

A guide
for those
*receiving
unemployment
benefits*



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Help is available

This brochure is your guide while you receive unemployment benefits. It explains the main requirements you must meet when receiving unemployment benefits, your rights, and how we can support you.

Please read the guide before attending your welcome meeting at Lederne A-kasse, which is your first meeting with us.

Your membership of Lederne A-kasse is an insurance. Like all types of insurance, it comes with requirements you must meet in order to receive unemployment benefits. These requirements are governed by legislation passed by the Danish Parliament.

In this guide, you can also read about your rights and opportunities while receiving unemployment benefits, including options for education, part-time work, or voluntary unpaid work that may help you obtaining to your next job.

We hope this guide provides an overview of what will happen and what is expected of you while receiving unemployment benefits.

Learn more at www.lederne.dk/faa-hjaelp-og-svar/dagpenge

If you have any doubts about the rules or need personal advice, call us at +45 32 83 32 83.

Be available for work

– a crucial condition

For you to be entitled to unemployment benefits, as a crucial condition, you must be available to the Danish labour market. This means that a.o. you must apply actively for jobs and be prepared to accept work on short notice.

Key requirements:

- **Live and reside in Denmark while receiving benefits**
- **Register yourself as unemployed on jobnet.dk**
- **Start job searching from your first day of unemployment**
- **Comply with job search agreements made with us and the Jobcenter**
- **Attend meetings with us and the Jobcenter**
- **Be able to start a job at one day's notice – including jobs referred to you by the Jobcenter**
- **If full-time insured: be able to work 37 hours/week**
- **If part-time insured: be able to work at least 30 hours/week**

Health limitations

As long as you can manage a full-time job (or a 30-hour job if you have a part-time insurance), you are considered available, even with certain health limitations. Examples include being unable to do heavy lifting or having severe allergies.

You must inform us of any health limitations in order for us to determine together which jobs you can manage and to what extent you are available. This helps avoid situations like being placed in internships that you cannot manage.

We will register your limitations on Jobnet.dk. If there is doubt about your ability to work full-time, we may ask for a medical certificate.





Attend your meetings – with the unemployment insurance fund (A-kasse) and Jobcenter

While receiving unemployment benefits, you must attend meetings with your Jobcenter as well as with us at the unemployment insurance fund. At these meetings, we will assess your situation and guide you on your way to your next job.

Meetings with Lederne A-kasse during the first three months

Once you have registered yourself as unemployed on Jobnet.dk, you will receive a letter from us in “Mit Lederne” inviting you to a personal welcome meeting. This meeting must take place in person within two weeks following your registration.

At the meeting, we will create a job search plan tailored to your situation. Together, we will also prepare “My Plan” (“Min plan”) and “Job Search Requirements” (“Krav til jobsøgning”) – both of which are explained further in this guide.

Within the first three months of receiving benefits, you must also attend two additional advisory meetings with us. You can choose whether these meetings are in person, online, or by phone.

Meetings at your local Jobcenter – after the first three months

After having received benefits for three months, your meetings will shift to the Jobcenter in your municipality. You will receive a notification from Jobnet.dk when it is time to book these appointments.

Over the next three months, you must attend three meetings. For the first one, you may choose to have an advisor from Lederne A-kasse join you. You can also choose the format: in person, online, or by phone.

The Jobcenter may also choose to assign your case to a private provider, known as a “third-party actor.”

You will only have meetings with Lederne A-kasse during this period if your job search does not meet our agreed standards or if for other reasons we have doubts about your availability.

If you are still unemployed after 16 months, we will participate with you in a joint meeting at the Jobcenter.

When do you need to attend meetings?

A two-year unemployment schedule

Month	Lederne A-kasse	Jobcenter
1	Welcome meeting (Lederne A-kasse)	
2	Advisory meeting (Lederne A-kasse)	
3	Advisory meeting (Lederne A-kasse)	
4	Coaching and counselling (Lederne A-kasse)	Job meetings (Jobcenter)
5		Job meetings (Jobcenter)
6		Job meetings (Jobcenter)
7		Job meetings as needed (Jobcenter)
8		
9		
10		
11		Joint meeting (Jobcenter or Lederne A-kasse)
12		
13		
14		
15		
16	Coaching as needed (Lederne A-kasse)	Job meetings as needed (Jobcenter)
17		
18		
19		
20		
21		
22		
23		
24		

Attend your meetings

You must remember to attend your meetings and be available digitally or by phone if you have a scheduled appointment with us. If you fail to attend a meeting without notifying us in advance or without a valid reason, you may lose your unemployment benefits – see below for when you may cancel without having your benefits reduced.

You should note that it is also your responsibility to ensure that you have a stable internet connection and are able to log in to the digital platform for your online meeting.

Also, if your meeting is by phone, it is your responsibility to make sure we can reach you. Remember to check whether your phone blocks calls from unknown numbers and that during the meeting you have access to a digital platform (laptop or iPad).

If you do not participate in your meeting or fail to show up, you will lose your unemployment benefits from the day of the scheduled meeting until you re-establish contact with the person who invited you.

These rules also apply if you are unavailable for a digital or phone meeting.

How to cancel a meeting

If you are unable to attend a scheduled meeting, you must remember to cancel in advance.

You can cancel by calling us or sending a message in Mit Lederne. Make sure to cancel in good time and no later than prior to the start time of your meeting.

You may cancel a meeting without losing benefits in the following situations:

- If you are ill
- If you have a job interview
- If you are scheduled to work in your part-time job (this does, however, not apply if you are self-employed)
- If you are participating in activation under 'My Plan'
- If you are going on holiday and have reported the holiday well in advance of the meeting day



You must book your meetings yourself

You will receive an invitation for the welcome meeting – your first meeting with us. After that, you are responsible for booking all your meetings with us at Lederne A-kasse, the Jobcenter, or another provider.

