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/](http://www.cphpost.dk/)
- The International House: [www.ihcph.dk](http://www.ihcph.dk)
- 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](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/](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/](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](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.