



**National Profile for ICYE & IJFD
volunteers 2026 - 2027**

ICYE DENMARK



Dansk ICYE

International Cultural Youth Exchange



TABLE OF CONTENT

01 ABOUT DENMARK

- 1.1 History
- 1.2 Geography
- 1.3 Climate
- 1.4 Daylight
- 1.5 Politics and Economics
- 1.6 Language
- 1.7 Religion
- 1.8 Food
- 1.9 Cultural Life
- 1.10 Leisure
- 1.11 Transport
- 1.12 Traditions
- 1.13 The Danes

02 ABOUT ICYE DENMARK

03 THE PROGRAMME

- 3.1 Camps
- 3.2 Language Course
- 3.3 Rules of Travel
- 3.4 Money
- 3.5 Accommodation
- 3.6 Residence permit and visa
- 3.7 Special requirements
- 3.8 Health Insurance

04 EXPECTATIONS

05 WHAT TO BRING

06 RULES FOR VOLUNTEERS



DEAR FUTURE VOLUNTEER,

We are excited to welcome you to Denmark for your exchange experience. As a volunteer, you will have the chance to meet Danish people, explore local communities, and experience everyday life in a way that goes far beyond what a tourist ever sees.

This profile is designed to give you an introduction to Denmark and help you understand what to expect during your stay. We hope it answers some of the questions you may have about living, working, and connecting with people here.

The document also outlines the overall framework of the ICYE programme in Denmark, including your rights, responsibilities, and the expectations placed on you as a volunteer. These rules are important to read carefully, as they help ensure a safe, respectful, and meaningful exchange experience for everyone involved. You will be asked to confirm that you have read and understood them by signing the agreement at the end.

If you are curious about anything else or need more information, please feel free to contact us. We are always happy to help.

We look forward to welcoming you to Denmark!



ABOUT DENMARK

1.1 HISTORY

People first settled in what is now Denmark shortly after the last Ice Age, around 15,000 years ago. Over time, these early communities developed agriculture and gradually shaped the foundations of Danish society.

During the Viking Age (800–1050 AD), Denmark became known for its skilled sailors and shipbuilders who explored, traded, and occasionally raided across Europe. In 964 AD, King Harald Bluetooth introduced Christianity, marking the beginning of the Danish kingdom.

In the Middle Ages, Denmark was shaped by the power of the king, the church, and wealthy landowners. After the Reformation in the 1530s, the king gained even more control. Over the following centuries Denmark lost several territories and wars, but these changes also pushed the country towards democracy. In 1849, Denmark adopted its first democratic constitution.

The 19th and early 20th centuries brought industrialization, growing cities, and improved workers' rights — developments that helped shape the modern Danish welfare state, built on equality, social support, and access to education.

Denmark remained neutral during World War I but was occupied by Germany in World War II. Many Danes joined the resistance movement, and after the war Denmark became part of the Allied victory.

Today, Denmark is a democratic, liberal welfare state and has been a member of the European Union since 1973. As a volunteer, you will experience many of the cultural values that grew from this long history — community, trust, equality, and the Danish belief that everyone should contribute to society.

1.2

GEOGRAPHY

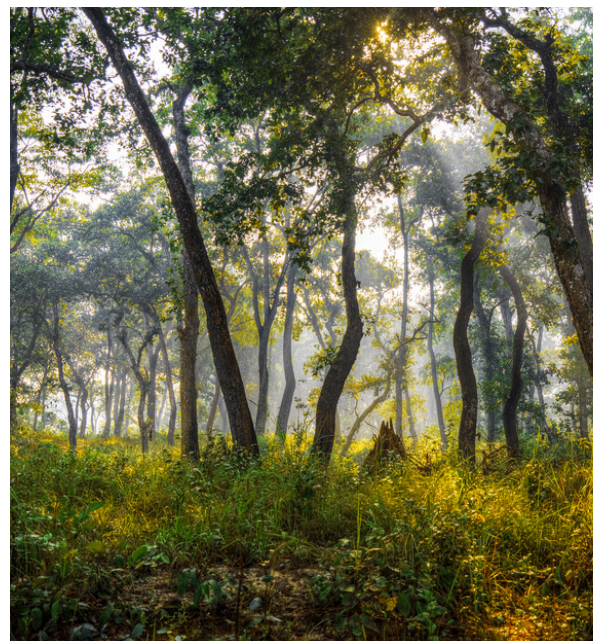
Denmark may be small, but it has a lot to offer during your 6–12 months here. The country covers just 43,000 square kilometres and is made up of the Jutland (Jylland) peninsula, the two main islands Funen (Fyn) and Zealand (Sjælland), plus hundreds of smaller islands — 441 in total.

You'll be surrounded by water no matter where you live. Denmark lies between the North Sea and the Baltic Sea, and has one of the longest coastlines in Europe. In fact, you're never more than 52 kilometres from the sea. The landscape is mostly flat and easy to explore, with lakes, forests, fields, long sandy beaches, dunes, and beautiful coastal cliffs.

Around 6 million people live in Denmark. About 1.3 million of them are in or around the capital, Copenhagen, while other main cities include Aarhus, Odense, and Aalborg. During your stay, however, you will find yourself living in smaller towns or rural areas — places where it's easier to get to know local communities and everyday Danish life.

The Kingdom of Denmark also includes Greenland and the Faroe Islands, both in the North Atlantic, and both with their own cultures and a high degree of political autonomy.

Denmark is safe, easy to travel around, and full of nature, culture, and everyday moments that you'll get to experience not as a tourist, but as part of the local community.



1.3

CLIMATE



The weather in Denmark can be a little unpredictable, so it's helpful to arrive prepared for all kinds of days throughout the year.

Summer (June–August) is mild and comfortable, usually between 15 and 30°C. You can expect long, bright days, outdoor concerts, and lots of life in the streets — but also occasional rain showers. It's the perfect season for exploring nature, swimming, or simply enjoying the long evenings with friends.

Autumn (September–November) is beautiful and colourful, with trees turning red, orange, and gold. The weather can vary a lot — sunny one day and rainy or windy the next — and temperatures usually range from about 10 to 15°C.

Winter (December–February) is cold, dark, and often wet, with temperatures between -10 and 5°C. Some years bring snow, while others are mostly grey and rainy. Warm layers, waterproof shoes, and a good windproof jacket will make a big difference.

Spring (March–May) often feels like a mix of seasons — you might experience wind, sun, rain, and cold all in the same week. But as spring moves forward, the days grow lighter, flowers start blooming, and the whole country turns green again.



