STUDENT HANDBOOK
If you are 18-32 years old and registered on a course that makes you eligible for a Danish student grant, you have access to a number of benefits at no cost:

- Visa/Dankort or Mastercard Direct*
- Mastercard Basis*
- Several accounts
- Danske Mobile Banking, Tablet Banking and eBanking
- Payments and transfers at no cost
- Foreign exchange at no cost
- Free cash withdrawals at all ATMs in Denmark

You will also be eligible for:
- Student discounts on insurance
- Student discounts on loans and credit facilities*
- Financial advice

Call us at +45 45 130 100, so we together can find the best solution for you.

* Before offering you a card, credit facility or loan, we will need to assess your financial position.
Dear fellow students

Congratulations on your admission and welcome to Aarhus University.

Student life is so much more than classes and exams. There is a strong tradition for student driven organisations including Friday’s bars, sports, lectures and much more which you can become a part of.

Who are we? The Students’ Council represents all the students at AU. We ensure that your voice is heard with the university management, in the public debate and locally on the individual studies.

Since 1932 the Student’s Council have fought for your right to have an education of high quality, and your right to cheap student housing and SU. This year we celebrate that 50 years has passed since the Student Uprising where we gained influence over the university and broke with the ‘professor absolutism’. The fight is not over and in the fall, you can both look forward to a celebration of the Student Uprising in 1968 and a new fight to maintain our student democracy.

Hereby, you as a new student becomes part of a living history. I hope you want to be part of forming it and ensuring that you and your fellow students both now and in the future, can attend a world class education.

We are looking forward to fight alongside you!

Carina Mølisen Nielsen
Chairman of the Students’ Council
Welcome to Aarhus

By Jacob Bundsgaard, Mayor // Photo: Runólfur Geir Guðbjörnsson

And welcome to your new life as a student at Aarhus University. I know it can be overwhelming at first but do not let that stop you from being excited. You are about to start studying in Denmark’s best student city.

Aarhus is a young and amazing city with a growing population with around 5,000 new faces per year. Over 50,000 of the ‘Aarhusianer’ are students and make this a lively and exciting city which you now are a part of. You have everything close-by wherever you are. Beaches and forests are all just a short bus- or bike ride away, and so is the adventurous city centre with plenty of shopping opportunities, cafés, museums, cinemas, and so much more. Before long you can experience ‘Aarhus Festuge’, so it is just to choose between some of the many opportunities.

There’s something for everyone

Despite Aarhus being a very colourful and exciting city, Aarhus is a very safe place to live even when the city comes alive for parties.

The best advice I can give you is to get out there and connect with your fellow students and other people in Aarhus – Danish and International. You will learn from each other, you will inspire each other, and most importantly, you will have lots of fun. After all, the people you meet along the way and the memories you make will stay with you forever.

I hope to make Aarhus an even more international and open city and you are key to achieving that. Many students choose to go on exchange abroad while they are studying here. Maybe that is something you could see yourself doing as well?

But above all, you should use the upcoming weeks to make yourself at home. And then, of course, dive right into your studies and your amazing student life.

I hope you will have the best of times and explore every corner of Aarhus. Good luck with your new life and have an amazing beginning of the semester.
Dear Students

I wish you a warm welcome to Aarhus University. With us you will together with your 40,000 fellow students broaden your horizons and get hole heartedly engaged in your study because it simply evokes your curiosity. But curiosity is more than lectures and reading rooms. University is also about coming together and inspire each other in a relaxed environment. Be part of your student organisations and visit the Friday's bars or one of the many other places where students gather. Student life should be fun beside all the hard work.

This year, AU is turning 90! In its lifetime we’ve witnessed a world war, a student riot, and a lot of reforms. In the future, you will see that the university is working hard to integrate technology more and more into your education. So whether you study physics, philosophy, or law, our aim is to improve your digital skills that are crucial in this digital age but are also relevant to your studies. Give everything the university has to offer a try, be it socially or academically. There is no right way to study but my advice would be to let your curiosity fuel your everyday life. That is what university is all about. so, a warm welcome to you. I hope you will have the time of your life here.

By Brian Bech Nielsen, Rector of Aarhus University
Photo: Lars Kruse
Transport in Aarhus

By Mette Marie Heinfelt // Illustration: Dennis Hensel

Light Rail
The light rail runs between Aarhus Main Station and the University Hospital. Its network will later be expanded to Odder and Grenaa. Jørgen Leth, a Danish artist, has recorded the announcements for the stops in two out of the 14 light rails. If you want to hop on to one of the “Lethbaner”, keep an eye out for wagons 1101/1201 and 1107/1207. You can identify them by the quotes on the light rail and the poems inside.

Bike
Aarhus is first and foremost a city of bikes but remember your helmet, you pick up quite a lot of speed when you go down Randersvej. The students’ council works hard to make Aarhus a bike safe town but you will also have to take good care of yourself and drive responsibly.

Bus
Unlike other cities, in Aarhus, you enter buses in the middle and not in the front where the driver sits. Check rejseplanen.dk for timetables.

Car
You can search for a ride at gomore.com or find a group at facebook.com. There is a lot of groups where you can search for a ride between different cities.

Long distance
You can find cheap tickets for weekend trips or longer day trips at flixbus.dk, sortbillet.dk, and kombardoexpresen.dk. Remember to print your confirmation of enrollment if you are buying an “ungdomsbillet” (youth ticket – ed.) Your student card is not sufficient as it does not display an expiration date. You can find your confirmation on the Studieselvbetjening (student self-service; STADS) which you will find on mit.au.dk.

Train
If you are between 16 and 25 years of age, you can buy a youth ticket at DSB. You can save up to 25% and even more if you look for “Orangebilletter”.
If you are a commuter, you can order an Ungdomskort which is a commute card for students. You can order it here: ungdomskort.dk.
If you are between 16 and 25, you can get a Rejsekort Young which gives you better discounts in buses, the light rail, and trains than the regular rejsekort.
Where do Your Fellow Students Live?

By Mette Marie Heinfelt

On the next few pages, four students introduce their different ways of living. You will get an insight in the struggles and joys of living with several people, one roomie, or by yourself.

