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Ferdinand Sallings Stræde 4-18 | 8000 Århus
Dear Fellow Student

You are starting your studies at the University at a time of change, and a time which requires a new perspective on the world. We hope that Aarhus University will give you the needed support to make new solutions prosper, and that you will help us all think outside the box. We need to! The University can seem large and confusing, and that is entirely understandable. That is why there needs to be room and time to pause and to think things through. We are not just looking to get from A to B, we need room in our lives for volunteering, research and nights in the Friday’s bar. If you need help to figure it all out, then look to the pages of our book, we have filled it with advice and tips that will help you in your new life as a student in the best city for studies in the world.

When you have had time to find your feet, perhaps you would like to become a part of one of the many organizations at Aarhus University? Perhaps the Student's Council?

We are an organization which represents all students at Aarhus University. We are your voice and we speak on your behalf both to the university management, in the public debate, and on the individual studies. We arrange Denmark’s Biggest Friday’s Bar, courses, seminars, and the Student Fair. We also publish the e-magazine ‘Delfinen’.

This means that we are the voice of the students and therefore also your voice. So when normality starts to kick in and the many great ideas start to grow, you deserve the best possible University.

This is where we, the Student’s Council come in. We need to stand united to fight for our university. After all, there is “No University without the Students”.

We look forward to fighting with you,
Welcome to Aarhus University!

Krestina Vendelbo Christensen og Hanna-Louise Schou Nielsen
Chairs of the Student’s Council at Aarhus University

Environmental friendly
In the Students’ Council we are in the middle of a transitioning to a more green existence. We do this because we care about the environment and for this same reason, the book you are holding is printed on environmentally friendly biodegradable paper. The climate have never been more important among us students and for the university as a whole, than right now. Within these pages you can find tips and guidance to help you live even more sustainably. Happy reading.
Dear Student

I am very happy to bid you welcome to a fantastic community. Academically, but certainly also socially. During your time here, you have a great opportunity to immerse yourself in the very subject that you are most passionate about. You will have a chance to meet skilled and impassioned academics and scientists, and they – as well as your fellow students – will help support and challenge you in your studies.

In the coming years, you will be a part of a university which is becoming increasingly digital. This will be noticeable in the development of new educational practices, which will mean that your day-to-day studies will take place both on- and offline. But this will also mean that we will strive towards giving you the technical know-how relevant in precisely your field.

An education at Aarhus University is a good jumping off point for your future career. But also, a great start of the rest of your life. Here you have a chance to immerse yourself, wonder and maybe even fall in love, that is if you embrace the opportunities both academic and social, that the university provides.

I myself, think back to my days at university with great fondness, and I sincerely hope that you will too, in due time. Welcome to Aarhus University.

By Brian Bech Nielsen, Rector at Aarhus Universitet

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By Mette Marie Heinfelt // Photo: AU Foto

The annual Aarhus University Student Fair turns 31! 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.

2nd to 4th of September 10am to 4pm

Student Fair

By Mette Marie Heinfelt // Photo: AU Foto

Free beer
The first drink from the bar is on the house and can be enjoyed outside in the Sun Court.

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

Free stuff
If you need a new pen, or you crave some slushice or popcorn, the Student Fair is the place to be!
Welcome to the best place to study in Denmark

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

Your new life as a student at Aarhus University might seem overwhelming at the start, but you need not worry. For you are now studying in the best university city in Denmark! Aarhus is a fantastic city, which each year gets 5000 new citizens – most of them young people. You are now a part of the 50.000 students who help make Aarhus the youthful and active city that it is.

In Aarhus, you are never far from forest or beach, and with a bicycle you can easily and quickly tap the city’s many possibilities, cafes, museums, theatres, restaurants, gyms etc. Before long, you can experience the culture at full volume for the annual Aarhus Festival.

Aarhus is a cozy and very safe town, even when a citywide party is taking place. Even so, please be reasonable and take care of both yourself and the other participants during the festivities. My best piece of advice for you is to establish relationships with your fellow students and others in Aarhus, both Danish, and international, friends are to be prized highly. You can inspire one another, learn from each other, enjoy each other’s company, and experience things together. This will intensify your experience of Aarhus as a terrific and also very inclusive city to be a part of. Living here will be an experience you will remember for the rest of your life.

But most of all you need to spend some time to fit into your new life. This also means spending a lot of time on getting of the ground in your new education. I hope you will feel at home quickly, so that you can enjoy the many possibilities that the city has to offer.

Good luck with your new life, and have a fantastic time at Aarhus University.

Jacob Bundsgaard, Mayor

Special Offer for New Students

More than seven out of every ten academics in Denmark are members of a union (DM) and an unemployment insurance fund (MA). It will make sure that you are being properly introduced to the labour market, that you will get the right job and that your economic situation is guaranteed.

You can sign up for DM and MA at dm.dk/studerende
Train
You can get youth- and student discount with your Rejsekort. You can also purchase ‘orange’-tickets if you are looking to save even more. If you need to commute there are also other solutions available. You can read more at ungdomskort.dk

The light rail
The light rail, or Letbane, runs between Aarhus central station, Lystrup, Odder, and Grenå. The Danish poet Jørgen Leth voices 2 of the 14 railcars which currently run. If you want to experience his poetry on the ‘Lethbane’, keep an eye out for railcar 1101/1201 and 1107/1207. If you are not a trainspotter, the railcars can be recognized by the Jørgen Leth quotations adorning each railcar.

Bicycle
First and foremost, Aarhus is a city for bike riding, but strap on a helmet and watch out for speedfreaks, as the Randersvej hill allows for a quick descent. The Students’ Council continue to fight to make Aarhus a safe place to be on a bicycle but be careful all the same.

Bus
In Aarhus you enter the bus in the middle, not at the bus driver’s end. Rejeeplanen.dk or their app is a helpful tool to travel by bus. You can get youth- and student discount with your Rejsekort. To find out more check out, Rejsekort.dk.

