastry journey on Instagram [@natashaliviero](https://www.instagram.com/natashaliviero).



FINDING THE RIGHT STYLIST FOR YOU

With everyone suddenly becoming a “stylist” online, **Ophelia Wu** reflects on the difference between dressing well and understanding people.

YOU THINK STYLING is easy? That’s the biggest misconception. There’s a myth that styling is glamorous and that anyone can do it. No, it is a whole package of different skill sets, experience, judgement, people skills, emotional intelligence, intuition and training over years, often decades, of alchemy that creates what appears to be “easy” and “effortless”.

I’ve been in the industry for almost two decades, growing up in an era where I witnessed the decline of print media, the rise of digital and social media, influencers (they used to be called KOLs — Key Opinion Leaders — when they actually had valid opinions that could influence an audience), and now AI and tech. I was practically “raised” by a team of talented tastemakers in an environment that fascinated many. Over the years, I’ve worked with many stylists - some can make magic out of the most basic pieces, while others can still make a mess of the most luxurious brands. These days, when I open any social media platform, there is no shortage of “image consultants”, “stylists”, and “personal shoppers”. Many who worked very hard for years behind the scenes have now been pushed to the front because their legitimate creative work must be seen and deserves acknowledgement. Many others are simply self-proclaimed, with little more than a sizeable social following.

The fashion industry is a strange one. It is one of the biggest businesses in the world, and almost everyone is involved in some way. It is public and private, inclusive and exclusive, all at once. It attracts attention, and with that comes ego, projection and personality. Throughout my career, I’ve worked with celebrities, both local and Hollywood-level, high-profile individuals, models (both established and emerging), and real people featured as part of editorial stories. Even now, I don’t go around proclaiming that I am a celebrity stylist, because I am not, and because there are many more talented and skilful stylists quietly doing their job and letting their work speak for itself.

When it comes to choosing who to work with, it is a little like finding the right physiotherapist. They need to understand you and help solve a problem in a way that works for you. I cannot tell you who is “better”, because style and taste are deeply personal — as they should be. But here are some practical things worth considering.

1. CHECK THEIR CREDENTIALS

Were they formally educated in fashion? Have they actually worked in relevant parts of the industry? If someone has never had first-hand experience in ar-



2013: BEHIND THE SCENES AT A SHOOT IN HONG KONG

eas such as styling, visual merchandising, fashion design, retail client service or buying, their knowledge and understanding will usually be more limited.

And no, a summer course or a short online styling course over a few weeks does not really count. At most, it gives you a very basic introduction to styling. Have they even interned at a fashion brand or a designer’s atelier?

Relevance is key. Someone with a fashion PhD or a marketing background does not automatically make a good personal stylist. Equally, someone with retail experience in a bookshop may not know how to pull looks.

2. LOOK AT THEIR PROFESSIONAL BACKGROUND

Was their experience genuinely relevant? How long have they been in the industry? The generation in

“A STYLISH WARDROBE IS NOT BUILT ON HYPE, FOLLOWERS OR LABELS. IT IS BUILT ON UNDERSTANDING THE PERSON WEARING IT.”

which they began their fashion journey also shapes their understanding, perspective and work ethic.

A former accountant cannot style you in the same way as someone who has spent years working in fashion styling or editorial. Someone who worked as an in-house retail client manager at a brand may offer useful insight, but is that knowledge based on one brand, or years of exposure across different houses, categories and clients?

Likewise, being successful in another creative field does not automatically translate. A former dancer is not the same as a fashion designer. They may share

2016: BEHIND-THE-SCENES SHOOTING JEWELLERY CAMPAIGN WITH MICHELLE YEOH AND MARY MCCARTNEY AS THE PHOTOGRAPHER IN LONDON



2016: BEHIND THE SCENES OF COVER SHOOTING WITH VICTORIA BECKHAM FOR ELLE HONG KONG, WITH PHOTOGRAPHER ELLEN VON UNWERTH IN LONDON



BEHIND THE SCENES OF A JEWELLERY CAMPAIGN IN PARIS



2025: BEHIND THE SCENES OF JEWELLERY CAMPAIGN PRODUCTION AND SHOOTING IN STOCKHOLM



2025: BEHIND-THE-SCENES SHOOTING IN STOCKHOLM

an understanding of movement, but a fashion designer cannot perform, and a dancer cannot create a collection. Adjacent worlds may help someone understand taste and aesthetics a little better, but they are not interchangeable or replaceable. In other words, do not expect a fashion stylist to advise you how to play the piano as a grand master would.

3. DRESSING YOURSELF WELL IS NOT THE SAME AS STYLING OTHERS

Someone who dresses nicely, has a large social following, or appears to have “good taste” does not necessarily know how, or even have the interest, to style other people. Be mindful of whether they are simply regurgitating mood boards and whatever is trendy, or genuinely have a personal point of view, taste, and visual judgement. At most, it tells you they dress well for themselves, or that they like certain things. But does that authentically express who they are? Not necessarily. We only see the image. We don’t know the full story.