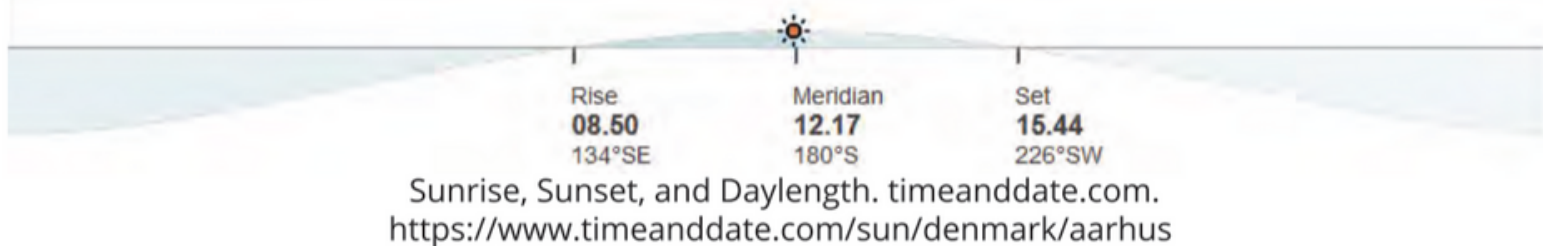
LOCALS LIKE TO SAY:

**"THERE'S NO BAD WEATHER,
ONLY WRONG CLOTHING."**

No matter the season, Denmark is shaped by strong western winds, which can make it feel colder than the temperature suggests. But with the right clothing — and a bit of hygge — you'll adjust quickly and enjoy the changing seasons during your stay.

1.4 DAYLIGHT

Winter solstice:



The amount of daylight in Denmark changes a lot throughout the year. In summer, you can enjoy up to 18 hours of daylight, while in winter there are only about 7 hours of light — and many days feel grey and dim.

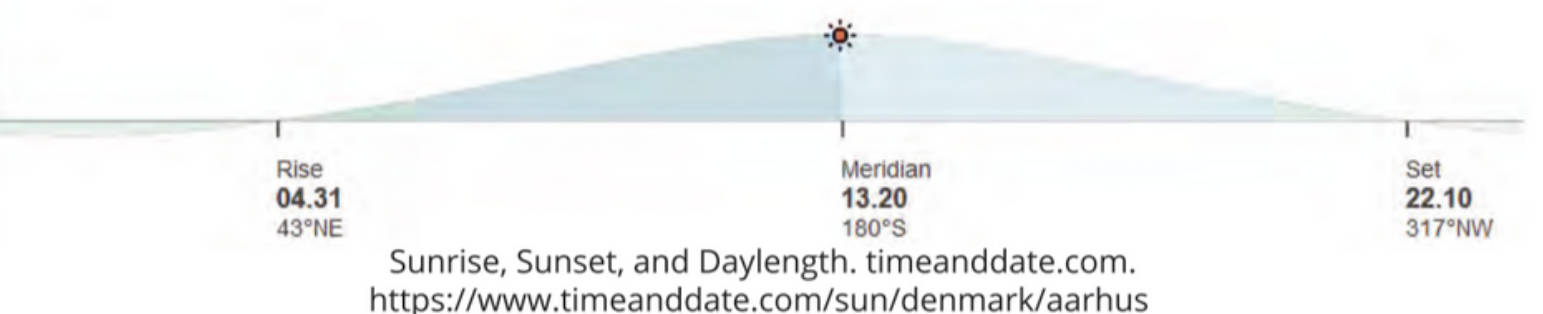
During the winter here, you will probably go to work while it's still dark and return home after sunset. The limited daylight can be challenging, and some people feel their energy drop a bit. But Danes have developed their own ways to stay positive during the darker months: warm drinks, soft blankets, candles, board games, homemade treats, and of course hygge — that special feeling of cosiness and comfort that Denmark is famous for. In December, towns and homes are decorated with lights that brighten the dark days until the sun slowly returns.

At the top of the page, you can see a diagram showing the sunrise and sunset around the winter solstice, the shortest day of the year in late December. On this day, the sun typically rises around 08:50 and sets around 15:44.

Below you'll find the diagram for the summer solstice, the longest day of the year in late June. The sun rises as early as 04:31 and doesn't set until 22:10 — and during these bright summer nights, the sky never becomes fully dark.

These seasonal contrasts are a big part of living in Denmark, and many volunteers find them to be a unique and memorable part of their experience.

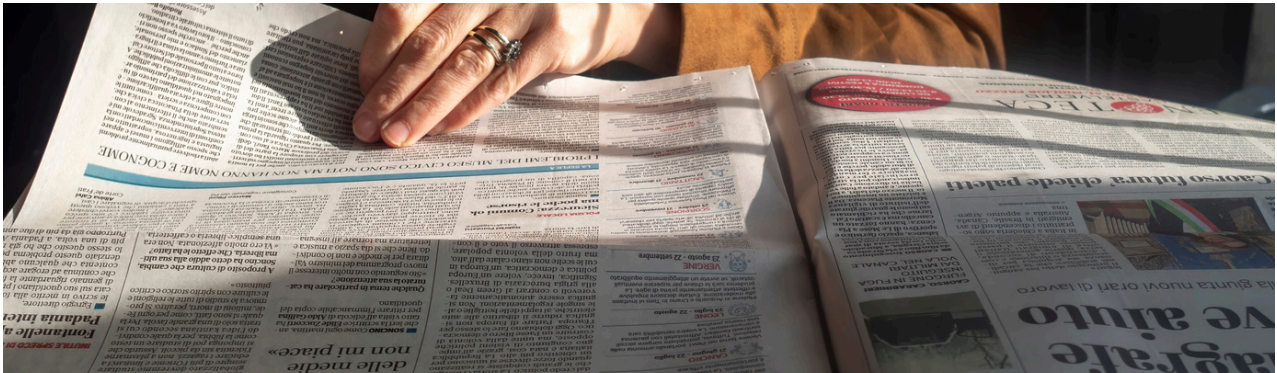
Summer solstice:



POLITICS AND ECONOMICS

Denmark is a constitutional monarchy, which means that while the King doesn't make political decisions, he plays an important symbolic role and represents the country abroad. The Danish royal family is one of the oldest in the world — more than a thousand years of history! The current monarch, King Frederik X, took over in 2024 after Queen Margrethe II chose to abdicate.

