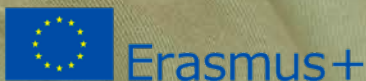


Shaping your future in Denmark

– join for your exchange at Zealand

Incoming Exchange Guide

DK KOGE03



Adapting
to a world
in constant
change

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How do you arrive in Denmark and at Zealand? Have you calculated living expenses and do you know, if you are allowed to work while studying in Denmark?

Why study in Denmark?

→ Denmark offers international students an innovative education system with focus on quality and international competences. Most Danes speak English – so managing daily life in English is no problem. Denmark is a well-organised, friendly and safe country.



Did you know that Denmark is among the happiest countries in the world and the Danes rank themselves among at the happiest people in the world?

This satisfaction is usually accredited to soft values such as family life, culture, social stability and recreation, rather than money and material wealth. Denmark is a rich welfare society where the state provides free health care, among other things. Free health care is also offered to international students who come to Denmark to study. Denmark is also a very safe country with one of the lowest crime rates in the world. Children can walk or ride their bike to school on their own, and parents can leave their babies sleeping in prams outside cafes.

A beautiful fairy-tale country

Denmark is a green country surrounded by the sea; you are never more than 50 km from the coast. The climate is mild with four distinct seasons: the winter is sometimes cold and snowy, sometimes less cold and rainy with average temperatures around 1-2 degrees centigrade.

Summer can be both hot and sunny and cool and rainy with the average temperatures around 18-25 degrees.

Denmark consists of 407 islands and the peninsula of Jutland which gives us the world's second longest coastline in proportion to the area (7,314 km to 43,000 m²).

This formed the basis for the Danish shipping industry and extensive travelling, e.g. were the Vikings the first to discover America, centuries before Columbus.

Study at Zealand

Zealand Academy of Technologies and Business, is located just outside the capital region of Copenhagen, Denmark. We are present in five main cities in the region called Zealand. Our locations or campuses are unique and offer a modern study environment and up-to-date facilities for creating the best learning environment.

We offer an exchange programme with a number of possibilities at undergraduate level. We challenge you with an applied interactive learning approach involving close relations to businesses and companies.

Your learning will be challenged by company-based projects as well as group work. Our aim is to build your competences, grow your potential and prepare you for the main objective of pursuing higher education – employment – why our motto is *Your Future – Your Career*.

Your opportunities at Zealand Academy

At Zealand Academy of Technologies and Business, we aim to facilitate a world of education where our students can build and grow their international competences to match the competitive labour market. We want to offer our students the opportunity to develop an international profile during their studies through study abroad exchanges or internships abroad. We have come far. The latest figures show that approx. 25% of Zealand graduates in 2018 did a mobility abroad and national surveys show that mobilities abroad impact on participants' "employability".

To facilitate outgoing exchanges we also cater and give attention to incoming exchange students who are important for us since they contribute to creating an international learning environment on campus. Incoming exchange students also serve as ambassadors from our partner institutions around the world and they play an important role in motivating our students to pursue exchange opportunities abroad.

At Zealand you will find an international learning environment with students from all over the world who together with Danish students create our world of education.

What is an exchange abroad?

As an exchange student you are normally enrolled to study one or in some cases two semesters, either from one of our Erasmus Plus partner institutions or from one of the partner institutions with whom we have a bilateral partner agreement on student exchange. As an exchange student you are eligible to come to Zealand as an exchange student and normally you will study with us for one semester and receive full credit towards your home degree by your home institution. To qualify for admission as an exchange student, you will need to be nominated by your home university/institution.

As an exchange student you must join as a full time student and one semester as a full time student equals 30 ECTS.

International Mobility Ambassadors – to make the right decision

For some exchange students it can be a challenge to make sure that you have the pre-requisites required for following a specific course or semester. Our International Mobility Ambassadors will be of assistance and in general we recommend you to connect with one of our Mobility Ambassadors for assistance when you decide on your exchange programme with us.

For assistance you connect us at
exchange@zealand.dk



“

My exchange semester is definitely a great and precious time. I found in Zealand a great learning experience in a truly international study environment with classmates from all over.

Rosabella Stacyana joined Zealand for an exchange under the Erasmus Plus partner country programme from London School of Public Relations-Jakarta, Indonesia



→ Study at Zealand

Joining Zealand – Academy of Technologies and Business also means making a choice to which location to study at: Zealand offers international programmes in Køge, Roskilde and Næstved.

Exchange offer to incoming exchange students

Incoming exchange students will be offered an exchange semester / exchange course package / which represent courses that we also offer to our local Danish students. As an incoming exchange student, you will study courses where other incoming exchange students are mixed with local Danish full degree students studying the course in English.

