
me gustaria encontra amigos!!!

Posted by Mireya Steffensen - 2008/08/21 17:43

Hola a todos! Mi esposo es danes y vivo en Dinamarca hace un ano y medio. Quiero encontrar amigos colombianos y de latinoamerica que se encuentren en Dinamarca con los que pueda compartir muchos buenos momentos y hacer una linda amistad. Un calido abrazo y hasta pronto!

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Re:me gustaria encontra amigos!!!

Posted by costeña - 2008/08/23 12:02

Hola Mireya..

En q ciudad de Dk vives???

Hay un gastronomico el 28 de sep. organizada x Ascolda (Asociación Colombo-Danese, es en Kbh, y x lo gral compartimos un rato con nuestros compatriotas y sus flias. Podrías acercarte y conocer gente.

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Re:me gustaria encontra amigos!!!

Posted by niño - 2008/08/24 11:02

hola mireya dime en que ciudad vives yo vivo en middelfart en fyn y si estas cerquita es mas facil conocernos

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Re:me gustaria encontra amigos!!!

Posted by conypr - 2008/08/28 17:33

me interesa el evento.. so please xq no me cuentan??

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Re:me gustaria encontra amigos!!!

Posted by Hola! - 2008/09/16 14:36

Hola! Costeña, cómo estas?

Yo tambien soy costeña, hace unas 3 semanas estoy en Århus pasando vacaciones, mi novio vive aqui., realmente sólo he tenido la oportunidad de conversar con 2 Colombianas, pero no viven en Århus. Sabes de algun o algunos Colombianos que vivan en esta ciudad?

Un grande abrazo,
Marta Guerrero.

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Re:me gustaria encontra amigos!!!

Posted by yennygs1 - 2008/09/17 13:19

Hola Señoritas:

Bueno soy Yenny, vivo en Dinamarca hace ya dos meses soy de "Cali", y que bueno conocer mas gente de mi tierra, vivo en Esbjerg y la verdad no he tenido contacto con muchas Colombiana pero se que hay muchas aqui, que bueno saber de ustedes espero estemos en contacto.

Yenny

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Re:me gustaria encontra amigos!!!

Posted by hola yenny - 2008/09/17 14:53

hola yenny como estas yo creo que tu eras la yenny con la que nos ibamos a reunir un dia en kolding tu debes ser la amiga de carolina ojala algun dia podamos reunirnos y conocernos yo vivo en middelfart un abrazo monica

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Re:me gustaria encontra amigos!!!

Posted by Lucía2712 - 2008/09/17 20:12

Hola! me gustaría conocer gente de Colombia porque también soy de allá e igual soy casada con un danés, llevo más tiempo que tú aquí en Dinamarca. Saludos

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Re:me gustaria encontra amigos!!!

Posted by Lucía2712 - 2008/09/17 20:14

puedes escribir la dirección del evento?

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Re:me gustaria encontra amigos!!!

Posted by hola lucia - 2008/09/17 20:31

hola lucia y donde vives a mi tambien me gustaria tener mas amigas colombianas como yo

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Re:me gustaria encontra amigos!!!

Posted by yennygs1 - 2008/09/17 22:55

Hola Yo creo que si, heheheh yo soy amiga de Carolina, como estas??? que rico que te pongas en contacto, si quieres podemos charlar en msn, me avisa un abrazote re contra Colombiano

Yenni

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Re:me gustaria encontra amigos!!!

Posted by Lucía2712 - 2008/09/20 12:01

Hola Mireya! yo estoy como tú. También me gustaría conocer gente y compartir buenos momentos. Abrazos

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Re:me gustaria encontra amigos!!!

Posted by Miguel - 2008/10/02 21:37

no ps quisiera saber tambien lo del el evento de la comida y tambien de saber si en århus hay algun barsito latino como pata ir a bailar salsa, merengue, bachata o lo que sea pero quiero saber si hay un bar latino

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quiero conocer y tener amigas, en dinamarca

Posted by sindy perez - 2010/03/03 18:08

hola soy una chica de colombia, cartagena, estoy en dinamarca hace una semana, estoy en give, vivo con mi novio aqui, que es danes, quiero conocer amigas de colombia... mi correo es bebehermosa25@hotmail.es, saludes a todos

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Re:me gustaria encontra amigos!!!

Posted by costeña - 2010/03/07 11:01

Bienvenida a Dinamarca. Hombre q lastima q vivas un poco lejos de Københav...:) pues x acá vivimos varios de Cgena y en gral muchos de todas las regiones de Cbia. Te escribo a tu coreo o.k

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Re:me gustaria encontra amigos!!!

Posted by juan - 2010/03/24 12:18

hola!
yo vivo en KBH, cerca a nørreport asi que si hay algo para hacer avisenme!, yo me mantengo aca solo y sin hacer nada, los daneses son muy cerrados a hacer amistades :(
mi correo: naruse@gmail.com,.

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Re:me gustaria encontra amigos!!!

Posted by Luisa - 2010/03/27 17:54

Hola a todos,
Soy una chica danesa-colombiana de 21 años que busca un amigo/a de intercambio en Copenhague! Yo hablo perfectamente danés y inglés pero por desgracia no practico el espanol mucho..
Puedo ayudarte con el idioma y claro que me gustaria tener amigos nuevos tambien.
Escribeme en luisalund@hotmail.com.
- Luisa

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Soy de dinamarca

Posted by Johannes - 2011/03/04 05:28

Hola soy Johannes quarenta y quatro años vivo en Copenhague quiro una amiga que español hablar. Hablo español muy mal pero intentar cada vez mejor. Me email: johannesceciljensen@hotmail.com escribir "Amiga español" a este saber.

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Re:me gustaria encontra amigos!!!