Political power in Denmark sits with the Parliament, called Folketinget. It's a multi-party system, so several political parties share the stage, including elected members from Greenland and the Faroe Islands. As of 2022, the government is formed by a coalition of the Social Democrats (Socialdemokratiet), the Liberal Party (Venstre), and the Moderates (Moderaterne). National elections take place at least every four years. All Danish citizens aged 18 and above can vote.



One thing many volunteers notice quickly is how strongly Denmark values equality and social security. The country has a comprehensive welfare system that includes free healthcare, free education, public pensions, and various types of social support for people who need it. This system is paid for through taxes — and yes, they are high. Denmark has one of the highest tax levels in the world, including a 25% VAT (value-added tax) on most goods and services.

For newcomers, everyday prices can feel a bit expensive compared to other European countries. However, these taxes also help maintain a high quality of life, well-functioning public services, and strong social safety nets. Most Danes see it as a shared investment in society — those who earn more contribute more, so everyone has access to the same opportunities and support.

As a volunteer, you'll get to experience this model in action: well-maintained public services, a strong sense of trust in society, and a general feeling of safety in everyday life.

1.6

LANGUAGE



The only official language in Denmark is Danish, but you'll hear many other languages across the country, including German, Arabic, Turkish, Serbo-Croatian, and other Nordic languages.



Most Danes also speak English very well — partly because foreign films and TV series are almost never dubbed. Children start learning English in 1st grade, so younger Danes tend to be especially confident using it, while some older generations may find it a bit more challenging.



Even though English is widely spoken, Danish is still the everyday language in most workplaces, schools, and social settings. In the beginning of your stay, you'll naturally rely on English to communicate. With time — especially if you work with young children — you'll hear and use more Danish, and it often becomes easier than expected.

We warmly encourage you to learn basic to intermediate Danish during your stay. It will help you connect more easily, participate in conversations, and truly feel part of daily life in Denmark.

Danish can be tricky, especially the pronunciation, but don't let that discourage you. Danes are usually delighted (and sometimes impressed!) when someone makes the effort to learn their unique language — even small attempts go a long way.

1.7

RELIGION

Denmark has freedom of religion, and people are free to practice — or not practice — any faith they choose. Around 70% of Danes are officially members of the Danish National Church, an Evangelical Lutheran church. However, this number is more cultural than religious: most Danes don't attend church regularly. Instead, they usually visit for traditional events such as baptisms, weddings, funerals, and at Christmas.

The second-largest religious group in Denmark is Muslims, who make up about 5% of the population.



You'll also find many other religious communities, each representing a small part of the population — for example Catholic, Jewish, Buddhist, Hindu, and Jehovah's Witness communities.

Overall, Danish society is quite relaxed about religion. People generally respect different beliefs, and you are free to practice your own faith or none at all during your stay.

1.8

FOOD

Danish food culture has changed a lot in recent decades, mixing traditional dishes with flavours and ideas from all over the world. Most Danes eat three main meals a day — breakfast, lunch, and dinner — with small snacks, fruit, or a slice of cake in between (usually accompanied by lots of coffee or tea).

Breakfast is usually simple and quick: cereal, yoghurt, porridge, or bread with cheese, jam, or chocolate spread.

Lunch is often eaten at work or school, and many people bring a packed lunch. A classic Danish choice is smørrebrød — open sandwiches on rye bread topped with things like meat, fish, eggs, or paté. You'll find it in supermarkets, cafés, and at many workplace canteens.

Dinner (around 18–19) is the main meal of the day and is usually enjoyed at home with family or friends. It often includes meat or fish with potatoes, rice, or pasta, plus vegetables or salad. Many Danish families love international dishes too — pasta, curry, tacos, stir-fries, soups, and stews are all common.



Danes also have a soft spot for cakes, pastries, and sweets, especially during hygge moments — those cosy afternoons or evenings spent with others over warm drinks and something sweet.

Food in Denmark can feel expensive, but the overall quality, hygiene, and safety standards are very high. Strict national regulations apply to all food and beverages, so anything you buy in shops, restaurants, or bakeries is fresh, safe, and produced under good conditions. You'll find plenty of local ingredients as well as a wide range of international products, making it easy to cook familiar meals — or try something completely new during your stay.

1.9

CULTURAL LIFE

Danish cultural life is incredibly diverse, and no matter what you enjoy — theatre, cinema, museums, concerts, or festivals — you'll find plenty of options at many different price levels.

Music

If you're curious about concerts and new artists, the website [Gaffa](#) is a great place to explore upcoming shows, music reviews, and both Danish and international acts. For larger concerts, tickets are usually sold through Ticketmaster or Billetlugen.

In the bigger cities, you'll find lots of small venues with live music ranging from indie bands to jazz, folk, and electronic music. Many pubs and bars also host free concerts or open-mic evenings. Your local library, youth centre, or cultural house can often tell you what's happening in your area — or you can simply ask at a café or bar.

Music festivals

Summer in Denmark is festival season, and attending one is a fantastic way to experience Danish culture up close. From huge international festivals to small local events, there's something for every taste and budget.

You can find an overview of the major festivals if you click [here](#) (though not every single festival is listed).



Whether you love big crowds or cosy local gatherings, exploring Denmark's music scene is a wonderful way to meet people and discover new favourites during your stay.

Movies

Cinema tickets in Denmark can be a bit pricey, usually ranging from 90–140 DKK, but many cinemas offer discounts — for example, if you go to early screenings or show a student ID. The website [Kino](#) provides information about most cinemas, current movie listings, running times, and also lets you buy tickets online.



Theatre

All over Denmark, you can enjoy a wide variety of theatre performances — from ballets and operas to musicals, plays, and stand-up comedy. For information about shows and other cultural events, check out [KultuNaut](#). Visiting a theatre is a fun way to experience Danish culture, and there are often options for different budgets.



1.10

LEISURE

Even though your main purpose in Denmark is voluntary work, you will have some leisure time, and we highly encourage you to make the most of it! Staying active and engaged outside of your placement will not only help you avoid boredom, but it's also one of the best ways to experience Danish life, meet new people, and build your social network.

Denmark has a wide range of clubs and associations offering leisure activities. You can join sports teams, music groups, or dance classes, take evening or weekend courses, or participate in creative workshops. Popular options include:

- [AOF](#) and [FOE](#) — for various courses, lectures, and hobby classes
- [DGI](#) — for sports clubs, fitness activities, and local teams

Besides organised activities, there are plenty of other ways to spend your free time: explore nature trails, beaches, and parks, attend local festivals, concerts, or cultural events, or enjoy cafés and community gatherings.

