

THE MODEL, THE THREAT AND THE INSIDER

BEST SUMMER COURSE 2014
LOCAL BEST GROUP COPENHAGEN

SURVIVAL GUIDE



The founders of Scandinavia



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INTRODUCTION TO THE SURVIVAL GUIDE

Hi and welcome to the survival guide.

For some of you, this will be your first BEST course, and for others it will be another great experience. Either way, this guide will prepare you, for your travel into the kingdom of Denmark.

Over a period of 9 months, the Local BEST Group (LBG) of Copenhagen has worked hard, to create an action packed summer course, with the right mix of BEST fun and knowledge about insider threats and social engineering. We are students of technology, just like you, and many of us tried a BEST summer course and got swept away by the BEST spirit. It is our goal to transfer that BEST spirit to you ;)

Whether you're here in search of knowledge, new friends or just an absolutely fantastic time, we can guarantee you one thing:

Joining this course will be the BEST thing you do this summer!

The following will give you a short introduction to what is going to happen over the course of your stay, and introduce you to the Danish culture.

**BEST regards,
Ulrich and Vijay**



RESPONSIBILITIES OF THE PARTICIPANTS

Dear student,

When participating in a BEST external event participants are expected to enjoy it to the maximum, but to do it in a civilized manner, respecting others and the organisers. Below you can find a list of responsibilities you must acknowledge and comply with, before being able to proceed to the application part.

Article 1) Participants have to pay the deposit to the sending Local BEST Group.

Article 2) During the event, participants have to behave in a civilized manner, respecting people independently of their nationality or beliefs and in accordance with the laws of the country where the event is being held.

Article 3) Participants must provide the host Local BEST Group with the information of arrival at the location specified on the website of the event at least one week before Arrival Day.

Article 4) Participants must arrive at the location specified on the website of the Event at the latest on Arrival Day at the time specified on the event's website, and depart from the event the soonest on Departure Day at the time specified on the event's website.

Article 5) In events with an academic component, participants have to attend all the academic part of the event. Participants have to be on time at the start of all academic sessions.

Article 6) Participants have to attend all activities, take active part in them and may not leave the group unless agreed upon with the organisers.

Article 7) During the event, participants have to pay the event fee specified on BEST public website, according to the country category of their sending Local BEST Group.

Article 8) Participants may not consume alcohol nor be visibly intoxicated during academic activities and other activities defined by the organisers in advance.

Article 9) Unless medical reasons apply, participants may not consume or be visibly under the effects of drugs during academic activities and other activities defined by the organisers in advance.

Article 10) Participants may not sleep during academic activities and other activities defined by the organisers in advance.

Article 11) A participant will have to pay for any damaged property, if the damage was caused by himself/herself.

Article 12) Participants have the responsibility to evaluate the event in BEST Application System after their attendance. This must be done before the correspondent deadline specified on BEST Application System.



ABOUT THE SUMMER COURSE

You have been chosen to participate in the BEST summer course in Copenhagen, Denmark. During the course you will stay in a cabin in Nærum north of Copenhagen, and have lectures at the Technical University of Denmark in Lyngby close to the cabin.

The course will be facilitated by two main organizers, about 10 organizers, and furthermore four co-organizers from other local BEST groups in Europe.

The academic part of the course will be held on the 21st -25th of July and 28th of July – 1st of August. In the weekend there will be no lectures. The academic part will be held on the lecture days from 9.00 to 16.00 with 1 hour lunch break from 12-13. Furthermore several coffee breaks will take place during the day, where refreshments will be provided. The day will consist of project work by the professor and project work by the students.

For the project work you will have to work in groups of 4-5 persons. These groups will be formed on the arrival. You will have to work with provided teaching material. It is not necessary for you to bring your laptop for the project work, but if you can't live without it, you can of course bring ☺



The lectures will be facilitated by professor Christian W. Probst:

<http://www.dtu.dk/Service/Telefonbog/Person?id=30387&tab=1>

Furthermore a company visit to Microsoft Development Center Copenhagen will be made.

