

SPR 45th Annual Meeting Copenhagen, Denmark - June 25-28, 2014 Newsletter - May 2014



See you next month!

As you all realize, we are getting really close to the Copenhagen conference now. In this month's newsletter we give you an update on the practicalities of registration and your arrival in Copenhagen. We also continue our introduction to the neighborhoods of Copenhagen with suggestions for a tour of the attractions of the North Zealand region. Finally, you will learn a little bit about the efforts to make Copenhagen an environmentally friendly city.

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Practical information

Registration

Pre-conference workshops

In order to have a smooth development of the pre-conference workshops (and to avoid running out of coffee!), if you plan to attend one or more of the pre-conference workshops, please go online to the SPR website and complete the web form at

<http://www.psychotherapyresearch.org/?SPR2014PreConf>. Please note that undersubscribed workshops may be cancelled.

Banquet

Tickets for the Saturday night banquet are still available at <https://spyschr.site-ym.com/?SPR2014AddOns>. The banquet takes place at the Toldboden Harbour Eat-

ery, beautifully located by the old custom houses by the harbour side in central Copenhagen.



The Custom Houses (Source: Wikipedia)

Registration

All (active) conference participants (presenters and discussants) need to register for the meeting. If you are a member and have not renewed your dues for 2014, you must renew to obtain member rates to the conference.

Questions

- For questions regarding membership fees, please contact Tracy Eells (eells@louisville.edu).
- If you have any questions regarding the program, please contact the program chair Jeanne Watson (oise.spr2014@utoronto.ca).
- If you have any questions regarding registration, accommodation, venue, or travel information, please visit the conference web site: <http://www.spr2014.com/> or send an email to spr2014@psy.ku.dk.

Transportation

Public transportation

Copenhagen has three different train systems, S-trains and Metro trains (both for

transport in the city centre) and regional trains (for transport to the surrounding areas). All trains can be accessed from Nørreport Station, which is located close to the conference venue. Since there is a good chance that you will visit Nørreport Station many times during your stay in Copenhagen, you should perhaps be warned that the station is undergoing renovation and can be a somewhat chaotic experience these days. As a matter of fact, you will probably bump into several building sites while in Copenhagen. Most of them are due to the expansion of the Metro train network, which does admittedly cause some disturbance around the city.

Besides the trains, you can use the city buses or perhaps the harbor busses. All public transportation can be accessed with the same ticket. See

<http://www.visitcopenhagen.com/copenhagen/transportation/getting-around-copenhagen> for ticket options and other useful information about transport in Copenhagen.

From the Airport

The easiest way to get to the City Centre from the airport is by train from Platform 2 in the arrival area (Terminal 3). The train leaves every 10 minutes and stops at Copenhagen Central Station and Nørreport Station (which is closest to the conference venue). Travel time to Nørreport Station is approximately 15 minutes. For certain destinations, such as the CABINN Scandinavia Hotel, the Metro train, located at the end of the arrival area (Terminal 3), is the easiest alternative. The Metro operates at 4-6 minutes' intervals during the day and evening hours and at 15-20 minutes' intervals during the night. A taxi from the Airport to the City Centre will cost you approximately \$35 / 25 euros and takes around 20 minutes outside peak hours.

City Areas: Along the coast to Elsinore

Continuing the introduction to the various areas of Copenhagen, in this newsletter we focus on the attractions of the surroundings of the Greater Copenhagen area. In particular, we want to guide you along the east coast of North Zealand where you will find a lot of opportunities for a unique experience of Denmark. Very conveniently, a regional train leaving from the Copenhagen Central station as well as Nørreport Station will take you to all the stops of your journey. Even though you will need at least a whole day to see the main attractions of the area, you can easily pick and choose from the list, since none of them are more than a one hour train ride away.

If you want to do the full tour, take the train all the way to the end station, Elsinore. Most tourists visit this town, which dates back to the 13th century, to see Hamlet's world famous castle, Kronborg. But just recently, the area surrounding Kronborg castle has been developed into a culture centre featuring among other attractions the new Danish National Maritime Museum, which has been internationally praised for its innovative architecture by Bjarke Ingels Group. This is definitely worth a visit and such a recent addition to the attractions of Northern Zealand that you may even see it before most of your Danish colleagues.



