



SDU International Club

OFFICIAL NEWSLETTER

No. 102 – January 2016

January Calendar

January 12th and 26th

11.00 - 13.00

Spouse Café for partners!

In cooperation with International Community Odense

A regular spouse café will be held on the 12th, where you can come and meet other accompanying partners for a chat and a coffee.

On the 26th, two facilitators will run a **Workshop: "How to beat the Danish Winter Blues!"**

www.facebook.com/internationalcommunityodense/events

Where: The Café, Kulturmaskinen, Farvergården 7, 5000 Odense C. **No need to sign up.**

January 20th at 19.00

IC dinner of the month

Join our dinner of the month – let's enjoy a couple of hours together at a local restaurant. We will meet this time at **Simoncini**, a great Italian restaurant in Lottrupsgård, Vestergade 70, for a great 2-course dinner and a glass of wine. The price is 170 kr.

Sign up no later than the 18th of January to book your place at the table: jarl@sdu.dk

January 26th at 18.00

IC Veggie Dinner

Come and join us for the veggie dinner of the month. Bring a dish to share (you are more than welcome to buy one) and enjoy a nice evening together with other expats. Sign up at: jarl@sdu.dk no later than the 25th.

Where: Tietgens Allé 4, 5230 Odense

A new year and new activities!



We hope that you all have had a great holiday!

A new year has begun, which means that SDU International Club has started up some new activities for you. We hope you will take part in them. Enjoy!

We are introducing "**Chat in Danish Lunch**". Every second week you will be able to practise your Danish skills during lunch hour. It will be in a very informal atmosphere in the Winter Garden on Campus.

On the **8th of February** ISO starts a monthly series of lectures, discussions and talk named "**fireside chat**". Our kick off event is Marisol Gamarra Tong who will talk about "self-employed as a foreigner in Denmark". More information in February Newsletter but save the date.

Another new activity is "**After Work Yoga**". The yoga class will take place every second Thursday at 17.00 on Campus. Read more in the attached invitation.

A new activity starting up in Odense again is a "**International Parent Group**". I know that a lot of you have been missing that group for a while. The group is administrated by Tamara Hafner. You are more than welcome to join her facebook group to find more about what is going on.

<https://www.facebook.com/groups/expatparentsinsdudense/?fref=ts>



January 25th at 12.00 **"Chat in Danish Lunch"**

Would you like to practise your Danish skills during lunch hour? Now you have the chance to join IC for what we call "Chat in Danish Lunch". So let's get together for lunch and chat in Danish. Your level of Danish does not matter. Everybody is welcome!

**Where: Winter Garden
(opposite the canteen) at 12:00.
No need to sign up.**

January 28th at 17.00 **Free After work Yoga!**

Now you have the chance to come home relaxed after a day at the office! IC introduce an after work hour yoga on Campus. So come and join us for one hour of yoga. The lesson is **Free!** You can rent a mat or bring your own.

Where: Meeting room 094 behind reception on Campus Square. Sign up no later than 27th January at: jarl@sdu.dk

For more information on the yoga class, have a look at the attached invitation.

January 28th at 17:00 **International Meet up**

*In cooperation with
International Community Odense*

Join us! We meet at Nelle's Coffee & Wine for a chat and an after-work drink. This is a great opportunity to meet new people in an informal setting.

Where: Nelle's Coffee and Wine. Overgade 21B, 5000 Odense

**Everyone is welcome.
No need to sign up!**

The International Community Odense are starting up a "Chat in Danish" group, on Sundays from 14.00 to 16.00. It is a great way to practise your Danish skills during the weekend. Sign up at:

internationalcommunity@odense.dk

An exciting workshop hosted by International Community Odense is "How to Cycle in Denmark". The workshop will take place Thursday, 21st January at 17.00. More information will follow soon. There will be limited seats, so 'get on your bike' and sign up at: internationalcommunity@odense.dk

The "Host Programme" in Odense is up and running, so if you have still not signed up for either a Cultural or Career host, please read more on how to sign up at: www.odense.dk/host

As you can see, the new year is bringing a lot of new initiatives for you, both at the SDU International Club and in Odense. So, I hope that you will go out and participate in many of the wonderful activities and events that we have arranged for you in 2016!

**Happy New Year 2016
from SDU International Club!**



Remember the monthly options offered by the SDU International Club

- Yoga for beginners. Every Monday at 17.00. If interested contact forrai@sdu.dk
- IC Football, every Sunday from 16.00 at SDU hall number 2. For more information contact Domen Bajde at bajde@sam.sdu.dk



aSHtanga EssentiALs



aFTerwoRK class specially designed to:

*Introduce the ASHtanga Yoga Primary serie

*Give individual modifications and gentle adjustments

"aSHtanga essentiALs" is taught in simple way for anyone looking for a one-hour aFTerwoRK practice with all the benefits of Yoga

YOGA Class Description:

It will start with a warm-up series called the "SUN SALUTATIONS", to build up heat; followed by standing and siting series postures to loosen tight muscles, realign and detoxify your nervous system. We will end up with a nice relaxation where lingering thoughts and worries fade away

All students are welcome, expect to sweat and experience a dynamic class

Free Practice
Mats for rent: 15 DKK



When

Thursday
28th January 2016
17:00 hrs



what

Ashtanga
Yoga



where

SDU
Room 094

www.earthyyoga.dk

info@earthyyoga.dk

4236-5814

Booking is requested, we want to hear from you, contact us if you want more information