When it is time to book a meeting, you will automatically be notified by the Jobcenter or us.

You must make sure to book the meeting within the given deadline. If you cannot find an available time slot before the deadline, you must contact the sender of the message.

If you do not book a meeting

If you do not book a meeting within the specified deadline, you will, without notice, be deregistered as unemployed on Jobnet.dk. You will not be eligible for benefits again until you have re-registered yourself as unemployed.

You are responsible for re-registering yourself as unemployed.

How to re-register yourself on jobnet.dk if you have been deregistered:

- Log in to Jobnet.dk and register yourself again as unemployed
- If your meeting was with the jobcenter, you must book a new meeting yourself. You should be aware that the meeting must take place within two weeks from the date you re-registered yourself as unemployed
- If your meeting was with us (the unemployment insurance fund), after having re-registered yourself as unemployed on Jobnet.dk, you will automatically receive a new deadline to book a new meeting in Mit Lederne. If you fail to book within the new deadline, you will be deregistered again

Exemption from booking meetings yourself

In special circumstances, you may be exempted from having to book meetings yourself. For instance, if you lack IT skills or face language barriers.

If you wish to be exempted from booking meetings yourself, you must contact us, your jobcenter, or another provider.



Apply for jobs – *and update your job log*

When you receive unemployment benefits, you must be available to the labour market. This implies that you must actively search for jobs, and your job search must be serious, realistic, and ongoing.

You are required to start applying for jobs from the very first day you register as unemployed on Jobnet.dk.

You must continuously document your job search in the job log on Jobnet.dk. If you are full-time insured with the unemployment insurance fund, you must actively apply for full-time jobs (37 hours per week). If you are part-time insured, you must actively apply for jobs of at least 30 hours per week.

You may also apply for jobs in other ways if this is normal procedure in your field of work – such as unsolicited applications, networking meetings where you have contact with people with hiring authority, and discussing a specific position.

Apply broadly geographically

When searching for jobs, you must apply within a wide geographical area that you can reasonably commute to and from using up to three hours of total daily travel time on public transport.

When searching for jobs, if you have been unemployed for more than three months, you may be expected to accept a longer commute.

At your welcome meeting, we will help define the area within which you should seek jobs.

Apply across a wide range of available jobs

You are required to apply for a broad range of positions. This means applying for all jobs that

you can handle with minimal training – both within and outside your field of work. This also includes unskilled jobs.

Your job search must also be realistic. This means not applying for jobs for which you are not qualified.

At your welcome meeting, we will also determine which professional areas you should be applying within.

Focus on your CV

Based on your CV, an employer decides whether you have the skills, experiences, and qualities necessary for them to consider you for an interview. Therefore, it is important to tailor your CV to make it relevant to the employer based on the task that needs to be accomplished.

Your applications must be tailored specifically to each employer and each job. You are not to send generic applications in which you simply copy the same application and change the recipient's name and address.

It is a requirement that you apply for posted vacancies, but it is also a good idea to apply unsolicited and make use of your network.



Keep your job log updated

At least once a week, you must update your job log on Jobnet.dk, recording all your job search activities under the title "Create job log" ("Opret Joblog"). You are required to apply for as a minimum 1–2 jobs per week, ensuring at least 6 job applications per month, and upload at least one targeted application monthly (CV and application). This demonstrates that you are actively seeking employment. This requirement also applies if you are working part-time.

Remember, you must stay active in your job search even during weekends and public holidays.

Recognized job search activities:

- Submitting applications for formally advertised positions or platforms where an employer seeks labour force
- Sending unsolicited applications – either in writing, by telephone or meetings in person where you forward/hand out your CV or in "connector" on LinkedIn
- Networking events/coffee meetings – dialogue with individuals who have hiring authority, discussing a specific job



Job search strategy and "My Plan"

While receiving unemployment benefits, together with us you must prepare a job search strategy. Details can be found in your invitation via Mit Lederne.

At your welcome meeting, we review your draft and complete your job search strategy.

This strategy forms the basis of the so-called "My Plan," which you co-develop and which follows you throughout your unemployment period. "My Plan" is available on jobnet.dk where you can log in to view it. Here you can read about the requirements for your job search, as well as minutes of the conversations you have had with us and your job center.

You should note that in order for you to maintain your entitlement to employment benefits, you are obligated to comply with "My Plan".

"My Plan" outlines:

- The expected extent of your job search
- Job titles you should be applying for
- The geographical job search scope
- Job databases to use, such as Jobindex, Jobnet, LinkedIn, StepStone
- Job search methods to use: advertised/unsolicited applications, networking, personal/phone inquiries, temp agencies, headhunters, etc.



Complete your *CV on jobnet.dk*

Within the first two weeks of unemployment, you must complete your CV on jobnet.dk. Be sure to include at least one job goal.

It is important that you make your profile visible for potential employers to see it and for us at the unemployment insurance fund to approve your CV.

Once your CV is completed and made publicly available, we will be notified automatically.



Participate in activation programs – *and get closer to your next job*

While receiving unemployment benefits, you may be placed by your Jobcenter in an activation program if according to their assessment it will improve your chances of finding a job.

You can also initiate activation yourself in order for you improve in this way your chances of finding a job. Your activation plan is determined together with your Jobcenter.

Activation program options:

- Courses and supplementary training
- Company internships
- Salary subsidy jobs

In order for you to continue receiving benefits, you are required to accept an activation offer from your Jobcenter.