Kronborg (Ty Stange – Copenhagen Media Center)

In Humlebæk, a few train stops south of Elsinore, lies Louisiana Museum of Modern Art. With an outstanding collection of art from the 1950s and onwards and cutting

edge exhibitions of top international artists, Louisiana is a favorite of the local population and visitors from abroad alike. Adding to the appeal of the museum is the unique architecture and the beautiful garden by the sea where the huge sculptures blend with the North Zealand landscape in a truly magical way.



Louisiana (Kim Hansen – Copenhagen Media Center)

Moving still closer to Copenhagen, the final stop of your journey could be Klampenborg Station by the Deer Park, about 1,000 hectares of woodland that originally served as the king's hunting grounds. Today, it is the preferred picnic area of Greater Copenhagen - a huge romantic park with flocks of deer grazing by the lakes and the pretty little "Hermitage" castle where the king used to throw hunting parties. By Klampenborg station, you can rent a horse carriage that will take you around the area, perhaps ending at the world's oldest amusement park, Bakken, located in the deer park.



The Hermitage (Source: Wikimedia Commons)

If you decide to use more than one day for your journey through the surroundings of Copenhagen, you have an array of opportunities. At the North coast of Zealand you will find beautiful sandy beaches. If you are looking for cultural history and scenic nature, the Open Air museum (<http://natmus.dk/en/frilandsmuseet/frilandsmuseet/>) and the other museums of the



The open air museum (Christian Alsing – Copenhagen Media Center)

idyllic Brede area are definitely worth a visit. Finally, if you do not mind leaving Denmark, you can pick up the train at Nørreport or Copenhagen Central and cross the bridge to Malmö. While the Southern part of Sweden belonged to Denmark way back in history, today Malmö is a Swedish city. It is, however, closely linked to Copenhagen by the Oresund Bridge and a substantial number of locals commute across the bridge every day. In Malmö you will find a lot of new attractions (see <http://www.malmotown.com/en/>) while having the opportunity to experience the subtle differences in architecture and culture between the two countries.

You may find further inspiration for tours around the Copenhagen surroundings at <http://www.visitnorthsealand.com/ln-int/nordsjaelland/visitnorthsealand>. An indispensable source of information concerning the various Copenhagen areas is <http://www.visitcopenhagen.com/copenhagen/city-areas>. And just recently, the University Post printed an introduction to the Copenhagen neighborhoods aimed at foreign students to be found at <http://universitypost.dk/article/guide-copenhagen-city-areas-and-neighbourhoods>.

Theme: Copenhagen – Green City

Copenhagen is a frontrunner when it comes to the environment: Besides holding the world record when it comes to consumption of organic food products, Copenhagen plans to become the world's first CO2 neutral capital by 2025. If this may sound rather utopian, the ambition is supported by the massive Danish investments in sustainable energy. Actually, Denmark holds the world record when it comes to wind energy with 57.4 percent of the total national energy consumption being produced by wind mills in December 2013.



(Kasper Thye – Copenhagen Media Center)

One particularly striking characteristic of the environmentally friendly lifestyle of Copenhagen is the amount of bikes in the streets.

In Copenhagen practically everybody rides a bike and even though it means that you have to be extra careful when you cross the streets, it contributes to the relatively clean air and moderate traffic in the streets of Copenhagen.

If you want to see Copenhagen by bike, it is easy to rent one and several hotels lend out bikes for their guests. Riding a bike in Copenhagen is far easier than in almost any other city around the globe, since most major streets are lined by biking lanes (more than 300 kilometers in all). Going on a bike, you have the opportunity to get around to the more obscure corners of Copenhagen. For inspiration – and an indispensable bicycle map of Copenhagen - try the shop of the Danish Bicyclist's Union, located close to the conference venue in Rømersgade 5.

If you feel a bit warm from your bicycle trips, you can go for a swim – either from the beach or in the pools of the centrally located harbours. Amager Strandpark offers 4.6 kilometers of white sand beach where you can rent kayaks, get a massage on the beach or have a picnic with friends. Islands Brygge Harbour pool is located close to Langebro Bridge. There are five basins - two of these

are for children. At Copencabana in the district of Vesterbro three basins cover approximately 650 square meters. There is a children's pool, a diving pool and an ordinary pool for exercising. The newest harbour pool, Korallbadet (The Coral Bath), opened in 2012 and is located in Sydhavnen in the area around Sluseholmen.



(Thomas Rousing – Copenhagen Media Center)

All in all, Copenhagen has a lot to offer in terms of clean and environmentally friendly living. We look forward to sharing it all with you in June!