

# New Healthier Me



Erasmus+

## ABOUT THE PROJECT:



The "New Healthier Me" is a project who is mainly organized by the NGO known as 'Young Danish Collaborators'. The project is more of a Training Course that will focus on encouraging a healthy lifestyle among youngsters by applying changes in their diet, physical activity routine, stress management and limitation of alcohol and cigarettes.

The aim of the project is to gather participants from different parts of Europe and combine their knowledge and create a mobility tool that can be used to enhance a healthy lifestyle.

## YOUNG DANISH COLLABORATORS

Young Danish Collaborators" (YDC) is an informal group of young people developed out of an initiative by a motivated and cohesive group of friends actively involved and interested in professional and recreational sports. We aim to promote Sports principles and practices among young people as a driver of individual and community development in the spirit of the values of fraternity, mutual respect, cooperation and fair competition.

## PROGRAM OF THE PROJECT.

- ✓ **Day 1** - Arrival Day; Ice Breakers Games
- ✓ **Day 2** - Ice Breakers Games (Getting to Know Each Other);  
Presentation of the project.  
Rules of the TC. Fears,

- Expectations and Contributions.  
 Team Building activity;  
 My favourite food;  
 Ted talk moment;  
 World Café: Food Choices;  
 Evaluation: Comfy Group;  
 Intercultural Night: Denmark, Latvia
- ✓ **Day 3** -Presentation of the Erasmus Plus Programme  
 E+ Quiz; Play for your rights  
 Master Class (Meeting with Certified Dietician)  
 Evaluation: Comfy group;  
 Intercultural Night- Poland, Bulgaria
  - ✓ **Day 4** - Morning Gymnastics at Rosenburg Castle Park  
 Lazy hill on the Move (Move and Learn Manual);  
 Mental Health; Evaluation: Comfy Group;  
 Intercultural Night: Slovakia, Italy and Romania
  - ✓ **Day 5**- Rules of Healthy Lifestyle;  
 3D Food Pyramid  
 NGO Fair  
 Copenhagen Sightseeing  
 Evaluation -Comfy Group
  - ✓ **Day 6**-Project Writing and Presentation;  
 Video Workshop;  
 Video-Making;  
 Evaluation: Comfy Group.
  - ✓ **Day 7**-Video Presentation and Discussion;  
 Official Closing (Including general and individual evaluation)  
 Youth pass delivery
  - ✓ **Day 8**- Departures

## ACCOMMODATION

### URBAN CAMPER HOSTEL COPENHAGEN

**Urban Camper, is a newly build hostel for true adventures city explorers**

Walking distance by Nørrebro Metro Station connecting you the exiting sights and sounds of Copenhagen and conveniently the international airport. The hostel also has, rental bikes that help you reach the city centre under 10 minutes biking through the vibrant and vivid area of Nørrebro.



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## GETTING AROUND:

Travel to and from Copenhagen Airport

In Copenhagen it takes less than 15 minutes to go from Copenhagen Airport to the city centre by train or metro. You will need a ticket for three zones, which costs DKK 36. If you are coming directly to the hostel you can check the travel planner in Danish rejseplanen where you can find your route and the price of your ticket.

### **Metro**

If you are going to the hostel the most convenient and fast way is to take the metro from terminal 3 to Kongens Nytorv and then change to the other metro line called cityringen and go to the metro station called Nørrebro.

### **Train**

If you want to go to Copenhagen Central Station, the train is your best option.

### **Bus**

Bus 5A is also an option you can take it all the way to the hostel the only downside is that it is a long ride. However, you get to travel around the city of Copenhagen and experience some sightseeing from the very first day you arrive 😊

### **Taxi**

Taxis can pick up passengers outside terminal 1 and 3 and will get you to the hostel in about 30 minutes depending on traffic. It will cost approximately DKK 350-450 which is approximately 50-60euros. We don't recommend that option as it is quite pricy but, your choice.