Activation rules:

In principle, from your first day of unemployment and throughout your benefits period, you may be offered activation. However, activation must begin no later than after 6 months of unemployment.

It is crucial that you attend your activation program. Failing to show up on the first day or withdrawing from the program will result in a three-week quarantine period during which you will not receive benefits.

While in activation, you must still be available to the labour market, apply for jobs, maintain your job log, and attend your scheduled meetings.

Check your messages

– *stay informed*

When receiving unemployment benefits, you must regularly check messages from us as well as from your Jobcenter. Messages are typically sent via multiple digital channels.

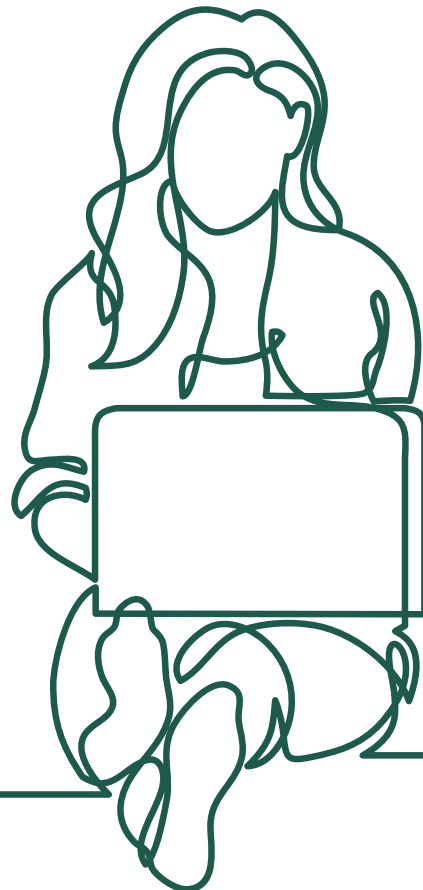
You should be aware that in order for you to be able to read the messages you receive, it is your own responsibility to have access to a computer with internet access and a valid MitID.

Where to check messages daily:

- "Mit Lederne" on lederne.dk for messages from Lederne A-kasse
- Jobnet.dk for messages from your Jobcenter
- e-Boks for decisions from the Jobcenter, for instance regarding activation
- Your physical mailbox

Under "Plans and Agreements" ("Planer og aftaler") on jobnet.dk, you can:

- Report illness or recovery
- Notify about holidays
- Book meetings within the deadline given by the Jobcenter
- View scheduled meetings with the Jobcenter
- View your "My Plan"





Job search *support*

While you are job searching, support is available.

On our website, you have access to a wide range of guides, advice, and specific examples to help strengthen your job search. For instance, you can learn how to use ChatGPT, write a CV and application, present yourself on LinkedIn, and prepare for job interviews.

On our website, you can also book one-on-one guidance sessions with our experienced career counsellors who can support you throughout your job search process – from dismissal/resignation to contract negotiations. Additionally, you can sign up for our online courses:

- CV and application – write purposefully and land an interview
- Boost your visibility on LinkedIn

**Inspiration for your job search
can be found here:**





Repatriation opportunities

– *guidance from your unemployment insurance fund*

If you wish to return to your home country, you can apply for financial assistance related to your return journey.

To qualify for financial support, you must meet certain conditions. These include:

- You have had a residence permit in Denmark for up to 5 years
- You are a refugee, or a family member reunited with refugees, or
- You are a foreign national with a residence permit granted under regulations from before 1983, or a descendant of such individuals, or
- You are a Danish citizen with dual citizenship – excluding dual citizenship with other Nordic or EU/EEA countries, or
- You are a foreign unaccompanied minor under 18, and your residence permit cannot be extended after you turn 18, or
- You are a foreigner with a residence permit under the act on temporary residence for individuals who assisted Danish authorities in Afghanistan.

You may seek further information and apply for financial support from the Danish Refugee Council (“Dansk Flygtningehjælp”).



How long are you eligible for receiving unemployment benefits?

You can receive unemployment benefits for two years within a three-year term. This term is calculated as 3,848 benefit hours within a 36-month term. However, if you are receiving benefits after having completed an education, your benefit period is one year to be used within a two-year term.

You use your benefit hours when you:

- Receive unemployment benefits, including benefits during illness
- Receive holiday benefits
- Are quarantined
- Are employed in subsidized employment

While receiving unemployment benefits, if you fall ill, the hours for the first six weeks during which you receive benefits or sickness benefits will be deducted from your unemployment benefit hours. This applies each time you report yourself ill.

Extend your benefit period by working

You can extend your benefits by working. Each hour worked adds to an employment account, which you may use to:

- Extend your current benefit period
- Save up to requalify for a new two-year benefit term (1,924 hours required)
- Combine above options

You can only use these hours once, i.e. if you use the hours to extend your unemployment benefit period, you cannot also use them to requalify for a new two-year unemployment benefit term.

Requalifying for a new benefit term

When you have worked 1,924 hours, you regain entitlement to benefits. This includes salaried employment as well as self-employment (converted into hours using a rate of DKK 148.97/hour in 2026). When you regain the right to unemployment benefits, we must calculate a new unemployment benefit rate for you.

If your right to benefits has expired and you do not have hours saved for you to have requalified for a new benefit period, you need to have earned DKK 286.632 (2026 figures) within the last three years. A maximum of DKK 23,886 can be counted per month.

On Jobnet.dk, you can track your saved and used hours.

If you have any questions, you are always welcome to contact us.