If you're unsure where to start, your host family or local contact person is a great resource. They know the area best and can suggest clubs, activities, and events that fit your interests.



LEISURE IDEAS FOR VOLUNTEERS IN DENMARK

Sports & Outdoor Activities

- Join a local sports team: e.g. football, handball, volleyball, or badminton
- Take part in running or cycling clubs
- Explore hiking trails, beaches, forests, and nature parks
- Try water sports like kayaking, sailing, or swimming in the summer

Cultural Activities

- Attend concerts, theatre shows, or stand-up performances
- Visit museums, galleries, or historical sites
- Take part in workshops for art, music, dance, or crafts

Learning & Hobby Groups

- Sign up for evening courses via AOF or FOF: languages, cooking, photography, etc.
- Join local clubs for music, board games, or creative projects

Social & Community Activities

- Participate in local festivals, markets, and community events
- Attend café meet-ups or “hygge” gatherings with locals
- Volunteer at additional community events to meet new people

Tips for Getting Started

- Ask your host family or local contact person for recommendations — they know the best local options
- Check local libraries, community centres, and youth houses for schedules and events
- Be curious and try new things — even small experiences like joining a yoga class or a running club can help you connect with people and Danish culture



1.11

TRANSPORT

Public transport in Denmark is well-organised and reliable, covering most towns and cities. Trains and buses make it easy to travel between urban areas and explore different parts of the country.

A very useful tool is [Rejseplanen](#). It shows all available timetables for trains and buses, calculates the fastest routes and provides expected ticket prices.

However, if you are placed in a rural area, public transport may be less frequent. Some small villages may only have a few buses per day, and train stations can be far from your placement. Many volunteers in the countryside rely on:

- Bicycles for shorter distances — Denmark is very bike-friendly with safe and scenic cycling routes
- Carpooling or sharing rides with colleagues, other volunteers, or locals
- Planning ahead using [Rejseplanen](#) to coordinate travel times carefully

Living in a rural area also gives you the chance to explore Denmark's nature, from forests and lakes to beaches and small towns, which is one of the perks of countryside placements. By combining cycling, public transport, and occasional ride-sharing, you can still travel efficiently and enjoy your free time to the fullest.

TRAINS

For longer journeys within Denmark, trains are usually the easiest option, though they can be more expensive than buses. Denmark has two main train companies:

- [DSB](#) – the largest national train company, offering routes between major cities and towns across the country.
- [GoCollective](#) – a company that operates regional trains, mainly in Jutland and southern Denmark.



Tickets can be purchased online, via the train companies' apps, or at the station.

For volunteers in rural areas, combining regional trains with buses or bicycles is often the most practical way to reach smaller towns and local attractions. Booking in advance can also save money, especially for longer journeys.

BUS AND CAR

If you're looking for more budget-friendly ways to travel around Denmark, buses are usually the best option. Long-distance buses like [Flixbus](#) or [Kombardo Expressen](#) offer affordable connections between the largest cities — perfect for weekend trips or visiting other volunteers.



For local travel, each region has its own bus system. Timetables, connections, and prices vary, so the easiest way to plan your journey is by using Rejseplanen, which includes all regional buses.



Denmark also has a very popular car-sharing service called GoMore, where drivers offer rides between cities at reasonable prices. It's safe, easy to use, and a great way to meet new people. Just download the app, create a profile, and book a seat.

BICYCLE

Denmark is one of the most bike-friendly countries in Europe, and cycling is a big part of everyday life for people of all ages.



In cities, you'll find well-developed bike lanes everywhere. Even in rural areas, there are many scenic cycle routes connecting villages, nature areas, and towns. For many volunteers, getting a bike becomes the easiest way to travel to their project, explore the surroundings, and enjoy a bit of fresh air.



If you want to experience a true part of Danish culture (and get a bit of daily exercise), cycling is definitely the way to go!

TRADITIONS

CHRISTMAS AND CHRISTMAS LUNCH

Christmas is Denmark's biggest and most cherished tradition, celebrated on December 24th. From mid-November, the whole country begins to glow with lights, Christmas markets, cosy cafés, and festive music — creating a true “hygge” atmosphere.

Many families start Christmas Eve by attending church before gathering for a traditional dinner, often with roast pork, duck, or turkey, served with caramelised potatoes, gravy, and red cabbage. Dessert is risalamande (a cold rice pudding with almonds), and one whole almond is hidden inside. Whoever finds it wins a small present — a fun tradition that everyone looks forward to.

After dinner, families join hands and walk around the Christmas tree while singing carols, then exchange gifts.

A big part of the season is also the Christmas lunch (julefrokost) — lively social gatherings with colleagues, classmates, clubs, or friends. These events usually include several small dishes served on rye bread, schnapps, lots of jokes, and sometimes dancing. If you spend Christmas in Denmark, chances are you'll be invited to at least one!

NEW YEAR'S EVE (NYTÅRSAFTEN)

New Year's Eve is another major celebration in Denmark, filled with traditions and festive moments. The evening begins with many Danes gathering to watch the King's New Year speech at 6 p.m., a long-standing tradition where the monarch reflects on the past year and looks ahead to the next.

Afterward, people enjoy a festive dinner with family or friends — often a long, cosy meal that sets the tone for the night. As midnight approaches, everyone prepares champagne and fireworks, counting down together while watching the clock at Copenhagen City Hall, which is shown on TV across the country.

When the clock strikes twelve, Danes jump into the new year — literally! Many take a small jump from a chair to symbolize “leaping” into the future. Fireworks, hugs, and New Year wishes fill the streets, and the celebrations often continue well into the night.

FASTELAVN

Fastelavn is a fun and lively Danish tradition celebrated in February. It's especially beloved by children, but many adults join the festivities too.

The highlight of Fastelavn is "slå katten af tønden" ("hit the cat out of the barrel"). In the past, a real cat symbolically represented evil spirits, but today the wooden barrel is filled only with candy. Children take turns hitting the barrel with a bat until it breaks. The one who first knocks the bottom out becomes the "Cat Queen," and the one who finally breaks the whole barrel open becomes the "Cat King."

Costumes are a big part of the celebration — kids dress up as anything from princesses and pirates to superheroes or animals, similar to Halloween but without the spooky theme.