Housing associations:
All housing associations in Aarhus have their offers collectively on the website aarhusbolig.dk. This means that you are only going to be on a single central waiting list to get an apartment. Membership is 100 DKK/year.

Dorms and student apartments:
- Ungdomsboligaarhus.dk
- Koll.au.dk

Apartment listing sites:
- Boligportal.dk
- Lejebolig.dk

Facebook groups:
- Facebook.com/groups/minlejeboligaarhus
- Kollektiver i Århus
Why do you live in a ‘kollektiv’?
I used to live alone but then decided that I wanted a more social home. Having your own apartment gives you a lot of freedom and mobility but it was just not something I was looking forward to come home to. I had not really considered a Kollektiv as an option for me but now I could not imagine living any differently.

What is the best thing about living in a ‘kollektiv’?
The spontaneity. Sharing a space and spending so much time together really makes you get to know each other so much more than if you just bump into friends at a coffee shop or at uni. On top of a shared dinner plan and occasional meetings “hygge” is never something you need to set time aside for - that just comes naturally.

What is the worst thing about living in a ‘kollektiv’?
When somebody is moving out or in. It is a long process to find a new person whom you have to get used to once they move in. As our ‘kollektiv’ is centered around student life or being young and trying to find your place in the world, it is only natural that older residents move out at some point. This happened in March and I had trouble adjusting to it at first it all just went so well, and now I would no longer be the newest resident.

Jeppe Sabroe Thegen, 22, studies political science. He is in his 2. semester. He moved in september 2017 and share the ‘kollektiv’ with 5 roommates.

Living in a ‘Kollektiv’
A ‘kollektiv’ is a group of like-minded people with similar views and living circumstances sharing a home in an almost family-like structure. The ‘kollektiv’ is a Scandinavian concept that became popular in the 60s and 70s.

Livingroom
The living room is where we watch Hammerslag and Master Chef, and fall asleep to Deadline on DR2.

Cooperative
I have bought a part of the kollektiv in Saltholmsgade which is also a cooperative.

Place to study
I almost never use my desk as I am much more productive at university.
Why do you live in a dorm?
I live in a dorm because I like living with others. There is always something going on and a great atmosphere at home. People are outgoing and are always ready for an adventure, but you can also retreat to your room if you need some alone time.

What is the best thing about living in a dorm?
The community, the inside jokes, and of course Tour de Chambre. There is a certain kind of energy when you live with so many other students your own age. It is so nice to come home to such amazing people after a hard and long day at uni. When you are living with so many good friends, it is hard not to wake up and fall asleep with a smile on your face.

What is the worst thing about living in a dorm?
The fear of missing out when you cannot attend some of the many joint activities and events.

Dorm
Text and photo: Jeppe Tranberg-Jensen

Jeppe Tranberg-Jensen is 24 years old. He studies molecular biology. He is in his 6. Semester. He has lived at the dorm for four months and share a hallway with 11 people.

On site
At the Park dorms you are at a great location guaranteed surrounded by lots of green.

small rooms
The rooms in dorms tend to be on the smaller side but with a knack for minimalistic interior design, you can make it feel more spacious.

“Hygge”
The evening often ends with a bowl of “koldskål” (a Danish buttermilk dessert) and some dorm-hygge.
Why do you live alone?
During my bachelor, I have studied in Aarhus, interned in Copenhagen, and went on exchange in Great Britain. Thus, I have lived in a lot of different places, with and without roommates and I just realised that I prefer living alone. I have a lot more freedom to arrange my life as well as being the only one who has to live with my mess.

What is the best thing about living alone?
I love the freedom. I get to decide when to clean, and I do not bother anyone when I bring home guests or come home late. I love being around other people but it is also nice to be able to come home and just be myself afterwards. The best thing is that, nobody complains when I am dancing silly or singing along to the radio in the morning.

What is the worst thing about living alone?
Sometimes, I miss making dinner with other people. It is definitely a lot more fun in good company. Also, you are responsible for everything which can be challenging at times. For example if something breaks and you have to figure out how to fix it on your own. Furthermore, a good handful of plants have to sacrifice their lives when nobody was there to water them whilst I was on holiday.
Why have you chosen to live with only one roomie? There are so many housing opportunities in town. Dorms, ‘kollektive’, shared or single flats. Which actually all sounds really nice. I used to live with a lot of roomies but having a busy student life, I appreciate coming home to some peace and quiet where I can restore some energy.

What is the best thing about living like you do? I love the location! The flat is located right between BSS (where I study), the botanical gardens, and the town centre. On top of that, my room is quite bright and the division of rooms quite resonible. Also, we really appreciate the dish-washer. But the best thing is probably living with someone else and not alone.

What is the worst thing about it? I live on the ground floor so I can overhear all my neighbours conversations when they are outside on the street which is not all that nice. The first couple of months I woke up at 6am because one of my neighbours ran down the stairs. Thankfully, I have gotten used to by now. Sometimes, I also miss having more people around. apart from that I do sometimes miss the social life you would have living in a ‘kollektiv’ or a bigger shared flat.

Anne-Sofie Frederiksen, 23 years old. She studies Economics and business administration, HA and has been living with her roomie for 2 years.

Anne-Sofie
I love living with my roomie. We found each other through one of the many housing sites on Facebook. They are really recommendable.

Decoration only
The television is probably my most expensive piece of decoration. I barely use it. The board game Hint, however, is always popular with friends.

Kitchen
We do not have that much storage room, but we do have both an oven and a dishwasher which we deeply appreciate.
Student Fair

By Mette Marie Heinfelt // Photo: AU Foto

The annual Aarhus University Student Fair turns 30! Studenterrådet would like to welcome all new students to the university and to Aarhus with this three-day event. Here, you have the opportunity to meet your future bank, dentist, or union and you will find lots of great offers for students – everything from a student discount to meeting the many student-led organisations from across the university.

Free beer
The first drink from the bar is on the house and which you can enjoy outside in The Sun Court.

Quiz
The fair will host a number of competitions and giveaways where the lucky winners can go home with prizes.

Free stuff
If you want a new pen or some free slush ice and popcorn, the Student Fair is the place to be!