Reduction in benefit period

If you have received unemployment benefits (i.e. if you have been unemployed) for at least four years within the past eight years (7,696 hours within 96 months), your benefit period will be reduced by 160.33 hours.

Rate and Payment of Unemployment Benefits

We calculate your unemployment benefit rate based on the average of the 12 months with the highest total income within the past 24 months. When calculating your rate, regular employment income (A-income), B-income (for instance fees), as well as profits from self-employment may be included.

The work must have been carried out without public subsidies and under standard salary and working conditions. If your average income during those 12 months exceeds DKK 26,620 gross per month (before tax), in 2026 you will receive the maximum unemployment benefit rate of DKK 22,041 per month (before tax). If you receive unemployment benefits based on education completed, you will receive a fixed rate depending on your age and whether you have dependents. In your approval letter, you can read more about your specific rate.

Increased Unemployment Benefit Rate for the First 3 Months of the Benefit Period

If you meet the conditions, you will receive a higher rate for the first 481 hours of unemployment benefits. This is called the employment supplement (“beskæftigelsestillæg”).

The maximum rate is DKK 26,198 per month (2026).

In order to receive the unemployment supplement, you must:

- Have been a continuous member of an unemployment insurance fund for at least 4 years prior to becoming unemployed
- Have worked full-time for at least 2 years within the past 3 years

- Be entitled to a benefit rate higher than the maximum rate of DKK 22,041 (2026)

Your benefit rate can never exceed 90 per cent of your average wage. This also applies when calculating your employment supplement.

If your salary is low enough for you not to be eligible for the highest unemployment benefit rate, even if you meet the other requirements, we are not in a position to provide you with an employment supplement.

Deadlines for filling out the benefit card

Benefits are paid monthly and follow the calendar months. You can fill out your benefit card from the 24th of each month at the earliest. To receive payment on your “NemKonto” on the last banking day of the month, we must receive your benefit card no later than at 9:00 AM (CET) on the third-from-last banking day. You have a deadline of one month and 10 days from the last calendar day of the relevant benefit month to complete your benefit card.

Be accurate

Be precise when completing the benefit card, to ensure that all entries are correct. You must register all paid working hours, any volunteer work, other income (for instance pensions and income from functions), sickness, and holidays. Also, you must register hours spent on self-employment. All forms of work reduce your benefits — including unpaid work and work outside regular hours, on weekends, and public holidays. If you are paid for more hours than you worked (for instance holiday pay, sick pay, preparation for training or the like), you must register those hours as well.

Payments are made as advance payments (a conto)

Even though you can fill out the benefit card starting from the 24th of the month, you must report all expected working hours and income for the last part of the month. Consequently, there may be a difference between what you register on your benefit card and what is the actual

result. Consequently, all unemployment benefit payments are initially made as “advance payments” based on what you have registered.

If it turns out that your information concerning the last part of the month was not accurate, you can subsequently adjust your benefit card. For example, maybe you had more or fewer working hours than you expected.

Once you have resubmitted your benefit card, we will simply adjust the payment to ensure it is correct.

We verify your payments

Following the turn of the month, we compare the entries on your benefit card with your employer’s report to the Danish Tax Authorities (“SKAT”). If discrepancies arise, we will contact you and ask you to correct your entries or explain the discrepancies. If you registered more working hours than you actually had, you will receive the outstanding unemployment benefits balance as soon as possible. If you reported fewer working hours than you actually had, your unemployment benefit payment will be adjusted, so that the excess amount will be deducted from your next unemployment benefits payment.

In case of a significant difference between your information and your employer’s information, or if we receive new information, we will need to investigate the matter. We will start by contacting you, for you to have the opportunity to explain the discrepancy. If we assess that you have deliberately provided incorrect information, it may result in you having to repay the unemployment benefits partially or in full. Additionally, it will lead to a 74-hour quarantine period during which you will not receive unemployment benefits. In the worst case, you risk being reported to the police authorities for social fraud.

Work and avoid losing up to DKK 1,017 every fourth month

The more working hours you obtain, the better. This is beneficial both for obtaining a new or extended unemployment benefits entitlement and because every four months we assess whether you have had enough working

hours to avoid the so-called “waiting day” (“karens”) The rules regarding the waiting day mean that if you have not worked more than 148 hours during a four-month period, you lose an amount equivalent to one day of unemployment benefits (up to DKK 1,017 in 2026). All working hours are included in the 148 hours, but vacation hours are not. On jobnet.dk, under your unemployment benefits counters, you can keep track of the periods and assessments related to the waiting period.

The minimum payment rule:

If for a month you are to be deducted for more than 145.53 hours in your unemployment benefits, you are not entitled to receive unemployment benefits for that particular month.

Taxes on benefits


We automatically receive your tax card from SKAT and deduct taxes based on the information provided on the card. If you get part-time work, we apply your tax deduction according to the number of hours you are unemployed in the month. If your tax information changes during the tax year, we receive automatic notification from SKAT.

Check your payment details

When we pay out your unemployment benefits, at the same time we send you a payment specification, which you can find under “Minpost” on the website. On the payment specification, you can see the amount you have received, how much tax has been deducted, and when your unemployment benefits will be deposited into your “NemKonto”. Remember to check that all the information is correct and contact us immediately if you find any errors. If your own information was not entirely correct, you can resubmit the card with the correct information.

Holiday pay from the Danish Holiday Account (“FerieKonto”)

When you receive holiday pay from FerieKonto, we are automatically notified of the payment and the holiday period you have reported to FerieKonto. In case of discrepancies in relation to what you have reported to us, we will contact you to clarify the reason.