Car
Find a lift at gomore.dk or look up the various carpooling groups on facebook. There are many groups which offer lifts to various cities at various times.

Long Distance bus
If you are looking to take a weekend trip to Berlin at a cheap price check out flixbus.dk or KombardoExpressen.dk. Your student’s card is insufficient unless it has an expiration date printed on it. You can find documentation for your being a student via the studentselvbetjening(STADS).
What do your fellow students call home?

By Mette Marie Heinfelt

On the coming pages, you will be invited into the homes of four students, each with a different housing situation. Here you can have a slice of the challenges and joys of living with many others, having a single roommate, or living alone.

Housing Associations
All the housing associations in Aarhus collaborate on the site Aarhusbolig.dk. This means that you will be on a single central waiting list when looking for housing. There is a yearly fee of 100 crowns to be on the list.

Youthhousing and dorms
• Ungdomsboligaarhus.dk
• Koll.au.dk

Sites for apartment hunting
• Boligportal.dk
• Lejebolig.dk

Useful facebook groups
• Facebook.com/groups/minlejeboligaarhus
• ‘Kollektiver i Århus’

Absolute Cinema Experience
It is time to transform the experience of watching a movie. Make it more intense and immersive by using all your senses.
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 in or out. 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 centred 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 Everything was just going so well, and now I would no longer be the newest resident.

‘Kollektiv’

Text and photo: Jeppe Sabroe Thegen. Interview from 2018

Jeppe Sabroe Thegen, 22, studies political science. He is on 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.

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.

Livingroom
The living room is where we watch Hammerslag and Master Chef, and fall asleep to Deadline on DR2.
Why do you live in a dorm?
Living in a dorm with others is cheap, and the Park Dorms is conveniently placed for studying. I literally live IN the university park! Before moving here, I lived with a roommate in Viby and later another in Aarhus N. I was on the waiting list for about a year before being offered my first dorm room.

What is the best part of living in a dorm?
It is awesome to meet people studying at all the different departments, and there is always someone at home to talk with, play boardgames with, drink beers with, or eat with. We have boardgame nights, cook and eat together and there is a party once in a while as well.

What is the worst part of living in a dorm?
You live in a pretty small room and share bathroom and kitchen with many others. Sometimes it can feel a little confined. Just as nice and cozy it is to be surrounded by people, just as bad it can be on a grumpy morning or when you want to sneak out into the kitchen to snack.

Ulrikke Due Hagenau is 21 years old and studies Nordic Languages and Literature. She is doing her 4th semester at university and has lived in a dorm for a year.

Text and photo: Ulrikke Due Hagenau
My own place

Text and photo: Mette Larsen

Mette Larsen is 21 years old and doing her fourth semester at the department of Scandinavian Languages and Literature. She has lived in a flat by herself for a year and a half now.

Why do you live alone?
There are many ways to live here in town. I shared flats with others more than once, and been happy with it, but after only a few months in a flat share it clicked for me that I wanted a home all to myself. I found out that it works best for me if I have a place to call my own. Here I do not have to deal with cleaning up after messy roommates. It gives me a sense of great freedom.

What is the best part of living by yourself?
The freedom! I decide when the house needs to be tidied and cleaned, and I decide how. I do not have to worry about coming home late on a weeknight and need no permission to have guests stay over if they need to. I also value being able to invite people over for good food and wine, playing boardgames far into the night without having to worry about bothering a roommate. On another note, with a busy schedule it is nice to be able to check out and just be myself.

What is the worst thing about living on your own?
I would be lying if I said it was not boring cooking and eating alone. In reality, I hardly have people over for dinner every day. I think that is probably the worst part, because it is always more fun when you have people to share a meal with.
Top Gear- fridge
With inspiration from Top Gear, we time how long it takes our friends and family to climb the stairs to our third-floor apartment.

Cosiness
My room has to be cosy. Because here I spend many hours studying and relaxing.

Good use of space
With only a small room, it helps save space to keep your shirts and jackets behind the door.

Why do you have a roommate?
First and foremost, I live with a roomie so I only have to share a bathroom and kitchen with a single person rather than many as I would in a larger scale flat share. It is important for me to have a home that is neither messy or dirty, being only two people makes agreeing easier. I also feel like the flat is less ‘busy’ being just the two of us.

What is the best part of having a roommate?
The best part is living next door to a good friend. We both share the same interest as well as a sense of cleanliness. With a roomie I can be social or alone whenever I need to. Besides, it means having more space and more freedom in terms of hosting guests.

What is the worst part of having a roommate?
Personally, I have yet to experience any downsides, though it is a bit more expensive than living in a traditional dorm. I have heard of friends who became roommates and ended up wrecking their friendship from living together. That is why it is important to be on the same page when moving in together. You need to agree on cleanliness, doing the dishes, and noise level.
The Students’ Council

The Structure of the Students’ Councils

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.

‘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.

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 Deans 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 the students’ voices heard on all levels of decision-making.
The Students’ Struggle

By Mette Marie Heinfelt // Photo: Universitetshistorisk Udvalg, Aarhus Universitet

Aarhus University was founded in 1928 under the moniker ‘University Studies in Jutland’. The first year, the school had 64 students and five teachers. The Students’ Council was founded only four years later.

Initially, the Student’s Council worked exclusively to better the economic, social, and medical plight of the students. They were engaged in finding housing and in tests for tuberculosis. Multiple members of the Students’ Council were also active in the resistance effort, there was a strong production of illegal papers coming out of the Council’s office. Among them the resistance magazine ‘Budstikken’. This time is marked by rationing and the rising cost of foodstuffs. To combat this, the Student’s Council creates a program to help feed poor students.

The Students’ Riot
In the 1960s there is a boom in the number of students. This means the hiring of younger teaching personnel which are not professors. Along with the students, these teachers fight to gain influence on university policy. They wish to end the ‘Reign of Professors’ and change the teaching which they feel is outdated. In 1968, the students start the, now famous, Students’ Riot. Contrary to the critiques of the 1960s, the Students’ Riot turns political, strongly influenced by Marxist and revolutionary students. At this time, the Students’ Council is primarily run by starkly ideological factions. To us in the Students’ Council, the Students’ Riot is one of the most important historical events at the university. Two main things happen in this period; the students manifest themselves as a group with interests independent of the university management dramatically increasing their visibility, and second, the students are allowed influence over the structuring of courses and their studies.