3rd - 5th of September 10am to 4pm

HOW TO SORT YOUR WASTE IN THE CITY OF AARHUS

GLASS - PLASTIC - METAL

PAPER - SMALL CARDBOARD ITEMS

GENERAL WASTE

BATTERIES

You must sort your waste at home and dispose of it in the waste bins where you live.

You must sort your waste at home and dispose of it in the waste bins where you live.

SORTER-MER.NU/EN FACEBOOK/SORTERMER
‘Her går det godt’

Af Esben Bjerre og Peter Falktoft // Foto: Dennis Morton

Peter Falktoft is an award-winning TV- and radio host, born and raised in Risskov in the north of Aarhus on the right side of Grenåvej. Esben Bjerre is from Silkeborg and counts to his achievements hosting Melodi Grand Prix and being a father. They first met at the School of Journalism in Aarhus and later joined forces on the legendary radio show Monte Carlo on P3. We have asked Esben bjerre and Peter Falktoft for 3 recommendations that will sweeten student life in Aarhus.

Esben Bjerre’s Aarhus recommendations:

1. La Cabra Coffee!
   Great atmosphere, huge coffee nerds.

2. STOY! Maybe Denmark’s greatest clothing store.
   A pleasant surprise: Both Peter and I can always find something here.

3. Ever since Sårt in Jægergårds-gade closed down, the deli at Salling is the new must-try. Their charcuterie (a meat-filled horn of plenty, French speciality – ed.) is simply amazing.

388x14]SR.AU.DK // 2524 // STUDENT COUNCIL
[61x253]'Her går det godt'
[83x230]Af Esben Bjerre og Peter Falktoft // Foto: Dennis Morton

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GIVE WHAT YOU HAVE! TAKE WHAT YOU CAN USE...

At REUSE in the centre of Aarhus you can make a lucky find and get better at recycling and upcycling.

Here you can just take items home with you if you can use them. If you have things you have no more use for, you can take them along to REUSE so others can benefit from them.

Visit the innovative recycling centre.

Peter Falktofts Aarhus recommendations:

1. Juice Stop. – The oldest juice bar in town. It’s been here since before the dawn of Joe Starbucks, and all the others. Dorthe, the owner, is an absolute genius. Every time I’m in town, I make sure to stop by. There is not a business here that I would rather support.

2. Restaurant Frederikshøj. – The absolute proof that Aarhus’s gastronomy is second to none in the Kingdom of Denmark. Study hard, make clever investments, and maybe one day you can afford to dine here. If nothing else enjoy the fact that: In charge in the kitchen is a black chef with long and curly hair who, besides creating delicious masterpieces, is an excellent crossfitter. Major bonusinfo if you ask me.

3. Aarhus CrossFit – The most welcoming spot at the waterfront which at times can be a bit cold and grey. Amongst all that new-built projects, the old silo is refreshing and the best place in Aarhus. Period. There is great energy, no big egos, no mirrors, no pretentions. Just hard work, great people, and good fun. The best place for CrossFit in the world. In my opinion. Nothing less.

‘High spirits, honest reviews, and a look at the state of the world. Weekly presented by Peter Falktoft and Esben Bjerre.’ This is how Peter Falktoft and Esben Bjerre describe their newest project, the podcast ‘Her går det godt’.

Listen: spreaker.com/show/her-gaar-det-godt
The Students’ Council

The Structure of the Students’ Councils

‘Fællesråd’
The ‘Fællesråd’ is the supreme body of the Students’ council. It consists of representatives of the student unions from each degree program. At the ‘Fællesråd’ meetings, the new policies and changes of the Students’ Council are discussed and approved.

Executive Committee
The Executive Committee is comprised of seven members. They are appointed by the council’s Fællesråd at an annual meeting in February. The committee is responsible for the council’s everyday work and represents students in the press and with the University management.

Local Students’ Councils
Almost each degree program has its own local students’ council that fights for student rights and to improve the social environment at their department. They work with the academic regulations, the examination procedures, and organise study-relevant events. Furthermore, they lend their support to those students on the Board of Studies and in the Academic Council.

Students Influence at the University

The Board
2 student seats.
The University Board sets the framework for the university and approves its budget of 6 billion DKK.

Academic Council
3-5 student seats. The Academic Council functions as an advisor for the Dean at AU. It is important for students to be represented here as it is, among other things, what influences teaching appointments. For example, they are the ones who decide whether good teaching methods or research skills are prioritised when filling teaching positions.

Board of Studies
50% students, 50% teaching staff. The Board of Studies is where most decisions are made that directly affect your education. They write the academic regulations, approve curricula and exam procedures. They process dispensation applications and credit transfers as well as prior programme approval.

By Mette Marie Heinfelt. The Students’ Council is a political organisation for and by students at AU. We are independent of party-political agendas and our goal is to make students’ voices heard on all levels of decision-making.
In the beginning, the Students’ Council was mainly concerned with students’ social lives, as well as their economy and health. Among other things, they were responsible for helping students find housing and get them checked for tuberculosis.

The Invasion – resistance and hunger
Many of the Students’ Council members were also in the resistance, and the printing press in the office ran hot with illegal flyers and papers like, the Budstikken which was an inflammatory magazine produced by students. Food was also scarce due to rationing and skyrocketing prices, so the council created a lunch committee to distribute food to those students who did not have the means to provide for themselves.

Student Riots and SU Cuts
By Mette Marie Heinfelt // Photo: Universitetshistorisk Udvalg, Aarhus Universitet

Aarhus University was founded in 1928 as Universitetsundervisningen i Jylland (University Studies in Jutland). It started out with 64 students in the first semester and five teachers. Just four years later, the Students’ Council was founded.

In the 1960s the number of students increased drastically which led to younger teachers who were not professors. They joined forces with students to make their voices heard in order to have influence on what was happening at the university. They wanted to stop the “professor absolutism” and change teaching methods which they deemed outdated.

In 1968, the criticism turned into an outright riot. As opposed to the 1960s debating, the riots of the 70s were politicised and increasingly influenced by Marxist, left-leaning, and revolutionary students with strong ideological mindsets.

The student riot
In the 1960s the number of students increased drastically which led to younger teachers who were not professors. They joined forces with students to make their voices heard in order to have influence on what was happening at the university. They wanted to stop the “professor absolutism” and change teaching methods which they deemed outdated.