Supplementary unemployment benefits (“*supplerende dagpenge*”)

In many cases, part-time work or self-employment may lead to full-time employment. Provided you meet the requirements, while working part-time or being self-employed, you may receive supplementary benefits for up to 30 weeks.

If your work or paid hours do not exceed 145.53 hours in a given month, you may receive supplementary benefits for up to DKK 160.33 hours per month.

While receiving supplementary benefits, you must remain registered as a job seeker at the Jobcenter, continue participating in meetings and interviews and actively applying for full-time jobs. Update your job log weekly on Jobnet.dk.

Before accepting part-time work or starting self-employment as a sideline occupation, in order for us to guide you the best way possible, always contact us via the “Ask us about benefits” (“Spørg os om dagpenge”) form. This also applies if you plan to continue an existing business.

Apply for supplementary benefits via the “Apply for supplementary benefits” (“Søg om supplerende dagpenge”) form on our website. For more details, see our leaflet on supplementary benefits (“Om supplerende dagpenge”) on our website.

Self-employment as a sideline occupation

While being self-employed as a sideline occupation, it is possible for you to receive supplement-

ary unemployment benefits for 30 weeks. All the hours you spend on self-employment will result in deductions from your unemployment benefits.

While being self-employed as a sideline occupation, you are entitled to 30 weeks of unemployment benefits. If in some weeks you are not engaged in self-employment but receive unemployment benefits, you still subtract from the 30 weeks of entitlement to supplementary unemployment benefits.

Additionally, according to the rules, if during a calendar month you start up self-employment as a sideline occupation, when calculating the 30 weeks, you subtract all weeks in that month. We will advise you well in advance before your entitlement to supplementary unemployment benefits expires.

Part-time work – remember the release certificate (“frigørelsesattest”)

To qualify for supplementary benefits, if you are offered a job with more hours, you must be in a position to quit your job at one day's notice. Therefore, if you have a notice period, your employer must sign a release certificate (“frigørelsesattest”), which must be submitted to us no later than five weeks following you being bound by a notice period.

The release certificate is a document where the employer signs to confirm that if you are of-

ferred another job with more working hours per week, you are not bound by your notice period. You can find and submit the release certificate on our website via the form "Download and Submit Release Certificate" (Hent og indsend frigørelsesattest").

It is very important that we receive the release certificate within the five-week deadline. If the deadline is not complied with, you will only receive supplementary unemployment benefits from the day we receive the certificate.

Uncontrollable work

Typically, deductions in unemployment benefits are made for the actual hours you have worked, but if the number of your hours has not affected your remuneration, special rules for deductions apply, for instance if you have carried out work for a pre-agreed fixed fee.

Consequently, according to the Danish unemployment legislation, if your employer does not report hours to SKAT's income register, your working hours will be considered "uncontrollable."

If this is the case, the deduction in your unemployment benefits will be calculated based on your income, which we convert into hours using a fixed conversion rate, which in 2026 is DKK 305.59 per hour.

First two days of unemployment ("G"-days)

If within the last four weeks you have had at least 74 hours of work with an employer, the said employer must pay for the first two days of unemployment. If you are entitled to payment from your employer, we are prohibited from paying unemployment benefits for the first two days of unemployment. The first two days of unemployment are referred to as "G"-days (employer compensation days – ("arbejdsgivergodtgørelse")).

If you encounter problems getting your former employer to pay, you are welcome to contact us so that we can assist you.



Voluntary *unemployment*

If you become voluntarily unemployed, you will be subject to a 111-hour quarantine and lose your benefits for that period.

You are considered voluntarily unemployed if, without a valid reason, you:

- Terminate your employment relationship
- Refuse a job offered through the Jobcenter
- Decline or interrupt the Jobcenter's activation offer
- Refuse to help develop your "My Plan"

Before quitting or refusing a job/activation offer, always contact us. The rules are complex, and we can advise whether your reason is valid to perhaps avoid quarantine.

If you act in a way that makes it appear you do not want the job or the offer of activation, you are also considered voluntarily unemployed.

If you are dismissed, quarantine may still apply, but only if:

- The dismissal is primarily due to circumstances attributable to yourself
- You agree to a shorter notice period than required

Quarantines, unwinding, and lapse

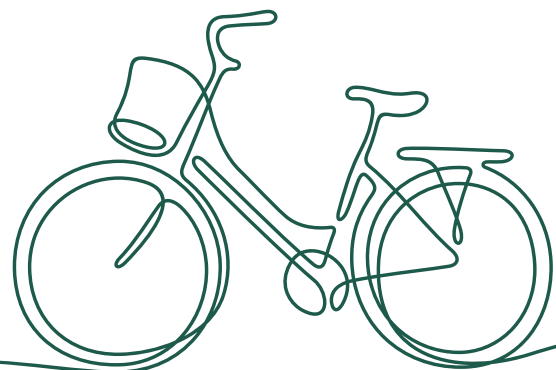
As previously mentioned, if you become subject to a quarantine, you will lose your unemployment benefits for a period. You can only unwind the quarantine during periods when

you are otherwise entitled to unemployment benefits. For example, you cannot unwind the quarantine when you are on vacation or when you are not registered as a job seeker at the Jobcenter.

If you have not unwound the quarantine within three months from the day it takes effect, your quarantine is considered completed, and it will no longer result in a loss of unemployment benefits.

If, after the day the quarantine takes effect, you obtain unsubsidized work equivalent to five weeks of full-time employment, the quarantine is also considered completed.

If you have been imposed a quarantine for voluntary unemployment and you become voluntarily unemployed again within 12 months, you forfeit your right to unemployment benefits until within three months you have completed 300 hours of regular work. You should note that even though you do not receive unemployment benefits during this period, you must continue to update your job log on jobnet.dk every week from the first day of unemployment.





