

October 29th 18.30-21.00  
Scandic Jacob Gade  
Flegborg 8-10  
7100 Vejle

# BEATING THE WINTER BLUES – WORKSHOP



## About the consultant:

Saskia 't Hart is founder and owner of Linked Cultures. Since 2011, she has been working with cultural adaptation, leading diverse workshops and International coaching, to both adults and teens. Originally, Saskia is half-native English, but raised and lived in Holland before she moved to Denmark in 2006. As a social pedagogue and coach, Saskia has over 25-year experience working with people in several phases in their lives.

As an international in Denmark, maybe you have not experienced winters like the Danish ones – they can be cold, wet and dark. This *Beating the Winter Blues* workshop will point out relevant information of the cultural adaptation of wintertime in Denmark and increases your awareness of the physical condition and the mental effects of the Danish winters. You will be provided tips and concrete tools to be better prepared for this time of year.

## Purpose

To provide educational information and psychosocial information

relevant to the experience of being an international adapting to the Danish wintertime. To share first-hand experiences and to create an environment where people share their experiences while adapting to Danish culture.

There will be coffee, tea, water and cake at the workshop.

**Sign up to participate** with Newcomer Service at [bosaetningsguide@vejle.dk](mailto:bosaetningsguide@vejle.dk)

Participation is mandatory.

