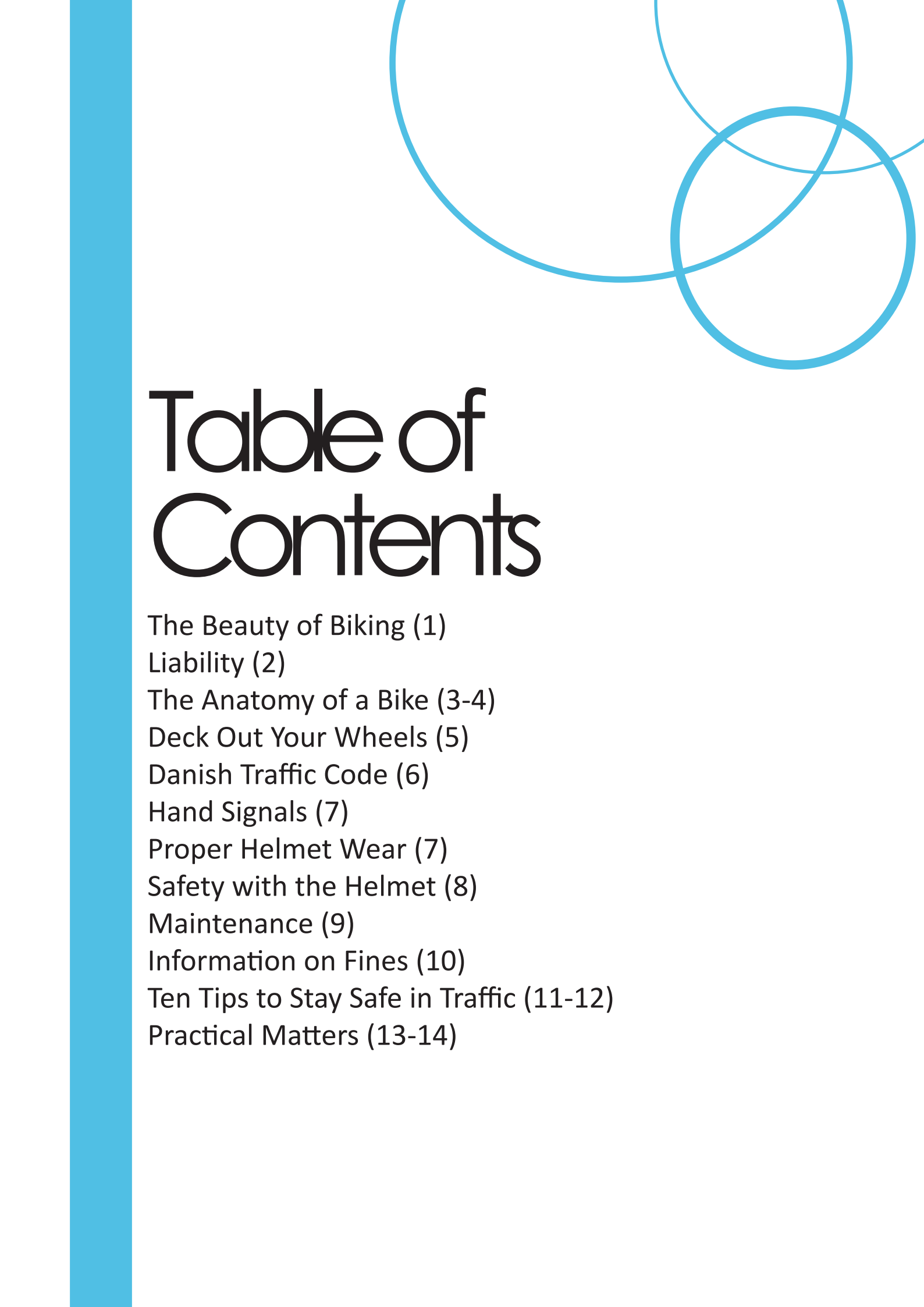


# DIS Cycle Handbook

**DIS**

DANISH INSTITUTE  
FOR STUDY ABROAD  
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# Table of Contents

The Beauty of Biking (1)

Liability (2)

The Anatomy of a Bike (3-4)

Deck Out Your Wheels (5)

Danish Traffic Code (6)

Hand Signals (7)

Proper Helmet Wear (7)

Safety with the Helmet (8)

Maintenance (9)

Information on Fines (10)

Ten Tips to Stay Safe in Traffic (11-12)

Practical Matters (13-14)

# The Beauty of Biking

Copenhagen is undoubtedly famous for its biking culture, with about 500,000 Copenhageners choosing to bike every day. So what's the reasoning behind biking? Some say its good exercise, it helps the environment or saves money, while others choose to bike because it is simply convenient. But here within lies the beauty of biking—it fulfills and satisfies everyone in a different way, yet it unifies those who live in Copenhagen on a common ground.