Voluntary *unpaid work*

Voluntary unpaid work may give you valuable experience, new skills, and contacts that may help you land your next job.

You are allowed to carry out voluntary unpaid work in charitable organizations and associations without deductions from your benefits.

Before starting any voluntary unpaid work, you must inform us of the tasks and for whom you will be working. Use the form "Submit information and ask us about voluntary unpaid work" ("Indsend oplysninger og spørg os om frivilligt ulønnet arbejde") on our website. We must approve beforehand that you may carry out the work without deductions in your unemployment benefits.

The work must not involve the organization's or association's core operations. If the work you

carry out is usually paid work, you will face deductions – however not for the first 44 hours per month.

You should note that voluntary work does not count as job searching. Therefore, you must remember to continue applying for full-time positions and fill out a job log on jobnet.dk every week.

Self-building or DIY construction

Regular home maintenance, hobbies and spare time activities do not impact your benefits. However, if you undertake major construction projects like building an extension or new house, you should contact us using the form "Ask about benefits" ("Spørg os om dagpenge"), as during self-building or DIY construction, you are not eligible for receiving benefits.

Education

While receiving benefits, you can improve your qualifications by means of various forms of education, thereby also increasing your chances in the job market.

Job-oriented education

If you are skilled, unskilled, or have a short higher education combined with vocational training, you are entitled to job-oriented education. You must be fully unemployed, without self-employment as a sideline occupation, or part-time work. Also, before starting the training, you must have been unemployed for at least 185 benefit hours. Apply using the "Download and submit application for job-oriented education" (Hent og indsend ansøgning om jobrettet uddannelse") form on our website.

If you are less than 25 years of age, the training must be completed within 26 weeks of overall unemployment. If you are over 25, the training must be completed within 39 weeks of overall unemployment.

You can participate in courses within the same "occupational group" for up to a total of six weeks, as listed on a nationwide positive list on the website of the Danish Agency for Labour Market and Recruitment ("Styrelsen for Arbejdsmarked og Rekruttering"), star.dk.

At "Ledernes KompetenceCenter" we offer a large number of relevant courses for unemployed individuals. You are welcome to call us at +45 3283 3610 to discuss course options.

More info: lederkompetence.dk/jobrettet

Other education options

While receiving unemployment benefits, you can also pursue other types of training. You

must cover the costs yourself, the training must be less than 20 hours per week, and the training must be officially offered as part-time and not full-time training.

Further, you may not take full-time programs that qualify for student grants (SU). The hourly restriction does not apply if you are attending training equivalent to grades 8–10 in the Danish school system. Hobby-based evening school courses also have no time limits.

If you find a course you would like to take, you must apply for approval using the "Apply for approval of other education types" ("Søg om godkendelse af øvrige former for uddannelse") form on our website.

Training upgrade ("Uddannelsesløft")

While unemployed, it is possible for you to take vocational training through the training upgrade scheme. The requirements vary depending on your background.

General requirements:

- You must be receiving unemployment benefits
- You must be at least 30 years of age
- At least 80 per cent of the training must be completed within your benefit period
- If the full program cannot be completed during your benefit period, you must be prepared to complete it afterwards under regular terms.

On top of these terms, your options depend on whether you have already completed vocational training fully or partly.

Contact the training institution

If you are unsure about your training options or potential credit for prior learning, contact the school. They can assess your actual competencies to clarify your options.

Benefits at 110 per cent rate

If your training is aimed at a profession where there is a “shortage of labour,” you have the opportunity to receive unemployment benefits at a rate of DKK 24,245 per month in 2026. The course must appear on a special list published by the Danish Agency for Labour Market and Recruitment (STAR). Approach your Jobcenter about the list.

While enrolled in training under this program, you are exempt from job search and availability requirements.

Contact your Jobcenter

If you are interested in taking part in the training upgrade program, you should contact your Jobcenter for guidance.



Self-employment

Unemployment Benefits Concurrent with Self-Employment

In order to receive unemployment benefits while being self-employed, a number of conditions must be met.

Therefore, before starting a sideline employment, you must contact us for permission.

You are considered self-employed when there is a business activity, and you personally work with the business.

One of the following conditions must also be met:

- The activity is registered with a CVR/SE number
- Profit/loss is taxed as a self-employed business
- You are an owner and work, possibly also receiving salary (A-income) from a company where you have significant influence
- You are a working spouse in a company or a sole proprietorship without a salary agreement.
- You have B-income that is part of a business.

Being Self-employed Before Applying for Unemployment Benefits

Before you can receive unemployment benefits, if your business is considered your main occupation, you must cease operations. You will generally have to wait 3 weeks before you can receive unemployment benefits.

If, in addition to having the business, you have also worked as an employee for 480 hours within a six-month period before becoming unemployed, you can continue your business as a

sideline employment. The 480 hours must be distributed over at least five of the six months, meaning you must have worked as an employee approximately 80 hours on average per month.

Want to start up self-employment while unemployed?

While receiving unemployment benefits, you may also start up self-employment. In this case, the 480-hour salaried employee requirement does not apply. You should note, however, that if you recently ended full-time self-employment to apply for benefits, you may not start up self-employment within the first six months of your unemployment period or you will forfeit your entitlement to unemployment benefits for the said six months.

Unemployment Benefits Concurrent with Sideline Occupation

You may work at any time of day, but you must always remain available to the labour market. You must not be contractually obligated to perform work as self-employed, thereby preventing you from taking on other full-time employment.

