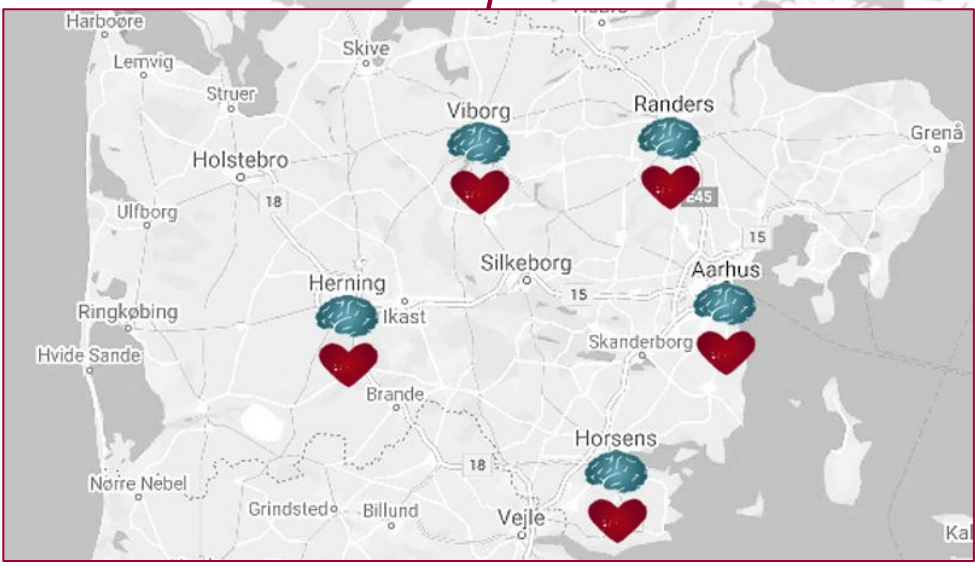


Work and live in Central Denmark Region



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Welcome to Psychiatry in the Central Region of Denmark

This folder contains information about living and working in Central Denmark Region as well as further information and guides for newcomers to Randers, Horsens, Herning, Aarhus and Viborg. In addition, it includes guidance on how spouses can find a job and establish networks.

The folder provides an overview of practical information, communities and socialising, jobsearch and work-life, guides for newcomers, culture and sports.



Central Denmark Region

For newcomers

Denmark.dk

The official website of Denmark developed by the Ministry of Foreign Affairs of Denmark. This website tells you the story of Denmark.

Welcome to Denmark

Useful information which will make it easier for you to settle into your professional and private life in Denmark.

Making it work in Denmark

Personal stories about starting a new job and a new life as an expat.

Talent Attraction Denmark

Watch videos describing the Danish way of life.

Practicalities

International Citizen Service (ICS)

The International Citizen Service (ICS) makes dealing with Danish authorities as easy as possible – for you, your partner, and for Danish companies and organisations that employ foreign workers. The International Citizen Service offers: Help with the paperwork, personal guidance, useful information

Life in Denmark

Lifeindenmark.dk is part of the common public portal in Denmark called borger.dk. Borger.dk presents public information and self-service.

Communities and socializing

Headstart buddies

HEADSTART facilitates a network of buddies that are ready to help you with your new expat life in Denmark. This is a chance to get to know new people and exchange tips and stories about life in Denmark.

Boblberg

Boblberg is a free digital community and meeting place where you can meet other members with the same interests and establish new relations.

Jobsearch and work-life

Headstart career

The page has a job portal and an ambassador network of established expats who provide a glimpse into what living and working in Central Denmark Region is really like.

IDCN - Jutland Funen

IDCN is a network that facilitate job searching and information about the local job market among the partners of employees. This network is exclusive to the partners of corporate members' employees. Events are organized, providing opportunities to network.

Work in Denmark

Workindenmark is a public employment service for highly qualified international candidates looking for a job in Denmark, and Danish companies and organisations searching for talented foreign candidates. They offer information and guidance to international jobseekers.