All food will be provided by BEST Copenhagen, meaning you won't have to cook anything, except at international evening (see below). If you are vegetarian and/or allergic to any food, remember to contact the organizers about it.

BEST Copenhagen will provide the transportation to university from the cabin, and back. You should bring money for all extra stuff you want, for example sightseeing.

Several parties will be held during the course, where beer will be sold. You should remember to bring money for beer.

When you arrive at the course you will have to pay a fee of € 45 or lower. The exact fee is given by the country of origin of your LBG. See below for your fee:

<http://best.eu.org/student/courses/neverAloneGuide.jsp>

USEFUL INFO ABOUT DENMARK

Population: 5.6 million people

Cities we will visit: Lyngby,
Copenhagen.

Larger cities of interest: Aarhus,
Aalborg and Odense.

Language: Danish. But most people speak very good English. A lot of people speak either of the following or a mix: German, Spanish or French.

Time: CET (GMT+1). Danish people are considered extremely punctual, which can often be a bit annoying for foreigners to get used to. If we arrange a time to meet, then it's not 5-10 minutes after, but precisely at that time. So Spanish / Italian / Portuguese people ... prepare yourself ☺

Money: Denmark is part of the EU, but is not part of the EURO-project. Therefore Denmark still has Danish kroner DKK as its national currency. Some shops (especially tourist shops) accept euro, but you cannot rely on it.

1 euro is approximately 7.5 DKK.

Prices of random things:

Bottle of expensive beer (0.33L) in a bar: 30 DKK / ~4 euro

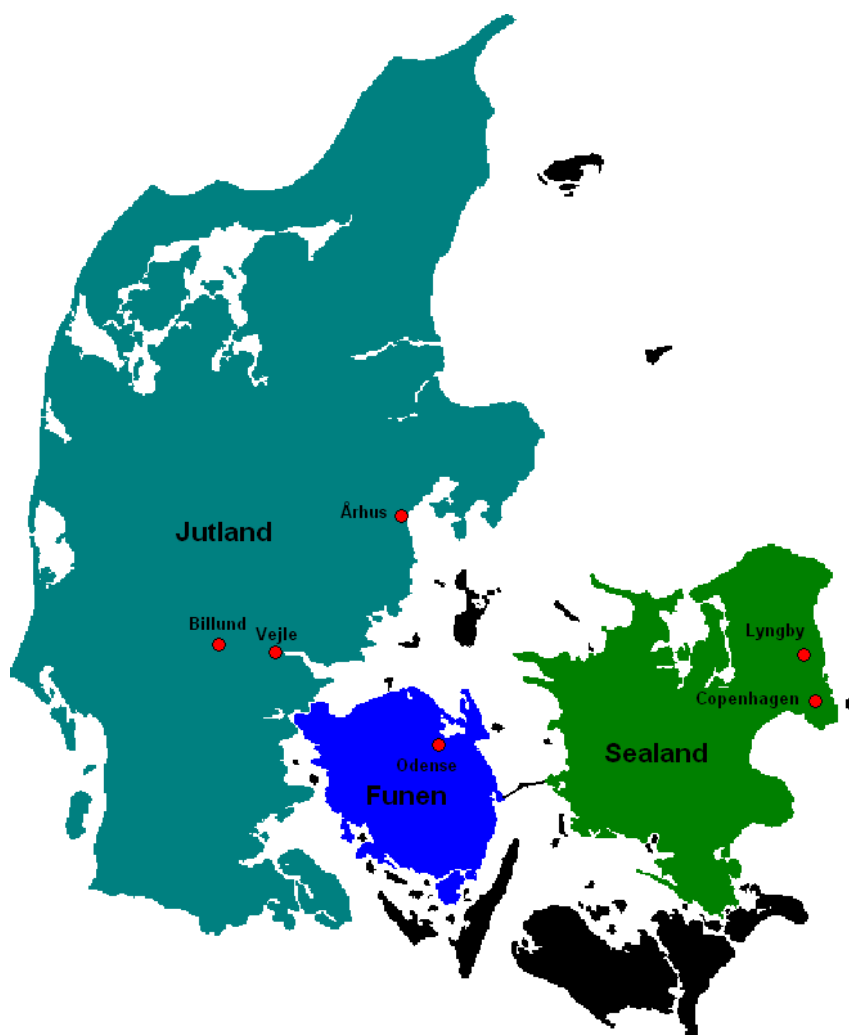
Bottle of cheapest beer (0.33L) in a supermarket: 3.5 DKK / 0.5 euro

