TRIPS
- Bouldering - Foss kayaking - Sea kayaking - Trekking

KAYAKING
- Sea kayaking courses in EPP2, EPP3, foss kayaking, kayak polo - trips with foss kayaking and see kayaking

DANCE

WATER ACTIVITIES
- Aqua zumba - Claw - Technique - Diving - Sea swimming - Swimming (all levels) - Synchronized swimming - Underwater rugby - Water polo

EXERCISE
- Afro aerobic - Burlesque - Circuit training - Crossfit - Hatha yoga - Pilates - Power plus - Rock climbing - Rock climbing - Match race - Rock climbing - Match race - Sailing - Stretching or meditations workshops

MARTIAL ARTS
- Boxing exercise - Capoeira - Fencing - Tai chi - Kung fu - Self defense - Kick boxing exercise

Climbing
- Bouldering - Rose climbing - Short courses - Trips

Bouling
- Swimming - Swimming (all levels) - synchronized swimming - Underwater rugby - Water polo

Join USG at usg.dk

Ball games
- American football - Basketball - Ice hockey - Handball - Soccer - Tennis - Water polo - Volleyball

Non-profit student sport organization

Examples of sports in USG
Here you will find the USG Office and most of our venues.

How do I sign up on www.usg.dk?
Please look at the step-by-step instruction in the English translation on www.usg.dk or have a Danish friend help you. Beware that your registration is not valid before you have approved/accepted the payment and after having received a receipt by mail, so please be careful to type your e-mail address correctly.

Can I register at the USG Office?
Feel free to come to the USG Office for help. When applying in person, please remember to bring student identification card or letter of acceptance from the institute if registering as a student.

What if I am only here for one semester?
As an exchange student only studying here for one semester, you can get a part-refund at the end of the semester by showing your admission letter or similar proof showing that you are only here to study for one semester here or abroad. If you are leaving, e.g., on February 1, you can have a refund for the months you will not be here.

How long is the season in USG?
The USG season consists of a main season and a summer season. The main season normally begins in the beginning of September and ends on 30 April. The majority of the activities follow the university calendar. The participation fee in the main season covers at least 22 times of training if the particular activity is scheduled for one training a week. Most summer activities start in the beginning of May till the end of August with a summer break in July.

Class and level:
In USG most members join one or two classes per week with a specific time of training each week. Within a growing number of activities you can choose between different levels - right from novice to expert.

What if I regret?
If you want to change to another level or would prefer a totally new activity, you can do so at any time during the main season on our website as long as there is a free space. Please note: It is not possible to resign from trips or courses, e.g., a sailing course or a skiing trip. These are always named "course" or "trip." Also, you can get a full refund minus 50 DKK if you regret before the third possible training (applies only for the main season).

How much will I be paying to join USG?
USG offers sports activities with quality trainers at a low rate. Everyone has to pay an initial membership fee of 180 DKK plus a participation fee for every class or activity you register for. The fee is noted in the description of the activity and varies from one activity to the next. Your membership fee lasts a year, i.e., from September until the end of August. You can now pay on www.usg.dk by Dankort, MasterCard, Visa, VisaElectron, Maestro, JCB or American Express.

Where is my training?
Most of our activities take place at NExS (Department for Nutrition, Exercise and Sports), 51-55 Nørre Allé, Nørrebro. See Map on the last page.