Put your skills to use in East Jutland

Help for international spouses and partners with their transisation into the job market in East Jutland.

The State of Denmark

Lists open jobs from companies across Denmark specifically suited for international candidates.

Regional Psychiatry West Jutland

Get an introduction to Regional Psychiatry West Jutland [here](#)

For newcomers

Newcomer service

Contact newcomer service if you have questions about: Housing, Daycare, schools, education, Registrations, health card, driver's license etc.

Newcomer brochure

This welcome brochure from the Municipality of Herning contains information about the town and all it has to offer.

Expat Guide Herning

Know your way around Herning as a newcomer - your guide to getting settled, find out where to go and what to do in the Herning-area

Expat in Herning and Ikast-Brande

This website lists events and activities for internationals in the area. You can also find general information about the area, housing, childcare, after-work opportunities, getting started etc.

Sprogcenter Midt

The language centre Sprogcenter Midt strengthens and develops newcomer's Danish and other skills. The centre aims to enhance workplace communication and the individual's experience of citizenship in Denmark.

Communities and socializing

Expat Fair Herning

Meet new people. Explore new opportunities. On this day you can: Meet some of the international organisations of Herning. Get inspiration for new places to explore in the area. Get new knowledge about Herning.

The International Society Herning & Ikast-brande

The International Society is a community which enables the social integration of internationals living in Herning & Ikast-Brande. They create events where you can meet new people and have a great time.

Elderlearn

If you want to become better at speaking and understanding Danish in an effective way outside school, and if you would like to get to know an older Danish person, you can register for 'elderlearn' as a language student. Meeting up with older Danes is a unique opportunity to speak and practise Danish, and to gain an insight into Danish culture, traditions and history.

Culture and sports

Active Herning

Herning Sports Council is here to help you find the suitable sport for you in your spare time. Whether you like football, board games, outdoor activities or music, there is a club or an association for you.

Herning er kultur

The website herningerkultur.dk lists all the art exhibitions and cultural and sporting events in Herning. This is where to look for tips and ideas for your next cultural experience. It basically comprises a calendar of what is happening throughout the Municipality of Herning.

Visit Herning

The website is primarily intended for tourists. It provides a wealth of inspiration for excursions and experiences in Herning. You can also check out all of the accommodation, shopping, and local dining experiences.

Regional Psychiatry Horsens

Get an introduction to Regional Psychiatry Horsens [here](#)

For newcomers

Work and study in Horsens

Horsens Kommunes web page for internationals where you can find all necessary information about arrival, accommodations, work, childcare, social life and after work activities.

Welcome guide

When moving to a new city – and a new country – everything can be a bit overwhelming. To help you get off to a good start, we have gathered a wide range of information about moving to and living in this area.

Horsens - everything within reach

A description of the Municipality of Horsens for newcomers

Sprogcenter Midt

The language centre Sprogcenter Midt strengthens and develops newcomer's Danish and other skills. The centre aims to enhance workplace communication and the individual's experience of citizenship in Denmark.

Communities and socializing

International Network Horsens

The network is a non-profit, volunteer-run organisation that provides a warm and welcoming environment to encourage expats and Danes from diverse backgrounds to share their cultures and ideas, network, make new connections, and enhance their personal and professional lives.

Welcome Ambassador Network

Our ambassador network are your guide to finding meaningful things to do in your spare time. The ambassadors will help you find and contact local associations and clubs and can explain the Danish culture of associations. So if you want to play a sport, find a hobby, meet Danes, or build your social network, the network of ambassadors will guide you.

Culture and sports

Visit Horsens

The website is primarily intended for tourists. It provides a wealth of inspiration for excursions and experiences in Horsens. You can also check out all of the accommodation, shopping, and local dining experiences.

Fritid Horsens

Fritid Horsens shows information about cultural events happening in Horsens, facilities in the nature, sport and associations in Horsens.

Fritidsportalen

You can find inspiration here for association activities, facilities and outdoor life in Horsens.