They may have money, access, or receive head-to-toe looks from brands as part of marketing campaigns. That doesn’t automatically mean they understand fashion or other people’s bodies and needs. And just because you enjoy shopping or know where to shop does not make you a qualified stylist. If that were the case, half the women in the world would be highly qualified.

4. LUXURY DOES NOT AUTOMATICALLY EQUAL STYLE

Luxury brands do not automatically equal taste, judgement or good style. This one is fairly straightforward.

5. NOTICE WHETHER THEY PUSH PURCHASES

Do they immediately push shopping services or encourage you to buy?

Of course, many personal shoppers genuinely shop for clients as part of their service. But remember, many also make a living through service fees, commissions, affiliate links or brand relationships. There is nothing inherently wrong with that. Just stay aware of the recommendation and the intention behind it. Do you come first, or do they?

6. STYLING & PERSONAL SHOPPING IS CUSTOMER SERVICE

Many people do not see it that way.

Dressing yourself is very different from dressing someone who needs help. Some people love dressing others but are not especially interested in dressing themselves. I know many stylists with that mindset, and they are still effortlessly cool in Gap jeans, an H&M T-shirt and Converse.

It is easy to dress yourself. Dressing another human being requires a different

level of skill, judgement, technical knowledge and emotional intelligence. People often forget that true styling and personal shopping are, at their core, customer service. It’s built on credibility and trust, a lot of it. The stylist is there to meet a need, solve a problem, and help someone feel more aligned with themselves. Whether dressing a celebrity or Mary, the role is to deliver the brief impeccably.

7. CONSUMING INFORMATION IS NOT THE SAME AS EMBODIED SKILL

Reading about style, fashion, taste and trends does not create styling ability. You cannot research your way into taste, judgment, emotional intelligence or technical instinct. Those are built through training and years of hands-on work with hundreds, sometimes thousands, of people. It is accumulated experience, not simply information. What you are reading now is condensed, scratch-the-surface information translated into layman’s terms. You can read every book available on fashion and still not have a clue how to style someone properly.

NOW WHAT?

A simple, logical way to think about it: if you wanted to learn the violin or refine your tap dancing, would you go to someone who has read extensively about music history but never played the violin? Or someone who watches ballet, took one tap class, and now calls themselves a professional dancer? Probably not. So why would you choose someone with no relevant training or real-world experience to guide you through your wardrobe, image or personal style?

Not everyone can solve a wardrobe crisis. Not everyone has the judgment, sensitivity or practical advice needed to refine and attune your style. And frankly, not everyone who looks good knows how to help you look like yourself and feel great about yourself.

If you go to a hotel and want the full package: early check-in, late check-out, welcome gifts, a room upgrade with a view, then do the same when you choose to work with a qualified stylist for your wardrobe and style upgrade. It is an investment you are unlikely to regret.

ABOUT THE WRITER

Ophelia Wu is a Copenhagen-based fashion consultant, journalist, with a career spanning Hong Kong, London, and beyond. She brings her passion for fashion, beauty, and interiors to brands worldwide while embracing the Scandinavian lifestyle.



TRAINING DURING DANISH SUMMER

Why your fitness routine needs flexibility in summer - not more discipline, according to fitness writer, **Alexandra Beck**.



PEXELS: YAROSLAV SHURAEV

THERE'S A POINT every year where your routine starts to feel slightly unrealistic. The class you usually attend suddenly clashes with a last-minute dinner outside. Evenings stretch longer than planned, sleep changes, and plans pop up more often. Before you know it, the structure that felt solid in March feels a bit loose in July. This is usually where people assume they've fallen off track. They haven't. The rhythm has simply changed, and the mistake is trying to force your usual routine into a season that doesn't support it in the same way.

Your body still responds to the same fundamentals: consistency, strength work, recovery, and nutrition. That doesn't change with the weather. What changes is everything around it. Longer days, more social plans, and often more movement without thinking. You are likely walking more, cycling more, and being more active overall. That all counts, but it also adds to your overall load. Keeping the same training volume, intensity, and schedule on top of that can quickly feel heavier than necessary. When that happens, motivation tends to dip, not because discipline disappears, but because the setup no longer fits your life.

ADAPTING YOUR ROUTINE WITHOUT LOSING STRUCTURE

The adjustment is simpler than most people expect. Keep the structure, but loosen the edges. Instead of locking yourself into specific days and times, decide that you train two to three times per week and choose the days that fit. This small adjustment often makes the difference between staying consistent and slowly drifting away. Research supports this as well. Flexibility within a structured routine is one of the strongest predictors of long-term adherence. We don't lower standards, we make them realistic.