In 1968, the criticism turned into an outright riot. As opposed to the 1960s debating, the riots of the 70s were politicised and increasingly influenced by Marxist, left-leaning, and revolutionary students with strong ideological mindsets.

The riot is one of the most important achievements of the Students’ Council. Two paramount things happened: Students established themselves as an independent interest group who make themselves heard and seen at university and they managed to have influence over the administration.

The fight for impairments
Today there are about 42,000 students at Aarhus University. The Studenterråd is again gathered in the fight for the students’ terms and rights. In recent years, the education policy front has been one of the main concerns. In collaboration with the nationwide organisation National Union of Students in Danmark (DSF); the Studenterråd has, among other things, been fighting against SU deterioration, Study progress reform and dimensioning.
Writer at The Student Paper

Delfinen is a student paper for all students at AU. It operates on the dedication of volunteer writers who create content about research, student life, critical articles about AU, picturesque images, and much more. You can find it here: delfinen-magasin.dk. You have the opportunity to join our three editorial offices.

Want to join?
Send an email to: delfinen@sr.au.dk Include: Name, degree, and semester, Short text about your motivation and your experience and what office you want to be a part of.

Application deadline: 17 september, 23:59
We have interviews at the end of September.

Student Jobs and Volunteering

By Mette Marie Heinfelt

Studies have shown that it is often more important to have had a job during your studies than getting sky-high grades when you have your degree and start applying for jobs. Luckily, it does not necessarily have to be study relevant work.

Job at AU
Every year, the university offers a number of positions as mentors, student counsellors, instructors and student assistants. Check out AU’s jobbank. Moreover, it is also possible to get a job by the various student organizations and student magazines.

Studenterhusfonden
At Studenterhusfonden it is possible to get a student job as waiter/waitress, cleaning, janitor or café employee. If you want to be considered for a student job send an application to shf@shf-au.dk. You can get more information at studenterhusfonden.dk

Volunteer
At the Student Fair from the 3rd to the 5th of September hosted by the Students’ Council you will meet a great variety of non-profit volunteer based organizations in Aarhus which you can become a part of. You can also volunteer for the Students’ Council. Here you can both become part of Danmarks Største Fredags bar- og Idrætsdag, our student magazine Delfinen and do student politics. Send an email to generalen@sr.au.dk.

No matter whether you apply for a job to supplement your SU, to get a network, improve your resume or do something interesting in your spare time you can find some useful links below.

Student job
• jobbank.au.dk
• jobindex.dk
• studerendeonline.dk
• Studenterguiden.dk/studiejob
• jobbank.dk

Volunteer work
• frivilligjob.dk
• frivilligcenteraarhus.dk
Emma Martiny is an Aarhus based food blogger. She is a contributor at femina and has published a number of cookbooks. On her blog, she shares the little joys of her everyday life, delicious recipes, and posts on health and beauty. You can find her recipes on her website: emmamartiny.dk

Shakshuka

Ingredients for 2 servings

Ingredients
1 onion
2 garlic cloves
1 red pepper
½ tbsp. olive oil
2 tsp. paprika, preferably smoked
3 tsp. cumin
2 cans chopped tomatoes
salt and pepper
2 handfuls of spinach
4 eggs, size M/L
For serving:
Fresh basil
50g feta
Flatbread

Finely chop the onions, press the garlic and cut the pepper into small dice. Fry the onions and pepper dice in olive oil in a pan with a lid. Sprinkle with paprika, cumin, salt, and pepper, and let it fry until the onions are translucent.

Pour the tomatoes into the pan and let them simmer for a few minutes until you season the sauce to taste. Then, add the rinsed spinach and stir until the spinach has collapsed. Move a bit of tomato sauce to the side and crack an egg in the "hole". Repeat this with all four eggs, and put the lid back on the pan. Let the shakshuka simmer for about 10 minutes until the egg-white is firm and the yolk still runny. Crumble the feta and basil on top and serve with flatbread.

Emma Martiny

Text and photo: Emma Martiny
Quinoasalad with Tahini Dressing

Ingredients for 3 servings

<table>
<thead>
<tr>
<th>Salad</th>
<th>Tahini dressing:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 dl quinoa</td>
<td>½ dl tahini</td>
</tr>
<tr>
<td>1 kg carrots</td>
<td>juice of ½ lemon</td>
</tr>
<tr>
<td>1 tbsp. olive oil</td>
<td>1 tbsp. olive oil</td>
</tr>
<tr>
<td>½ tsp. salt</td>
<td>½ tsp. garlic powder</td>
</tr>
<tr>
<td>5-10 kale stalks</td>
<td>salt and pepper</td>
</tr>
<tr>
<td>1 dl pumpkin seeds</td>
<td>½ dl water</td>
</tr>
</tbody>
</table>

Quinoa: Preheat the oven to 175 degrees. Cook the quinoa in lightly salted boiling water for 15-20 minutes until the small tails emerge, then let it cool. Store the cooled quinoa in a box in the fridge.

Vegetables: Scrub the carrots (or peel them if they are not organic), and cut them in 1 cm wide skew slices. Toss them in olive oil, sprinkle with salt, and bake them in the oven on a baking tray for 25 minutes until they are golden and cooked through. Let them cool and store them in the fridge. Roast the pumpkin seeds in a dry pan until they pop. Let them cool and store them in an air-tight container at room temperature.

Tahini dressing: Now it is time to make the tahini dressing. Combine tahini, lemon juice, olive oil, and garlic powder in a bowl. It is not going to be liquid but seems kind of dry. Gradually, add water until you have the preferred consistency and season to taste with salt and pepper.

Rinse the kale stalks and pluck the leaves. Place the leaves in a bowl and pour the dressing on top. Massage the dressing into the kale until the fibres in the leaves have broken down and the leaves become soft. Keep the kale in the fridge. The kale is going to taste better the longer it soaks in the dressing.