Sandwich at the student cantina: 22 DKK / ~3 euro

Bottle of Coca-Cola (1.5L) in a supermarket: 20 DKK / ~3 euro

McDonalds Big Mac menu: 50 DKK / ~7 euro

Pack of cigarettes: 32 DKK / 4.3 euro



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Electricity: like most of Europe, Denmark has 230 voltage @ 50 Hz power plugs. Below are some images of the sockets:



(The right-most sockets is a special socket for IT equipment, but any of the other plugs can also be used for IT equipment.)

Weather: The weather can change from rain to sunshine in a matter of minutes. The Danish summer weather is known for either being really nice, or with a lot of rain. So prepare for rain, and bring a raincoat or a water repellent jacket. You can check the weather forecast before you leave for Denmark, here: <http://www.dmi.dk/eng/index/forecasts.htm>

Food & drinks: You will no doubt get to taste some Danish food while you're here, and some from all the other countries represented at the course ;) Danish food typically consists of pork, cow or chicken meat with either potatoes or rice.

Danish people normally eat breakfast in the early hours of the morning (6:00 – 9:00), lunch at 12:00-12:30 and dinner at 18:00-19:00.

Below are some traditional dishes and their names:



("Hakkebøffer med bløde løg")



("Frikadeller")

The water in Denmark is generally very clean, and Danes drink the water directly from the tap.

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Denmark is among other things known for its Carlsberg beer. And in general beer is very popular among all ages in Denmark. There are many small breweries that make excellent beer. There are also a few wine peasants making wine, but it is not as common.

Laws about alcohol: In Denmark you can walk around in public, with a beer in your hand, without getting arrested. And in the summer time, a lot of young people go to parks or anywhere outside to socialize with a few beers. The strange thing is, Denmark actually has a law forbidding consumption of alcohol in public places, but it is not enforced by the police.

More details about Denmark: If you want more details about Denmark, the following websites may be of help:

<http://www.visitdenmark.com/> (tourist information site)

<http://wikipedia.org/wiki/Danmark> (wikipedia)

THE UNIVERSITY: DTU

DTU is short for “Danmarks Tekniske Universitet” which translates into “Technical University of Denmark”. DTU is a leading technical university in northern Europe and benchmarks with the best universities in the world.

At the end of this guide, there’s a map of the university campus.

Link to further details about DTU can be found on the university’s website:
http://www.dtu.dk/English/About_DTU.aspx

IMPORTANT OR USEFUL PHONE NUMBERS

Main organizers:

Ulrich Fricke-Pedersen: +45 29 80 43 11

Vijay Indukuri: +45 50 22 72 72

Emergency: 112

Police: 114 (directs you to the nearest police station)

Taxi companies in Copenhagen:

+45 35 35 35 35

+45 32 51 51 51

Address of BEST Copenhagen (at the university):

BEST København

Polyteknisk Forening

Anker Engelundsvej 1

2800 Kgs. Lyngby

GETTING AROUND IN DENMARK

S-TRAIN:

For travelling between the cities close to Copenhagen, you can use either trains or busses. Below is a map for the train lines (“S-Tog” in Danish). Copenhagen’s central station is called: “København H”. Stations for the below lines are marked with the sign you see to the right. You have to buy a ticket depending on how many zones (grey separation lines) you cross into. If in doubt, you can always ask people for help. A ticket is valid for a certain period, depending on how many zones it covers. After that period expires, a new ticket must be bought. Getting caught without a valid ticket, results in a fine for 750 DKK / ~100 euro.