MORE ACTIVITY MEANS RECOVERY MATTERS MORE

Another factor people underestimate is how much overall activity increases in summer. Baseline movement often goes up, and when you add slightly less sleep, more socialising, and occasional alcohol, recovery is already working harder. This is why keeping strength training as your anchor works so well. Two to three focused sessions per week are enough to maintain muscle, support metabolism, and keep your body feeling strong without tipping you into constant fatigue. You do not need to do everything. You need to do what matters.

Heat also plays a role, even in Denmark. Training in warmer conditions increases cardiovascular strain and makes sessions feel harder than usual. Your heart rate climbs faster, fatigue sets in earlier, and performance can feel inconsistent. This is not a loss of fitness - it is a change in environment. Adjusting expectations helps. That might mean slightly lighter loads, longer rest periods, or training earlier in the day. It can also mean accepting that not every session needs to feel like progress in the moment.

Nutrition tends to become more relaxed as well. Meals are less structured, plans are more spontaneous, and there is a natural shift towards enjoying the season. Trying to control that too tightly usually creates friction. What works better is anchoring a few key habits. Adequate protein supports muscle maintenance, regular meals support energy, and hydration becomes essential.

Beyond that, flexibility tends to be more effective than restriction. A well-fuelled, consistently trained body handles variation far better than one that is underfed and overly controlled.

SUMMER IS PART OF THE ROUTINE, NOT A BREAK FROM IT

The biggest shift, though, is mental. Summer is not a disruption to your training - it is part of your life. The goal is not to maintain a perfect routine despite it, but to build one that works within it. That might mean shorter sessions, different training times, or slightly lower frequency for a period. The alternative, stopping completely and starting again in September, is where most progress is lost.

If there is one thing worth keeping consistent, it is strength. Muscle is slower to build than to lose, and maintaining it requires regular stimulus. Even a reduced but consistent approach will carry you through the summer far better than starting from zero in the autumn.

Your routine does not need to disappear. It just needs to adapt enough to keep moving with you.

ABOUT THE WRITER

Alexandra Beck is a Swiss/Brit personal trainer and nutrition coach in Copenhagen, helping people of all ages find fun and consistency in fitness. A former communications professional, she now brings energy, and community magic to every workout.



THE OCCUPIED KINGDOM: DENMARK DURING WWII

Jess Hearne explores how the occupation years transformed Denmark politically, socially, and morally long after liberation arrived.



EMBASSY OF DENMARK IN THE UK FB PAGE

ON THE MORNING of 9th April 1940, the people of Denmark woke to the sounds and sights of the German military crossing the border. The invasion happened so fast that many Danes barely had time to comprehend it before Denmark announced surrender. In just a few short hours, Denmark had gone from an independent country to an occupied territory of Nazi Germany, an occupation that would last five long years.

Denmark itself was not the main prize. As part of Operation Weserübung, its location was strategically important for German access to Norway and the Baltic Sea. Danish forces found themselves badly outnumbered and, fearing that continued fighting would lead to heavy civilian casualties, the government quickly decided to surrender.

Yet, the country was never truly defeated. Beneath the compliant appearance of everyday life, the resilient and courageous spirit of the Danes only went from strength to strength.

COOPERATION AND COMPLIANCE: THE EARLY YEARS

For ordinary citizens, daily life appeared strangely normal at first. Shops were still open as usual, children went to school, and trains kept running. Unlike many occupied countries, Denmark was allowed to keep its king and government, with King Christian X remaining in Copenhagen and riding the streets on horseback almost daily. What the Germans described as a “peaceful occupation” was actually a

policy of cooperation, with the Danish government complying in the hope of protecting their population and maintaining a sense of independence.

Yet, reminders of the occupation started to appear at every turn. The streets were filled with German troops, blackouts became common practice, and petrol rationing forced many onto bicycles. Curfews and censorship became part of daily life, with newspapers and radio broadcasts being tightly controlled.

GROWING RESISTANCE

As the war continued, cooperation became increasingly difficult to defend. Many Danes felt humiliated by the surrender and frustrated by the government’s willingness to work with Germany. By 1943, anger had boiled over into strikes, protests and sabotage. Resistance groups began destroying railways, factories and communication lines used by the Germans. Underground newspapers spread banned information and encouraged opposition to the occupation.

The resistance movement was made up of students, workers, doctors, shopkeepers and even some police officers. Some carried out acts of sabotage, while others gathered intelligence for the Allies or helped people escape the country. The work was dangerous. Resistance fighters risked imprisonment, torture and execution if caught. Still, the movement continued to grow.

One of the most remarkable moments of the occupation came in October 1943, when Germany ordered the arrest and deportation of Danish Jews -

news of the planned roundup spread quickly. Across Denmark, ordinary citizens helped their Jewish neighbours escape. Families were hidden in homes, churches and hospitals before being secretly transported across the Øresund to neutral Sweden in fishing boats. Around 7,000 Danish Jews, roughly 95% of Denmark’s Jewish population, were saved in what became one of the most extraordinary rescue efforts of the Second World War.