Fastelavn buns (fastelavnsboller) are another essential part of the day. These delicious pastries come in many varieties: classic ones with custard or jam, or more modern versions filled with cream, chocolate, or marzipan.

Overall, Fastelavn brings a burst of colour and joy to the late winter season and offers a wonderful look into Danish festive traditions.

EASTER (PÅSKE)

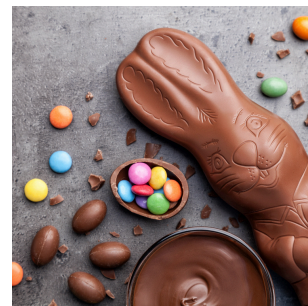
Easter in Denmark is a bright and cosy spring celebration, often marked by family meals, colourful decorations, and — of course — chocolate. Homes fill with yellow candles, flowers, and little paper chickens as people welcome the longer days.

One of the most charming Easter traditions is the gækkebrev. Children (and sometimes playful adults) craft delicate cut-out letters decorated with patterns and small poems.



Instead of signing their names, they add a row of dots — one for each letter of their name. The recipient must guess who sent it. If they can't, they owe the sender a chocolate egg, making the tradition both fun and delicious.

Easter days are usually spent relaxing with family, enjoying special lunches, and celebrating the arrival of spring.

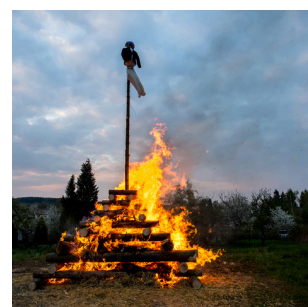


MIDSUMMER'S EVE (SANKT HANS)

On June 23rd, Danes celebrate Sankt Hans, marking the longest day of the year. Communities gather outdoors — at beaches, lakes, parks, and village fields — to light large bonfires, sing traditional midsummer songs, and enjoy food together in the soft evening light.

A small witch figure is often placed on top of the bonfire. This is an old, symbolic tradition meant to send away evil spirits and welcome the brighter half of the year.

Sankt Hans has a relaxed, cozy atmosphere, and for many, it's one of the most magical evenings of the Danish summer.



AS WITH ALL DANISH CELEBRATIONS, GOOD FOOD, GOOD COMPANY, AND PLENTY OF "HYGGE" ARE AT THE HEART OF IT ALL.

1.13

THE DANES

Many newcomers notice that Danes can seem a bit reserved at first. They are generally friendly and helpful, but they often take some time before opening up. This isn't because they don't want to connect — it's usually due to a mix of shyness about speaking English, a preference for respecting personal space, and their busy, well-planned daily routines.

Once you get through the initial layer, though, you'll often find that Danes form deep, loyal, and lasting friendships. It may take a little patience, but the connections you build are usually very meaningful.



Punctuality and Planning

Being on time is very important in Denmark. Arriving late — even by a few minutes — is often considered impolite, so it's a good habit to let people know if you're running behind. Danes also love to plan ahead, and last-minute changes or cancellations can feel stressful or confusing for them.

Danes value privacy and independence, too. They enjoy spending time with others, but they also need personal space and quiet moments to recharge. Many young people move out around the age of 18–20, and it's completely normal for everyone to start managing their own daily life quite early on.

Rules and the “culture of agreeing”

In Denmark, there is a strong respect for rules and shared guidelines. People generally follow laws and social norms closely, and even small rule-breaking — like crossing the street on a red light — can attract surprised looks.

Danes also value agreement and harmony. They usually prefer calm discussions over open conflict, and many avoid raising their voices or showing strong disagreement in public. This doesn't mean people don't have opinions — they just tend to express them in a polite, balanced way to keep the atmosphere comfortable for everyone.



Gender equality and sexuality

Equality is a central value in Danish society. Gender roles are generally balanced, and responsibilities at home, at work, and in public life are shared. Traditional “gentlemanly” gestures — like always paying the bill or opening doors — are less common, as independence and mutual respect are the norm.



Denmark was also the first country in the world to legalize same-sex partnerships back in 1989. Today, LGBTQ+ rights are widely supported, and pride parades take place in many cities across the country. Most Danes see diverse identities and relationships as a natural part of everyday life.



Humor and Work Life

Danish humour can take a little getting used to — it's often dry, ironic, and sometimes quite sarcastic. It may sound serious even when it's a joke, but it's almost never meant to offend. Once you tune into it, you'll notice that humour is a big part of everyday conversations and helps create a relaxed, friendly atmosphere.



In the workplace, Danes value a mix of professionalism, creativity, and teamwork. A typical full-time schedule is around 37 hours a week (often 8 a.m.–4 p.m.), with a healthy balance between work and free time. As a volunteer, you're encouraged to be curious, ask questions, take initiative, and share your ideas — this is seen as a strength, not a problem. Danish workplaces appreciate open communication and collaboration, and your contributions are genuinely welcome.





ABOUT ICYE DENMARK

The structure

ICYE Denmark is organised a little differently from many other national committees because Danish volunteers (called “active members”) play a central role in running the programme. The heart of the organisation is the Board of Managers, which makes the overall decisions and ensures that everything runs smoothly.

Around the Board, several volunteer-led subgroups take care of the practical and social parts of the programme — things like planning camps, recruiting active members, organising events, and supporting local volunteers. Some active members involved are returned volunteers, while others are people who are simply very interested in intercultural exchange. All of them contribute their time voluntarily.

For you, the most important group is the Cross Cultural Trainers. They are in charge of organising your itinerary for your camps, and they will be some of the first people you will meet from ICYE Denmark. They are dedicated to help you reflect on your volunteering experience, and help you better understand the Danish culture.

The office

ICYE Denmark’s national office is located in Aarhus, the country’s second-largest city and a vibrant hub of student life and culture.

The office team consists of five paid staff members and one ESC volunteer. They take care of the administrative side of the programme — things like coordinating placements, supporting host families and projects, and making sure you receive your pocket money on time each month.



THE PROGRAMME

3.1

CAMPS

Throughout your exchange, ICYE Denmark hosts several camps designed to support you, help you navigate life in Denmark, and give you space to connect with other volunteers. These camps are an important part of the programme and a great opportunity to reflect, learn, and build friendships.

If you are on the 12-month programme, you will attend:

- **August:** On-arrival Camp (Introduction)
- **November:** First Mid-term Camp
- **January:** Second Mid-term Camp
- **May:** End-of-year Camp

If you are on the 6-month programme, you will attend:

- **August:** On-arrival Camp
- **November:** End-of-year Camp

On-arrival Camp

Here, you will:

- Meet the other ICYE & IJFD volunteers starting their stay in Denmark
- Learn about Danish culture, society, and everyday life
- Take part in a small basic Danish language introduction
- Get practical information about your stay and expectations

This camp helps you settle in, feel supported, and start building your network.