You may receive supplementary benefits for 30 weeks, with a possible 12-week extension. If you wish to work full-time as self-employed for a period of time, you can pause your supplementary benefits.

The hours you spend on your business are deducted from your unemployment benefits on an hour-by-hour basis.

Profit from the business may be used to re-earn a new entitlement to unemployment benefits. However, the profit may not be used to extend the entitlement period for unemployment benefits.

Asset Management

If you own a business where you have no or such limited work that it does not exceed 5 hours per month, we may consider your activity as asset management. You can have an asset management activity throughout the unemployment benefit period.

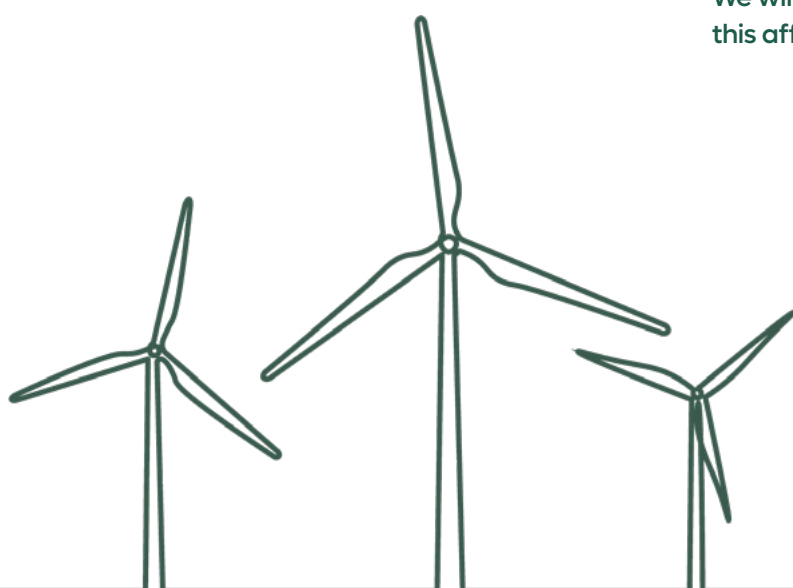
The hours spent on asset management are not deducted from your unemployment benefits. They also cannot be used to re-earn a new entitlement to unemployment benefits.

Leisure Activity

Your activity may be considered a leisure activity if it is neither regarded as employee activity, self-employment, nor asset management. The hours spent on your leisure activity are deducted from your unemployment benefits, but you cannot use the hours to re-earn a new entitlement to unemployment benefits. You may have the leisure activity throughout your unemployment period and you are not limited to only 30 weeks, as you are with self-employed sideline employment. You cannot be CVR-registered and have the business as your leisure activity. Exceptions to the CVR registration requirement include the following activities, which you can also choose to be sideline employment:

- Part-time farming. If you live on the farm and the farm has been operated as a farm before you became unemployed. There are several requirements, including having had at least 130 paid hours within the last 6 months before you became unemployed, or having an income of at least 286,632 DKK (2026) within the last completed income year without having received unemployment benefits in that year.
- Operation of one rental property with up to 10 units, where you personally only perform administration, minor repairs, and caretaker functions to a limited extent.
- Woodland of up to 5 hectares, if it is located at your permanent residence or leisure residence.
- Own wind turbine, own solar panel system, or similar renewable energy sources, when the work involved is entirely insignificant.
- Beekeeping with up to 20 beehives.
- During your unemployment period, if changes occur, you have the option to change the definition of your business.

We will guide you on how this affects your benefits.



If you *become ill*

If you become ill, you must report your sickness on Jobnet.dk or contact your local Jobcenter or your unemployment insurance fund.

Important: If you do not report your sickness on your first day of sickness, you will only be eligible for benefits from the day you actually report it. Once you have reported your illness, you will automatically be deregistered as a unemployment benefits recipient. This means you are not required to be available for work, seek jobs, or attend meetings and interviews.

If you are enrolled in an activity (for instance a course) listed in your "My Plan," you must report your sickness on jobnet.dk as well as to the course provider.

During the first two weeks of illness, we will continue to pay unemployment benefits. You do not need to record the illness on your benefit card. If you are employed with salary subsidy, you should comply with your employer's procedure for reporting illness.

If you work part-time and receive benefits, you must report your illness to your employer as well as on Jobnet.dk. During your illness period, the municipality will pay your sickness benefits. In some cases, your employer may be responsible for paying sickness benefits. If in doubt, ask your employer.

If you are ill for more than two weeks or while working part-time and receiving unemployment benefits

If your illness lasts more than two weeks or if you are working part-time, we will notify your municipality. The municipality will then send you a letter with a form for you to request sickness benefits.

If against expectations you do not receive the form, it is important that you contact your mu-



nicipality yourself and request sickness benefits with effect from your first day of sickness. Sickness benefits are paid at the same rate as unemployment benefits but are not paid on public holidays.

When you have recovered,

In order for you to receive unemployment benefits again, report your recovery and re-register yourself as a benefit recipient on Jobnet.dk. You do not need to contact us - we will be notified automatically by the Jobcenter.

In order to ensure that you are eligible for benefits again, make sure you receive confirmation of receipt of your recovery report and your registration. This also applies if you have been sick for less than two weeks, and we have paid unemployment benefits to you during your illness.

If you were ill for an extended period, we may ask for a written description of your illness period. In such case, we will contact you and guide you on how to fill out and submit such description. Once received, we will assess your availability for work.



Parental *Leave*

When you go on parental leave, you must notify us as well as the Jobcenter. We will then inform the Public Benefits Administration ("Udbetaling Danmark"), who will contact you. Udbetaling Danmark is the entity paying your parental leave benefits.