The fight against deterioration
Today, there are about 35,000 students at Aarhus University. The Students’ Council once again stand united to fight for the students’ conditions and rights. During the last few years, we have been especially prolific in the political-educational arena. In cooperation with the National Union of Danish Students (DSF) we have opposed declining SU, the negative re-form of education and general restructurings for the worse.

Office appointment in August 1952.

Clash between students and police at the university in 1971. Studenterfronten tried to prevent the election for the highest organ at the university.

They riot’s youths demand advocacy. They want to reform teaching methods which they deem outdated and change universities because they reinstate a bourgeois.
The Dolphin is an online magazine for all the students of AU. The magazine is run by volunteers, who produce content about the student lifestyle, articles, photoseries and other creative reporting. We are ready to hear any crazy idea you might come up with, and foster your talent.

Do you want to join our staff?
Email: delfinen@sr.au.dk with your name, university program-me, current semester, as well as a short motivated application including your experience and the type of tasks you wish to work on. We take on new talent throughout the year.

Follow us on:
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Instagram: delfinen_magasin

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GIVE WHAT YOU HAVE! TAKE WHAT YOU CAN USE

MORE RECYCLING
At REUSE you can make a lucky find and get better at recycling and upcycling. Bring the things you have no more use for, so others can benefit from them. If you make a find yourself, you can just take the items with you home. All for free.

Jaegergårdsade (behind) 164b, 8000 Aarhus C.
reuseaarhus.dk
ReuseAarhus

Open Monday-Sunday, 12:00-17:00.
‘Her går det godt’

By Esben Bjerre og Peter Falktoft // Photo: Dennis Morton

Peter Falktoft is an award-winning TV- and radio host, born and raised on the good side of Grenåvej and raised in Risskov, north of Aarhus. Esben Bjerre hails from Silkeborg and can count among his achievements hosting the Danish Eurovision Song Contest and fathering a child. The pair first met at the Aarhus School of Media and Journalism. They later joined forces to create the legendary radio show Monte Carlo. We have asked Esben and Peter for their three recommendations for sweetening life as a student in Aarhus.

Esben Bjerre’s Aarhus recommendations:

1. La Cabra Coffee! Amazing place, real coffee nerds!
2. STOY! Maybe the greatest clothing store in Denmark. Uniquely they carry clothes that Peter and I can both wear.
3. Ever since Sårt in Jægergårds-gade closed down the deli at Salling is the new must-try. There charcuterie (a meat-filled horn of plenty French speciality - ed.) is simply amazing.
“High spirits, honest analysis, and an especially selective look at the state of the world. Presented weekly by Peter Falktoft and Esben Bjerre.” That is the description of Peter and Esben’s newest project; the podcast ‘Her går det godt’. 

Listen in on: spreaker.com/show/her-gaar-det-godt

Peter Falktoft’s Aarhus Recommendations

1. Juice Stop. The oldest and most genuine juice bar in the city. It was here before Joe and the Juice, Starbucks and everything else. The owner, Dorthe, is a genius. I have yet to skip a visit to Juice Stop when I am in Aarhus. It is obligatory. There is no place I would rather support than this.

2. Restaurant Frederikshøj – The definitive proof that fine dining in Aarhus can hold its own with anything Denmark has to offer. Study hard and make your investments with care and you might one day afford to eat here. If nothing else, enjoy the fact that the head chef is black, has long curly hair and is an excellent crossfitter to boot. I find that to be the icing on the cake.

3. Aarhus CrossFit. The friendliest place on the otherwise cold harbour. All that talk about beatification, blah blah blah. This old silo is the best part of Aarhus. Period. People are happy, leave their ego at the door, and there are no mirrors or fine feelings. It is all hard work, good atmosphere and high ceilings. Literally.

In my opinion the best box of Crossfit in the world, nothing less.

Student Radio

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?

Aarhus Student Radio (AASR) is a huge playground for everyone who wants to experiment with radio broadcasting and podcasts. 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 50 members, and though everything is volunteer-based, it is a radio station like any other. We are situated in the basement of ‘Studenterhuset’ where we have our own studio. Do you want to challenge the norms of radio, or do you just want to 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 98,7fm or on aasr.dk!
My name is Tanja Gotthardsen, I am an AU alumnus. I studied English, specialising in conflict and memory studies. I am also the hand behind the secondhand and sustainability blog 'Secondhand First'. After a few years working mainstream jobs, I now work as a sustainability consultant for various companies. My mission is to make it easier and more fun to shop for secondhand and sustainable clothes. On my blog I post tips about everything from secondhand clothes and interior design with reusable materials to Zero Waste shopping and sustainable bicycle concepts. I also handle a weekly calendar of various secondhand events which is slowly taking on a life of its own.

secondhandfirst.dk // Instagram: tanjagotthardsen

Secondhand First

In this mini-guide I will highlight a few of Aarhus’ many secondhand goldmines, but I also hope that you will be inspired to go exploring on your own. All the stores in the guide can be found on Instagram.
Luxury Secondhand
The inventory in the luxurious secondhand stores is handpicked and carefully curated. Within you can find everything from Zara to Stine Goya or Isabel Marant. Sadly, none of these deal in men’s clothes for the time being. The prices are usually a third of the normal sales price, and if you happen to have something in your closet which you are not using, you can hand it in for a commission-based sale and earn a bit from your old clothing.

Högenhof Preloved Luxury
Badstuegade 18 (@hogenhof_preloved_luxury)
Komma
Studsgade 6 (@komma_aarhus)
Tejistory
Guldsmedegade 1 (@tejistory)

Vintage
The clothes featured in the vintage stores are also handpicked and curated, but their age is another thing. The three first stores below have, beside women’s clothes, a fine selection of men’s wear. Generally, the clothes are from 1970-1990, but Vintage Divine carries exclusive women’s fashion from 1920-1970.