Biking is a great way to immerse into a fundamental aspect of Danish culture. As a DIS student, we give you the opportunity to experience biking in Copenhagen as a part of your time at DIS. You can sign up to rent a bike before you even arrive in Copenhagen, but don't worry if you can't decide until you get here, the option will still exist after arrival!



**While enrolled at DIS you are expected to adhere to the following:**

1. The laws and customs that govern Denmark and any other country you visit, including the local traffic code.
2. The DIS Code of Student Responsibility and all DIS policies, as well as the policies of your home university.

You are responsible for familiarizing yourself with the local traffic code found in this handbook.

DIS cannot be held liable for any fines, accidents, or mishaps that occur while using bicycles during the semester.

Furthermore, DIS does not take responsibility for any maintenance issues that may occur with the bicycles. All problems must be resolved through the respective bike rental companies.

# The Anatomy of a Danish Bike

## Lights

The Danish Traffic code requires that you put lights on your bike during the dark hours and when there is low visibility (fog, heavy rain, snow). Lights must be visible from a 300 meter distance.



## Breaks

Front as well a back wheels must have breaks. Either hand breaks on both wheels, or a hand break on the front wheel, and a pedal break on the back wheel. Control your breaks frequently and make sure that the cables are tightened and oiled.

## Bell

Other cyclists rely on you to give signal when you need to pass them. A bell is to sound loud and clear. It is the only signal device that is approved in the Danish traffic code.

## Reflectors

A bike must have a white reflector in the front, a red one in the back, and yellow reflectors on the pedals. The wheels must also have reflectors, either two yellow ones on the spokes or a white one on the rim of the wheel.

## Lock

A bike is, by law, required to be locked when it is parked. Make sure that your bike has a good lock! If you have a back wheel lock, it may be a good idea to get an additional lock that you can attach to a permanent object (i.e. a pole).



# Deck Out Your Wheels

## Kevlar Tires

There is really no such thing as a puncture proof tire. There are many tires that resist punctures pretty well, but any of them can be punctured. However, Kevlar tires will make the risk of puncturing a tire drop by about 90%. You can get a pair of Kevlar tires for your bike for around 500 kroner each.



## Seat Protectors

A seat protector keeps your seat dry and frost free in the winter. A must-have for anyone who enjoys riding with a dry rear end. Seat protectors can be bought for less than 20 kroner.

## Basket

The basket is a staple in the Copenhagen bike wardrobe. Some baskets are fastened on the bike, while other ones can be removed and used while grocery shopping. You can get baskets at all bike stores.



## Bell

A good bell is essential in the Danish cycle traffic. You should use your bell when passing other cyclists or to warn pedestrians. You can find bells for around 20 kroner at local Tiger shops.

## Cycle Lights

It is a law that you have lights on the front and back of your bike. If your bike doesn't come with lights, you can buy them at any local bike shop or at Tiger.





# Danish Traffic Code

## General Cycle Traffic Rules

- Cyclists should always keep to the right of the lane.
- You are only allowed to bike two and two where there is sufficient space to do so, without danger or inconvenience to other bikers.
- A bicycle with three or more wheels must never ride next to another bike.
- When a bus stops, you must stop to allow bus passengers to exit the bus.
- While driving, cyclists must have both feet on the pedals and at least one hand on the handlebar.
- It is forbidden to ride on the sidewalk or walkway.
- While driving, cyclists are not allowed to hold on to vehicles or passengers on other vehicles, including bikes. You are only allowed to transport one person per bike, unless the bike is designed for the transportation of several individuals.
- Parked bikes are to be locked, as insurance only covers theft in those cases – bike theft is common in Copenhagen.
- You are not allowed to transport objects that are more than three meters long and one meter wide on your bike. Items carried on the bike must not prevent the cyclist from having full control of the bike or to give the proper hand signals.

## Turning in Traffic

Denmark has different laws when it comes to turning in traffic

- It is illegal to make a right turn at a red light.
- Before an intersection, cyclists going straight ahead, or turning right, should stay in the right side of the lane. However, the cyclist is allowed to go to the left of a right turning lane if one or more lanes are right turning lanes, in order to avoid blocking the way for vehicles turning right.
- You are never allowed to make a direct left turn. Cyclists, who want to turn left, proceed through the intersection going straight to the opposite side. Then you must wait until the light turns green, going straight in the direction that you wish to travel.

# Hand Signals



STOP



RIGHT TURN

# Proper Helmet Wear



The helmet should sit firmly on the head so that you cannot push it too far forward or too far back. Make sure the helmet protects your forehead and the back of your head at the same time.

# Safety with the Helmet

## The helmet is an essential part of your equipment when cycling in the city

Half of all injuries acquired by cyclists are head trauma. If you wear a helmet while biking, you will minimize the risk of severe head trauma by 60%. The recovery from head trauma can be lengthy or impossible – even minor concussions can affect your ability to study for a long period of time.

