

## Dear new or future boarding school student, welcome to Nyborg Gymnasium!

This guide was written by experienced boarders as a CAS project and includes a variety of information to help you settle in at boarding. We recommend that you read this guide before coming here as we have also included information that should help you prepare for your boarding experience. Some of the points below will also be mentioned by the boarding teachers once you have arrived here, but we believe that it is helpful to be able to look everything up afterwards, as you will receive a lot of information in the intro period.

## Packing List

These are some of the things you must and should pack for your time at the Nyborg boarding school:

Essential	Optional
<ul style="list-style-type: none"><li>• Pillow</li><li>• Duvet</li><li>• Bedsheets</li><li>• Towels</li><li>• Hygiene Products (though most can also be bought in Denmark)</li><li>• Slides/Flip-Flops for the shower</li><li>• Laptop or tablet</li><li>• Chargers</li><li>• Hairdryer</li><li>• A keychain for the key to your dorm</li><li>• Ethernet Cable</li><li>• Basic Medications</li><li>• Documents (passport, ID etc.)</li><li>• Cutlery, plate, bowl</li><li>• A functional mobile phone</li></ul>	<ul style="list-style-type: none"><li>• Décor such as fairy lights, posters, additional pillows</li><li>• A bike</li><li>• A mattress topper</li><li>• Laundry detergent (The washing machines automatically add laundry detergent, but it is unscented)</li><li>• Your favorite snack</li><li>• Monitor</li><li>• Shower caddy</li></ul>

## Things not to Bring

- Candles
  - We are not allowed to light them
- Clothes Iron
  - Can be borrowed at the boarding office
- Mini fridges, kettles or coffee machines
  - We are not allowed to have them in the dorms and there are some in boarding

## Advice from Previous Boarding School Students

To provide as much help as possible, we also asked previous boarders to give you advice:

“The key is to be open towards everyone from the start, even though it can be difficult sometimes. Go to the common areas and get to know as many people as possible, don’t just stay in your room!”

“Be open towards the boarding teachers, they are here for your sake, and they will be there for you.”

“Bring a few of your favorite snacks from home.”

“Figure out where the cleaning stuff is before the first cleaning check.”

“Familiarize yourself with the rules at boarding.”

“Ask about everything, no question is stupid.”

“Find a hobby or something similar to do after school.”

“Always remember to wear your nametag in the intro-period.”

“Remember to take some time for yourself.”

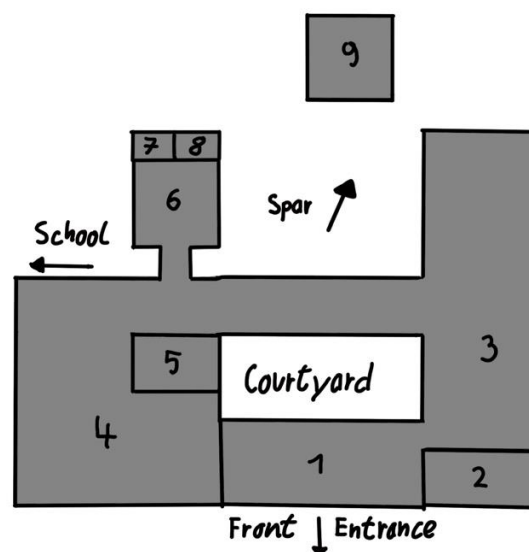
“Plan ahead when you want to do your assignments.”

“Learn about how the Danish pant system works and don’t just throw away your empty bottles.”

“Download the app To Good To Go”

## Map of the Boarding School & Rooms

This map of boarding might help you with navigating during the first few days but we are sure you will learn the layout rather quickly.



### Components:

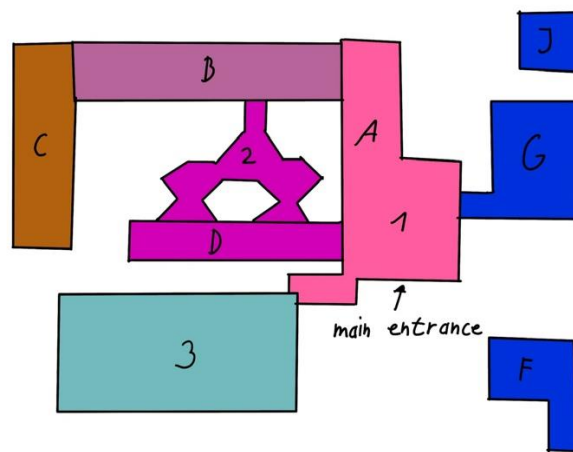
1. Main entrance hall
2. Teacher's office
3. Yellow corridor (the blue and red corridors are above yellow in the second and third floor)
4. Dining hall
5. Study room
6. Tv room
7. Study room
8. Sewing/arts room
9. Purple corridor

You can also find a computer room and another smaller tv room in the boarding school. As indicated on the map, there is a small Spar supermarket located nearby.

