

Caritas Denmark

Au pair services

CARITAS DENMARK

# SOCIAL ACTIVITIES FOR AU PAIRS

# Caritas au pair group

Welcome to the community! ❤️

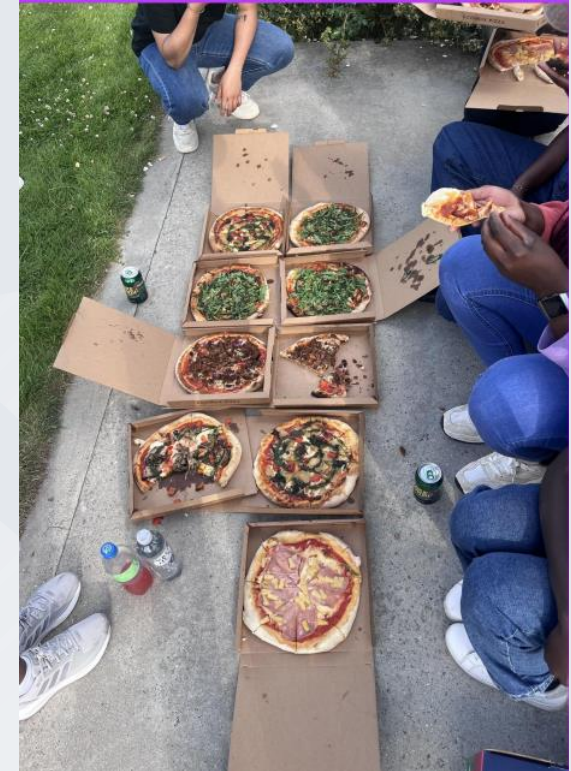


## What is the au pair group for?

- ♥ Make new friends
- ♥ Learn more about Danish culture and customs
- ♥ Discover new places in Copenhagen
- ♥ Build a supportive network
- ♥ Get advice from lawyers and social workers
- ♥ Share your culture with other au pairs
- ♥ Have a great time!

# Some of the events we have hosted

- ❖ **A canal tour in Copenhagen**
- ❖ **A walk in Frederiksberg Have and coffee at a café afterwards**
- ❖ **Kongespil and pizza picnic**
- ❖ **Visit to the Rosenborg Castle**
- ❖ **Cooking club – Kenyan food**
- ❖ **Visiting an exhibition about social exclusion**

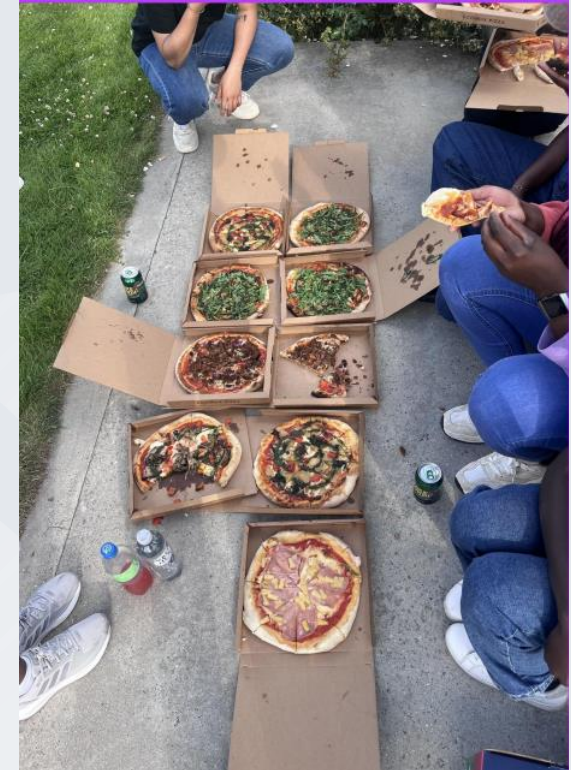


# Events coming up

## ❖ **Cooking club – Indonesian theme**

Each month a different au pair suggests a recipe from their home country that we all learn to make

together. This month we are lucky enough to try some delicious food from Indonesia!





# Food Club

- ❖ Each month a different au pair suggests a recipe from their home country that we all learn to make together. This month we are lucky enough to try some delicious food from Indonesia!
- ❖ Date: November 30<sup>th</sup> at 4pm.
- ❖ Important: remember to sign up so we can calculate how much food to make
- ❖ Find more information about the event on our Facebook group [HERE](#)

# Christmas market walk

- ❖ We will explore some together while enjoying the festive atmosphere and maybe even drinking some delicious gløgg.
- ❖ We will meet at Nørreport station at 4PM and then slowly make our way to the main Christmas market at Kongens Nytorv. On our way there, we will enjoy the beautiful Christmas decorations and another smaller market along the way.
- ❖ Date: December 7<sup>th</sup> at 4pm
- ❖ Find more information about the event on our Facebook group [HERE](#)





CARITAS DENMARK

# **CARITAS OPEN ACTIVITIES RELEVANT FOR AU PAIRS - ALL FREE**

# AU PAIR SHARING CIRCLE



Join our sharing circle where we will share our thoughts, experiences and difficulties with each other.