Gather an appropriate amount of all ingredients in a bowl or lunch box. Mix, and enjoy!
Crispbread

**Ingredients**
1 serving of oatmeal
Spices, seeds, or other decor and herbs (e.g. chia- and sesame seeds)

Preheat the oven to 150 degrees. Prepare a serving of oatmeal or use what is left over from breakfast. If the consistency is too unyielding, add some water and warm it up a little. Spread the oatmeal in a thin, even layer onto a baking tray. If you want, drizzle with seeds or spices or anything else you would like in your crispbread and bake for 40 minutes until the oatmeal is completely dry and crisp. Break the bread into smaller pieces and store in an airtight container.

Classic Hummus

**Ingredients**
240 g cooked chickpeas (1 can)
Juice of 1/2 lemon
1-2 tbsp. tahini
1 tbsp. olive oil
1-2 cloves of garlic, pressed
1 tsp. ground cumin
Salt
1/2-1 dl water

Combine chickpeas, tahini, olive oil, and as much garlic as you like in a food processor and mix. Gradually, add the water until you reach your preferred consistency. Add cumin, lemon juice, and salt to taste.

Muffins

4 big muffins or 6 small

**Ingredients**
1 ripe banana
1 egg, size M/L
2 tbsp. peanut butter (smooth or crunchy)
1 tsp. baking powder
a pinch of salt
optional: a bit of maple syrup
50 g dark chocolate (70%)

Preheat the oven to 150 degrees. Do not use the fan setting of your oven as the muffins will not rise evenly. Combine the banana, egg, peanut butter, baking powder, and salt in a food processor and mix them well until you have an even dough. Add a bit of maple syrup if you feel the banana did not sweeten the dough enough. Roughly, chop the chocolate and stir it into the dough. Pour the dough into muffin moulds or cups and bake the muffins in the oven for 15-25 minutes, depending on their size, until they have risen and are golden brown.
The City is filled with venues, bars and corners, where the music is playing live and record stores have popped up downtown gathering music enthusiasts across the city. The reason is simple – the music gets better and better. Rehearsal studios, recording studios and the venues are in each their own way a possibility for musicians to try their worth and develop their talents together.

You sense a feeling of unity between the musicians in the city. As if there is a common ambition to deliver good music that reach way across the borders of both the city and the country – always with a pride to be from Aarhus. There is

Aarhus! The City of Smiles! The City of Music! For more than 50 years some of the most prominent, exciting and experimental music have originated in Aarhus – and in the last couple of years it has only become more.

The Radio Host and the Music Geek’s Guide to the Sound of Aarhus

By Carsten Holm // Photo: Anna Marin Schram
room and possibilities for the quirky, creative and determined artists. This room and these opportunities are being used – and is even better used if you come and play along.

Kaleidoscopic Soundscape
It is a challenge to have to choose between your children. That is how Aarhus Echo feels about all the musical offers there are in the city. We really enjoy experiencing the music from all viewpoints. Whether it is capturing the unique atmosphere at an amazing concert at one of the venues. The feeling after buying the record you have been wanting for so long in one of the record stores – or gathering around with friends in one of the parks or squares around the city to listen to the music in open-air. It all adds up. It is all about the feeling. A feeling that you both get in the small indoor venues and there, where the sky is the limit. Share your experiences with your friends. tell them what you think is the best thing about the city - maybe you end up with the same conclusion as aarhus Echo ... Everything!

Aarhus Echo collects the music history of Aarhus from the newest and most recent artists, to the proud musical tradition which the city is build upon. There are many stories about the people that sit behind the soundboards or are backstage and part of the organizations. Keep updated at: aarhusecho.dk

“A damn good Café-coffee! at a damn good price…”

NOBEL’s CAFÉ & DELI
Nobelparken, AU Campus, Building 4481
Monday - Friday: 7.30-18.30
SpisPåAU

DALE’s CAFÉ
AU Campus, Building 1652
Monday - Tuesday: 9-16, Friday 9-19, Saturday 10-15
Dale’s Café
Surrounded by sound and guitars in all shapes and sizes, the 28 year old English student enjoys Aarhus’s music scene. DR Karrierekanon recommended his debut single ‘Rowena’ multiple times, and last year, he performed at SPOT festival downtown.

You can’t chase a feeling
Songwriting is an elusive thing. Everything and nothing can inspire you, but the minute you start chasing it, the muse slips through your fingers. That is why I try to let things impress freely on me. Aarhus has been the perfect place to gather impressions and inspiration for my music. There is just something about this city and the vibe you get from it. As a western Jutland native, I really appreciate being near woods and water that are so close to the town centre. That is one of the reasons Aarhus really deserves the title “City of Smiles”. And you can definitely get a sense of that in my music, too.

Festival for fresh faces
A good example of this “Aarhus vibe” can be found at SPOT festival, a festival where basically the whole city transforms into one big stage and
there is music everywhere. It is something truly special as it really captures the spirit of the city. It was such a fantastic experience to perform at SPOT last year – almost too good to be true!

**Something special**

Spot Festival is also a great opportunity to showcase your passion. On the one hand you have all these music business people, but then, most importantly, there are also the people who you perform for and they just want to listen to some good music and want you to have a great time on stage. I think that is just something really unique at SPOT. You hear lots of new music that people are curious about and want to get to know better, and you can just FEEL that excitement all the way to the stage. It gives you such a rush.

Overall, Aarhus is a great place for music where you have the opportunity for gigs at such amazing venues as Fatter Eskild, Radar, Headquar-
ters, and the small and “hyggelig” spots like Fairbar where you have wonderful audiences who just want to enjoy some good music.

Learn more: facebook.com/eyewinhowe
Listen: You can find Eye Win Hoe on Spotify
Your Coffee Guide to Life at the university

Text and photo: Mette Marie Heinfelt

Hva’ læser du?

I don’t understand a single word

Læser du HA?

Løser du det for at tjene MANGE penge?

Selvfølgelig gør du det

Syphon Vakuum brygger

Jeg er stået op kl. 3 om natten for at tage til Kapsejlads

Det er ikke prestationsfremmende

Det er Udnyttelse af 3. verdenslandes koloniale fortid

Har du forelæsning?

Drikker du kaffe?

Soyamælk

Exchange Student

Espresso

Stempelkande

Flat White

Cappucino

The

Business & Social Science

Science & Technology

Ja

Nej

Ja

Nej

Ja

Nej

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Læser du Jura, Økonomi eller Statskundskab?

