



# **"A SAFE FAMILY"**

## **PROVIDES SECURITY AND TIME FOR FOCUS**

In TTH Holstebro the conditions must be as good and safe as possible.

That's why TTH Holstebro has "A Safe Harbor".

Players are offered the opportunity to to be associated with a host family in Holstebro.

"A Safe Harbor" where you can get security and help with various things in the local area.

With safe "in the backyard", you can focus on your sport.



## A WIN FOR EVERYONE

At TTH Holstebro, it's important to us that our players feel comfortable both on and off the pitch. That's why we have established Tryg Havn, where players who are not from the local area are assigned a host family who is their 'Safe Harbour' in Holstebro.

We have ongoing turnover among our Tryg Havn families and are always looking for new families who are interested in helping us and the players have a great stay in Holstebro.

All it takes is a little time, a little interest in handball and a big heart.

## WHAT'S ABOUT?

The family functions much like the players' own family if they lived in their hometown. In other words - a base in everyday life outside of sport. For example:

- A place to hang out, socialise and relax.
- Someone who can help and/or guide them with practical tasks.
- Help to keep your spirits up during periods of injury or illness.
- Someone waiting to greet the player after matches.
- Take the player on a tour of Holstebro and possibly the local area.
- A confidential space if the player is lonely, sad or homesick.

For foreign players coming to Denmark for the first time, there are also some very specific tasks - for example:

- Practical matters - choice of doctor, dentist, bank etc.
- Installation of apps - Mitid, mobilepay, bank app, Tophåndbold etc.
- Information about Danish social conditions - waste sorting, recycling centre, library, bottle deposit - only the imagination sets the limits.
- And probably a host of other questions...



## THE FAMILIES

Host families are carefully selected from resource persons.

Host families help players get started in their new club and hometown - and they do it for free. It's often a win-win for both parties and in many cases, long-lasting relationships are built that can develop into friendships.

During the season, Tryg Havn families are invited to various activities in connection with selected matches and other social activities, as well as free tickets to all TTH's home matches.

## WHY SHOULD I?

- Family can be a base in everyday life - outside of sport.
- Family is a place where you can socialise and relax.
- They can help keep your spirits up in times of injury or illness.
- They can help with childcare, pet care.
- They can look after your apartment/house during holiday periods.
- The place you can confidentially go if you get sad or feel lonely.
- The family is the place where you can get advice and guidance on issues such as: choosing a doctor, dentist, etc., general issues when settling in a new city and a new place, help with contacting authorities.
- The family will help you with general community issues.
- The family will also show you the many opportunities Holstebro and the surrounding region has to offer to make you feel at home.

## NEXT STEP

Fill out the form and write a little about yourself.  
Send it to TTH Holstebro at [info@tthholstebro.dk](mailto:info@tthholstebro.dk).

# OM DIG ABOUT YOU



Navn /  
name \_\_\_\_\_

Alder /  
age \_\_\_\_\_

E-mail /  
mail \_\_\_\_\_

Telefon /  
phone \_\_\_\_\_

Indflytning / expected relocation \_\_\_\_\_

Adresse / address \_\_\_\_\_

☐ Single ☐ I forhold / in relationship ☐ Gift / married

☐ Bor alene / stay alone ☐ Samboende / cohabiting

☐ Børn (alder) / children (age): \_\_\_\_\_

☐ Lider du af allergi / do you suffer from allergies? \_\_\_\_\_

\_\_\_\_\_

<input type="checkbox"/> Studere mens du spiller håndbold / going to study while you play handball	<input type="checkbox"/> Arbejde mens du spiller håndbold / work while you play handball	<input type="checkbox"/> Udelukkende spille håndbold / play handball exclusively
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Hvor har du boet før / where did you live before?

\_\_\_\_\_

Hvor har du spillet håndbold / which handball clubs have you played?

\_\_\_\_\_

Interesser / Interests	<input type="checkbox"/> Golf	<input type="checkbox"/> Cykling / biking	<input type="checkbox"/> Biograf / movie theater	<input type="checkbox"/> Svømning / swimming
	<input type="checkbox"/> Dans / dance	<input type="checkbox"/> Løb / running	<input type="checkbox"/> Koncert / concert	<input type="checkbox"/> Kunst / art
	<input type="checkbox"/> Rejser / traveling	Andet / others _____		