Fleabies
Jægergårdsgerade 2A (@fleabies)
Maggie Lane Vintage
Mejlgade 51D (@maggie_lane_vintage)
Soul Shine
Graven 24 (@soulshineaarhus)

Secondhand for Charity
Even though shopping in secondhand stores which support charity can require the heart of a true treasure hunter, and a great deal of patience, the two stores listed are both manageable and chic. Both stores carry both men’s and women’s wear, and at Mö & Flös you can attend restoration-cafés or interesting talks. Krydsfelt though, has a style all of its own.

Mö & Flös, run by DanChurch Social
Mejlgade 19 (@moflosgenbrug)
Krydsfelt, run by the Danish Red Cross
Nørre AVE 30 (@krydsfelt_genbrugsbutik)
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.

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 exist in the city, by the sea and in the forest.

NaturRetur 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/

Deer Park
South of Aarhus is the Marselisborg forest by the beach. Here you will also find Marselisborg Deer Park, 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 Vinkinge klubben Jornsborg, vinterbadning.dk
Carsten Holm is a host at the radio channel P6 Beat, and each weekend he supplies the tunes for your slow morning. Carsten Holm hails from the minute island Ærø and it was here that he was first entranced by the music of Bruce Springsteen, he now lives in Aarhus. Ever since his awakening, he has lived a life in the service of music. We asked him about his preferred musical getaways in Aarhus.

Badstuerock
The oldest record store in the city oozes that old 70’s feel. It features plenty of new material as well as special edition reprints.

Tape
This venue is hidden away in an alley near cosy Mejlgade. New music, experimentation and a wide mix of musical styles, all of which could be the future of music, is always pouring out of the speakers here, where the stage and the bar are barely three feet apart.

Aarhusecho.dk
If you need any more recommendations about where to witness the Aarhus music scene, please visit Aarhus Echo, a website dedicated to music, and which was started by Carsten Holm and Torsten Cubel.

If you want more Carsten Holm, look for tickets to the talkshow ‘To mikrofoner & en stak vinyler’ co-hosted by Flemming Møldrup.
Your Coffee Guide to Life at the university

Text and photo: Mette Marie Heinfelt

Hva’ læser du?

I don’t understand a single word
How did you get your internship?
I got my spot in DR’s former culture department by writing and sending in an application. I also met and talked with the editor of the program at one of DR’s Open House events. My application had a creative feel to it, and I made sure to stress my passion for the film and tv medium. However, the conversation with the editor is certainly what secured my spot in the end. Even though it can feel overwhelming showing up at an open house, it can be advantageous to take part in.

What is the best part of doing an internship?
The best thing was the feeling of going out into ‘the real world’, which exists outside the yellow bricks of the university, and getting a chance to use some of what I have learned. It has been a huge experience to be part of and contribute to various tv-productions.

What is the worst part of doing an internship?
The hardest part about doing an unpaid internship is the stress of juggling a job, an internship, and school all at once. DR also underwent a massive restructuring while I was there, and this naturally impacted my internship. However, such restructurings happen in the real world all the time. Even with the difficulties, I still think it is worth it to do an internship.

What did you learn from your internship?
I have learnt a great deal about myself both in terms of who I am as a person, but also professionally. I bring a great deal of ‘hands-on’ experience with tv-production and I feel a new sense of confidence in knowing that I can make a finished product just like professionals working in the field already.

Freja Trinnerup Devantié is 26 and is doing her masters at Aesthetics and Culture. She did her internship at the culture department of DR (Denmark’s Radio) in Aarhus.

When cameras settings need to be adjusted, the intern sits in frame. It was really cool to be a real part of the production. Here we are working on taping the programme “Velkommen til Fremtiden” (Welcome to the Future) which was broadcast on DR’s culture channel; DR K.
Frederik Gaardhøj Christiansen is 24 years old and is doing his 6th semester at the English Department.

Why did you choose to study English?
To be honest, it was a question of gut feeling. Luckily my grades were good enough to support the dream. So, it was not a difficult choice.

What does your average day look like?
Everyday varies a lot and so does each semester. I really like that most days are so different. On a given day I might have five hours of classes at university, a local students’ council meeting, and some homework. Another day its only a few hours of school and a trip to the friday’s bar. The best part is one-hundred percent the bond between us at the department. Certainly, the academic aspects are important and interesting, but as you can see on the photos; At the English Department I have really found a home.

What is the worst part about studying English?
Being in the humanities means that we deal with a very broad number of subjects and courses, there will be courses which do not catch your interest, but such is life. I also think that doing courses which are widely different is an important skill to foster.
Why did you choose to study Medicine?
My mother claims that I have wanted to study medicine since I as a three-year-old had to give a blood sample and screamed like a pig all the way through. After this ordeal, I supposedly glared at the nurse and declared, almost like a threat, that “when I grow old, I will be a doctor!” Besides wanting to be on the ‘right’ end of the needle, I have always been fascinated with how the body works, and always wanted to know more. I am also very excited to be around people, and it feels awesome to study something which will someday help me save someone’s life.

What does a normal day look like for you?
Typically, I attend a lecture in for example epidemiology from 8 till 10. Afterwards I might have a seminar in bio-statistics from 10-12. Then I eat lunch with my study-group. After that my study-buddy and I revise tasks or slides from class. We always do this in the sofas, though people wonder how we can get anything done without falling asleep in them. When I am done at uni, and if the weather allows, I take a trip to ‘The Permanent’, a local beach, where I am a member of the winter swimming club. In the evening I study or hang out with my flatmates.

What is the best part of studying Medicine?
There are many good aspects of studying Medicine. We regularly visit clinics at hospitals, where we can witness the practical aspects of Medicine. The very best thing however, is the sense of community at the department. There is no competition about who can get the best grades, everyone helps everyone, working together towards a common goal. This is an invaluable skill which we will all need when we eventually start working.