Læser du psykologi?

Selvfølgelig

I don’t understand a single word

Jeg er stået op kl. 3 om natten for at tage til Kapsejlads

Det er ikke prestationsfremmende

Selvfølgelig ikke. Du læser humaniora

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Har du forelæsning?
Coffee Shops in Aarhus

By Ditte Gimm Hansen // Photo: ditteblog.dk, Mette Marie Heinfelt og Plukk

My name is Ditte, I am 28 years old and a blogger at Ditteblog.dk which is a lifestyle blog focused on fashion, interior design and tips to life in Aarhus. I use a lot of my time in front of my computer, and I love to hang around in Aarhus at cosy cafés and coffee shops and work. Here are my tips to my favorite places where you can conveniently sit with your computer and study as well.

Kjærs Kaffebar, Sønder Allé 29
Kjærs Kaffebar is located right by the bus station. It has a nice environment for working, a unique and personal interior design and of course really good coffee. You can get a voucher for coffee which definitely counts on the plus side. The only downside is the fact that there are no toilets which can obviously be problematic if you are there for a longer period of time.

Café Opera, Banegårdspladsen 9
Café Opera by Banegårdspladsen might not look as the typical working spot with the luxurious interior of velour, gold and marble. Nevertheless, they encourage you to bring along your entire studygroup and come sit work there. There is wi-fi, good coffee and some really Instagram friendly surroundings. They provide a 20% student discount.
Lynfabrikken, Vestergade 49
Lynfabrikken at Vestergade is the coolest place with the coolest types of people. Here you really get inspired and motivated to get some work done. The old fabric rooms have a design allowing both groupwork and working independently. While enjoying the view across the city rooftops. The place is incredibly popular so it is a good idea to already be there in the morning. Here you can easily sit for hours without anybody noticing.

The Lazy Wombat, Ceresbyen 20
The Lazy Wombat is situated in one of the new buildings in Ceresbyen. It is not the coziest of cafés on my list, however, I do think they have managed to get something good out of the new and a bit ‘cold’ spaces. Their coffee is really good and the different coffee types are really thought-through Australian. I can definitely recommend trying their grilled sandwich with chicken, cheese and avocado. I have heard that the name is supposed to be a reference to “the lazy students” whom they would like to come visit for coffee, so of course there is free wi-fi allowing you to sit and study.

Plantecaféen, Skovgaardsgade 5
Plukk is behind the concept Plantecaféen which now makes it possible to enjoy a lovely cup of coffee in the most vibrant café. I am huge fan. Moreover, you can buy lots of quality coffeemaking equipment and of course the most beautiful plants. They are closed on Mondays and do not open until 11 am the rest of the week. You could start at Spiselauget which is likewise at Godsbanen, if you want a place to be in the morning. They even serve brewed coffee for only 20 DKK.
The Boat Race

By Mette Marie Heinfelt // Photo: AU Foto

The annual Boat Race (Kapsejladsen) is an event each spring where the different departments of higher education in Aarhus compete against each other to win the Golden Bedpan. Each year, more than 25,000 students flood the grounds of the University Park which has made it the biggest student event in northern Europe. 12 departments send their representative team comprised of five people with minimum one person of each gender. It is held by Umbilicus, the party association on medicine.

Winners of 2018
In 2018, the team from the medicine department, Umbilicus, could claim victory for themselves. Next year, they can expect the other teams on their heels, trying to win back the Golden Bedpan.

Amazing Intros
Each team has put blood, sweat, and tears into their introduction show. They often reference popular film franchises or TV shows.

Early Birds
People flock to the University Lake often earlier than 04:00am to secure good seats and a perfect view of the lake.

The Race
The Boat Race is basically a regatta with inflatable boats where they race across the lake, down a bottle of beer, and race back.
Get 50% off on DM Insurance, Denmark’s most attractive student insurance. Calculate your premium on dm.dk/forsikring. Become a student member of the Danish Association of Masters and PhDs (Dansk Magisterforening) and MA’s unemployment benefit system (Magistrenes A-kasse) and get your first year for free. You’ll get access to insurance, free courses, workshops and professional student and career counseling.

The Naked Mile
Boobs, balls, and buttocks come out for the naked run around the lake. The run in the nude is an inherent part of the program, and the prize is usually a ticket to one of the summer festivals.

Presenters
This year the journalists Anders Lund Madsen and Anders Breinholt were presenting.
AU Helpline

By Eva Poulsen // Photo: Ashlee Wilson

AU Helpline is a hotline where you can talk about your personal and social difficulties such as exam stress, perfectionism, loneliness, lack of motivation, and much more.

AU Helpline is a new student-led organisation at Aarhus University. The goal is to provide students with a support network through a hotline which is available Monday – Friday from 19:00 to 22:00.

The hotline is manned by students who have been thoroughly instructed and prepared. We are not certified therapists and cannot provide you with a diagnosis, nor can we offer professional therapy, but we gladly point you in the direction of more information and offers for students, should you require this. If you are in need of voicing your problems, see things from a different angle, or just be reassured that you are not the only one stressing out about exams, AU Helpline is here for you.

We plan on being available for you at the start of term in Autumn 2018.

Further information and updates such as our number and opening hours can be found here: facebook.com/auhelpline

Eva Poulsen, founder of AU Helpline, is 25 years old and studies medicine at Aarhus University. Before attending AU, she majored in psychology at an American university. Here, she worked as a volunteer for a student support hotline which gave her the idea for AU Helpline.
Free Legal Counsel for Everyone

18 dedicated law students are here to help you navigate the labyrinth of legal terms and paragraphs.

If you need someone to weigh in on your lease or other contracts, if you have not been properly paid by your employer, struggle with loans and debt or need to sue someone, you can get help here.

Your legal counsellors work under a confidentiality clause and all information will be handled responsibly.

How can they help?

Your legal counsellors can help you with a variety of issues. Tenancies, compensation and insurance issues, social benefits, inheritance, terms of employment, and much more. As your counsellors are students of law, they can only carry you so far and if need be recommend further steps. They are however happy to help you with the smallest or biggest of issues and will handle all cases with equal attention and determination.