The Germans responded harshly, imposing martial law in August 1943, after fresh waves of strikes and unrest. The Danish government resigned rather than accept German demands for harsher punishments. German forces took direct control of the country, and the Danish navy scuttled many of its own ships to stop them falling into German hands.

DARKNESS INTO LIGHT: THE FINAL YEARS

The final years of occupation were darker and more violent. Sabotage increased, but so did reprisals. Resistance fighters were hunted down, and civilians were killed in retaliatory attacks known as Schalburgtage. Fear was everywhere, yet so was determination. Underground networks expanded, and many Danes secretly listened to BBC broadcasts for news from abroad.

Then, on the evening of 4th May 1945, everything changed. A BBC broadcast announced that German forces in Denmark had surrendered. Across the country, people tore down blackout curtains and lit candles in their windows. Crowds flooded the streets in celebration. After five years of occupation, Denmark was free once more.

The occupation left deep scars on Denmark, but it also shaped modern Danish identity. The years between 1940 and 1945 revealed both compromise and courage, fear and resistance. Denmark may have been occupied, but many of its people never stopped resisting in ways both large and small. That spirit ensured the country survived not only physically, but morally too.

ABOUT THE WRITER

Jess Hearne is an Irish Content & Communications Specialist based in Copenhagen. With a background in history and socio-political studies, she works with clients across many areas, while pursuing passion projects in feminist history and film psychology.



THE ART OF CREATING A WELCOMING HOME

In her reflections on interior design, **Maja de Silva** shows how creating a welcoming home begins with understanding the people who live within it.

TODAY, WE ARE surrounded by endless interior design trends, inspiring images, and an overwhelming selection of furniture and décor. Yet despite all the options available, creating a truly welcoming home is not always easy. A home should feel balanced - neither overcrowded with things nor too minimalistic and cold. It should feel personal, comforting, and alive.

DESIGNING AROUND REAL LIFE

When I meet my clients for the first time, I always begin by listening. They share their dreams about their home, their needs, daily routines, and lifestyle. From there, we slowly begin shaping the vision together. We explore inspirations, discuss colour palettes, textures, fabrics, rugs, curtains, proportions, and finally move into the practical side of the process: planning, functionality, and solutions that truly work for their lives.

LETTING THE SPACE GUIDE YOU

To create a home that feels inviting, we have to connect with something deeper. A home is, in many ways, an extension of you and your family. You give it its energy, warmth, and personality. When we build from that foundation, the bigger picture slowly begins to emerge. I truly love being part of this process - together we create a design path to follow. Of course, there can be surprises, changes, or distractions along the way, but it is important to stay patient, trust the process, and remain connected to the original vision.

Every home is different. Some spaces are large and open - others are small and cosy. One of the best things you can do is work with the flow of the space instead of against it. Explore the possibilities, consider different options, and make thoughtful decisions. Some homes naturally invite bold colours and artistic expression, while others feel best in softer natural tones with a calmer atmosphere. Neither is right nor wrong. What matters most is that your home reflects your personality and supports the way you want to live.

When you choose furniture, décor, and solutions that genuinely speak to you, something magical happens. Your home becomes more than just a place to live - it becomes your personal sanctuary, a unique and welcoming oasis.

THINKING OPENLY

There is no single layout formula that always works. Instead, I recommend tuning into the space and building from there. Include colours, shapes, and



ALL IMAGES: DESIGNER/PHOTOGRAPHER: MAJA DE SILVA / LOCATION: PRIVATE HOME, CPH, DK

materials you truly love, and do not be afraid to experiment. Comfort is also essential. Choose sofas, chairs, and armchairs that invite people to sit down, relax, and stay awhile.

Think openly about layout possibilities. Play with textures and fabrics to create depth and warmth in a room. Ask yourself what “welcoming” truly means to you. Is it a cosy place for conversation? A calm retreat after a busy day? A lively family space filled with laughter?

When arranging a sofa area, consider what your room allows. In larger rooms, two sofas placed opposite each other can create a beautiful, sociable atmosphere. An L-shaped arrangement is another wonderful option, especially for family gatherings, movie nights, conversations, snacks, or board games with friends.

I also love flexible solutions. In some homes, instead of using a large, fixed L-shaped sofa, I have created layouts that combine one sofa with a pouffe.

This gives much more freedom. The pouffe can be moved around depending on the mood or activity - used as a footrest, an extra seat, or even a coffee table with a beautiful tray placed on top. Flexible layouts make a home feel more dynamic and adaptable to everyday life.