What is the worst part about studying Medicine?
There is a lot to be memorised, especially during the undergraduate semesters. It can be tough having to remember 17 billion terms, in Latin, and at the same time know where each one is in the body. Learning about various diseases, we also regularly have to look at very gross pictures, but after a while you build up a certain tolerance.
Why did you decide to study social sciences?
I had a really cool teacher in gymnasium who taught a social studies class; he had studied Social Sciences. I thought his classes were so exciting that when I went to a ‘højskole’, it was partly to test whether I wanted to further pursue politics and societal studies. During my 2-year break between gymnasium and university, I was by no means certain that the social sciences was the place for me. I had worked as a substitute teacher, substitute at an old folks’ home and as a helper for a disabled person, and I loved all these jobs. However, after two years, I really needed to get started again, and thus the choice was the social sciences.

What does your typical day look like?
I get up every morning, and if I do not have class early, I try to get some reading done beforehand. Then I spend some hours at uni, typically this means meeting with my study group, going to lectures or attending seminars. When possible, I try to keep my evenings open for fun and being social. I spend a lot of time with my friends and attempt to do things which have little or nothing to do with my studies. Once a week I take a ceramics class, and every Monday I volunteer at a project called ‘Madmekka’. It is really important for me to get out of the house to be social, it’s something I enjoy very much.

What is the best part of studying Social Sciences?
The best part is that the Social Sciences department has a great student environment. Everyone is so sweet, and there are many great activities to take part in. I feel like studying became a lot easier after I started becoming an active member of the student environment. It feels great to learn a lot about our society and feel that I am finding out something new almost every day.

What is the worst part of studying Social Sciences?
Honestly, it can be really boring to have to read as much as we do. I am not the type who can or want to sit in front of a computer all day long. I wish there was a larger practical aspect to the program. It is not until the master that we get to leave the library to test our practical knowledge and actually learn what we can use Social Sciences for in the real world. It can all feel a little ‘fluffy’ sometimes and that can weaken my motivation.

Here I am attending a lecture in the class Political Institutions – this lecture specifically concerned the EU. Social Sciences has a large student body, so the lecture hall has to be able to seat about 300 people.

Even though I try to keep my evenings free from study, it happens that I have to sit up late to catch up.
Why did you decide to study Molecular Biology? At first, I was not sure if I wanted to study something in the humanities or something more scientific, but I knew that I wanted to do my studies in Aarhus. One day, while browsing an academic website, I read about Molecular Biology, and it hit me that this would be very interesting to study.

What does a normal day look like for you? I get mixed up in a lot quickly, so typically there are a couple of meetings or events every week. Either with the Students’ Council for Molecular Biology and Genetics, the non-profit Biobarakken, or the main Students’ Council at AU. I am also in the lab as much as I possibly can. Typically, I also have to do the reading for a course, seminar, or lecture. It is also nice to get home to my dorm to hang out in the kitchen to chat or meet some people from uni or the Students’ Council.

What is the best thing about studying Molecular Biology? It makes a lot of sense to spend your time on research which can help solve problems that people are having. It is a great motivator. Besides that, being in the lab is by far the best part of the program.

What is the worst part about studying Molecular Biology? There is a lot to read, but I think its like that with uni no matter what you study. So its not so bad. Luckily it is mostly interesting reading, but it can suck if you just want to get to the lab or do something else entirely.
International Student

A warm welcome to all international students at Aarhus University!

As an international student at Aarhus University, you have plenty of opportunities to connect with Danish students or other international students – either in real life or through social media.

**Follow:** facebook.com/UniAarhus/Aarhus or University Incoming International Students Instagram: #yourniversity #AUhardwork!

**Student discount**
The Students’ Council has an amazing offer on ISIC cards – only a third of the original price (50 DKK). With this international student discount card, you can obtain discounts on Hotels.com, JustEat, Flixbus, and many other places in and outside of Denmark. Read more about it on their English webpage (see list of useful links). Follow this link sr.au.dk/tilbud/isic-studiekort/ to order the card with the discount.

**Enjoy Aarhus**
Bring the card with you when you explore Aarhus. Join the locals on a bike ride through the cozy streets of Aarhus or visit the beach and the forest and you will find that Aarhus has a lot to offer. Have a go learning the language – and if you struggle too much with the weird sounds or reading æ, ø, and å, ask a Dane for help. We are friendly and speak English! Enjoy your time at Aarhus University!

Events

**AU Intro Days**
The Intro Days are held in weeks 34 or 35 depending on your faculty (find information from your faculty via this link: studerende.au.dk/en/internationalstudents/au-intro-days/). It is an opportunity for international students to get a great start to the semester.

**International Hour**
Hosted by: International Committee. This is an opportunity to connect with both international and Danish students looking to better the conditions for internationals at AU. It is a chill event that takes place every 1st Tuesday of the month 7pm-8pm in Studenterhus Aarhus.

**International Nights**
Hosted by: Studenterhus Aarhus. Here you can meet students from all over the world studying in Aarhus. The program is different every week – from karaoke and theme parties to stand up and lectures - all in English.

**The International Student Fair**
Hosted by: International Office. The International Student Fair presents you with different offers, job related information and opportunities as well as extracurricular activities. It usually takes place the first week of September at Stakladen.

**Useful links**
- Studenterhus Aarhus: www.studenterhusaarhus.dk/frontpage
- The Students’ Council: www.facebook.com/studenterraad
- The International Centre: www.international.au.dk/about/contact/ic/
- International Students' Survival Guide to life in Denmark: www.studyindenmark.dk/
- ISIC Student Cards https://www.isicdanmark.dk/en/student-discounts/

A warm welcome to all international students at Aarhus University!
Do you ever need a break from the books? Do you want to meet students from other departments? Develop new friendships? Do you love sports? Then maybe one of our 18 clubs are for you!