If you are several persons travelling, it might be beneficial to buy a “rejsekort” (travelling card). Read about it: http://www.rejsekort.dk/?sc_lang=en



METRO:

When moving around in the inner part of Copenhagen, you also have the option of using the metro / subway system. The tickets are the same as for the trains or buses, and the same zone system applies (see below map). You'll be able to spot metro stations by looking for the sign shown to the right.



There are also bus lines, but there are too many routes to list here. Instead we recommend you to use the following website to plan your routes around Denmark. This website is available in English and German also: <http://rejseplanen.dk/>

CITY BIKES:

Another option of getting around Copenhagen in a Danish way is using the city bikes:

The bikes are equipped with an electronically powered engine, which will help you ride the bike, if you're not used to it. Furthermore it has tablets on the handlebars, where you can get a map over the city and a list of sights to see.

If you already now know that you want to ride the bike, register at the website, as the bikes require login. Else you can register at the bikes.

<http://bycyklen.dk/en/>



ACCOMMODATION

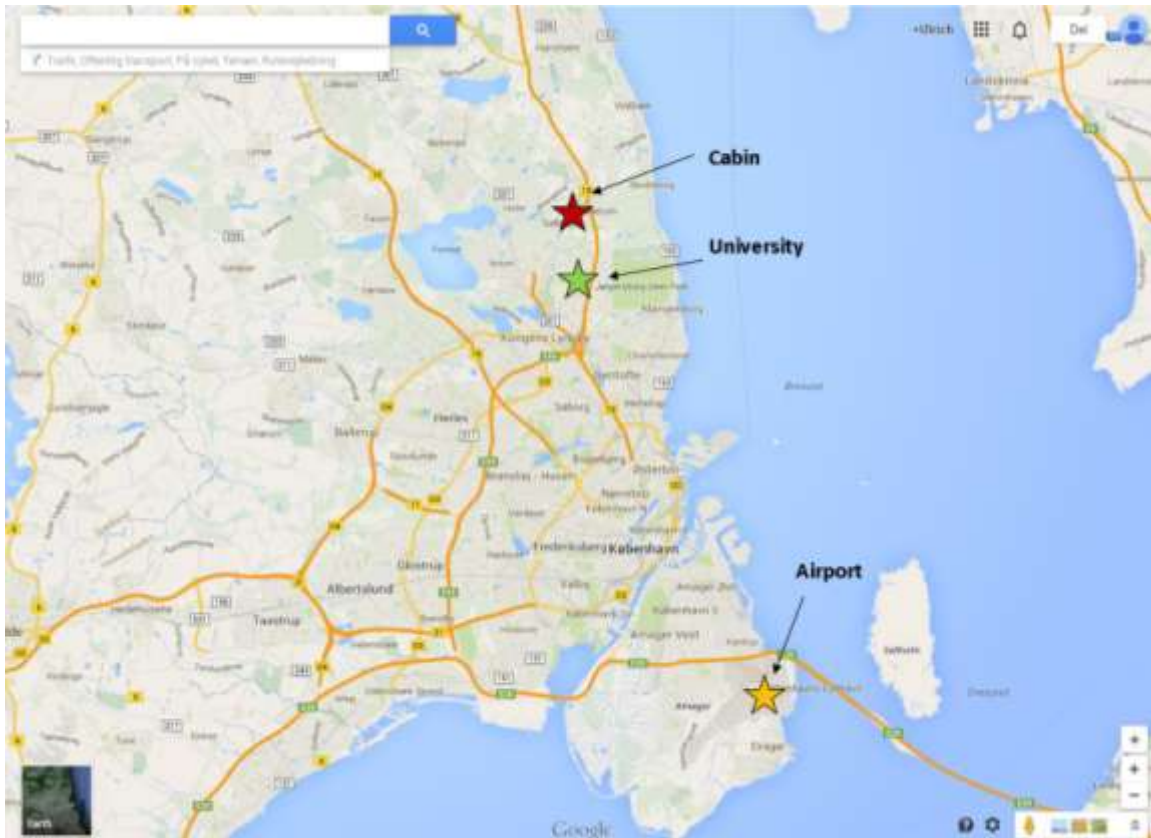
We will be staying at the following place in Denmark.