Randers

Regional Psychiatry Randers

Get an introduction to Regional Psychiatry Randers [here](#)

For newcomers

Work and live in Randers

Randers Kommunes web page for internationals where you can find all necessary information about Randers, practical information, events etc.

Sprogcenter Randers

Randers Language Center offers Danish lessons of high quality with varied content and exciting themes.

Communities and socializing

English Speaking Community in Randers

You can connect with other internationals through the Facebook group.

Culture and sports

Visit Randers

The website is primarily intended for tourists. It provides a wealth of inspiration for excursions and experiences in Randers. You can also check out all of the accommodation, shopping, and local dining experiences.

Det Sker

'Det Sker' highlights all that is happening on the cultural scene in Randers.

Fritid og kultur

It provides a wealth of inspiration for how to spend your leisure time in Randers.

Aarhus University Hospital, Psychiatry

Get an introduction [here](#)

For newcomers

City of Aarhus

Informs about living, working, and studying as an international citizen in Aarhus.

Why Aarhus

Informs about Aarhus as a city and Aarhus' international environment, Danish work culture and leadership style, work-lift balance and much more.

Newcomers' Info Evening

New in town? Where do you find practical information about life in Aarhus and Denmark? How do you build a social network? And what about Danish culture? Join a Newcomers' Info Evening especially tailored to all international professionals and accompanying partners new to Aarhus.

Communities and socializing

International Community

International Community helps expats and their families. They create both social and professional networks for expats by arranging events, seminars and online activities.

Spouse Community Aarhus

Spouse Community Aarhus is a social and professional member based network, created for and by a group of international spouses and partners living in Aarhus.

Culture Buddies

Are you new in town? Looking for friends and wanting to explore Aarhus? Culture Buddies pairs you up with another newcomer and sends you off to explore a cultural site or leisure activity for free.

Aarhus City Welcome

The City of Aarhus invites you to meet a range of representatives within culture, leisure, sports, work life, networking, language training and volunteering ready to inspire you on how to make the most of your city.

City of Aarhus – organisations

Associations and organisations within culture, sport, leisure, language training, job facilitation, volunteering and networks.

Culture and sports

The sports and leisure department, Aarhus Municipality

We can help you get an overview of the many sports- and leisure associations in Aarhus within your particular field of interest.

Visit Aarhus

The website is primarily intended for tourists. It provides a wealth of inspiration for excursions and experiences in Aarhus. You can also check out all of the accommodation, shopping, and local dining experiences

AarhusGuiden

AarhusGuiden is the calendar of the municipality of Aarhus, which informs you of various events and activities in Aarhus.

Regional Psychiatry Central Jutland

Get an introduction [here](#)

For newcomers

Viborg Municipality – International employees

Here you can find information about childcare and schooling for your children in Viborg, inspiration for spare time activities and available offers if you are looking for a job or to set up a business.

Communities and socializing

Viborg International Community

Network with Viborg international Community here. It's a Facebook group that aims at international citizens in the greater Viborg area.

Culture and sports

Visit Viborg

The website is primarily intended for tourists. It provides a wealth of inspiration for excursions and experiences in Viborg. You can also check out all of the accommodation, shopping, and local dining experiences.

Det sker i Viborg

'Det sker i Viborg' is a calendar of events, concerts, exhibitions, talks, etc.

Experiences and leisure time

Explore the opportunities to be active, participate in great experiences and find communities.

Meet a Central Denmark Region Psychiatry employee



”

Stian – a young physician

To see the whole interview click [here](#)

We conduct supervision every day with the senior physician in the department. It is a good opportunity to talk professionally about what happened in a situation. That gives me a feeling of security.

I have a lot of contact with the patients and I am a physician for body and mind.

I work in a highly professional hospital.

”

Pedro - physician in Central Denmark Region Psychiatry

The Danish language is difficult, but it is not impossible to learn: it just takes time and patience. I believe it is key to put one's heart into it and make use of every possibility to practice it.

Talking to other psychiatrists from abroad about their work and life in Denmark was of the utmost importance for me to decide to try a new life in Midtjylland.