### 1.1.1 How to get around in Copenhagen?

Public transport infrastructure of Copenhagen is among the most efficient and reliable in the world, and it is still being developed and improved. Public transport will get you anywhere you wish to go in the capital region.

#### Tickets & prices

Here is an overview of the different types of tickets and help you find the one that is best suited for your journey.

**Tickets for the metro, bus and train services are integrated in Greater Copenhagen, which makes a metro ticket valid for the buses and trains as well.**

#### Where to buy your ticket?

Always buy a ticket before boarding the train or metro. You can buy your ticket in ticket machines, which accept the most common credit cards (Visa, Master etc.), or 7 Eleven kiosks at the train and metro stations. In [Copenhagen Airport](#) arrival hall and at [Copenhagen Central Station](#) there is a DSB ticket office as well as ticket machines. Please note that not all ticket types/travel cards are for sale via machines. Onboard the buses in Copenhagen, you also have the possibility to buy your ticket from the driver, if you bring small change.

The same ticket can be used in the metro, bus, train and harbour bus. Always have your ticket with you in case a conductor wants to see it. **Travelling without a valid ticket will result in a fine of up to DKK 750.**

#### Pay with your smartphone or online

Download the app "DOT Mobilbilletter" in [App Store](#) and [Google Play](#) and pay for your tickets on the go. Click "Indstillinger" (settings) followed by "Sprog" (language) to select English version. From there you can select the fare you need and enter your credit card details.

## Zones



The Greater Copenhagen area is divided into zones applying to all public buses, trains and the metro. These are key when finding the right ticket for your journey.

We know it can be a little tricky to understand how the zones work and how much you need to pay for a ticket. Sometimes even Copenhageners get confused. This guide will help you out.

## What is the zone map?

You can find the above coloured zone map. The zones are divided by the white lines, and the names written in black are names of all the areas in each zone. The coloured areas on the map are referred to as zone rings.

Central Copenhagen is zone 1, whereas the airport is in zone 4. The hostel is at zone 2. The zone numbers get higher the further away you get from the city centre.

How do I find the right ticket?

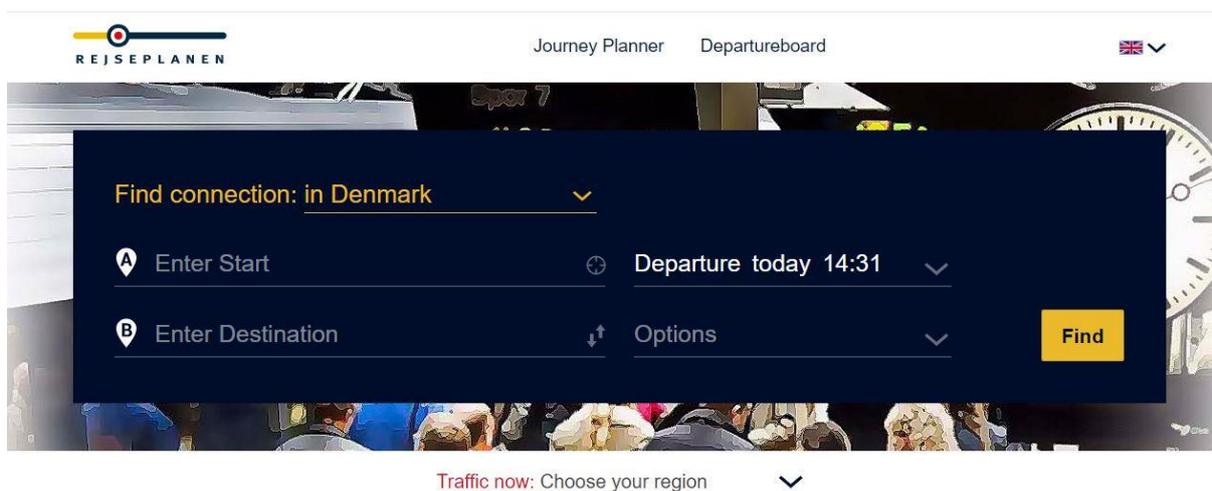
In short, the most expensive colour zone determines the price.