Note that as a border, you can access the gym located in the main school building during specific times. You may however only do so after receiving a fast introduction course after which you will receive your gym card. After you have received this card, you can also access the multihall (while the gym is open) to play e.g. badminton or basketball.

### Map of the School

You may use this map of the school to find your classes and other locations on the school grounds in your first week:



A: Classrooms

B: Classrooms

C: Classrooms, Climbing Hall, Art, Makerspace

D: Classrooms

F: Classrooms, Cinema, Music Rooms

G: science labs (Biology: ground floor, Chemistry: first floor, Physics: second floor)

J: Classrooms

1: Foodcamp, offices

2: Library

3: Multihall, Gym

## The Food in Boarding

As a boarding school student, you receive three meals everyday which are only mandatory during the intro period. In addition to this, there is an afternoon snack every weekday and an evening snack every day after dinner.

### **This is what the mealtimes for a weekday look like:**

Breakfast: 7:00-8:00

Lunch: 11:15-12:00

Dinner: 18:00-19:00

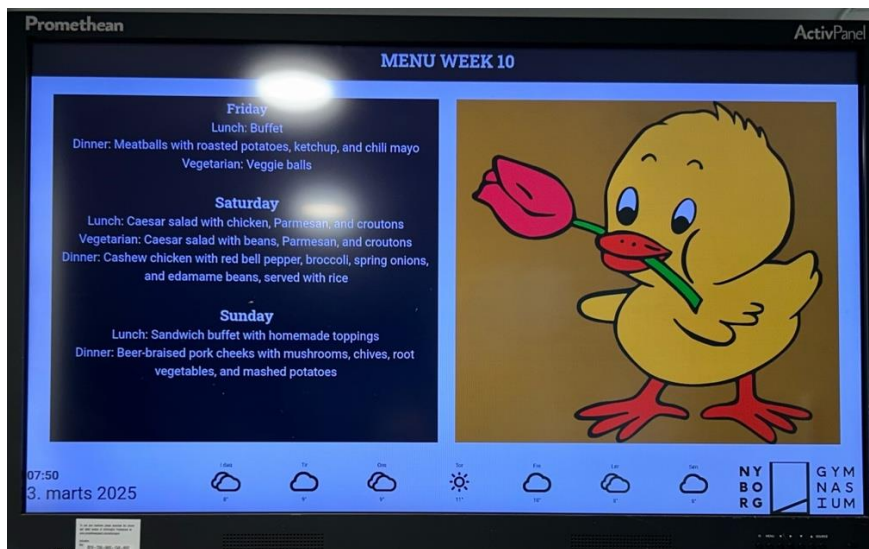
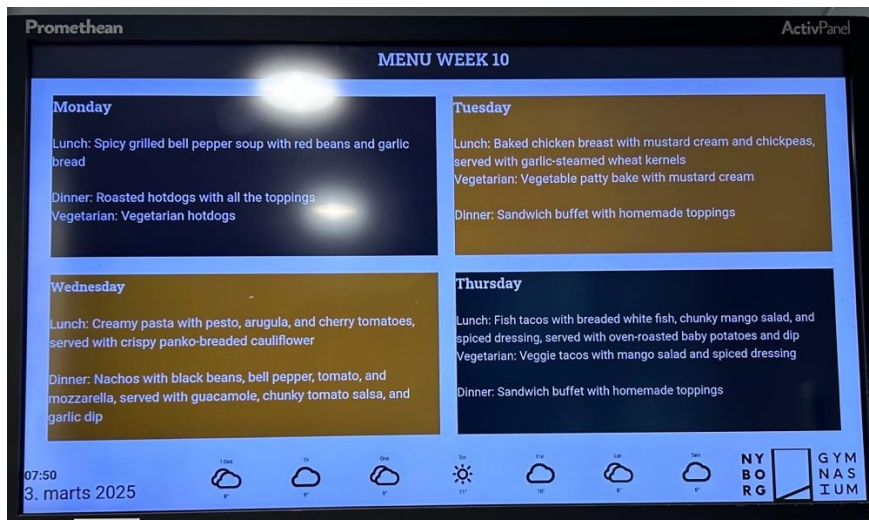
### **And those are the mealtimes during the weekend:**

Breakfast: 9:00-10:00

Lunch: 13:00-13:45

Dinner: 18:00-19:00

Here is an example of what a meal plan may look like for one week. This does not include the snacks:



## Transport from, to and around Nyborg

If you are arriving by plane at Copenhagen airport, it is easiest to take a train to Nyborg Gymnasium. There are some direct trains but many of the trains also require you to change in Copenhagen central station. In total the train ride takes around 1h 40 min and we recommend you book your ticket either directly at the station or ideally using the official DSB app.

One of the largest cities near Nyborg that you might want to visit is Odense. You can easily reach the city by taking a 15-minute train from Nyborg station to Odense station.

Within Nyborg, there are many different buses available, and you might also want to use your bike if you have one.