For more information, visit the websites Atp.dk and Borger.dk.

In the period before your parental leave

Until your leave begins, you must continue to actively seek jobs and attend any scheduled meetings. If there are less than six weeks remaining until your leave starts, you must contact either us or the Jobcenter in order for you to be covered by the rules for reduced requirements. If you have been unemployed for three months or less, you should contact us.

If you have been unemployed for more than 3 months, contact your Jobcenter. If the rules for reduced requirements apply to you, the Jobcenter will notify us.

Once the Jobcenter has registered that you are covered by the said rules, they will notify us. You are then no longer obligated to search for jobs, attend meetings either with us or the Jobcenter, or participate in offers or activation activities.

However, if the Jobcenter offers you a specific job that you are required to accept, you must still take it – provided that it can be completed before your parental leave starts.

Going *abroad?*

If you wish to travel abroad to look for work while receiving unemployment benefits, you have several options. However, the rules regarding residence and work abroad are complex, so always contact us first for specific advice tailored to your situation – it may affect your entitlement to benefits.

Job search in an EEA country or the Faroe Islands

If you travel to another EEA country (EU, Norway, Iceland, Liechtenstein, and Switzerland) or the Faroe Islands to seek work, you may continue receiving unemployment benefits for up to three months. However, we must approve your travel beforehand.

You can read more on our website, where you will also find the application form "Apply for unemployment benefits while seeking work in another EEA country" ("Søg om dagpenge under jobsøgning i et andet EØS-land").

Job Interviews Abroad

If you are attending a job interview abroad, you also have the option of receiving unemployment benefits for up to five calendar days, provided that:

- Before departure, provide documentation that you have scheduled a job interview with an employer in another country
- Do not stay outside Denmark's borders for more than five days – weekends and public holidays are included in this limit

Before you travel for the interview, we must approve your right to retain unemployment benefits. You can apply using the form "Job interview abroad" ("Jobsamtale i udlandet") available on our website.

If You Get a Job Abroad

If you get a job in an EEA country or in the Faroe Islands, this will affect your membership in the unemployment insurance fund. As a general rule, you must be insured in the country where you work.

If you get a job in a country outside the EEA or outside the Faroe Islands, you can maintain your membership with us.

A detailed brochure about working abroad is available on our website.





Going on *holiday?*

No later than two weeks before your first day of holiday – and preferably earlier, you must register your holiday on “My Page” (“Min side”) at Jobnet.dk under the menu item “Notify” (“Giv besked”). This ensures that both the Jobcenter and we are informed of your holiday plans, so that you will not be called in for meetings or similar activities.

If you forget to register your holiday, you are still obligated to attend any meetings or interviews scheduled by us or the Jobcenter.

If due to holiday you miss a meeting, it may affect your unemployment benefits. If your holiday is not shown on your benefits card, you must remember to add it yourself.

The two-week deadline does not apply to single-day holidays. However, you may not register a holiday on a day on which you have already been called in for a meeting by us or the Jobcenter.

Holiday benefits

As an unemployed person, when you receive unemployment benefits, holiday benefits, or maternity leave benefit, you accrue holiday benefits.

You accrue holiday benefits continuously, and the number of days depends on how much you have been paid in the given month. If you receive full unemployment benefits for a month,

you accrue 2.08 days with the right to holiday benefits.

The holiday year (accrual year) runs from 1 September to 31 August, and the holiday may be taken from 1 September (the same year the holiday year starts) to 31 December the following year. You must always first take your own accrued holiday from your employer.

When you are unemployed and when you are employed as a salaried employee, you can apply for the payment of holiday benefits. You should send your application to your unemployment insurance fund. If you have not taken your accrued holiday by 31 December, the holiday benefits will lapse.

By 31 January at the latest, you can apply for the payment of holiday benefits for the previous holiday year. However, you should be aware that as an unemployed person, you must remember to notify the holiday to the Jobcenter or your unemployment insurance fund no later than on the first day of the holiday, otherwise you risk losing the right to holiday benefits because you have not notified the holiday in time, and simultaneously lose the right to unemployment benefits, as you are not considered available during a holiday.

When you are unemployed, holiday taken with holiday pay and holiday benefits will be deducted from your unemployment benefits.





When you *get a job*

When you start a full-time job, on your first working day you must de-register yourself on Jobnet.dk. You must also record the job on your benefits card so that you no longer receive unemployment benefits.

In order for us to support you in the best possible way in relation to your new position, remember to update your employment information under "My Membership" ("Mit medlemskab") on our website.

Until your job starts, you are still required to actively search for work, complete your job log each week on Jobnet.dk, and attend any meetings you are invited to.

Your Final Period as Unemployed

If there are fewer than 6 weeks until you start working, in order for you to be included under the less intensive effort rules, you must contact either the unemployment insurance fund or the Jobcenter. This means that you are not obligated to be job-seeking or participate in offers.

If you have been unemployed for 3 months or less, you should contact the employment insurance fund. You will need documentation for your upcoming full-time employment (for instance a contract). Log in to "Mit Lederne" and fill out a form stating your employment start date and attach your documentation. If you have been unemployed for more than 3 months, you must contact your Jobcenter and send them the documentation. The Jobcenter will inform us once you are covered by the rules.

You may also apply for a less intensive effort if within the next 6 weeks you are transitioning to one of the following:

- flex job
- maternity leave
- early retirement
- flex allowance
- early pension
- senior pension or state pension
- full-time study

Contact Us

If you have any doubts while receiving unemployment benefits, you are always welcome to write to us or call us at +45 3283 3283.