Study Hard, Train Harder
By Amanda Krogsgaard Timmermann // Photos: AUS

Aarhus University Sports (AUS) is an umbrella organization for 18 independent sports clubs in Aarhus. We offer a wide variety of exercise and training and strive to help our members form great friendships through the fellowship of sports.

In order to offer our services at an affordable price, the AUS organization is managed by students. This guarantees that everyone has a chance to join the great sports fellowship! We offer many different programs to fit our members’ interest. Perhaps you want to join the club for Keni-kan, a traditional form of Japanese martial arts, or perhaps the swim team, handball, football, or even chess. AUS accepts both students and non-student members, so you need not fear having to leave your club when you finish your studies. In AUS there is room for anyone looking to work up a sweat or craft friendships to last a lifetime!

In September each year, AUS and the Students’ Council hosts ‘Danmarks Største Fredagsbar’, a festival for celebration of the students as well as amateur sports, and the largest event for university students in all of Scandinavia.
Danmarks Største Fredagsbar og Idrætsdag, Denmark’s Biggest Friday’s Bar and Sports Day, is an annual event created by and for the students, each year about 20,000 people take part in the festivities. The event is hosted by the Student’s Council and AU Sport. In previous years, the event hosted musicians such as Phlake, Minds of 99, Karl William and TV-2. Keep an eye on our facebook event; “Danmarks Største Fredagsbar og Idrætssdag 2019”, where the artists performing this year will be announced.

September 13. in the University Park

Denmark’s Biggest

By Mette Marie Heinfelt // Photo: AU foto

'SDanmarks Største Fredagsbar og Idrætssdag', Denmark’s Biggest Friday’s Bar and Sports Day, is an annual event created by and for the students, each year about 20,000 people take part in the festivities. The event is hosted by the Student’s Council and AU Sport. In previous years, the event hosted musicians such as Phlake, Minds of 99, Karl William and TV-2. Keep an eye on our facebook event; “Danmarks Største Fredagsbar og Idrætssdag 2019”, where the artists performing this year will be announced.

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. Sign up with your team at storfredag.dk

Concerts
In the afternoon and evening, you can enjoy a cold drink and good music.

Holy Guacamoly!
You look good!

Uhhhh! I love Mexican as well! Would have brought you to see a movie, but it turns out they don’t allow bringing your own candy.

What about a boardgame café?
I could totally beat you in Scrabble.

https://aarhusbraetspilscafe.dk/

Sounds good! Wanna drop by the greenhouses in the Botanical garden beforehand? http://sciencemuseerne.dk/botanisk-have/

Oh! There is also this event tomorrow night where we can watch the stars from the Ole Rømer observatory! We could go do that after we’re done with boardgames?

Deal! https://aarhus-ole-roemer-observatoriet.dk/
DO IT FOR THE CLIMATE
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IT LOOKS GOOD TO SORT YOUR WASTE

Got bulky waste?
Book the truck for bulky waste, it will pick it up at your doorstep for free

www.affaldvarme.dk/bulkywaste
The Boat Race

By Mette Marie Heinfelt // Photo: AU Photo

The Boat Race is an annual event which take place every spring. Various institutes and faculties at AU compete to win ‘The Golden Bedpan’. The event takes place in the University park and gathers more than 25,000 students each year. This makes it the largest event for university students in all of Northern Europe. 12 institutes are represented each year, each with a team of five students with at least one person of each sex. The Boat Race is arranged and run by the party association of med-students, Umbilicus.

Exciting Intros
Each team has spent many weeks preparing their introduction. These intros often riff of themes from popular movies or tv-series.

An early start
Usually, the audience starts to arrive as early as 04:30 am in order to get the best spots on the grass around the University Park Lake.

A rubber boat race
The Boat Race is a relay race with inflatable boats back and forth across the lake. Naturally, it also involves beer.

The rush of victory
In the 2019 race, the hosts, Umbilicus, sailed to victory and were able to hold high the coveted Golden Bedpan. They can expect fierce competition from the other teams in the 2020 race.
The Naked Mile
Bared breasts, balls and buttocks are a hallmark of the event The Naked Mile. The participants run around the University Park Lake and swim across it to get their hands on the prize which usually consists of tickets to the summer’s music festivals.

Hosts
This year Rolf Sørensen and Dennis Ritter were the commentators on the raft, floating in the University Park Lake.

Annual pass for you under 31 years
Bring a friend (u. 31), get 10% discount in our shop and café, free study areas, rooftop with 360° view, invitations for events, talks, music and art introductions + much more.
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The offer is valid until October 31st 2019. Offer only applies with valid Student ID. Cannot be combined with other discounts.
Mau Lindow is doing her masters in Comparative Literature and uses her free time to develop vegan recipes for ‘Aarhus’ Økologiske Fødevarefællesskab’, an organisation for the promotion of organic foodstuffs. Besides that, she promotes plant-based cuisine, showing its versatility of use in her blog: groengourmet.dk

Mini pesto pizzas

Ingredienser
1 packet of pizza dough (400 g)
1 glass of sundried tomatoes in oil
3 cloves of garlic
50 g pine nuts
½ tsp chili powder
A dash of cinnamon
50g chopped fresh spinach
Lemon juice

Heat the oven to 200 degrees Celsius, preferably using the ‘heated air’ option. Blend the drained sundried tomatoes with garlic, pine nuts, lemon juice, and chili flakes. If needed, add a bit of the oil from the sundried tomatoes. Spread the pesto unto the pizza dough, add the chopped spinach evenly, and roll the dough tightly. Cut the roll of dough into slices 1 ½ cm in width, and put the mini pizzas unto a oven tray with greaseproof paper. Bake in the oven for 15 minutes.
Mediterranean Risotto

Tip: The Danish 'pudding rice', Grødris, are much cheaper than real Risotto rice, and still make a great base for a risotto. Recipe for 3-4 people

300 g 'Grødris' | 2 dl white wine
1 eggplant | 6.5 dl vegetable broth
1 red bell pepper | 1 ½ tsp dried thyme
2 zucchinis | 2 tsp paprika
3 onions | ½ tsp smoked paprika
2 cloves of garlic | 1 tsp salt
1/2 dl + 2 tbsp olive oil | Parsley and lemon zest for serving

Recipe: Finely dice the onions and garlic. Dice the eggplant, 1 zucchini and the bell pepper into dice of 1x1 cm. Heat ½ dl olive oil in a large pot at middle heat. Fry the onion and garlic for 2 minutes, then add the ‘Grødris’ as well as eggplant, bell pepper, paprika, and thyme. Fry for 4 minutes while stirring, then add the white wine. The alcohol should evaporate after a few minutes, then add the broth and salt. Let the risotto cook, stirring frequently, for about another 20 minutes, or until the rice are cooked, but maintain the characteristic ‘al dente’ texture. You may need to add a little extra water as you go along. Add freshly ground pepper to taste.