Mid-term Camps *(Only for 12-month volunteers)*

At these camps, you will:

- Reconnect with the other volunteers
- Share your experiences so far
- Reflect on your personal development
- Talk about any challenges and receive support



It's a helpful break in the middle of your year — a chance to pause, adjust, and recharge.

End-of-year Camp

At the final camp, you will:

- Look back on your exchange and evaluate your journey
- Reflect on what you've learned and how you've grown
- Celebrate the end of your stay with fellow ICYE & IJFD volunteers and Danish volunteers
- Have the chance to say a proper goodbye to the group

This camp helps you bring your experience to a meaningful close and prepare for the transition home.

These camps are a central part of your ICYE/IJFD journey in Denmark, giving you both support and a community to share the experience with. We hope you'll use them as moments to pause, learn, and grow during your stay.

3.2

LANGUAGE COURSE

As part of your exchange programme, you will receive Danish language teaching adjusted to the length of your stay. The teaching is spread across ICYE camps, online sessions, and guided self-study. Your first Danish class will take place during the on-arrival camp, and you will receive a teaching schedule and learning plan afterwards.

All language teaching takes place outside of your regular working hours, so it will not interfere with your project responsibilities.

The best way to improve your Danish is simply to use it in daily life: with your host family, at your project, and with the people you meet. Danes usually switch to English to be helpful, but it can unintentionally slow your progress. So feel free to tell them you'd like to practice Danish — they'll understand and support your effort.

3.3

RULES OF TRAVEL

At the end of your exchange, you will have one month of free travel (or 15 days if you are on the 6-month programme) to explore Denmark or other countries.

During your stay, you can also ask for extended weekends or travel with your host family, workplace, or during public holidays.

If you want to leave Denmark at any time, you must get permission from ICYE Denmark first, and your host family or workplace must also agree. ICYE Denmark always needs to know where volunteers are, as this is required by Danish immigration authorities.

Following these rules helps us keep you safe and ensures your stay runs smoothly.

3.4

MONEY

As a volunteer, you will receive 1,000 DKK in pocket money each month. This is meant to cover some personal expenses, but it is not a large amount in Denmark, so it's important to bring extra money for yourself, especially for the first week before your pocket money starts arriving. While 1,000 DKK will help with small expenses, it is not enough to cover everything, so plan your personal budget carefully and bring some additional funds for leisure, travel, and unexpected costs.

When you arrive, you will be asked to open a Danish bank account, as this is the only way ICYE Denmark can transfer both your pocket money and any reimbursements. You will be reimbursed for travel costs related to your project, camps, local branch activities, or other ICYE-related events.

Money in Denmark

- Coins: 50 øre, 1, 2, 5, 10, and 20 kroner (fun fact: the 1, 2, and 5 kr coins have a hole in the middle!)
- Banknotes: 50, 100, 200, and 500 kroner

Most Danes, especially younger people, rarely carry cash. Credit/debit cards and the MobilePay app are the most common ways to pay. Almost all shops, cafés, and activities accept card, ApplePay/GooglePay or MobilePay, and some things (like discounted train tickets) can only be bought online or via apps.



3.5

ACCOMMODATION

Most ICYE volunteers in Denmark will live at their project. In these cases, you will usually have your own room and live close to where you work. Living at the project allows you to be fully part of the daily rhythm, interact closely with colleagues, and immerse yourself in the local environment.

Tips for living at a project:

- **Participate in daily life:** Help with meals, activities, or shared spaces. Taking initiative shows respect and helps you feel part of the community.
- **Connect with others:** Chat, join games, or take part in group activities to build relationships and improve your Danish/English skills.
- **Share your culture:** Organize a small cultural activity, cook a dish from your home country, or tell stories from your culture.
- **Respect routines and responsibilities:** Observe how things are done and offer help when needed.
- **Use downtime wisely:** Spend free moments with colleagues or participants, explore the area, or join communal spaces to fully experience local life.

Some volunteers will live with a host family. This is a great way to experience Danish home life, customs, and culture directly. Host families are generally curious about other cultures and happy to share their own with you.

Tips for living with a host family:

- **Join daily activities:** Cook, shop, go for walks, or watch Danish TV together — everyday activities help you bond and learn.

- **Share your culture:** Tell stories about your home country or cook traditional dishes.
- **Help around the house:** Pitch in with chores like cleaning, tidying, or laundry. In Denmark, everyone contributes, and taking initiative is appreciated.
- **Be proactive:** Host families usually won't ask directly for help. Offering to assist shows respect and interest.

Changing Families

Some host families are only able to host a volunteer for a limited period of time. In these specific cases, a change in accommodation during your stay may be necessary. ICYE Denmark will do their best to find a new living arrangement that suits you and supports continuity in your daily life; however, in some cases this may involve moving to another part of Denmark.

Where You'll Live

Whether at a project or with a host family, most placements are in small towns or villages of 10,000–30,000 people, usually close to your placement. This makes commuting manageable and allows you to fully experience local life.

3.6

RESIDENCE PERMIT AND VISA

The latest on May 1st, you must apply for your residence permit. This permit is what allows you to live and volunteer in Denmark for the duration of your programme. It is extremely important that you apply for your residence permit as soon as possible, as the process can take several weeks. Only citizens of the EU/EEA are exempt from this requirement.

Once your project placement has been confirmed, ICYE Denmark will send you a separate document with detailed instructions on how and when to begin your visa and residence permit process.

Your Residence Permit Card (Very Important!)

Once you arrive in Denmark and register in the Danish national folk register, you will receive a residence permit card. This small plastic card is one of the most important documents you will have during your stay in Denmark.

Your residence permit card:

- Is your official proof of legal residence in Denmark
- Acts as your long-term visa
- Allows you to travel in and out of Denmark within the Schengen area
- Must always be brought with you when travelling
- Should be kept safe at all times

Once you have this card, you do not need any additional visa to stay in Denmark or travel in the Schengen area (as long as the card is valid).

Before You Receive the Card

To enter Denmark the very first time, you will likely be given a visa sticker in your passport. This is called an entry visa and will be valid for 180 days.

This visa is only meant for your initial entry into Denmark.