If two sofas are not possible, consider adding an armchair. It can become part of the main seating area or create a separate reading corner that can easily be moved when guests arrive. Armchairs themselves can bring so much personality into a space. They can match the sofa collection or become a statement piece in a bold colour, floral fabric, or sculptural shape. It could be a swivel chair, a swing chair, or even a cosy beanbag. Personally, I have a swing chair at home and absolutely love it.

THE DETAILS THAT BRING A HOME TO LIFE

Lighting is another important element in creating a welcoming atmosphere. In my vision, a beautiful home always has balanced layers of light. Natural daylight is essential, but it is equally important to add practical lighting and softer ambient light. Ceiling fixtures and hanging lamps provide functionality, while floor lamps and table lamps create warmth and mood. Lampshades, especially in the evening, bring a cosy, comforting feeling to a room.

Accessories also play a meaningful role. While they may seem like small details, they often bring the soul into a home. A vase with fresh flowers, candles, decorative cushions, soft blankets, artwork, sculptures, or plants can completely transform the atmosphere of a space. These are the pieces that make a home feel lived in and loved.

Some of my favourite items in my own home are vintage clocks, brass candleholders, custom paintings, rustic picture frames, woven baskets, and handmade plant pots. The larger baskets hold shoes in the hallway, while smaller ones organise bathroom essentials. Functional pieces can still be beautiful.

Most importantly, allow yourself to enjoy the process. Play with layouts, textures, colours, and objects that make you happy. We spend so much of our lives indoors, and our homes should support us, comfort us, and inspire us every single day.

I hope this inspires you to create small or big changes in your own home - and to design a space that truly welcomes both you and the people you love.



“WHEN YOU STOP DESIGNING FOR PERFECTION AND START DESIGNING FOR REAL LIFE, YOUR HOME BEGINS TO TELL YOUR STORY. THAT IS WHAT TRANSFORMS A SPACE FROM SIMPLY BEAUTIFUL INTO TRULY WELCOMING.”



ABOUT THE WRITER

Maja de Silva is a Copenhagen-based interior architect and photographer with an international background spanning Switzerland, the US, and Poland. She blends design expertise and visual storytelling to create intimate, thoughtful interiors while embracing a modern Scandinavian lifestyle.



ALL IMAGES: DESIGNER/PHOTOGRAPHER: MAJA DE SILVA / LOCATION: PRIVATE HOME, CPH, DK

THE LANGUAGE OF SUMMER IN DENMARK

Brooke Taylor Fossey's guide through Danish summer culture, from *sommerhus* escapes to the Scandinavian love of outdoor living.



PEXELS: FREDERIK M

EVERY COUNTRY HAS summer traditions. Denmark has an entire summer language - one shaped by long winters, sudden light, and the collective relief of making it through another dark season.

You can hear it before you can feel it. Long before temperatures consistently rise above 20 degrees, people begin asking: *Har du planer for sommerferien?* Do you have plans for summer vacation?

THE LANGUAGE OF RECHARGING

Some of the most revealing words about Danish summer are *sommerferie* and *sommerhus*. Translated directly, they mean “summer holiday” and “summer house,” but culturally they mean something closer to collective disappearance. In July, out-of-office messages go up and cities empty out. Danes retreat - not necessarily far away - but elsewhere: to coastlines, islands, gardens and cabins.

The *sommerhus* itself says something important about Danish culture. Unlike the vacation homes associated with luxury in many countries, the Danish summer house is often deliberately simple. Modest, wooden, simple, and charming, often fitted with old coffee mugs and mismatched dishware, a *sommerhus* is not really about escaping ordinary life; it is ordinary life relocated.

Not everyone disappears to the coast. For many Danes, summer unfolds in a *kolonihavehus*, a small garden cottage usually located just outside the city. These tiny houses sit side by side in neat rows overflowing with roses and Danish flags, offering another

version of summer freedom and nostalgia. The allotment garden movement originated in the 19th century as a green haven for working-class families in dense cities, and has since developed from poor people's gardens to popular recreational havens with long waiting lists.

THE LANGUAGE OF LIGHT

In June, Denmark celebrates *Sankt Hans Aften*, a mid-summer evening marked by bonfires - *bål* - along beaches, lakes, and harbours across the country. People gather to sing as flames rise against the water, and in some places a witch effigy is still placed atop the fire, a lingering echo of older Nordic traditions.

Perhaps that's why the expression *lyse nætter* - “bright nights” - feels uniquely Nordic. In Denmark, summer nights mean never-ending twilight. Children stay outside late, conversations stretch longer than intended, and dinner drifts toward midnight. After months of winter afternoons ending before most people leave work, the return of light changes the mood of the country in a way that is difficult to explain until you experience it yourself.

THE LANGUAGE OF FOOD

No Danish summer vocabulary would be complete without *koldskål* and *kammerjunkere*. Technically, *koldskål* is a cold buttermilk dessert flavoured with lemon and vanilla, eaten with crunchy biscuits called *kammerjunkere*. But describing it that way misses the point entirely.