The sharing circle is facilitated by Antonella, a volunteer therapist, who can also guide us in how to deal with difficult situations or conflicts.

Read more  
and sign up  
at  
[www.caritas.  
dk/aupair](http://www.caritas.dk/aupair)

We meet  
once a  
month, a  
Saturday  
from 4-5.30

In Caritas  
Migranhouse  
Reventlows-  
gade 10

## Au pair sharing circle

**Creating a safe space where you can discuss difficulties or issues.**

**Start up date: Once we have a few more registered.**

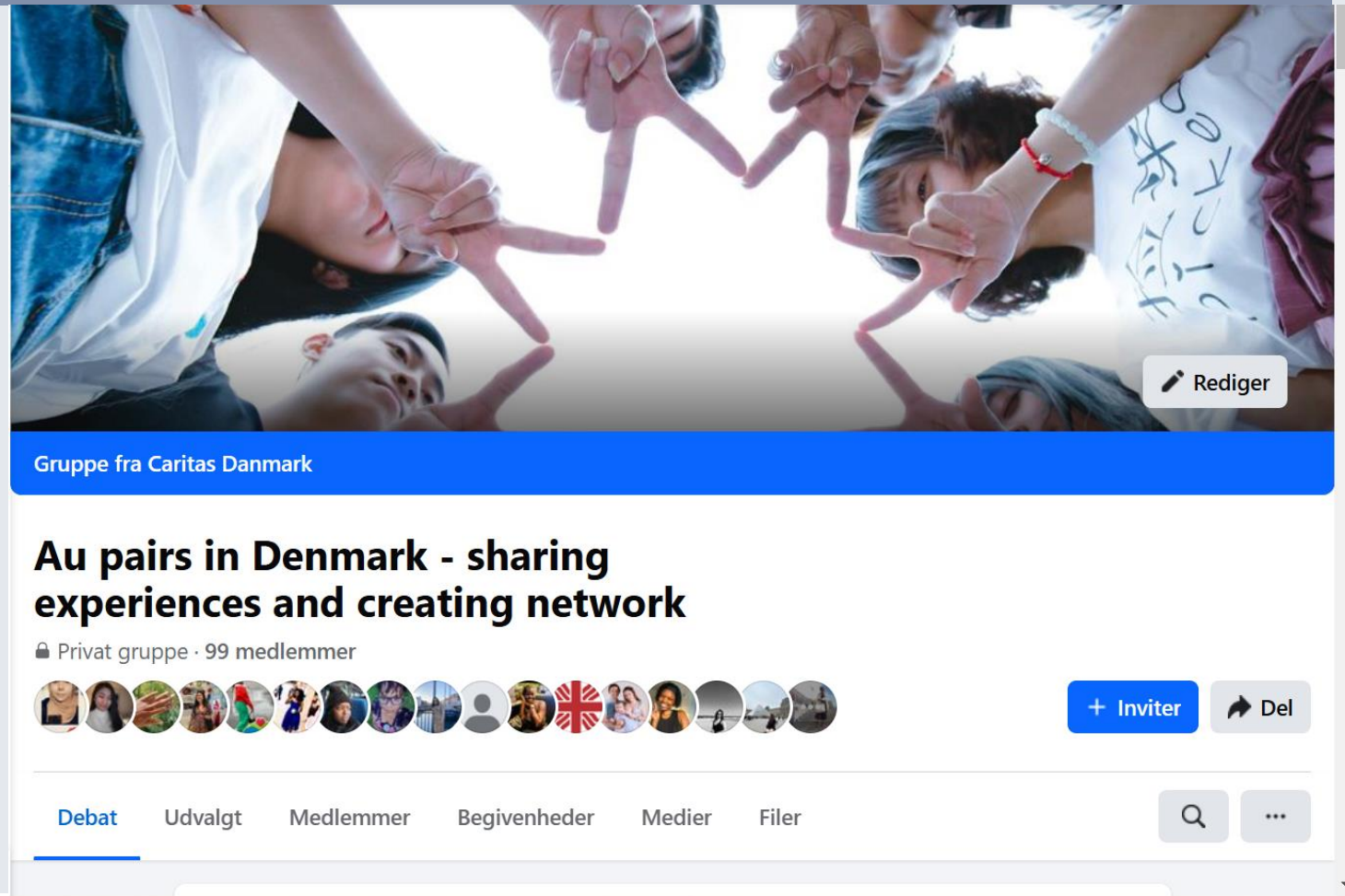
**Are you interested, then register with Christa: +45 31 32 66 78 / [ckk@caritas.dk](mailto:ckk@caritas.dk)**