You pay for the amount of zone rings you pass through on your journey, including the zone you started in. However, you always pay for a minimum of 2 zones, which is DKK 24. For example, if you are heading from the city centre (zone 1) to the airport (zone 4), you will need a ticket for three zones.

Unless you are planning to venture far out of Copenhagen, you only need to consider the 9 coloured zone rings.

**The easiest and the most secure way to find the right ticket and how to move from a to be is rejseplanen.**

## Journey planner or Rejserplanen



The screenshot shows the Rejseplanen website interface. At the top, there is a logo for 'REJSEPLANEN' and navigation links for 'Journey Planner' and 'Departureboard'. A language selector shows the UK flag. The main search area is a dark blue box with the following elements:

- A dropdown menu set to 'Find connection: in Denmark'.
- Input field 'A Enter Start' with a location pin icon.
- Input field 'B Enter Destination' with a location pin icon.
- Departure time field set to 'Departure today 14:31' with a dropdown arrow.
- 'Options' field with a dropdown arrow.
- A yellow 'Find' button.

Below the search box, there is a 'Traffic now: Choose your region' dropdown menu.

Simply, just event your location and the address of something that is close by the place you want to go. Then you can see your option in rejseplanen and you can see which zones you need a ticket for. If you are in doubt just ask someone, people tent to be polite and almost everybody speaks English. It is around 92% of the total population in Denmark that speaks English.

Moreover, often on the metro stops there is people who work as an information guides so don't be shy just ask, they will gladly help you.

## E- scooters



E-scooters is the new trend and yes, everyone is crazy about them in Copenhagen as well. However, because of the biking culture in city there are some certain rules you need to know. Here is a list 😊

### Rules when driving an e-scooter

All over Copenhagen's public space you can find electric scooters of various brands. If you ride them, make sure to follow these rules.

Always follow the same rules that apply for biking in traffic. These include driving in the bike lane only – biking or driving an e-scooter on the sidewalk is against the law.

- Only one person is allowed on an e-scooter
- Lights are required around the clock
- Don't drink and drive. In Denmark, the blood alcohol limit when driving an e-scooter is 0.5. Driving under the influence of drugs is also against the law
- Minimum age is 15 years

After finishing your ride, make sure to park the e-scooter in way that does not obstruct people from getting around. This means don't park on the sidewalk or any

other place where the e-scooter is in the way or comprise an inconvenience to others.

Besides the above rules, we highly recommend you to:

- Practice in a safe environment with no or only few cars, before heading out into traffic. You should be able to drive stable, break quickly and safely and make a break sign while maintaining your balance
- Pay regard to other people in traffic