As the risotto is cooking, cut the second zucchini into thin, slanted, slices. Heat 2 tbsp of olive oil in a skillet and roast the slices 1-2 minutes on each side, at which point they should be visibly fried. Sprinkle a little salt on each one.

Serve the risotto with the grilled zucchini, finely chopped parsley and shredded lemon zest. Make sure you buy organic lemon so you avoid any pesticides.
**Spicy tacosalad**

*Suitable as a meal in itself, or as a complement to rice or tortilla chips.*

**Recipe for 4 people**

**Roasted sweet potato**
- 650g sweet potato
- 2 tbsp olive oil
- ½ tsp powdered coriander
- 1 tsp cumin
- ½ tsp salt

**Salad**
- 1 can black beans
- 2 large tomatoes
- 1 red bell pepper
- 1 small red onion
- 1-2 avocados
- 1 bunch of fresh coriander
- 1 lime
- 1 tsp chili flakes or 1 fresh jalapeno, chopped
- ½ tsp salt

**Recipe**: Halve the tomatoes and take out the wet center. Finely chop the tomatoes, bell pepper, and red onion. Mix these vegetables with your chopped coriander, diced avocado and the drained black beans. Add the juice from the lime, chili flakes (or your freshly chopped jalapeno) and salt. Let the salad rest for 30 minutes before serving.

As the salad is resting, heat the oven to 200 degrees Celsius, preferably using the ‘heated air’ option. Peel the sweet potato(s). If you have a single large potato, half it before cutting it into 1 cm wide slices. Mix the sweet potato with the rest of the ingredients and place them on a oven tray with greaseproof paper. Cook in the oven for 25 minutes, or till they are tender.

Serve the taco salad on the side, or top of, the baked sweet potato.

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**Peanut confectionary**

*A delicious snack for the lunchbox or to share with your study group*

**Ingredients**
- 150 g salted peanuts
- 50 g oatmeal
- 400g medjool dates
- ½ tsp vanilla sugar
- 150g dark chocolate

**Recipe**: Pit the dates, then blend them coarsely, or chop them into a paste. Chop the peanuts and add mix the dates, peanuts, vanilla sugar and oatmeal. Roll the mixture into approximately 25-30 balls. Melt the dark chocolate at low heat and dip each ball into the chocolate to cover it entirely. Allow the peanut to cool on a piece of greaseproof paper, and store coolly before eating.
7 tips for a greener study environment

The Green Student’s Association was started by a number of students from various schools of higher education. We have come together to create a new, broad Student’s association for everyone who wants to be an active part in the fight to protect the environment and who agreed on putting the climate at the top of the agenda. See more at: facebook.com/dgsbaarhus/

1. Reduce your use
Only wash your clothes when you can fill a whole machine, and hang it out to dry rather than use an electric dryer. Walk, or bike to the college. Turn up the love, and reduce your energy use by cooking or watching films with your friends. Keeping a single oven or streaming service running is better than four.

2. Say no thanks
Find out what you do not need. You can ask to not receive physical commercials, or choose products which are not packed. Read your PDF on a computer rather than printing everything and carry a spare grocery bag rather than buying a new plastic one every time you shop.
3. More vegetables
Eat more vegetables and cut down on your use of meat and dairy. If you find it too hard, prioritize on minimizing your use of beef or lamb, which have the highest negative impact on the environment. At Aarhus Økologiske Fødevarefælleskab, the organic food fellowship, you can order and pick up local organic produce when in season. (Psst. If you are there anyway, drop by RAA where unpacked organic produce can be purchased)

4. Stop flying
Need a break from your studies? Try taking a biking trip around Jutland, visit a festival or take an interrail through Europe. This is much better for the environment than flying to Bali for a getaway.

5. Borrow and swap
Borrow things you need or buy used products. In this way you can save both resources and money when buying books, electronics or clothes. If you do buy new, think about which products. Remember that it is often better to keep what you have got than to invest in cool new solutions for resource efficient products.

6. Sort your garbage
Read and understand the guidelines for garbage sorting. Make a system at home which makes it easy for you to sort your garbage, so it can be recycled. There are also various DIY solutions for reducing everyday waste. Find inspiration at groselv.dk/projekter. Make it a project for you and your friends!

7. Take a stand
Consider whether you ought to switch bank, energy- or phone company. Perhaps there is another company more invested in protecting the environment? Demand to know where your money is going so that you can feel assured that you are not supporting the coal or oil industry.

Boost your BA with IT
Get a head start with digital development and innovation
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See www.cand-it-vest.dk/en
The conversational podcast Fries Before Guys is hosted by two friends; Nanna and Josephine. Fries Before Guys is a podcast which aims to give an intimate dive into the challenges of being a young woman in the early 20’s, and the quarterlifer crisis this entails. Every week, our hosts reflect on a specific theme or subject which pertains to their lives with the hope of breaking taboos and changing the norms. The podcast is about life, happiness, anxiety, confusion and expectations. The podcast is about you!

1

Do not feel pressured to be constantly social your first month at university. It is perfectly fine to be selective about going out. Just moving to another city and starting a new life takes a lot out of you. Time alone can be as valuable an investment as time spent at social gatherings.