For many Danes, *koldskål* tastes like childhood summers. Danish strawberries, sunscreen, warm evenings, and the kind of day where nobody wants to go inside for dinner. Every family has opinions: thick or thin, homemade or store-bought, whole biscuits or crushed ones. The debate itself is part of the tradition!

THE LANGUAGE OF BEACH DAYS

If you spend enough time near a Danish beach in summer, you will eventually hear the phrase at *slikke sol* - literally, “to lick the sun.” After living much of the year under grey skies, Danes pursue sunlight with remarkable dedication. The first warm weekend sends people rushing toward parks, harbours, and beaches.

Danes joke about this with another summer expression: *fluepapir* - literally “flypaper.” It describes the sight of people lying side by side, trapped like, well, flies on flypaper, at the beach in pursuit of sunlight.

Underneath many of these words lies a larger Scandinavian idea: *friluftsliv* - literally, “free-air-life.” More than outdoor living, it reflects the belief that life improves when brought outside. Swimming in cold water, cycling without destination, reading in parks, sitting on docks late into the evening - in Scandinavia, nature is not treated as an escape from life but as part of everyday life itself.

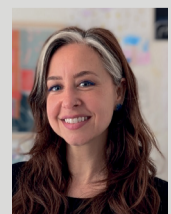
Perhaps that's why Danish summer vocabulary feels so emotionally loaded. These words are not really about the weather. They are about slowing down, gathering together, and taking full advantage of a season that never lasts quite long enough.

After your first winter in Denmark, you understand why summer here is spoken about with such anticipation.

God sommer!

ABOUT THE WRITER

Brooke Taylor Fossey is a Danish language coach and content creator based in Copenhagen. With a background spanning city planning, craft beer, and bagel-making, she now helps learners explore Danish language and culture on [@nearlydanish-dame](https://www.instagram.com/nearlydanish-dame)



THE SMART WAY TO USE AI IN BUSINESS

Diana-Medrea Mogensen explores how entrepreneurs can use AI to reduce friction without sacrificing the human side of their business.

AT THIS POINT, most small business owners have already experimented with AI in one way or another. Maybe you used it to write a social media caption, structure an email, brainstorm ideas, translate text, or organise your thoughts after a long day.

You have probably also noticed two things quite quickly. Sometimes it saves an enormous amount of time. Other times, the result feels generic, disconnected, or simply wrong.

The problem is not AI. The problem is that thinking it does replaces the thought behind it.

AI tends to work best when you already understand your business reasonably well. If you know what you offer, who you help, how your customers behave, and where your bottlenecks are, AI can reduce friction significantly. If you do not, it often helps you produce confusion more efficiently.

Before choosing tools, it helps to step back and understand your current reality.

What repeatedly consumes time or energy in your business? Which tasks feel unnecessarily manual? Where do delays happen? What do you keep postponing because it drains you mentally? What already follows a repetitive structure?

Then ask a second question: what would you like this process to become instead?

Perhaps you want communication to feel clearer and faster, or onboarding clients takes too much back-and-forth. Maybe you lose hours planning content, searching through notes, rewriting the same information, or trying to organise scattered ideas across emails, notebooks, and WhatsApp messages.

This is usually where AI becomes genuinely useful.

For communication-heavy businesses, AI can help draft newsletters, structure workshop descriptions, rewrite unclear emails, generate first drafts for social media posts, or adapt content for multiple formats. For people working across languages, it can also help simplify or translate communication more efficiently.

For organisational tasks, it can summarise meetings, create checklists, organise notes, prepare FAQs, or help structure ideas into actual plans.

For repetitive administrative processes, AI can support invoice templates, onboarding flows, automated responses, customer support messages, appointment confirmations, or content scheduling.

This becomes especially relevant before summer, when many entrepreneurs are already stretched



PEXELS: TARA WINSTEAD

thin trying to close projects before July while preparing for slower periods in Denmark during the holidays.

A website builder, for example, may help you generate pages quickly, structure text, or simplify setup. Still, it cannot decide what your business actually is, who your customers are, or how you want people to experience your brand. The tool may speed up the process, but clarity still has to come from you.

This is where many people get stuck. They automate before they understand, generate content before defining their message, or ask AI to make decisions that still require human judgment, experience, and context.

Perhaps the most useful way to think about AI is not as a replacement worker, but as an assistant - a very fast one, occasionally brilliant, occasionally wrong, and still dependent on your direction.

Like any assistant, the quality of the outcome depends heavily on the quality of the instruction.

This is why identifying bottlenecks matters more than chasing trends.

Instead of asking, "What is the latest AI tool?"; it may be more useful to ask:

- Which parts of my business already follow a pattern?
- Which tasks consume energy without creating proportional value?
- Where do I repeatedly lose time?
- What could become simpler with support?