Once your residence permit card is issued, that card replaces the visa entirely — it becomes your legal stay permit and travel document for the rest of your programme.

Why You Must Apply Immediately

The residence permit process has several steps and can take time. Applying as fast as possible ensures:

- You can travel freely without issues
- You won't risk overstaying your entry visa
- You will be fully registered in Denmark (which is also required for bank account, health services, language school etc.)
- You avoid delays that may affect your stay or travel plans

Overview of the Application Process

Here's what typically happens:

- 1. Latest on May 1st:** Complete the online application
 - a. ICYE Denmark will guide you on which form to fill out and what documents to prepare (passport, invitation letter, etc.).
- 2. Latest on May 15th:** After the online application, you must go to a Danish diplomatic mission or an application centre in your country to have your biometrics taken.
 - a. This usually includes:
 - Fingerprints
 - A photo
 - A signature
- 3. May - August:** Wait for approval. The immigration authorities will process your case. This can take several weeks.
- 4. Approx. early August:** Receive your residence permit letter and entry visa.
- 5. Mid August:** After you arrive to Denmark, ICYE Denmark will guide you on how to register in the national folk register.

6. **September/October:** After a few weeks, you will receive your residence permit card by mail (only for non-EU citizens). It is important that your name is visible on the mailbox at your new address.

Travelling Before You Have Your Card

Until you receive your residence permit card:

- You must not leave Denmark unless you have your entry visa AND it is still valid
- You cannot travel freely in the Schengen area
- It is safest to stay in Denmark until the card arrives

Travelling After You Have Your Card

Once your residence permit card is in your hand, you may:

- Travel in and out of Denmark
- Visit other Schengen countries
- Re-enter Denmark without needing a visa



Your card is your legal documentation at borders.

3.7

SPECIAL REQUIREMENTS

If you have asthma, allergies, diabetes, or any other condition that requires regular medication, please make sure that your ICYE insurance or your own insurance covers the cost of buying medicine in Denmark.

If you need regular injections or treatments, remember to mention this clearly in your application so we can support you properly.

If you follow a special diet (for health, religious, or personal reasons), please let ICYE Denmark know in advance. Tell us what you can't eat and how strict your diet is, so we can help make sure your host family or project is aware.

For medication, it's often a good idea to:

- Bring enough for your whole stay, if possible, or
- Check beforehand if your medication is available in Denmark and whether you need a prescription

If you're unsure whether your medicine exists here, or if it requires a Danish prescription, feel free to contact ICYE Denmark — we're happy to help you look it up.

3.8

HEALTH INSURANCE

During your exchange year, you are covered by the ICYE insurance policy. Your national ICYE committee will give you the full details before departure. Once you arrive in Denmark and receive your national ID number (CPR), you will also have access to the Danish public healthcare system — the same as any Danish citizen — which means doctor visits and most treatments are free of charge.

Here's what that means in practice:

Doctor Visits & Health Care

- Visits to a general doctor (GP) are free.
- If your doctor prescribes medication, you will initially pay for it yourself. Afterward, you can apply for a refund through the ICYE insurance.
- To receive a refund, your doctor must fill in the insurance forms — these are available from the ICYE Denmark office.

Dentists

- Dental treatment is not covered by the Danish public healthcare system for adults above the age of 22. This means you normally pay 100% of the cost yourself.
- In case of a dental emergency (for example: acute infection, broken tooth, sudden pain), the ICYE insurance may cover some or all of the costs — depending on the situation.

A Few Important Tips

- Keep all receipts and documentation for any treatment or medication — you will need these for insurance claims.
- If you are unsure whether something is covered, just ask the ICYE Denmark office or your Contact Person. They are there to help you understand the system.
- Danish doctors often require that you call ahead to book an appointment. In emergencies outside opening hours, you can call the regional medical hotline (“lægevagten”).





EXPECTATIONS

WHAT TO EXPECT FROM ICYE DENMARK

Throughout your exchange year, you will receive support, guidance, and a caring network around you. Here's what you can expect:

- **Guidance from the ICYE Office:** The staff at our Aarhus office will help you with practical matters such as your pocket money, reimbursements, residence permit questions, insurance forms, and general guidance throughout your stay.
- **Your Contact Person (CP):** We will do our best to match you with a Danish volunteer who will be your personal link to ICYE Denmark. They are someone you can talk to about daily life, concerns, cultural questions, or anything that feels challenging or surprising.
- **Monthly pocket money:** You'll receive 1,000 DKK each month to cover small personal expenses.
- **Reimbursement of travel:** Any travel you need to do for your project or Danish ICYE camps are fully covered. Some costs of the activities arranged by the local branches will also be reimbursed.
- **A hosting organisation that cares about you:** Your project or host family is chosen with your safety, wellbeing, and personal development in mind. They are prepared to welcome you, support you, and include you in their community.
- **Support from Danish volunteers:** ICYE Denmark is built on volunteer engagement. Danish volunteers — some of them former exchange participants — will do their best to help you, answer your questions, and create meaningful activities for you.

- **Camps and learning opportunities:** You will participate in ICYE camps during the year, where you'll meet other volunteers, learn more about Danish culture, and reflect on your experience.
- **Access to help when you need it:** Whether it's a personal challenge, a conflict at your workplace or host family, or something completely different, ICYE Denmark is there to listen and help find a good solution. Your wellbeing matters to us.

WHAT WE EXPECT FROM YOU

Being an ICYE volunteer means joining a cultural exchange built on mutual respect, openness, and shared effort. Here's what we ask from you during your stay:

- **Take part in the ICYE camps:** Your on-arrival, mid-terms and end-of-year camps are an important part of the programme. They help you prepare, reflect, and connect with other volunteers — so your participation is obligatory and important.
- **Take responsibility for yourself and your personal growth:** As a volunteer with ICYE Denmark, you are the main responsible for your own experience. We provide the framework and opportunities, but it is up to you to make the most of them. This means managing your daily life, engaging with your community, and actively shaping your learning and personal development throughout the year.
- **Show commitment in your voluntary work:** Treat your placement with the same dedication and reliability you would show in paid work back home. Your presence makes a difference, and your initiative helps create a positive experience for everyone.
- **Be responsible and reliable at your project:** Arrive on time, communicate clearly, respect agreements, and be open to learning. Danish workplaces value independence, honesty, and teamwork.
- **Engage with your living situation:** Whether you live with a host family or at your project, try to adapt to the routines around you. Participate in daily life, offer help, and show interest — these small gestures build trust and connection.
- **Take initiative during your cultural exchange:** Say yes to opportunities, join activities, explore your local community, and try new things. The more you invest in your experience, the richer it becomes.
- **Be aware that you represent more than just yourself:** During your stay, you're seen as an ambassador of your home country and of ICYE. This doesn't mean being perfect — just being respectful, open, and curious in the way you engage with others.