We aim that exchange students will become more integrated with Danish students, Danish culture and the Danish way of living. Further, our local students will enjoy a stronger benefit from having a much more active interaction with our incoming exchange students.

You CANNOT combine course offers from different exchange programmes. You will have to choose a specific exchange programme and select among courses offered.

YOU FIND AN UPDATED COURSE OFFER /
EXCHANGE COURSE PACKAGE ONLINE

<https://zealand.com/programmes-2/>



Guide

When you visit our course catalogue you find a selection of exchange programme offers. Please observe availability of each programme offer.

Each exchange offer is linked to a full description of the exchange offer (courses, course descriptions, learning outcome and ECTS).

You access by clicking the offer relevant to see the full description of the exchange offer.

Please remember you CANNOT combine courses from different programmes/exchange packages!

Programme structure in Denmark



AP programme refer to the first step – first 2 years of a bachelor degree to be followed by additional 11/2 year for bachelor (offered as a so-called top-up programme). Incoming exchange students would be able to join on both levels. We do not offer postgraduate courses/programmes – only undergraduate.

Zealand, one institution – five regional addresses

→ Located on the island called Zealand in the Greater Copenhagen Region, Zealand – Academy of Technologies and Business is present in the five main cities in the region – but outside Copenhagen municipality. The campuses are located between 20 minutes to 1 hour by public transport (regional train) from downtown Copenhagen making the capital city easy accessible for leisure and city life.



Zealand is present at five locations and each study place has a distinctive study environment and a strong presence in the local community. Making an exchange choice for Zealand is also making a choice on which location to join.

Where to study?

Køge is located approx. 40 minutes from downtown Copenhagen by metro train in a campus environment shared by several institutions in Køge municipality.

Roskilde is located approx. 20 minutes from downtown Copenhagen.

Slagelse is located approx. one hour from Copenhagen.

Næstved is located approx. 60 minutes from downtown Copenhagen by regional train in Næstved municipality, in the Southern part of Zealand.



Nomination and application process

Website for incoming exchange students:	zealand.com/exchange-incoming
Course Catalogue for incoming exchange students:	zealand.com/programmes-2
Semester duration:	
Spring semester	Start: Last week of January or first week of February End: 30 June
Autumn semester	Start: Last week of August or first week of September. End: 31 January
Nomination:	ONLY online nomination https://zealand.com/exchange/exchange-incoming/form-partner-nominations/
Nomination deadline for partners:	For joining Autumn semester, 1 May (in special cases 15 May for EU/EEA applicants) For joining Spring semester 15 October (in special cases 1 November for EU/EEA applicants)
Student application:	ONLY online application https://zealand.com/exchange/exchange-incoming/form-student-application/
Student application deadline:	For joining Autumn semester 15 May (in special cases 1 June for EU/EEA exchanges) For joining Spring semester 1 November (in special cases 15 November for EU/EEA exchanges)
Online Learning Agreement:	EU/EEA Erasmus + Learning Agreements must be completed and signed before you arrive. You can start your OLA from here: https://www.learning-agreement.eu/ Search for ZEALAND SJAELLANDSERHVERVSAKADEMI I/S (our name in Danish, OID E10070657; DK KOGE03). Your contact person responsible for signing your Online Learning Agreement will be informed (ALL NON-EU Learning Agreements must be formalized and use paper based Learning Agreements)
Grading system and exams:	Most programmes only offer cross-curricular exams (written, oral, project) and grades awarded will cover the learning outcome from the courses of the exam. Always individual grading if "group exams". The following grading system is followed: 7-point grading scale