2

Invest in a bicycle and get to know the city. We love the feeling of riding around an unknown city, the feeling of conquering the ‘foreign’, block by block as the alien place is rapidly transformed into a home.
Do not set the bar too high academically, as you start out. Take it all day by day. There is so much information, so many inputs, that all need to be digested and tucked away in your mind. Just starting university is a big change in your life, and no one expects you to know the entire syllabus after one week. You will have plenty of time to learn, perhaps even five years all in all. No one expects you being on the same level as a graduate or master student in your second semester.

Do not fear being honest with your new friends. It is insanely common to have doubts about what you are doing, and combined with a dash of homesickness, things can feel overwhelming. Just being so far from home can scare most people shitless. Being able to be open about what you are feeling is the first step to knowing that you are not the only one having these feelings.
Do you get stressed during your studies?

**YES**
If you get stressed and need help to

**NO**
Good for you, keep this guide. Just in case.

**MAYBE**
If you want to keep your cool

A Plan your studies
B Address personal challenges
C Talk about your problems with a fellow student
D Tips for structuring your everyday life
E Help to find meaning in your life

Remember: Even though you reach the ‘wrong’ help at first, these people can direct you to exactly what assistance you need. Most importantly, reach out so that you can get the help you need.

---

**SV** Student counsellors:
The student counsellors offer personal talks and guidance regarding for example stress or exam anxiety. They can also help you plan your studies in detail.

Contact: http://studerende.au.dk/en/

**SR** Student Counselling Service:
At the Student Counselling Service, we can help you address stress, psychological problems, or anything else that might make life at University a challenge. We offer both individual sessions and group-counselling.

Contact: +45 70 26 75 00

**P** The University Pastors
If you need to talk about stress or personal difficulties, please contact the University Pastors at Aarhus University.

Contact: +45 60 20 26 40, studenterpraest@au.dk

**H** AU Helpline
AU Helpline offers the opportunity to get a fresh perspective on your life. You can call or live-chat with one of our volunteer student listeners.

Contact: +45 87 15 16 46, Auhelpline.dk

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5 tips to avoid stress:

1: **Reach out to your fellow students.**
You are going through many of the same things and can often help each other. There is no shame in asking for help.

2: **Stop comparing yourself to others**
Everyone learns in their own way and it is perfectly okay to prioritise other things than getting top marks.

3: **Prioritise your time**
Not everything is equally important. Your health should always be at the top of the list.

4: **Do not overwork yourself**
Take a step back and think about what provides meaning for your life. Concentrate on what you care about, no matter if its your studies, internship or hobby. Seeing the red thread in your CV become much easier when you do the things that matter to you.

5: **Set time aside for ‘useless’ activities**
You cannot function optimally if you never allow yourself a break or a night off.
Need to talk?

As a student of Aarhus University, you can talk with one of the University Pastors about any problems you are going through.

We offer both onetime sessions and longer periods of counselling. This service is free for all students and each session takes one hour. All counselling is entirely confidential. Our pastors are employed by the Church of Denmark, but the offer is available for all students no matter their cultural or religious background.

Need to talk?

Conversations with the University Pastors can focus on widely different areas of contemplation or problems. Loneliness, anxiety, perfectionism, tumultuous relationships with a parent or partner, existential questions about meaning and identity, loss or grief over death or break ups, as well as ethical or religious questions. The only condition for counselling is that there is some part of your life you need to talk about.

Events

The University Pastors also offer alternative events such as discussion groups for philosophical subjects, meditation, or general conversation. We also offer a quiet space if you ever need some time for quiet contemplation.

Anonymous chat:
+45 87 15 16 46
auhelpline.dk

Opening hours:
monday-thursday: 19-22

Become a volunteer:
auhelpline@gmail.com

facebook.com/auhelpline

Studenternes Hus
Ndr. Ringgade 3, lok. 122
8000 Aarhus C

facebook.com/studenterpraesterne.aarhus/
studenterpraest@au.dk
+45 60 20 26 40

AU Helpline

By Eva Poulsen

AU Helpline is an anonymous phone and chat support line for students at Aarhus University. Volunteer students standby to listen to any personal or social challenges you might be facing.

AU Helpline was created by students of Aarhus University in 2018. The volunteers at AU Helpline have undergone an in-depth training programme and offer support via official university phones and computers each evening. When you call AU Helpline, you are always completely anonymous, and we are ready to listen whether your problems are large or small.

We are not certified psychologists, and as such do not provide diagnosis or professional therapy. Instead, we provide kindly students who are ready to listen to anything you might need to put into words. Perhaps you need to explore a problem from another angle, or you simply need to hear that you are far from the first to flunk an exam.

We are also happy to direct you towards other initiatives for students who are having a hard time. Initiatives like support groups, a mentor relationship, conversation sessions, or even a temporary living space if you have nowhere else to go.

Anonymous chat:
+45 87 15 16 46
auhelpline.dk

Opening hours:
monday-thursday: 19-22

Become a volunteer:
auhelpline@gmail.com

facebook.com/auhelpline
Free legal advice

‘Retshjælpen’, the AU legal-aid team, is made up of 18 law students with a passion for helping people like you through the winding jungle of modern legislature.

This means that we can assist if you need to have the small print of a lease checked, have wages outstanding, problems with debt or if you need to lodge a complaint pertaining to educational or residential aid. You can drop by for a meeting or call us. Naturally, Retshjælpen keeps any information you relay to us confidential.

What do we help with?

‘Retshjælpen’ acts as a source of legal advice in a large range of areas. We can advice you on: leases, family relations, inheritance, job contracts, compensation cases and debt. As the team at ‘Retshjælpen’ is made up of volunteer law students, there are limits to the lengths that we can take cases. However, no case is too small, and all cases are treated equally by our team.

Students’ Council’s ‘Retshjælpe’
Studenternes Hus
Fredrik Nielsens Vej 2-4
8000 Aarhus C
+45 8715 3878
ret@sr.au.dk
srretshjelp.dk

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