

# Job hunting and living in Denmark, with the help of Spousecare

By Beatrice Benavides, 2018



In 2015, Sheetal and her husband moved from the UK to Denmark. Sheetal's husband accepted a job offer at Novo Nordisk. A relocation company helped her in terms of the practicalities of moving. Additionally, Anette from Spousecare contacted Sheetal before they moved to Denmark.

Founded in 2007 by Anette Pilmark, Spousecare is a private company that specializes in caring for spouses of foreign employees hired by large Danish organizations.

## Pre-arrival

Sheetal says, *"Before we moved, Anette contacted me to introduce herself and the company just to get an idea of what I was thinking."* Anette asked Sheetal if she wanted to focus on job hunting or studying. Sheetal asserts, *"Even before being here, I had a contact. I felt like I had someone to go to. That was nice."*

Anette also answered questions about paperwork and provided Sheetal with different recommendations.

*"If it hadn't been for Anette, I would have felt a lot less comfortable,"* Sheetal explains. *"When you first arrive here, you have so many questions: how do I do this and that? Is this a good way to do that? With Anette and Spousecare,"* Sheetal says, *"What that meant was that I also had an immediate network of people."* And without spousecare? *"I probably would have been at home, doing nothing."*

## The job hunt

Sheetal divulges, *"Job hunting was very difficult. But Anette was part of the process from the beginning,"* she asserts. *"Anette helped me better target my cover letter and CV for the job. And all the interviews I had gotten came from places she recommended me. One may have come up with just applying."*

Anette went a step further than assisting Sheetal with the practicalities of job hunting. *"Anette advised me on how to stay calm and keep my nerves under control [during interviews],"* Sheetal explains.

*"That really helped me understand what I can contribute to any role and understand where I get my energy from. That was really helpful because I have things to offer that I didn't realize."*

## The Spousecare network

Spousecare workshops gave Sheetal insight into the Danish work culture and Danish culture overall. *"There were also specific workshops related to the job hunt, such as job applications and LinkedIn. For the LinkedIn workshop, I found out there were some features I didn't think I could use. I also found it very helpful to know how important LinkedIn is in Denmark."*

**Without Spousecare**

If Sheetal hadn't gotten support from Spousecare, she says, *"We probably would have decided to go back home."* She explains, *"Two years is a long time to get a job. If it hadn't been for Anette, those two years would have been worse."*

How would it have been worse? *"I wouldn't have been constantly making contacts or getting interviews. My emotional state would not have been great, and that would have impacted my relationship if I went back home and he stayed here."*

But now? *"But now, both of us are contributing here in the Danish economy and we're enjoying it."*

A good ending to some challenging months of job hunting. - And a good entry to the job market in Denmark.

For more information about Spousecare, visit [www.spousecare.dk](http://www.spousecare.dk) or contact Anette Pilmark.

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