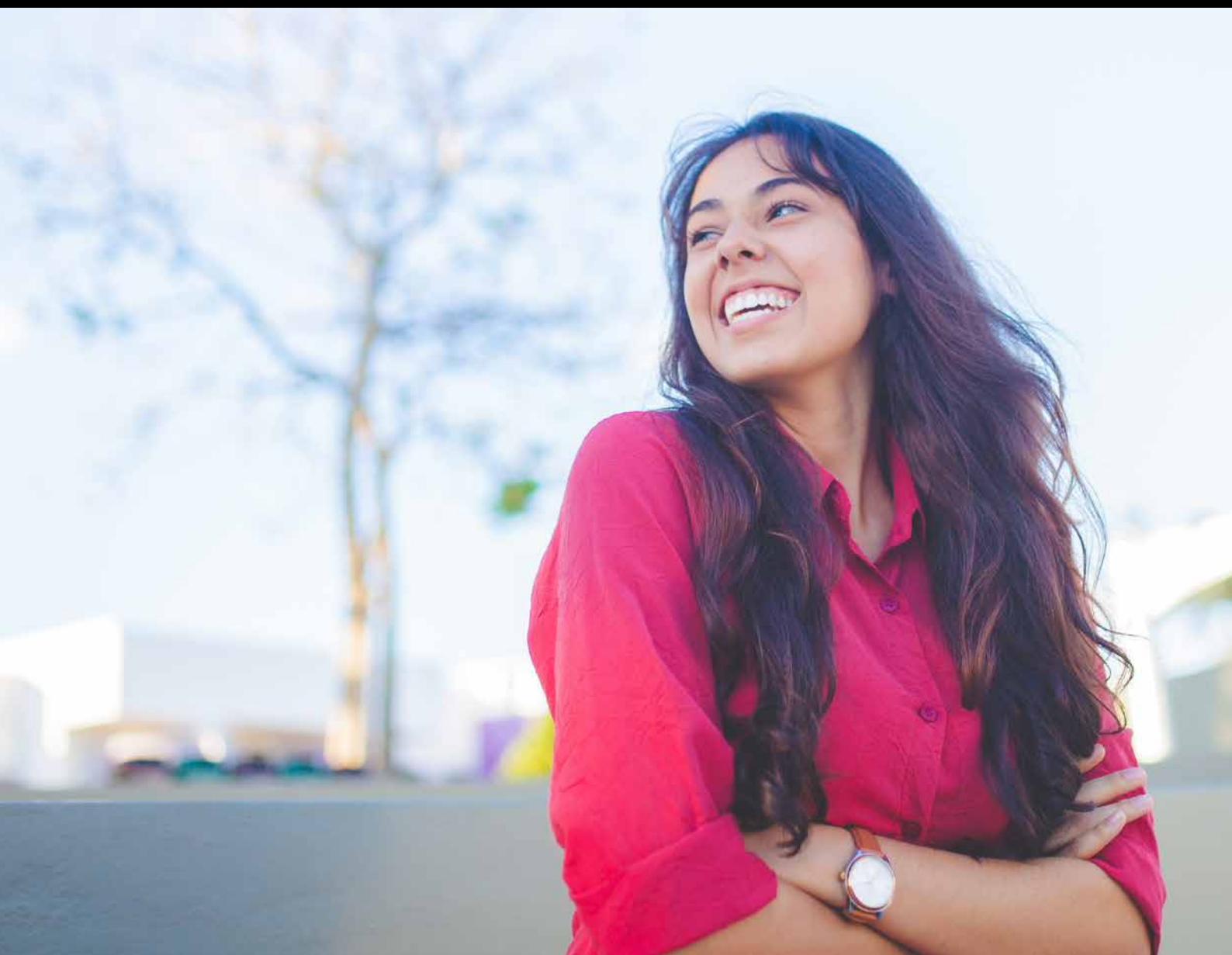
7-point grading scale:

12	For an excellent performance displaying a high level of command of all aspects of the relevant material, with no or only a few minor weaknesses.	A
10	For a very good performance displaying a high level of command of most aspects of the relevant material, with only minor weaknesses.	B
7	For a good performance displaying good command of the relevant material but also some weaknesses.	C
4	For a fair performance displaying some command of the relevant material but also some major weaknesses.	D
02	For a performance meeting only the minimum requirements for acceptance.	E
00	For a performance which does not meet the minimum requirements for acceptance.	Fx
-3	For a performance which is unacceptable in all respects.	F

“

Being abroad is always an adventure and I have been having a once in lifetime experience in Denmark. From beginning I have found a friendly and supportive local program staff who helped me making feel welcome and comfortable from day one. I would also like to highlight the excellent and practical approach to learning which I found at Zealand. During my semester I have met with so many great people from across the world and I have made lifelong friendships.

Statement from incoming Exchange student joining Zealand.



Your home away from home

Accommodation

Do not expect to find accommodation on a one-day notice. Make sure that you are in good time finding accommodation before arrival in Denmark.

Like other educational institution in Denmark, Zealand has no residential/ accommodation facilities, and in principle, the students have to make their own arrangements regarding board and lodging. However, all of our campuses offer guidance and support in finding accommodation.

For incoming exchange students, we will do our best helping you to find accommodation before the study start, and we usually succeed in finding a place for you, but can never give you a guarantee. Our accommodation/housing offer will be a "take it or leave it" offer since we normally cannot offer to accommodate individual preferences. Upon exchange admission, you will be contacted by email by your contact person in charge of facilitating your accommodation and arrival with us. In other words, as an exchange student you do not need to file an application for accommodation.

