

2026 Summer Semester Overseas Short-Term Study Return Report

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I. Introduction

This summer, I participated in a four-week short-term study abroad program in Aarhus, Denmark, taking the course titled **"UN's 17 Sustainable Development Goals."**

Throughout this course, we went beyond the foundational concepts of the UN's SDGs to deeply explore how these goals can be practically realized within local communities. Our discussions particularly focused on Quality Education (SDG 4), Sustainable Cities and Communities (SDG 11), and Climate Action (SDG 13). Through group co-creation projects, we observed local public spaces for lifelong learning and proposed eco-friendly logistics solutions using cargo bikes for local enterprises.

This program provided an invaluable opportunity to reflect on how social welfare frameworks and personal/community action can intersect to drive true sustainability.

II. Live in Aarhus (Accommodation & Daily Life)

1. Accommodation

During my stay, I resided in Basecamp, a student accommodation arranged by the university, for four weeks.

- **Community & Social Life:** Basecamp houses both summer program participants and students from nearby institutions like Aarhus University. Taking part in various social gatherings—such as pasta parties, potluck dinners, and Friday events—made it easy to build meaningful friendships with peers from diverse cultural backgrounds.
- **Room & Safety:** I stayed in a single-type studio apartment equipped with a private bathroom and a compact kitchen. While the rent at 4,495 DKK per month was not necessarily cheaper than Airbnb options, it offered a significantly higher quality of living—it was clean, comfortable, and exceptionally safe with onsite

BaseBuddy staff residing in the building to assist students.

2. Food & Groceries

Denmark is known for its high cost of living, with restaurant meals easily exceeding 30,000 KRW.

- **Cooking & Supermarkets:** To manage expenses, I mostly cooked my own meals. Within a 10-minute walk from Basecamp, there are three large supermarkets—Netto, Føtex, and REMA 1000—where I frequently shopped for fresh ingredients after class.
- **School Lunch:** On campus, the cafeteria (Canteen) offers pay-by-weight lunch options, which are relatively affordable compared to general restaurants. Alternatively, my friends and I often prepared lunch boxes the night before to enjoy on the terrace.

3. Transportation & Cycling

- **Public Transit (Rejsebillet App):** For local public transport, I used the Rejsebillet app to conveniently purchase single or short-term transit tickets whenever needed.
- **Bicycles:** Cycling is central to daily life in Denmark. I leased a bicycle from Swapfiets for the month, which proved to be the most practical and enjoyable way to commute between Basecamp and campus daily.
- **Intercity Travel:** For weekend trips and travel outside Aarhus, I relied on DSB trains and FlixBus long-distance buses, both of which provided reliable and budget-friendly regional transport.

III. Courses & Projects

The **"UN's 17 Sustainable Development Goals"** course ran for four weeks and featured an intensive, interactive structure comprising daily group discussions, a mini-project, a main project, a group paper submission, and a final presentation.

1. Fieldwork & Community Case Studies:

We visited local community hubs such as *Folkestedet* to observe and analyze lifelong learning initiatives and social cohesion models across different age groups within Denmark's welfare system.

2. Co-Creation Group Project:

Collaborating with an international team, we developed a practical main project proposal integrating cargo bike logistics for local businesses (such as *Europa Kaffe & Te*) to advance sustainable urban transport.

3. Key Takeaways:

Experiencing Denmark's community-centric approach firsthand gave me critical insights into person-centered planning, social inclusion, and community integration—perspectives that will strongly inform my future practice in social welfare.

IV. Overall Impression & Conclusion

This summer program in Denmark was a transformative experience that fostered both academic growth and global perspective. Engaging with international peers on critical global issues reinforced my commitment to building inclusive, sustainable community structures.

I extend my sincere gratitude to the university and the Office of International Affairs for providing this opportunity.