



GETTING RID OF UNWANTED THINGS

Sadly in the modern world we tend to accumulate too many things – whether it is clothes, books, furniture etc – the list goes on. No matter how hard many people try they are still left with things that they no longer have use for. Of course a big step forward is to declutter and stay decluttered – who hasn't read the **Marie Kondo** book over recent years, even if you didn't put it into practice? But the question is where to get rid of unwanted things?



Sell your stuff

If you want to sell your unwanted things there are a number of places to do this in Denmark.

- **Den Blå Avis** is the first place to think about selling things and also to get an idea of the going price for your item. It costs to list an item but the reach is pretty good and the investment is worth it for more expensive items. Be prepared for people to haggle you down so be strategic in the amount you list for and the lowest price you are prepared to take.
- **Loppemarked** or flea markets are another option if you have a lot of things to sell or you could go in on a stand with a friend. Many of the popular markets get booked up very quickly so you



may need to plan ahead. Generally you pay a set amount of money for a stand and you need to get there early with your own table. I've made a reasonable amount of money taking a flea market stand every couple of years but I've learnt to be aware of light fingers around my stand and also to take a lot less for items than they are genuinely worth.

- To sell kids stuff such as toys and clothes you can use the website Reshopper or join some Facebook groups such as **Copenhagen Parents**
- **The Sell, buy, swap Facebook** page is also one worth looking at.

Giveaway your stuff

Quite honestly for small things and clothes giving away can be the best option for the money you will get back is minimal if you sell and donating stuff helps others less fortunate.

- The most obvious and easiest place to donate clothes is in the Røde Kors clothing banks located all over the city and country. You can often find them in the car park of a supermarket or outside, outside some schools and various other locations. To find your nearest one you can use their website [here](#). They are running a campaign with TV2 called Smid Tøjet Danmark 2017 and you can find out more about this [here](#) – many schools are participating in the programme. You can also donate non clothing items to Røde Kors shops.
- Other charities run charity shops and look for donations including **Danmission and Kirkens Korshaer**.
- **Blå Kors** also take donations including furniture.
- Also for furniture you can take it to your local **Kommune recycling place** or **contact the Kommune** to arrange for the item to be taken away (although there is a cost to this).
- Mødrehjælpen shops are also a great place to donate children's (0-6 years) clothes and toys. Find your local place [here](#).
- If you want to give to an individual you can list your item on the Facebook group – **Free your stuff Copenhagen** but be prepared to be messed around by some people who will agree to take your item and then never respond to messages or simply don't turn up to collect it. There are always more people interested in your item so if people are rude or not responding move to the next person in the queue. People will add kø on a thread and this indicates they are interested and waiting in line. Once you have given away your item, remove it from the listings.
- For book donation you can post your books on **Free Your Books Copenhagen** on Facebook.



Food sharing

We waste a huge amount of food in Europe and at a time when we are seeing a rise in Food Banks in places like the UK and also here (this organisation **FødevareBanken** is a example and they are also looking for volunteers). There is a very active movement in Copenhagen to reduce food waste and to encourage food sharing.

- The Facebook page, **Food Sharing Copenhagen**, is a great place to start to find out more about food sharing events in the city and **their website** explains more about the scheme
- Kultur Nørrebro, a Kommune initiative, also runs a food share initiative, more information **here**.