Incoming students can also check for options on one of the general websites listing housing for rent.

Type of accommodation available

The offer will differ from campus to campus. Our offer will be off-campus accommodation and can be:

- homestay (rent a room with a family)
- room in in a student dorm / student residence – typically one-bedroom with toilet and shower and shared kitchen facilities (in some cases toilet and shower is shared)
- a student apartment – typically a one-bedroom apartment with toilet and shower and a small kitchen

General information

In general, accommodation in Denmark is expensive and what you are used to being the norm in your home country may very well not be the norm in Denmark! Incoming students who think they easily can find cheap accommodation from one day to the next, you will be quite disappointed.

The norm in Denmark is that student accommodation(whatever type) is for one person and one person only. It is quite hard to find shared accommodation/ housing.

The price range for student accommodation vary. Generally speaking, the closer

to Copenhagen the more expensive the accommodation will be. The typical rent for a student dorm (single room, with small toilet and bath) normally range from EUR 300 to EUR 450 per month. A shared two-room student dorm normally ranges from EUR 280 to EUR 450 per person. On top of the rent, sometimes you also must expect to pay for heating, water and electricity. As a new comer to Denmark, you must anticipate that accommodation is expensive. Having been here for some time you can be lucky to find cheaper alternatives than mentioned here. However, finding a cheap place to live is difficult and takes time and normally cannot be expected for exchange students who stay in Denmark for a short time.

When renting student accommodation in Denmark, you normally need to pay the first month's rent + a deposit of three months' rent as one initial payment. The deposit of three months' rent will be returned to you when you move out of the hall of residence (with deduction for maintenance costs). Please also observe that you need to give three months' notice prior to moving out of the hall of residence. If you wish to move out from one day to the next, your deposit will usually be lost.



I like the danish way of learning, because it is more practical and it teaches you how real life will be after school.

Insurance and health insurance

We normally recommend all incoming exchange students to make sure that they have insurance coverage for travel and in-country accidents and theft. Health insurance is also of outmost importance.

If you join us as a student from another European country (EU/EEA), you must remember to bring “The European Health Insurance Card” (the so-called blue EU insurance card). The blue EU insurance card is normally free of charge in your home country. When you arrive to Denmark you will be able to enjoy free health insurance meaning that you don’t need to pay for medical treatment (by doctor or in hospital). Like any other person, you will have to pay for drugs prescribed by a doctor or “over-the-counter” drugs.

If you join us as a student from outside Europe (EU/ EEA), you will be covered for free by Danish Health Insurance when you have finalized your registration for entry and residence with the local authorities. It normally takes up to 4 weeks but can take as long as 6 weeks and during these first weeks you need to bring a Health Insurance coverage from your home country.

After procedures for registration are done, you will receive a Danish insurance card and you will be able to enjoy free health insurance meaning that you do not need to pay for medical treatment (by doctor or in hospital). Like any other person, you will have to pay for drugs prescribed by a doctor or “over-the-counter” drugs.

Conditions of entry into Denmark – do I need a visa?

If you join us as a student from another European country (EU/EEA), you do not need to apply for any visa. BUT, upon arrival you need to register with the local authorities as a student from another EU/ EEA country now living and studying in Denmark. It is a formality, but still needed for obtaining a legal residence in Denmark.

If you join us as a student from a country outside Europe (EU/EEA), you need to apply for a student residence permit. You cannot apply before we have issued the admission in favour of you and we will start the application procedure. You apply with the nearest Embassy, visa centre, or Danish representation and processing time must be expected, up to 60 days from you hand in your application (though normally shorter).

The cost of applying vary from year to year but you should expect approx. EUR 310 as a fee to be paid to Danish Immigration Service and up to EUR 200 to be paid to the application centre/Danish representation.

When you apply for your residence permit, you also must provide proof that you have sufficient means to support yourself financially during your stay in Denmark. (i.e. minimum DKK 35,000/EUR4,670 for one semester).

If you receive any financial support, e.g. from home institution or an Erasmus Plus Grant, then the grant support will be included.

We recommend you to check the actual amounts for application costs and financial proof by yourself, since actual rates tend to vary from year to year.

Next stop Denmark

→ Be prepared for all the practicalities from arrival, living expenses to getting af student job while studying i Denmark.



Arrival

When all formalities are done, your next stop will be Zealand. If you arrive by plane, the nearest airport will be Copenhagen Airport, Kastrup. If you arrive by other means, please coordinate with your on campus contact person.

If you arrive by car, then please observe that it is illegal to have a car in Denmark for a longer time period on foreign licence plates. And it will be quite expensive for you to register your car for Danish licence plates. So arrival by car should only be for drop-off!