Those questions tend to lead to much more useful

answers than technology trends alone.

The entrepreneurs who benefit most from AI are usually not the ones trying to replace themselves completely. They are the ones using it intentionally to support processes they already understand.

If you are curious about how AI can support your business in practical ways, We Are Entrepreneurs and one.com will soon open registrations for two free workshops focused on AI-supported website building and business communication.

The workshops will take place on 11 June (afternoon session) and 12 June (morning session). Follow We Are Entrepreneurs for registration details and updates.

Because AI will probably not build your business for you. It will help you run it with more clarity, structure, and breathing room.

Happy summer!

ABOUT THE WRITER

Diana Medrea-Mogensen is a Denmark-based entrepreneur, funding strategist, and educator working at the intersection of self-employment, learning, and inclusion. She founded We Are Entrepreneurs to support expats and underrepresented groups in building sustainable businesses.



7 FREE FESTIVALS TO ATTEND THIS SUMMER

As Denmark's festival season begins, **Viggo Goris** explores the free concerts, local festivals, and open-air events that bring music and culture to cities across the country this summer.



RANDERS FESTUGE - JAKOB LERCHE

WITH JUNE'S ARRIVAL, the summer starts to feel like a reality. And what better way to enjoy the summer than being outside with music? Denmark has a lot to offer when it comes to festivals, think of the world-famous (and almost sold out) Roskilde Festival. However, if you're on a budget, Viggo Goris looks at free alternatives, exploring smaller local festivals and open-air concerts.

STELLA POLARIS

Multiple Cities (Frederiksberg (20 June) – Aabenraa (8 August) – Aarhus (15 August)

Stella Polaris is a festival that has been around since the 90s and focuses on relaxed electronic music, featuring genres like downtempo, chillout, and melodic house. It is known for its calm daytime setting in parks, where audiences gather on blankets and enjoy DJ sets in a casual, social environment. Throughout the years, the festival has taken place in numerous cities across the country. This summer,

Frederiksberg, Aabenraa and Aarhus have to make the festival accessible for everybody across Denmark.

AARHUS JAZZ FESTIVAL

Aarhus (26 June – 5 July)

Aarhus Jazz Festival is sometimes seen as the little brother of the internationally renowned Copenhagen Jazz Festival. Yet it offers an intimate atmosphere, bringing a unique jazz experience to Denmark's second-largest city. The program includes both traditional, modern and experimental jazz, featuring established international artists as well as upcoming Danish talent. Concerts take place in all kinds of venues, from small, intimate clubs to street performances, creating a closer connection between performers and audiences.

FREE CONCERTS AT GARTNERSLUGTEN

Rinkenæs (every Tuesday 30 June – 4 August)

Free concerts at Gartnerslugten are a series of individual concerts rather than a traditional festival, offering a calmer way to experience live music during the summer. The concerts take place in a natural amphitheatre-like setting surrounded by greenery in the far south of the country, creating a cosy and intimate atmosphere. Running every Tuesday throughout the summer season, the series offers a steady flow of live acts in a relaxed environment where nature and music blend.

TUNE MUSIKKFESTIVAL

Tune (25 July)

Tune Musikkfestival is a one-day local music festival with a strong community focus and a family-friendly atmosphere. The program typically combines live concerts with a variety of entertainment activities, creating a relaxed setting where visitors of all ages can spend the day together. With performances spanning multiple genres and a casual, welcoming

COPENHAGEN OPERA FESTIVAL - IDA GULDBREK ARENDTSEN



H.C. ANDERSEN FESTIVAL



TUNE MUSIK FESTIVAL FB PG

environment, the festival emphasises accessibility and local engagement over scale or spectacle.

RANDERS FESTUGE

Randers (7-15 August)

Randers Festuge is quite a famous cultural event in Denmark and is mostly free to attend, though some activities do require a ticket. The festival offers a broad program that goes beyond music. That includes art, performances, and various forms of entertainment. Spread across different locations in Randers, it transforms the city into a lively cultural space where both indoor and outdoor activities take place. The program typically features concerts, exhibitions, street performances, and community events, creating a diverse and accessible festival atmosphere throughout the city.

H. C. ANDERSEN FESTIVAL

Odense (13-22 August)

H.C. Andersen Festivals is one of Denmark's largest cultural festivals and a tribute to the legacy of world-famous writer Hans Christian Andersen. The festival offers a very varying program, including theatre, dance, concerts, and spectacular light installations that transform the city into one big creative stage. This year's edition opens with a new musical dedicated to Andersen, setting the tone for a program that blends storytelling, visual art, and performance. With its scale and diversity, the festival stands as a major cultural highlight in Denmark's summer calendar.



