

# THE NICE TO KNOW LIST!

In order to give you the best start of your stay at the IT-University and in Denmark, we have made a nice-to-know-list, which can help you navigate in the Danish foods and supermarket context.

## **SUPERMARKETS IN DENMARK: CATEGORISED FROM CHEAPEST TO MOST EXPENSIVE**

### Cheapest discount Supermarkets:

- Aldi
- Lidl

### Cheap Supermarkets:

- Fakta
- Netto
- Rema 1000  
(well-assorted  
organic foods)

### Expensive, larger & well- assorted supermarkets :

- Føtex
- Superbrugsen
- Kvickly
- Menu
- Irma (very expensive)

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## GOOD TO KNOW ABOUT DAIRY PRODUCTS



*Did you know that Denmark is a proud farming country?  
- trust us: it shows in our different kinds of dairy-products!*



In Denmark we have a wide variety of dairy-products, especially milk. Organic milk is quite normal, and is **marked with a red Ø (see above)**. Most milk is fresh.

There's a color-code to navigate in the different kinds of milk, which is explained below.

- If you want low fat milk, choose **skummetmælk** (skimmed milk). Skimmed milk is in a partly grey carton.
- If you want milk with a bit more fat, but not as much as in semi fat milk, choose **minimælk**. It is in a light blue carton.
- If you want semi fat milk, choose **letmælk** (bright blue on the carton)
- If you want full-fat milk, choose **sødmælk** (dark blue on the carton)

Beware of **Kærnemælk** (buttermilk). It's a sour milk, not suitable for using in tea, coffee or in most cooking! Danes use it in some bakery-products and in a special dessert called *koldskål*. The carton will be partly green. Cream is called **fløde** (red on the carton, often in small sizes).

Danes eat quite a bit of unsweetened **yoghurt**. It can be recognized by not having pictures of fruit and berries on the carton. It is not possible to get sweetened, plain yoghurt. Plain unsweetened yoghurt is called a variety of names, depending on how it is made. E.g. A38, Yoghurt Naturel, Ymer, Tykmælk and so on.

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## NICE TO KNOW WEBSITES

- News in English: <http://www.cphpost.dk/>
- The International House: [www.ihcph.dk](http://www.ihcph.dk)
- The Student House (Studenterhuset): <http://studenterhuset.com/en/>
- Going to see a movie? English movies are not dubbed, but subtitled. You can check out what is on in your local movie theater or have a look here: <http://www.kino.dk/aktuelle-film> (this site is in Danish, though).
- Curious about Copenhagen and Tourist attractions? Check out the official tourist site: <https://www.wonderfulcopenhagen.com/>
- Need to find your way? Google Maps is always a good help! [www.maps.google.dk](http://www.maps.google.dk)
- Trying to figure out how to get from A to B with public transportation? Have a look at Rejseplanen (The Travel Plan) <http://www.rejseplanen.dk/>. Choose English version in the upper right corner.
- Need to buy books? Have a look at <https://www.academicbooks.dk/en> Academic Books also have a physical store at the University of Copenhagen, Faculty of Humanities, which is right next to the IT University of Copenhagen.