

# SKYROS

Adventure ♦ Creativity ♦ Joy



## COPENHAGEN MAY 2016

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Welcome to Skyros-in-Copenhagen. We are delighted that you are joining us. Our Copenhagen holiday is quite different to our Skyros-in-Greece experience. We are in hotel accommodation, which may include other guests not part of Skyros, like our other Skyros-around-the-world destinations. The most important thing to bear in mind is that Skyros holidays are first and foremost about people and our hallmark is the creation of that warm, friendly atmosphere that is so crucial to enjoying a holiday. We will do everything we possibly can to ensure that your holiday is memorable.

We would like to give you as much accurate information as possible. So, if there is anything we have not included in the following information, or anything you are not clear about, please ring the UK office on the contact details given at the top of this page. Alternatively, please visit this website for further information: [www.gov.uk/foreign-travel-advice/denmark](http://www.gov.uk/foreign-travel-advice/denmark)

### VISAS

A visa is not required. Your passport will need to be valid for the proposed duration of your stay.

### TRAVEL OPTIONS

Please inform us of your flights as soon as possible. Arrive into Copenhagen Airport on the first day of the holiday and depart on the last day at any time. EasyJet, Norwegian Air and British Airways offer regular flight options at great prices. You may also like to try [www.skyscanner.net](http://www.skyscanner.net).

You need to make your own way from the airport to the hotel. To get to Hotel Sct Thomas from Copenhagen Airport, you can take the train to Copenhagen Central Station (Københavns H). From there take either bus 26 or 6A from Vesterbrogade to Frederiksberg Allé, where the hotel is situated on the corner, on the left hand side. The ticket office is located in terminal 3 above the railway station. This will take around 30 minutes. More information can be found [here](#).

### VACCINATIONS

For advice on travel health and immunisations please visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk).

### COURSES

Dr Dina Glouberman is a world expert in creative imagination. She is the visionary Co-founder of Skyros Holidays, the author of best selling books: Life Choices, Life Changes and The Joy of Burnout and an international coach, trainer and psychotherapist.

This course will help you if you are feeling stuck or burnt out, facing difficult changes, or simply yearning for something you cannot imagine having. Dr Glouberman will help you

- Recognize the catalyst that will start you moving in a new direction
- Get a vision of the future that would be right for you
- Find your way forward to a new beginning

You will emerge from the workshop with the clarity and confidence to take your next step in life and you will also have a magic box of tools, indeed a new way of thinking, that you can use to understand, protect and guide yourself, not just during the workshop but for the rest of your life.

### ACCOMMODATION

#### Hotel Sct Thomas, Copenhagen

Frederiksberg Alle 7  
1621 Copenhagen V  
T: +45 33216464  
E: [hotel@hotelsctthomas.dk](mailto:hotel@hotelsctthomas.dk)  
Website: <http://www.hotelsctthomas.dk>

Hotel Sct Thomas is a cosy hotel located in the old, unspoiled and idyllic theatre area on Frederiksberg Alle in the middle of Copenhagen.

With a location in the city centre, but away from major roads, the hotel is an ideal base to experience Copenhagen and yet still a place to retreat to when you need peace and quiet. Bicycles can be rented from the hotel at 125dkk per day.

Check in is at 2.00pm – check out at 10.00am.

## ROOMS

The rooms are modern and well decorated. Every room has an ensuite, free wi-fi and satellite TV. If travelling solo, we will match you in a twin room with another person of the same gender and similar age. Many who share become friends for life.

**Single rooms** – The standard single occupancy supplement is £195, bookable in advance. If you are paying extra for a single room please be aware that because most of our guests are happy to share, when we do have odd numbers someone will become 'single by default' and therefore not charged the supplement. This cannot be anticipated in advance.

## FOOD AND DRINKS

You can expect to be spoilt for choice and all foods are readily available. Copenhagen is home to 15 Michelin star restaurants and the new wave of Nordic cuisine can easily be found there including the famous 'Noma' restaurant. In contrast there are many local stalls selling traditional Smørrebrød (open sandwiches), hot dogs and frikadella (meat balls). There are no licensing laws in Denmark and beer, wine and spirits, including the must try Akvavit are all commonplace.

## HEALTH

UK citizens and those of other EU countries are entitled to free medical and hospital treatment. You will however need an EHIC (European Health Insurance Card) which is free to obtain from [www.ehic.org.uk](http://www.ehic.org.uk)

## WATER

It is safe to drink tap water in Copenhagen and Denmark.

## COMMUNICATION

Denmark is part of the worldwide GSM network, so compatible mobile phones should work without any problems.

## SMOKING

Smoking is banned in all indoor public areas in Denmark including public transport, cafes, hotels and restaurants.

## ELECTRICITY

All UK electrics work with the appropriate plug adaptor (Euro 2 pin).

## CURRENCY EXCHANGE

You can exchange currency either in the UK or on arrival in Denmark. The Danish *kroner* (crown) is divided into 100 øre. There are coins in denominations of 25 øre, 50 øre (copper) one krone, two kroner, five kroner, ten kroner and twenty krone. Notes come in 50, 100, 200, 500 and 1000 Kroner denominations. The abbreviations Kr, DKK and Kr can be used.

## LANGUAGES

Danish is the local language, but most Danes also speak a good standard of English.

## MONEY

The Danish holiday offers daily breakfast and one evening meal. You will need around £20 – £40 for your lunch and evening meals during the day. You may also want to allow for souvenir shopping, ice

creams, excursions etc. Nearly all shops and restaurants accept credit cards. ATMs are commonplace and are an easy way of obtaining cash

## VALUABLES

Copenhagen is generally safe compared with other cities in Europe however, as in all cities, pickpockets and petty thieves operate in the poorer areas. Please take care of any valuables. The hotel has a room safe.

## CLOTHES

The average daytime temperature in May is 14 degrees Celsius. . Pack both lighter clothes for daytime and warm clothing (including a coat) for the evening

## DON'T LEAVE HOME WITHOUT ....

- Passport
- Travel documents – flight details, transfer information
- Any medication plus extra
- Suitable walking shoes with good soles
- Flat, secure shoes
- Phone charger and adapter
- Camera and charger
- Warm clothes for cooler evenings
- Toiletries

## TIPPING

Service is often included on hotel and restaurant bills so tips are only usually given for unusually good service but it is not uncommon to round up a bill.

## ITINERARY

Rough guide to what's on for the Copenhagen holiday (timings approximate):

**Saturday 21:** Arrive into Copenhagen. Evening welcome meeting followed by dinner around 8:30pm.

**Sunday 22:** 8 – 9 am Breakfast. 10:00 am Group meeting and an orientation exploration with local Dane Rikke Kilnby and Zoë Harris. Free afternoon. 5.00pm - 7.30pm New Beginnings Course.

**Monday 23:** 8 – 9 am Breakfast. 10:00 am Group meeting. 10.30am New Beginnings Course for up to three hours. In the afternoon optional tour to Carlsberg factory, Botanical Gardens or National Museum (not included).

**Tuesday 24:** 8 – 9 am Breakfast. 10.00 Group meeting. 10.30 am New Beginnings. Afternoon Canal tour and free time in Nyhavn. Free evening

**Wednesday 25:** 8 –9:00 am Breakfast. 10.00 am Group meeting. New Beginnings for up to three hours. Free afternoon. Optional group dinner (not included).

**Thursday 26:** Depart Copenhagen

**We hope you enjoy your holiday!**

**The Skyros Team**