Sandskrænten 17, Søllerød, 2850 Nærum, Rudersdal

Google Maps: <http://tinyurl.com/odnn3ee>

We have rented a cabin where it will take you maximum half an hour to get to DTU where the teaching will happen. This means you should bring a sleeping bag and sheets. And pillows if that is what floats your boat.





GETTING TO DENMARK AND THE CABIN

On the arrival day the 19th of July, you will have to find your way to the cabin where we stay. Don't worry, it's pretty straightforward as explained in the following:

BY CAR:

You can use the following Google map link to create a driving route: <http://tinyurl.com/nv8ax46>

Just click the blue icon in the middle of the map, and select "to here" in the pop-up.

BY PLANE:

There are several airports spread around Denmark, but the best one to use to get to Copenhagen is Kastrup/Copenhagen airport, located 25 km away from the city.

Kastrup / Copenhagen:

- Getting to the cabin

- When you get off the plane, follow the signs for the train/metro. You'll need to buy a 6 zone ticket, which can be bought at the ticket sale close to the stairs leading up to the metro, or down to the trains. The price is 72 DKK / ~ 9.6 euro. After you have bought the ticket, go in the same direction as before, the metro is located just after the ticket office in the same line. Even though it's called a metro, it is above ground level, so find the elevator, and go up one floor.
- The easiest way is to take the metro from the airport to the station: Nørreport The sign in the metro will show the next station (Danish: Næste station, Nørreport),
- **When you arrive at Nørreport metro station**, go towards the stairs that leads to the street level.
- Find the bus called 150S going towards Kokkedal station, shown in the picture to the right.
- Frequency of bus is 15-20 minutes, so even if you miss one another will come soon.
- If you arrive late in the evening (after 00.00) or very early in the morning, you will have to take the night bus 95N which also goes from Nørreport.
- Get off at the Nærum station bus stop. Ask the bus driver to notify you when the bus is there.

When you get to the bus stop at Nærum st, call Ulrich or Vijay on the numbers stated above, and we will come pick you up.



STAY LONGER IN DENMARK

During the summer course we will not have time to see all the things that Denmark has to offer (there's a lot). Since you're already planning on coming, you may want to extend your stay, and travel around a bit, either by yourself or with some of the new BEST friends you will make on the course. You should consider this before booking any tickets. If you have any specific desires regarding things you would like to see, or discos you prefer, you can always ask us.

We will not necessarily be capable of hosting you before or after the course is taking place, so you will have to find your own accommodation.

INTERNATIONAL EVENING

This course is not just about learning about insider threats. It is also very much about getting to know other cultures and meet fellow technical students, who share the same desire to meet new people, as you do.

To make this happen, we have set off a whole afternoon and evening to make what is known in BEST as an **International Evening**. This will take place on Tuesday the 22nd of July.

In an international evening, every participant will introduce something, which represents his or her country. It can be some form of traditional food or sweets and traditional drink.

At the place of the international evening, you will have access to ovens and stoves, but as we have 26 participants, please think about how much you can prepare before you come to Denmark. 😊

As the international evening is on Tuesday the 22nd of July, you probably shouldn't bring fresh meat and other things that can get bad in the meantime. We will have a limited space for food in our fridge for your food.

There might be one or two people from the same country as you, or neighbouring countries, or just countries which share some traditional things. Therefore it is a good idea to get to know those coordinate what to bring.

Each country will be given a place (most likely a small table) which they can decorate with their flag(s), food and drinks.

There's also a tradition that people wear traditional clothes from their country (you will not be forced, but it would add a lot to the atmosphere). Also, it would be nice if you could sing a small song in your language 😊.

If you need inspiration of what to bring, sing or wear, then you can contact your local BEST group and ask them for advice.