WHAT TO BRING

Before you start packing, remember: only bring what you can comfortably carry yourself. You may need to take trains, buses, or walk with your luggage when you arrive, so manageable bags will make everything easier.

Here are some ideas of what to bring:

Required items

- **Sleeping bag:** You'll need this for all ICYE camps — including the on-arrival camp.
- **Copy of your criminal record:** This is required for your project and must be brought with you.

Cultural items

- **Typical things from your home country:** Snacks, small decorations, traditional items — anything that represents your culture.

Gifts

- **Small gifts for your host family or project:** These don't need to be expensive — simple, thoughtful items are perfect.

Clothing

- **A good raincoat and/or umbrella:** Danish weather changes quickly and can be rainy year-round.

- **Warm clothes, including windproof layers:** Danish winters are cold, windy, and often wet.
- **Warm and water-resistant shoes or boots:** Ideal for autumn and winter.
- **Warm winter accessories:** A hat, scarf, and gloves are essential in colder months.
- **Comfortable everyday clothes:** Danish style is casual and practical.
- **Indoor shoes/slippers:** Most Danish homes prefer shoes off indoors.
- **Swimwear:** Useful for summer, swimming centers, or even winter swimming (if you're brave!).

Personal items

- **Photos of family and friends:** Nice to put in your room to personalise it.
- **A small pillow:** Camps provide only a mattress, so bringing a small pillow can add extra comfort.
- **Adapters for your electronics:** Denmark uses European plugs (Type C/E/F).
- **Basic first-aid items:** Plasters, painkillers, or other small essentials.
- **Any medication you need + copies of prescriptions:** Check availability in Denmark or bring enough for your whole stay.
- **A reusable water bottle:** Tap water is clean and safe everywhere.
- **A small backpack/daypack:** Useful for daily life, trips, and work.



RULES FOR VOLUNTEERS

You are joining a cultural exchange programme built on trust, responsibility, and cooperation. These rules exist to protect you, your project, your host family, and ICYE Denmark, and help ensure a meaningful, safe, and successful volunteer year.

Please read them carefully before signing.

GENERAL

- 1** I will obey the Danish law. If I break the law, I understand that I am fully responsible for any consequences, including fines, legal costs, and possible deportation.
- 2** My residence permit allows me to only volunteer. I am not permitted to take any paid job. If I work illegally, I may be deported and barred from entering Denmark/Schengen in the future.
- 3** I will not use or possess illegal drugs at any time (including marijuana, hash, cocaine, ecstasy, mushrooms, etc.). I understand that drug use or possession may lead to immediate dismissal from the programme.
- 4** I will take an active part in all ICYE camps, meetings, and activities planned for volunteers.
- 5** I will attend the Danish language course provided and make a genuine effort to learn the language.

- 6** I will not schedule visitors during ICYE camps or important project/host family periods. Visitors must not interfere with my obligations at my project or in my host home.
- 7** I will leave Denmark at the end of my exchange year unless I have independently secured a new residence permit.
- 8** I understand that my health and liability insurance provided through ICYE ends immediately after the programme. From that time ICYE Denmark has no further obligations towards me.
- 9** I understand that major life changes (pregnancy, marriage, etc.) affect my legal stay and my participation. I will contact ICYE Denmark immediately if such a situation arises.
- 10** I confirm that I have read the Danish National Profile and “7 Things Volunteers Need to Know” before choosing Denmark.
- 11** I will respect Danish culture, values, communication styles, and daily norms.
- 12** I understand that I represent both ICYE and my home country as a cultural ambassador.

PROJECT AND HOST FAMILY

- 13** I will follow all rules of my project, including punctuality, confidentiality, safety guidelines, and appropriate conduct.
- 14** When working with children, youth, or vulnerable groups, I understand that professional boundaries apply (e.g., no dating students).
- 15** I will honour agreements made between myself, the project, and my host family or accommodation.
- 16** I will communicate openly if I face difficulties fulfilling expectations.
- 17** I will contact ICYE Denmark if challenges arise with my project or living situation. I understand that ICYE Denmark’s mediation process must be followed.

- 18** I understand that host family/project changes normally cannot be made in the first six months unless my well-being is at risk. If a change is needed, ICYE Denmark will find a suitable alternative, and I agree to accept it — even if located in a rural or quiet area.
- 19** I will contribute to household routines and keep shared spaces tidy.
- 20** I will show respect and communicate directly and openly, following Danish norms.

TRAVEL

- 21** ICYE Denmark is not a travel or tourism programme. Longer independent travel is normally allowed only in the last month of the programme (or last two weeks for a 6-month stay). Short trips during the year must be approved by my project, host family, and ICYE Denmark.
- 22** If I plan to travel abroad, I must inform both ICYE Denmark, my project and host family (if relevant) as soon as I know. ICYE Denmark, my project, and my host family must all approve the trip.

POCKET MONEY

- 23** I understand that pocket money is intended for small personal expenses, not large purchases or travel.
- 24** The amount is set by the ICYE Federation and cannot be changed.
- 25** Pocket money is transferred monthly before the 1st.
- 26** If I return home early, I will not receive pocket money for the remaining period.
- 27** Early completion means no independent travel.

SAFEGUARDING

- 28** I will use alcohol responsibly and never while working or supervising children. I understand that excessive or unsafe alcohol use may lead to termination of contract.

- 29** I will not post photos or videos of children or vulnerable people without clear permission from my project.
- 30** I will represent ICYE Denmark, my project, and my host family respectfully online.
- 31** I will keep all sensitive information about children, students, residents, or colleagues private.
- 32** I will inform my project immediately if I am sick or unable to attend work.
- 33** I will notify ICYE Denmark if I face serious health or wellbeing challenges so they can support me.

TERMINATION BY ICYE DENMARK

- 34** I understand that my placement may be terminated if I violate these rules or behave in a way that goes against the expectations of ICYE Denmark. No refunds are given if the programme ends due to misconduct.

I have read and understood the above rules and agree to obey them.

Name _____

Country _____

Signature _____

Date _____

Please return this contract to the ICYE Denmark office before travelling to Denmark.