Employment

Both EU/EEA students and holders of a residence permit are legally allowed to work in a part-time student job. Some students will succeed in finding a job for a couple of months, but most exchange students will not.

It takes time to find a part-time student job, and as an exchange student, you normally will be in Denmark for 5-6 months only. You cannot expect to support yourself for living in Denmark from a part-time student job!

If you are lucky to find a part-time job, please observe that there is a maximum

of permitted weekly work hours and that you came to Denmark for studying not working!

Living Expenses

Most international students will find that Denmark is a very expensive place to live. The present living expenses for the average student in Denmark are estimated to be approximately (minimum) DKK 6,000/EUR 800 per month and most will find that monthly living expenses are closer to EUR 1,000 to EUR 1,100.

The average minimum budget per month could approximately be as follows

Student budget monthly

Student accommodation:	300-600 EUR (DKK 2,300-4,500)
Food and other necessities:	250-350 EUR (DKK 1,900-2,600)
Telephone:	25 EUR (DKK 200)
Leisure and transport:	70-200 EUR (DKK 500-1,500)

Your total monthly budget would be EUR 800 -1,100.



Student support and welcome orientation

Having arrived in Denmark you will surely have a number of practical questions. All incoming exchange students will one of the first days on campus be invited to join a welcome orientation session with your support team. During this session, we will walk you through all the questions, which a typical student might have aimed at having the best possible start of your new life in Denmark as an exchange student, among others:

- registration with local municipalities
- registration for your Danish health insurance
- how to get around by public transport,
- Danes go by bike – how do I get a bike?
- etc..

We will also make sure that your study start will run smoothly introducing you to your new class-mates, registration for your student ID and other issues needing to be dealt with as a newcomer.

But most student find that it will be a lot of new information to cope with, why you always will find a supportive student support on-campus, who are ready to help you when possible. There are no stupid questions and you can be sure that you are not the first one to ask.

Also a cultural experience

Besides being a learning experience, a semester abroad is also an important personal development for many exchange students. For some it perhaps will be the first time living abroad and for others the first time living by yourself.

Another important aspect of a study abroad is the cultural exploration of the culture of a new country.

You may want to explore yourself why Danes rank themselves at the happiest people in the world. You will find that Denmark is a well-organised, friendly and safe country with a high quality of life. Further, most Danes speak English which give international students easy access to Danish society.

In the Zealand region, you will be able to explore the Danish Viking heritage. In Roskilde, you find the Viking ship museum, “Trelleborg” Viking Fortress in Slagelse and the Viking Fortress in Køge.

Eat your way through Denmark and indulge your senses with the Danish food-culture. In recent years Denmark also has become quite known for the new food-culture to be explored, in Copenhagen you find one of the world’s best restaurants, NOMA. Noma might be too expensive for you, but you find many cheaper alternatives for exploring the Danish renowned food-culture.

Explore the city of Copenhagen which is easy accessible and have an excellent offer of leisure and city life. Denmark is a constitutional monarchy and our head of state is Queen Margrethe II. The Danish monarchy is among the oldest in the world and “fathers” many of the European monarchies.

If Kings and Queens are your interest, you can visit the Cathedral in Roskilde which host 1000 years of Danish history gathered under beautifully decorated vaults and in dark crypts. Here 39 kings and queens of Denmark lie buried. The Cathedral is a UNESCO World Heritage site.

Are you ready to explore more of the Danish Royal History, you can visit the northern part of Zealand where you will find the “Land of Kings” and several castles to visit, among other the castle “Kronborg”. Kronborg Castle is known worldwide as Hamlet and Shakespeare’s castle, and is one of Northern Europe’s finest Renaissance castles.


And your gateway to northern europe

With easy access to Copenhagen Airport, you also can reach most of Scandinavia (Stockholm and Oslo), The Baltic States (Tallinn, Riga and Vilnius) and the northern part of Germany (Berlin, Hamburg) within less than 1 hour.

And so much more ...

→ Lonely Planet has chosen Copenhagen as the #1 city in the world to visit in 2019. And while we may be a bit biased, we can see why! Copenhagen has so much to offer visitors: a revolutionary food scene, innovative design, an inviting culture that values work-life balance and the environment, and plenty of excellent activities no matter the time of year.

The danes



→ Danish people are generally well-educated and well-informed with a strong focus on their personal freedom, and life in Denmark has a distinctive lack of formality. The welfare society has virtually abolished social classes; the differences between rich and poor are small. Danes love music – from huge open-air festivals to small venues playing all kinds of music: jazz, blues, folk, salsa, pop and rock.