LEARNING DANISH

Danish is very difficult to pronounce. We have those weird letters: Æ Ø Å, of which the two last are actually also words in themselves.

Danes are often told that they have a potato in their mouth while speaking, so when you practise the sentences below, you might try it with a potato in your mouth ... or something the same size.

English	Danish (written)
Good morning / day / evening / night	God morgen / dag / aften / nat
Hello	Hej
My name is...	Mit navn er...
Goodbye / Farewell	Farvel
Yes / no	Ja / nej
Thanks	Tak
One beer please	En øl, tak
Sorry / excuse me	Undskyld
Ten shots of the BEST drink in Copenhagen	Ti shots med fiskefjæs
Cheers	Skål
I'm a little strawberry, eat me	Jeg er et lille jordbær, spis mig
I love you	Jeg elsker dig
I'm lost in the beauty of your eyes	Jeg er fortabt i skønheden i dine øjne
Excuse me, where am I, and have you seen my pants?	Undskyld, hvor er jeg, og har du set mine bukser?

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Want to go home with me and check out my windmill collection?	Vil du med hjem og se min vindmølle samling?
Yeah yeah, I'm awake!	Ja ja, jeg er vågen!
Those Viagra pills ... ehm ... they are for my grandfather	De der Viagra piller ... ehm ... det er min bedstefars
Can I offer you a drink?	Må jeg byde på en drink?
What's your name?	Hvad hedder du?
Can I get your number?	Kan jeg få dit telefon nummer?
Your voice is soft like summer rain	Din stemme er blød som sommerregn
Where is the nearest...	Hvor er den / det nærmeste...
Police station	Politi station
Train station	Tog station
Bus station	Bus station
Metro / subway	Metro
Airport	Lufthavn
Arrival	Ankomst
Departure	Afgang
To / From	Til / fra

We're looking forward to practise some of these with you ☺

WHAT TO BRING / PACK

We know that all of you can pack your suitcase☺, but still just for reminder.

The following is a checklist of some **vital things you will need to bring** for Denmark:

- Travelling tickets (plane / bus / train / ferry etc.)
- Passport
- VISA / Invitation (if this applies to you – if in doubt, ask your local BEST group or contact us)
- Travel / health insurance
- Cell phone (So either your family or the organisers can get in touch with you, or if you need to make an emergency call).
- This survival guide
- List of contact info for the organisers – listed in this guide
- Student ID
- Medicine (if you need any)
- Money (Danish currency – only some shops accept euros, see above)
- Towel
- A bed sheet
- A pillow
- Sleeping bag
- Toothbrush and other toilet accessories (shavers, shampoo etc)
- Food / drinks for the international evening
- A flag representing your country (it can be a big flag, or small paper flags – used at the international evening)
- Clothes (including warm clothes)
- Swimsuit
- Sun lotion
- Raincoat or a jacket that at least can repel water.
- Study materials: pencils, pens, paper and a calculator
- Backpack for going around Copenhagen

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- Semi-formal clothes for the farewell party
- Costume for costume party, which will be announced on the mailing list/facebook