## **COPENHAGEN**

Things to do and see for free in Copenhagen



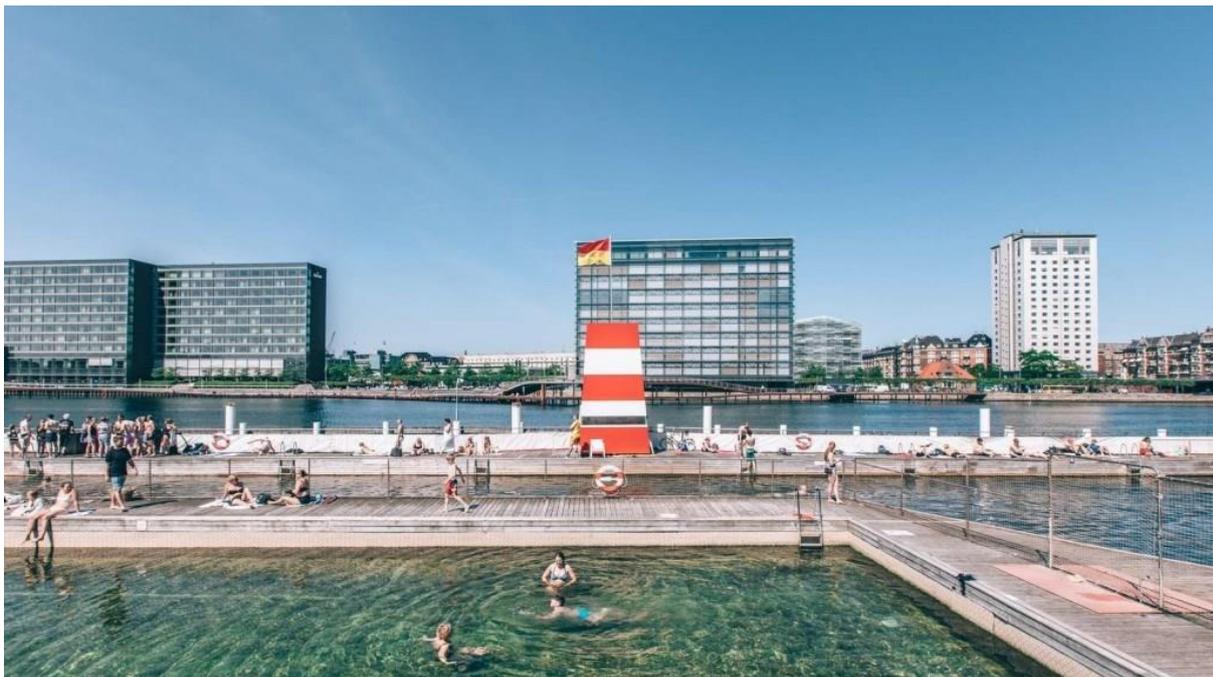
You do not have to miss out just because you are travelling on a tight budget. Have a stroll around the colourful streets, relax in the parks and get free access to major attractions.

## Botanical Garden



Botanical Garden is in the centre of Copenhagen. The garden covers an area of 10 hectares and is particularly noted for its extensive complex of historical glasshouses dating from 1874. Maybe it is not the most attractive thing to do in November but give it a try.

## Islands Brygge Harbour Bath



Great city open space where locals sunbathe during summer. It is right in the centre

of the city. A great walk tour that will lead you to other such as The Black Diamond library and some of most famous Danish bridges.

### **Amelianborg**



Amalienborg Palace is a must for anyone with a taste for royal history and the life of Denmark's royal family who still resides inside the palace.

### **Bakken**



The world's oldest amusement park. Nice to walk around and close by the deer park. If you are adventurer you should definitely also go and try some of the attractions.

### **Superkilen park**



Superkilen is a urban open space in Nørrebro located in the Quarter of Mimersgade and also very close by the hostel that you are staying in. The park is divided into three main areas: The Red Square, The Black Market and The Green Park. It is a project by the famous architect Bjarke Ingels and BIG. The park has gathered a little something from many countries around the world.

### **Fælledparken Skatepark**

Fælledparken Skatepark is with its 4600 square meters one of the largest skate parks in Denmark. It is placed in one of Copenhagen's most used and loved parks.

## The Kings' Garden



Copenhagen's most central park located in the city centre is a must visit.

## WHAT TO REMEMBER?

Rain coat

Warm clothing

Smile comes from the heart 😊

## WHAT ABOUT THE MONEY?

Yes it is true, Copenhagen is expensive, but hey we got you all covered so don't you worry.

In Copenhagen you can pay everywhere by card, or mobile pay (it is Danish thing), but my point is people rarely carry cash with themselves. However you will need some cash if you want to buy a ticket from the bus. And no they don't take Euro. Denmark has its own currency and it is called Danish crowns – DKK.

10dkk is around – 1,3 euros

If you want to exchange some money the best places is Forex Bank. You can find forex on Central Station or at Nørreport station (another very main station for the city).

## QUESTIONS?

If you have any questions regarding your stay in Copenhagen please do not hesitate to contact Mathias or Maria.  
You can catch them by phone or mail

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