## Buy a certified helmet

Make sure to buy a certified. Look for the EN1078 stamp. This ensures that the helmet meets the EU requirements. There are other certification stamps on the market that meet the same criterion as the EU certification e.g. the American certifications ASTM and ANSI Z-90.

## How to wear a helmet

The helmet must be tightly fitting so that you cannot push it too far back. Make sure that the helmet covers the forehead as well as the back of the head. The straps should be adjusted so they are tight fitting without constraining you.

## When to change your helmet

You should change your helmet if it receives a major blow – even if it appears to be fine. There could be small cracks in it that will lower its ability to protect you.

## The purpose of the helmet

Remember that the helmet is only designed to protect you while biking. When skating, rockclimbing etc. you need to wear a helmet for that purpose.

## did you know...

- The faster you are driving toward an intersection, the greater the risk that drivers will not be able to see you.
- It is illegal, and dangerous, to talk on the phone or listen to music while biking, because you become less aware of your surroundings.
- Most cyclists are hit by the truck's right front wheel and not by the rear wheels.



# Maintenance



## Chain

It is recommended that you oil your chain every three weeks. This prevents the chain from rusting and breaking. You should also make sure that the chain does not droop more than an inch in the middle as this means that it is too loose. When biking in the snow, remember to oil your chain more frequently as the salt on the roads dries it out.

## Handbrakes

Handbrakes and gears may freeze in the winter – make sure that you have a professional look at it before the cold season.

## Tires

Make sure to check the pressure in your tires from time to time. A drop in temperature will often also make the pressure in your tires drop so make sure to pump them when winter sets in.

# Information on Fines

Offense	Fine
Driving without lights during dark hours	700 kroner
Using hand-held phone while biking	1000 kroner
Not having proper equipment on bike (bell, brakes, reflectors)	700 kroner
Running a red light (including turning right on red)	1000 kroner
Going the wrong way in traffic	1000 kroner
Biking in a pedestrian zone	700 kroner
Biking in the bicycle path on the left side	700 kroner
Not adhering to road signs or arrows	700 kroner
Failing to adhere to the unconditional right of way	1000 kroner
Not giving proper hand signals	700 kroner
Biking with no hands on the handlebars	700 kroner
Biking on the sidewalk-walkway-pedestrian crossing	700 kroner
Holding onto another vehicle	700 kroner
Transporting a passenger on a bicycle with only one seat	700 kroner (both people)

## Penalty for Drunk Biking

There is no fixed blood alcohol content limit for when it is illegal to bike. Although, you may still get a fine if the police believe that you are so affected that your biking poses a danger to you or others.

<b>First Time</b>	<b>500 kroner</b>
<b>Second Time</b>	<b>1000 kroner</b>
<b>Third Time</b>	<b>1000 kroner</b>

### Notes

- If you make multiple offenses at the same time, the fines are added together.
- The above are indicative penalty charges. They do not apply if there has been a traffic accident or some other situation where your driving is dangerous or inconvenient to others.
- These fines are subject to change. It should also be noted that if you have a particularly low income, you can get the fine reduced by half. However, there will always be a minimum fine of 500 kroner.







# Ten Tips to Stay Safe in Traffic

**Pick a bike that fits you in size**

**Make sure you have the required equipment**

**Control your lights, brakes, and chain on an ongoing basis**

**Make sure your lights and reflectors have a high visibility**

**Always wear a helmet when biking**

**Do not carry bags on the handle bars**

**Go the speed at which you feel comfortable**

**Make eye contact with people on the roads**

**Concentrate on the traffic**

**Slow down at intersections**

# Practical Matters

## Avoiding Theft

- Always lock your bike, and if you can lock it to something, that helps.
- When going out at night, park your bike a bit away from the venue entrance, as it is easier to find afterwards and less likely to get stolen.
- Avoid leaving your bike at main transportation stations (i.e. Nørreport or Central Station) for long periods of time.

## Keep in Mind

- Slow down, look around, and make sure to look both ways before entering an intersection with no light signals.
- Remember to use hand signals in order to show other people your intentions.
- Make eye contact with other people in traffic to make sure they see you.

## Where can you bring your bike?

Means of Transportation	Can I Bring My Bike?	Cost
Bus	Some buses (i.e. "S" buses); Not common though	12 kroner (special ticket)
Metro	Yes, but not during rush hour (7-9 am and 3:30-5:30 pm)	12 kroner (special ticket)
S-Train	Yes, but not during rush hour at Nørreport Station (7:30-8:30 am and 3:30-5:00 pm on weekdays)	free
Harbor Bus	Yes	Bike ticket purchased at the station
Taxi	Yes	Additional 20 kroner



## Parking Near DIS

- There is bike parking for students through the courtyard and to the right of Vestergade 10. The bike parking in Vestergade 5 is designated for staff and faculty only.
- Bike parking is not guaranteed, but there are plenty of places around DIS where you can park your bike (i.e. Gammeltorv or side streets). Finding a place to park your bike is all part of the adventure of being a cyclist in Copenhagen!



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