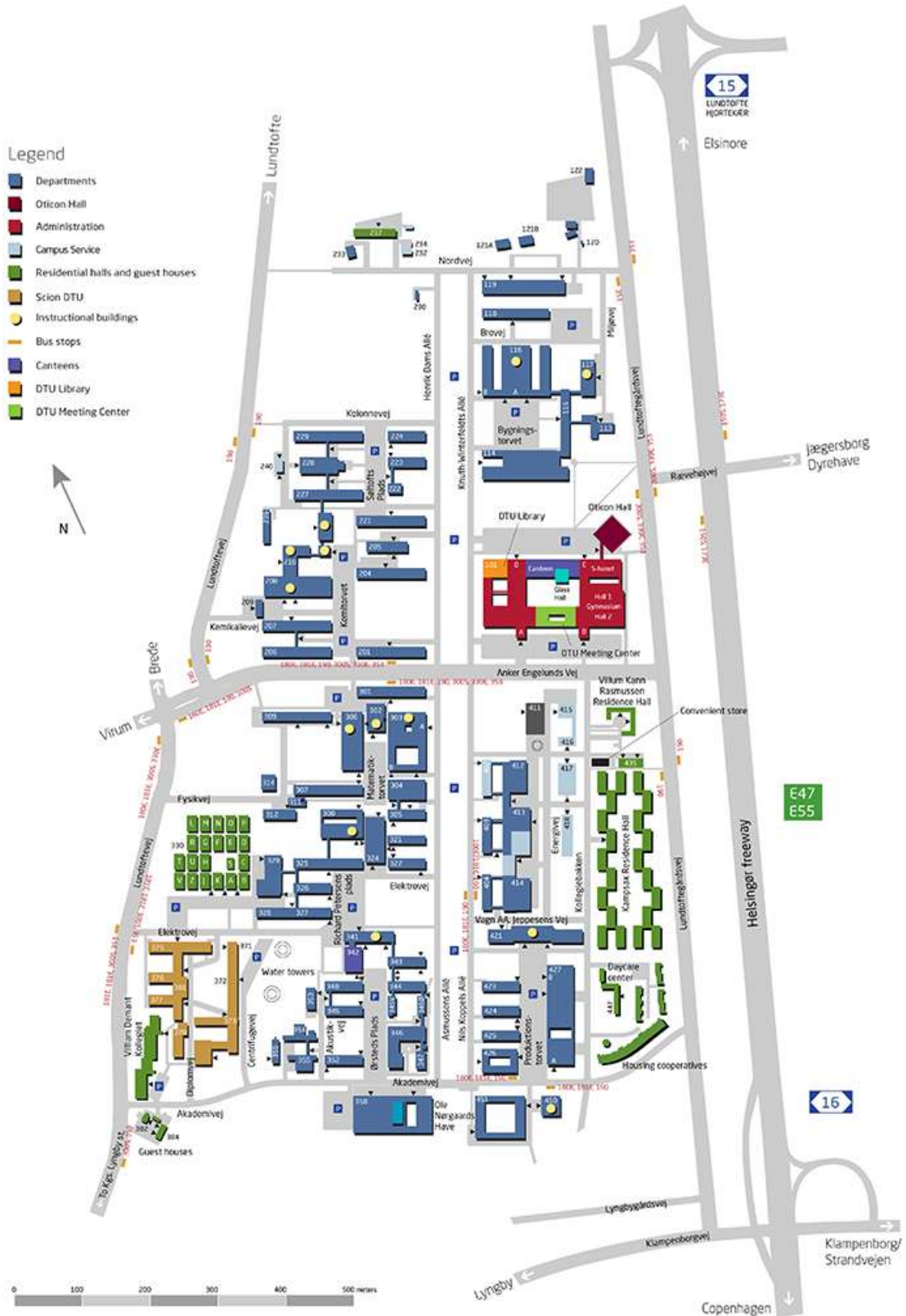
And the not so critical stuff:

- Pair of extra shoes
- Laptop (it can be helpful throughout the course, but it is not necessary)
- Camera (we will try to gather all photos and videos from the digital cameras)
- If you have an instrument which you can play and won't mind bringing, then it will get an atmosphere going, for sure.
- Gifts for the organisers or the new friends you will make 😊
- Sunglasses

The Danish weather can be very tricky. We may experience only sunshine, but it could just as well be raining for a whole week. In any case, be prepared 😊



MAP OF DTU



FINAL WORDS

That's it... for now.

We hope that this guide has helped answer some of your questions and reassured you in your decision to join this course.

If you have any questions left unanswered, feel free to post them on the mailing list. This way everyone can benefit from the answers. You can also write personal mails if that makes you feel more comfortable ☺

Now, make sure you get of plenty of sleep so that you can enjoy the true BEST spirit in all its flavours. We're ready to rock your summer and give you the BEST of what Denmark has to offer. The rest is up to you.

See you soooooooooooooon!

BEST regards,
LBG Copenhagen.