WHAT MAKES YOU HAPPY?

Share your interests and meet people near you at genlydaarhus.dk.
Every event is in relation to either a specific audio play or a certain theme. Often, these events conclude in a discussion or a talk from our guest speakers who are either connected to the podcasts in some way or are experts on the topic of interest. So far, we have been so fortunate as to entertain our audience with ‘Noget om Emma’ (‘Something About Emma’) as well as a visit from author Sigurd Plaetner, erotic radio cinema with a visit from Det Ovale Rum and the award-nominated audio poem ‘Rystelsen’ (‘The Shiver’), accompanied by an interview with sound genius Peter Albrechtsen and editor Rebecca Bach-Lauritsen.

‘Aarhus Radiobiograf’ was founded in 2013 but the world was apparently not ready for it. It rose from the ashes as a natural result of the rising popularity of podcasts and re-premiered 1st of November 2017. The project was kickstarted with the radio documentary Nattens Dronning (‘Queen of the Night’) and a visit from Thomas Smedegaard, the journalist behind the masterpiece.

‘Aarhus Radiobiograf’ is organised by 8-10 volunteers and host events every other month in cooperation with Center for Sound Studies of Aarhus University. We are always looking for new volunteers to join our team, so if you are interested in radio and love listening to and discussing podcasts, keep an eye on our Facebook page.
Aarhus Student Radio (AASR) is Denmark’s biggest student radio and the place to be for everyone who wants to experiment with radio broadcasting and podcasts. We are situated in the basement of Stakladen where we have our own studio and where we broadcast Aarhus-related news, five days a week from 8-9 am. We do broadcast live in the afternoon, but most of our work are podcasts that you can listen to on our website, iTunes, and other platforms. We offer a wide variety of programs, ranging from satire and entertainment to the most geeky and obscure.

Our range is actually so varied that in 2017 AASR was the 6th biggest podcast provider on iTunes Danmark. On top of radio production, you also have the opportunity to work as a technician, communication manager, webmaster and more. Because AASR is a company with about 150 members, and though everything is volunteer-based, it is a radio station like any other. Do you wanna challenge the norms of radio, or do you just wanna broadcast? Then AASR is the place to be for you. Send an email to chefred@aasr.dk or visit us at aasr.dk to learn and listen more. Join us on 98.7 fm or on aasr.dk!

Where do you go if you want to find a podcast that discusses Harry Potter in-depth, chapter by chapter? Where do you go if you want to find a radio program about what is going on in Asia? Where do you go when you have the greatest idea for the next podcast hit but you have no idea how the podcast world works?
Fries Before Guys is a conversational podcast presented by the two friends Nanna and Josephine which gives an intimate insight into what it means to be a young woman in her 20s. Every week, they discuss a topic relevant to their lives in an attempt to break taboos and norms. It is about life, happiness, anxiety, confusion, and expectations. It is about you!

1. Do not feel pressured to be constantly social in the first months. It is completely fine to say no to things. It craves a lot of energy to move to a new city and start a new life. Alone time is just as important as socialising, and do not shy away from asking people (e.g. your parents) for help if you feel overwhelmed.

2. Get a bike and get to know the city. We love cruising through town and explore it street by street. It is incredible how much more it feels like home when you can actually find your way.
3 Do not be afraid to be honest with your new friends. It is completely normal to feel conflicted, homesick or worried on top of everything else that is new. Most people agree that it can be scary shit to start at university or move to a new city. You will feel much better when you are open about how you feel and realise that you are not the only one feeling like that.

4 Do not push yourself too much academically. Take it one day at a time. There is so much new information, so many new things to process. It can be overwhelming to start uni and nobody expects you to have read the whole curriculum within the first week. There is plenty of time to study – perhaps even five years. Nobody expects BA or MA standards from you in your first year.
LGBTQ Communities in Aarhus

By Simone Fuglsang Grooss // Photo: Martin Ballund, aarhuspride.dk

There are loads of opportunities for LGBTQ people (Lesbian, Gay, Bisexual, Transgender, Queer) in Aarhus. DiverseCity is an organisation for students that hosts events such as Bake Offs, game nights, and talks at Studenterhuset.

We also host events where we visit places in town like museums, the bowling alley or PROUD! Film Festival. You are always welcome to join and do not need to sign up.

Visit Mejlgade
For just 25 DKK half year you can become a member of Sappho at Mejlgade 71. It is a cozy spot with cheap beer, cold drinks, and plenty of lovely people to meet. There is also a foosball table, darts, and board games to entertain.

Sports
If you are the sporty type then Danish D-Lite might just be for you. They offer football, badminton, and swimming at very affordable rates. And if you have got an idea for a sports branch, you are welcome to start that as well.

Ethnic Minorities
Sabaah offers networking nights for LGBTQ people of ethnic minorities. They are discrete and respectful of anonymity.

Transgender and Non-binary
T-gruppen Aarhus meets every Sunday at Sappho. It is a place for Transgender people, non-binary, and people who struggles with gender identity issues and there next of kin.

Volunteer
If you want to become a volunteer, there are plenty of opportunities. LGBT Danmark is usually looking for new counsellors and Aarhus Pride always needs a hand with preparations for the most colourful event of the year which takes place on the first Saturday in June.
AUS works hard to connect students across academic fields and departments through sports. To achieve this we have, among other things, Danmarks Biggest Friday Bar and Sports Day where we organise the sporty half of the event. This is a wonderful opportunity to get outside in the (hopefully) lovely late summer weather and play, e.g., a basketball match or two.

AUS is a student-led organisation which makes it possible to offer affordable and fun opportunities to be active together with fellow students. AUS works in cooperation with 16 independent clubs in Aarhus. These clubs offer a variety of sports such as Kenikan (Japanese traditional martial arts), swimming, handball, and chess. Even though all the clubs are very student-friendly, their members are not solely students, but a mix of non-students and students. So you are not going to be kicked out as soon as you stop studying.