# Facebook community

**We share information about events and relevant information.**

**We ask for input from you in regards to what you would like to do and what you need.**

**Always feel free to share relevant information or to propose an event.  
Find group [HERE](#)**



# Caritas open services - relevant for au pairs

- Legal aid and social aid
- Caritas Clinic
- SOS Intercession
- Walking Club

# Legal and social aid

## When:

Wednesdays from 5-7pm and  
Saturdays 1-3pm

## Where:

The Caritas Migrant House

## How to:

Book an appointment on  
[www.caritas.dk/booking](http://www.caritas.dk/booking)



# Caritas Clinic

## When:

Tuesdays from 5-8pm

## Where:

Amerikavej 15C, 1st  
floor, 1756 Copenhagen  
V

## How to:

Drop in consultations,  
no booking needed

## Caritas Klinik

Åben for drop in konsultationer  
hver tirsdag kl. 17-20.  
Ingen tidsbestilling nødvendig.  
Adressen er:  
Amerikavej 15C, 1 sal,  
1756 København V.

**Gratis lægeklinik med  
fokus på socialt udsatte**

## Caritas Clinic

Open for drop in consultations  
every Tuesday 5-8pm.  
No booking needed.  
Address:  
Amerikavej 15C, 1st floor,  
1756 Copenhagen V.

**Free health clinic for  
socially vulnerable people**

# SOS Intercession

## When:

Thursdays and Sundays  
7-9pm

## Where:

By phone

## How to:

Call 53 60 38 18

## SOMEONE TO PRAY WITH?



**SOS INTERCESSION**

We pray for you - we pray in unity

 **missio** |  **Caritas**

Call us: +45 53 60 38 18

## EVERY THURSDAY AND SUNDAY 7-9PM

Do you have someone or something you would like to pray for?  
Or would you like to just have someone you can pray together  
with?

Then call SOS Intercession on 5360 3818.

The phone is open every Thursday and Sunday - all year.

CALL US: +45 53 60 38 18

# Walking Club

## When:

Saturdays at 1pm

## Where:

Different areas in  
Greater Copenhagen

## How to:

Find us on Facebook:

[Caritas Gåklub / Walking Club](#)

## Caritas Gåklub

**2/11**  
**13:00**

### Utterslev Mose

Kom med og se efterårsfarverne skifte til vinter ved den smukke Utterslev mose. Ca. 6,5 km

**9/11**  
**13:00**

### Guidet sanketur på Amager Fælled

Vi skal ud og lede efter rødder og andre lækre ting som kan spises og tilberedes. Ca. 6 km

**16/11**  
**13:00**

### Københavns skomuseum

Vi skal på en guidet tur i Skomuseet der omfatter en samling af sko, værktøj og maskiner gennem tiden. Ca. 2 km

**23/11**  
**13:00**

### Museum for samtidskunst

Oplev udstillingen *I mørket beder vi solen huske os* hvor værkerne falder ind i naturens rytme, og skifter udtryk i takt med at årstiden ændrer sig.

**30/11**  
**13:00**

### En Københavnertur i Grundtvigs fodspor

Vi går i Grundtvigs fodspor, når vi bl.a. skal se Vartov kirke, hvor han var præst i 33 år. Ca. 5 km

**7/12**  
**13:00**

### Vigerslevparken

Vi skal på en dejlig gåtur i Vigerslevparken, hvor vi bl.a. passerer den første moské i Danmark. Ca. 5 km

**14/12**  
**13:00**

### Botanisk Have og Livgardens Museum

Der inviteres til ro og fordybelse i naturens verden, når vi besøger Botanisk Have. Turen sluttet af med et besøg på Livgardens Museum. Ca. 2-3 km

**21/12**  
**13:00**

### Christiania

Fristaden Christiania er prydet med kreative selvbyggerhuse i alskens former og farver, og er smukt beliggende langs voldene. Ca. 4 km

**28/12**  
**13:00**

### Holmens Kirkegård

Vi skal besøge Københavns ældste ibrugværende kirkegård, der rummer en række historiske gravminder. Ca. 5 km



# Caritas Christmas Basar

## When:

Sunday 24th of  
November 12-3pm

## Where:

Stenosgade 4A, 1616  
Copenhagen V

## How to:

Just show up

