



Do you like sport and physical activities?

Get an introduction to your possibilities.

DGI

www.dgi.dk



Poul Due Jensens
Fond

Introduction

Participating in sports is a unique opportunity to form a network, meet new people, and learn about Danish culture. In Denmark, most people participate in sports through associations, or “foreninger.”

This pamphlet is a guide for those who have come to Denmark and wish to participate in sport. In this guide, you will learn how to find the sport for you, how to get started, and perhaps get some answers to the questions you might have.

This pamphlet also details the structure and purpose of associations. Moreover, this pamphlet can be used when you are ready to get started and want to get in contact with the municipality, the association, or others.



How you or your child get started playing sports in Denmark?

First - Figure out what you (or your child) are interested in playing.



1. YOUR INTEREST

In Denmark, there are many opportunities to participate in sports. However, first you must figure out what you think is fun. Would you rather be part of a team, play tennis, swim, or run?

2. OPPORTUNITIES

Begin with finding out which sports are available in your area. Ask your network or contact the municipality's leisure department to discern which sports are offered in your municipality, which associations there are, and where they practice.

3. MEET UP AND SEE

If you are hesitant, you can request to observe a training session. You might be able to talk to the trainer/coach to further help you decide whether or not it might be of interest to you or your child.

4. CONTACT INFORMATION

Get the telephone number and/or email address of the chairman and trainer/coach of the association.

TRANSPORT: Do you or your child will need to get to and from practice. Therefore, you should think about how you will get back and forth, and how far the training center is from your residence.



- Can you walk or bike there?
- What are the bus routes in the area, and how does the bus schedule fit?
- Do you know someone you or your child can drive with to practice?



Contact the association.

5. PRACTICE TIMES

When you believe you have found the sport for you or your child, you can talk to the chairman or the trainer/coach of the association to figure out when it is possible to train, if there are spots available on the team of your choice, and when you can start.

6. PRICE

Ask what it costs to participate — and remember to ask if it is possible to attend a couple free tryout practices before you decide to join.

In Denmark, there are various organizations, who can sponsor children and adults financially and/or supply clothes and other equipment if they are unable to afford it themselves.



If your economic situation is of such, that you cannot afford to play the sport of your choosing, you can contact your municipality's leisure department or DGI Inklusion to learn which options you have to apply for aid. Ask for help with filling out the necessary papers if you find it too difficult.

The first practice

7. MEETING PLACE

While you have the address for the practice location, make sure to ask where everyone usually meets prior to practice. Do they meet in the gym, in the parking lot, in the changing room, or do they start practicing as they arrive? Verify that the trainer/coach knows what day is your first day, and see if another team member can help and guide you the first couple of times.

8. WORKOUT CLOTHING

What outfit you need to wear can be determined by whether they practice inside or outside, so make sure to enquire.

9. EQUIPMENT

Do you need to bring any equipment? Do you, perhaps, need to bring your own racket for badminton? Or do you need to bring special shoes? If you do not have the necessary equipment, it might be possible to borrow it from the association for the first couple of times. If you choose to continue, the municipality's leisure department can tell you how to apply for grants for training equipment and, for some places, to cover the participation fees.

When you get started

10. INFORMATION

Find out how to get notified if the practice gets cancelled or moved. Does the trainer/coach text everyone, or do they have a Facebook page where they can post about any changes? Make sure to tell the trainer/coach if you cannot understand the language. Perhaps they can send you a text message in a language you understand until you learn Danish.

11. IF YOU CANNOT COME TO PRACTICE

Remember to let your team or coach know when you cannot make it to practice.

12. OTHER ACTIVITIES

Remember that there are other activities and arrangements held by the associations that you can participate in. For example, there might be a party or meeting for the members, or the association might need more people to distribute brochures. Enquire how to get information regarding these arrangements.

What is an association?

An association is, essentially, a group of people with a common interest. These interests can be anything from sports to stamps, social work to dogs, gardening to cooking, etc. Despite that fact that associations are made up of people with a common interest, the association is not allowed to set guidelines regarding who can participate. It is required in Denmark that associations be open to anyone. However, associations do not need to have activities for everyone. There is a board in each association that decides what activities it will have, when they will be, and for whom these activities are for.

The Board

The association's board is chosen at a general assembly. A general assembly needs to be held at least once a year, and it is the only time members can vote for the board members. The board holds continuous meetings where they decide what the association will do. They decide which activities there will be throughout the season, plan the use of the facilities, daily operations, and they need to ensure the decisions they have made are being upheld.

Members

Members pay a membership fee, which is used to pay for facilities, lights and heat, materials, courses, tournament





fees, etc. To ensure the membership fees do not become too expensive, members are expected to help by volunteering. This can include helping with the events and rallies the association is responsible for. e.g. parents typically help by driving the children to matches and washing the team jerseys.

In return, the association ensures there are trainers/coaches and facilities for the various activities; thus, members have the ability to participate in their sport(s).

Difference between associations and commercial organizations

There is a difference between commercial sports-organizations and associations. In an association, you are a member of a community and you pay a fee to the association. If there is an excess of money, it is spent on the association and its members, rather than being given

to shareholders or the like. Moreover, associations are built upon the principle of volunteer work. Thus, there is an expectation from the association that members contribute their time as best they can. Conversely, fitness centers, for example, earn money for the owners. It is because of this difference that grants from the municipality and foundations are usually just given to associations.

Associations and the municipality

When a group of people wish to create an association, they must decide what the goal of the association is. To be an approved association, its goal must be beneficial to the people in the community, which is where the municipality comes in. It is the municipality that decides if the association is approved, and, thus, it is the municipality that supervises all approved associations in the city.

My Contacts:



Municipality: _____

DGI Inklusion: _____

Board Chairman: _____

Trainer/Coach: _____

Others: _____

The Danish association culture

Associations are a big part of the Danish culture. In Denmark, there are over 1 million associations. Therefore, you can be certain there are numerous associations in your municipality. The majority of Danes have, in the span of their lives, been a part of one or more associations.

Which is why we are so proud of the culture of our association. In the association:

- We form a social network and find new friends
- Dialogue, mutual respect, and commitment are basic requirements
- We learn the basic democratic procedures
- We respect each other and learn about society's values and norms
- Through the association's structure, members get the opportunity to influence and participate in the local community
- We have the opportunity to participate in our sports/interests along with our peers — and have fun