Every year, AUS organizes a skiing trip. This year, we went to Saint-Sorling D'Arves. Anyone who enjoys getting their sweat on and meet friends for life is welcome here!
Denmark’s Biggest

By Mette Marie Heinfelt // Photo: AU foto

Denmark’s Biggest Friday Bar and Sports Day is an annual, student-led event with around 20,000 attendees. The event is organised by the Students’ Council and AU Sport. This year, students and staff can look forward to an even greater party because the organisers have teamed up with AU in order to celebrate the university’s 90th birthday.

In previous years, the event hosted musicians such as Phlake, Minds of 99, and TV-2. Keep an eye on the event on Facebook where this year’s acts will be announced.

21th of september in the University Park

Beer Bowling
Next to the beer bowling tournament, there is always a bucket at hand, should it be needed.

Sport
Throughout the day, you can compete in different sports branches. Sign up with your team at storfredag.dk

Koncerter
In the afternoon and evening, you can enjoy a cold beer and good music.

SAY HI TO A FITNESS OFFER, THAT FITS ANY STUDENT

169,- / 0,-
PR. MONTH SET UP FEE

TRAIN FREELY IN ALL CENTERS
FREE COFFEE • FREE TRIAL TRAINING
BRING A FRIEND FOR FREE*
FREE LOAN OF BIKE SHOES

*) Only one training per person

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International Student

Being an international student in Aarhus is filled with advantages and obstacles, where most of the obstacles are related to the dubious weather and the at times unpronounceable sounds of Danish.

Some of the many advantages are an university with a vibrant study environment, loads of events for you as an international student and plenty of opportunities for volunteering, and learning the Danish language. Aarhus University is as everyone else becoming more and more digital and a good way to get an impression of the university is by looking at social media. Here you can follow Aarhus University’s official page and the Students’ Council on Facebook, join the various Facebook groups for International students at Aarhus University like Aarhus internationals and Aarhus University incoming International Students, or follow the student led initiative #Youruniversity on Instagram. And of course, the best advice if you have any questions or simply need a tip on where to find the nearest umbrella or sunhat: Ask a Dane!

Events

The Intro Days
It is held between the 20th and 30th of August 2018 depending on your Faculty. Here you will meet many of your fellow students and be introduced to a wide variety of organisations and initiatives.

Introduction meeting in The International Committee
Hosted by the Students’ Council. What: A meeting especially relevant for full-degree students, where you get to know how to influence your own study and topics like SU and housing will be discussed to form the future work for international students in the Students’ Council. When: 4th oktober. Where: To be announced.

The international Student Fair
Hosted by The International Centre. What: the International Student Fair presents you with different offers, jobrelated information, and opportunities as well as extracurricular activities. When: Usually in the first week of September. Where: Stakladen Nordre Ringgade 3, 8000 Aarhus C.

International Nights
Hosted by Studenterhus Aarhus. What: This is where you can meet students from all over the world, study-ying in Aarhus. The program is different from Tuesday to Tuesday and can be everything from karaoke and theme parties to stand up and lectures - always in English. When: Every Tuesday. Where: Nordre Ringgade 3, 8000 Aarhus.

Useful links
• Studenterhus Aarhus: www.studenterhusaarhus.dk
• The Student Council sr.au.dk and facebook.com/studenterraad/
• The International Centre www.au.dk/en/internation-alcentre
• International Students’ Survival Guide to life in Denmark http://studyindenmark.dk
Tour de Friday’s Bar

By Mette Marie Heinfelt // Photo: AU Foto

University is not only lectures, heavy books and reading rooms. On the weekends the many Friday's bars buzz with a feeling of party. Almost all the institutes at the university have their own student-led associations that arrange all the various Friday's bars, parties and other social events.

In Samfundsfaglig Fredagsbar they have prepared for a game of flip cup. In many of the Friday's bars you can also enjoy board games, foosball and beer pong.

Eforen
When the Friday's bars close you can always head for Eforen just around the corner from Det Kongelige Bibliotek. Eforen is the dormitories’ Friday's bar and is open from 6pm to 5am.

Studentbaren
Down the stairs from Studenthus Aarhus you will find Studentbaren which is both a bar and a cozy café. They have a selection of more than 200 brands of beer and is open from Monday to Saturday.

Enjoy the sun
Several of the Friday's bars have access to the University Park which is regularly used for playing football, outdoor games and beer bowling, like here by Medicine’s Friday's bar Umbilicus.
Nature Near the city

By NaturRetur and Mette Marie Heinfelt // Photo: NaturRetur and Trine Niebuhl

NaturRetur is an initiative to communicate nature to the people in Aarhus which year-round tries to make nature more accessible for everybody. We do it by offering a variety of trips every month and through the storytelling that we do on our website and Facebook.

Dyrehaven

South of Aarhus is the Marselisborg forest by the beach. Here you will also find Marselisborg Dyrehave, where you can get to experience sika deer, deer and wild boars.

Aarhus Å

If you want to take a trip down the Å, you can rent a canoe by Den Blå Rambla in the summer. They are located right by Folkestedet at Carl Blochs Gade 28.

Winter Swimming

In the winter season Den Permanente is open for winter swimmers who are members of the association Vinkingeklubben Jornsborg. vinterbadning.dk

NaturRetur was founded in November 2005 by Nikolaj Voldom Ahlburg and Johan Mejniche Nielsen. The goal was to reinterpret communication about nature in Aarhus in a way that allowed nature to appeal broader to every age group. The project has now been running for more than 2 years. In that time, we have gone from nothing to a well-established part of Natural Heritage management in Aarhus. We have hosted more than 100 trips with different themes, and have in that way formed a significant knowledge about nature and the opportunities that exists in the city, by the sea and in the forest.

Natur Retur consists of a group of hosts who are all volunteers from Aarhus that together develop and host events on a monthly basis.

Meet us here: natur-retur.dk or on facebook.com/naturretur/
Risskov

Risskov refers to the northern part of Aarhus. It is named after the forest ‘Riis Skov’ which is located at the southern part of the area. Here you will find the beach and the public bath Den Permanente. Risskov is one of the city’s best and most popular beaches. Den Permanente is a sea bath with lifeguards, changing rooms, a kiosk, toilets, and tap water. The public bath is 2.5 km north of the city centre.

Get students discount* on cinema tickets

*When presenting valid student ID.
DRIK MED RESPEKT