STELLA POLARIS

COPENHAGEN OPERA FESTIVAL

Copenhagen (13-23 August)

The Copenhagen Opera Festival aims to make classical music and opera more accessible to a wider audience by bringing performances out into the city's streets, squares, and cultural venues. The program includes opera, classical concerts, and music drama, presenting both traditional repertoire and contemporary works. On top of that, some events specifically focus on engaging visitors to provide an even more fulfilling experience. While not all events are free, the festival is designed to make opera more accessible by offering performances in a variety of public spaces across the capital.

** Please remember to check all websites for programme changes.*

AARHUS JAZZ FESTIVAL FB PG



ABOUT THE WRITER

Viggo Goris is a Belgian journalism student interning at The International in Copenhagen.

He writes on society, culture, and sports, focusing on clear and engaging coverage of contemporary issues. His work is informed by international experience, including time spent in Norway and project work in Romania.





RECRUITMENT ANNOUNCEMENTS

SKILLED EMBEDDED SOFTWARE DEVELOPER WITH PASSION FOR IOT

Are you ready for new challenges in the development and design of Embedded Software Solutions? Are you a skilled engineer with a flair for innovative software solutions? Then you may be our new embedded software developer.

Location: Sønderborg
Deadline: When filled
Contact: Rune Kragegaard Lei
+45 74 12 35 07

COMMERCIAL CONTROLLER (MATERNITY LEAVE COVER)

You will join an international environment where data, market insight and commercial understanding play a key role in supporting business decisions and performance development.

Location: Frederiksværk
Deadline: 14 June 2026
Contact: See website

ENGLISH-SPEAKING BUS DRIVER & TOUR GUIDE

(Temporary Position Until September 2026)
Do you have a passion for safe driving and a love for Copenhagen? Are you fluent in English and enjoy connecting with people from around the world?

Location: Copenhagen
Deadline: 30 June 2026
Contact: info@helloworldtours.com

To advertise your vacancy here, contact:

info@englishjobdenmark.dk
or call 60 70 22 98.

For more information
about what we can offer:

<https://englishjobdenmark.dk/>

RESEARCH SCIENTIST – IN VIVO PHARMACOLOGY (MATERNITY COVER)

In this role, you will contribute to the progression of our early discovery programs by generating high-quality in vivo data and supporting the translation of pharmacological findings into project-relevant insights.

Location: Aarhus N
Deadline: When filled
Contact: Maja Nielsen,
People & Culture Director
mbn@nmdpharma.com

INTERNATIONAL ON-SITE MANAGER FOR OUR POULTRY DIVISION

In this role you will be responsible for the on-site installation of our Poultry Solutions. This role plays a key part in the installation of our solutions to ensure that work is carried out according JBT Marel specification, project plan and to customer satisfaction.

Location: Helsingborg
Deadline: When filled
Contact: Niels Spit,
Talent Acquisition Business Partner
niels.spit@marel.com

ACCOUNT MANAGER (FRENCH MARKET)

Join Foxway and help shape the future of sustainable tech! We are looking for an Account Manager for the French market to strengthen Foxway's position and drive future growth in the refurbished IT market. If you're commercially driven, relationship-focused, and excited about sustainability, this could be your next step.

Location: Hinnerup
Deadline: 6 June 2026
Contact: Hannela Viigi, Talent Acquisition Partner – People & Culture
hannela.viigi@foxway.com

TECHNICAL PROJECT MANAGER – AC/EE

This position provides the opportunity to work at the intersection of technology, project management, and cross-functional collaboration, partnering closely with internal development teams, suppliers, and stakeholders across the organization.

Location: Horsens
Deadline: When filled
Contact: Peter Vester,
Senior Director, Quality & Technology
+45 76 26 27 65

MARKETING MANAGER DRIVING SALES AND STORY-TELLING IN BIOTECH

We are looking for a T-shaped generalist who connects product marketing with demand generation and makes results visible. You will work at the intersection of BD, science, and marketing. You are not going to just plan initiatives; you will build them yourself together with the BD and science teams.

Location: Herlev
Deadline: 30 June 2026
Contact: Trine Hoyerby, HR Manager
trih@nordicbio.com

STUDENT ASSISTANT - SUPPORT FOR VIDEO PRODUCTION AND ONLINE COURSE DEVELOPMENT - DTU WIND

You will support our team in preparing, recording, editing, and publishing educational content while gaining hands-on experience in a professional academic environment. The role is well-suited to a student with an interest in video, media production, and digital learning tools.

Location: Roskilde
Deadline: 12 June 2026
Contact: Søren Larsen, solars@dtu.dk

SALES PROJECT COORDINATOR

Are you ready to impact more than 100 million people's health every year? You will play a key role in our Sales team within Development Aid & Export Credit, ensuring seamless execution of sales projects from tender preparation to final delivery.

Location: Lyngø
Deadline: 2 June 2026
Contact: Christina Elnif, Key Account Manager,
che@missionpharma.com

We support international:

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community, workshops, events and
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