Posted by Charlotte - 2011/03/15 17:19

Holaa

Me llamo Charlotte. Soy danesa y vivo en Århus. Me gustaria encontrar gente que habla español para mejorar mi español, hacer amistades y quizas ayudarte en conocer mi ciudad, el pais etc :).

Mi correo: lottodk@hotmail.com

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Re:quiero

Posted by Test, just a test - 2012/05/16 20:37

Starting to be tolerant of on your own is the obvious way to feed on healthy food choices. Something different you'll want to consider is feeding on natural foodstuff. The foodstuff which have been filled with diet are not only better for your health however your physique need much less food because it is receiving the nourishment it deserves. Also, food rich in nutrition could make you feel better and you'll have considerably more energy. Dishes that are packaged and stuffed with calories will probably have you feeling keen usually since physique hopes to eat food which are overflowing with vitamins. Drinking water will be among the finest stuff you normally takes in if your planning to lose weight. buy phen375

If you aren't having sufficient sleeping you happen to be simply establishing your system up for suffered weight increases. It's actually not after you exercise that your particular muscle groups get bigger and better so they melt off a lot more fat - it while you rest. If you're to not get plenty of get to sleep you will be in for malfunction. Not only can parts of your muscles not repair rapidly enough on the exercising and induce traumas later on, but your entire shape suffer in addition. The harsh fact of our own day-to-day lives is the fact unhealthy food is unsafe. Take away the practice of snacking on fast foods from time to time.

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Re:me

Posted by Test, just a test - 2012/05/16 23:07

Lose Weight {Fast and Easy|Easily|Quick and simple|Without headaches|Actually quite easy|Easy and fast} {Tip|Suggestion|Idea|Hint|Word of advice|Rule} {#|Number}3: {Drink|Consume|Beverage|Ingest|Take in|Sip} {Plenty of|Lots of|A lot of|A good amount of|An abundance of|Loads of} WaterDrink {plenty of|lots of|a lot of|a good amount of|an abundance of|loads of} {water|drinking water|h2o|normal water|mineral water|waters} {to keep your|and also hardwearing .|to maintain your|a|to help keep your|and also hardwearing} {body|physique|entire body|system|human body|shape} {hydrated|moisturized|replenished with water|moist|watered|replenished}. {Water|Drinking water|H2o|Normal water|Mineral water|Waters} {helps|assists|aids|will help|allows|can help} {flush out|eliminate|remove|get rid of|eradicate|clean out} {all the|all of the|every one of the|each of the|the many|many of the} {toxins|harmful toxins|toxic compounds|poisons|contaminants|waste} and {promotes|encourages|stimulates|helps bring about|advances|endorses} {proper|correct|appropriate|suitable|right|good} {digestion|digestive function|digestion of food|digestive system|food digestion|the digestive system}. {It helps|It will help|It can help|It may help|It assists|It contributes greatly} {break down|break up|breakdown|stop working|digest|wear out} {fat|body fat|excess fat|extra fat|weight|unwanted fat} {cells|tissue|tissues|cellular material|solar cells|skin cells} {and it|also it|plus it|and yes it|and it also|but it} {fuels|energy sources|powers|energizes|heats up} your {metabolism|metabolic process|metabolic rate|fat burning capacity|rate of metabolism|metabolic processes} {too|as well|also|way too|far too|very}. So {instead of|rather than|as opposed to|as an alternative to|rather than|in lieu of} {drinking|consuming|ingesting|having|sipping|enjoying} milkshakes and {soda|soda pop|soft drinks|soft drink|pop|coke}, {drink water|stay hydrated|keep yourself hydrated|drink plenty of water}. {Make sure that you|Ensure that you|Make certain you|Just be sure you|Be sure that you|Just remember to} {drink|consume|beverage|ingest|take in|sip} {at least|a minimum of|no less than|at the very least|at the least|not less than} 8 {glasses of|portions of|servings of|associated with|regarding} {water|drinking water|h2o|normal water|mineral water|waters} {every day|every single day|each day|daily|everyday|on a daily basis}. phen375 south africa Consume only about the dining table without doing other stuff. As an illustration, you mostly make use of motor vehicle to produce a rapid visit to the store to get a box of take advantage of. It is advisable walking or make use of a street bike for a speedy day at the shopping. Or when going up or down as part of your job site, use the a stairway instead of the escalator. Reducing weight fast will not be prosperous if you will only watch your diet plan. Also a short 20-instant walk every morning provide you with significant positive aspects. It is going to unquestionably get a lean body and conditioning degrees. Many people who readily gain pounds are the tension predators. Tend not to are part of this population that will this halloween out if they are burdened.

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Re:Soy

Posted by Test, just a test - 2012/05/16 23:24

In addition to aerobic, you'll want to acquire some resistance training in. Strength training will increase your muscles bulk which will help you burn more calories during the day. This can be a way of measuring the minimum amount variety of calories your body needs to get in the day time. This tends to establish the number of calories you need to take to keep your current higher level of pounds. phen375 review If even now keen carrying out a selected break or supper, next the adhering to 7-day period acquire more fruit and veggies in any other case food products filled with cholestrol levels lowering fiber content that could be included with any particular one munch or food. Another method setting up composing hunger pains and meals for 1 full week assists with removing unwanted weight has been controlling impulsive

shopping for. When snacks, xmas crackers and cupcakes aren't on a person's record then a person will not be as more likely to purchase the products. Also, people today do not need to walk along that row in a store. Folks may possibly comprehend this specific line in all probability is one of detrimental short period within the total retail store. Food products seen in this unique line are brimming with mister and hydrogenated herbal oils furthermore supply no nourishment. In relation to meals full of hydrogenated oils and delicate mister, the two people compounds promote being obese. So, an incredible option to shed extra pounds is lessening food items full of these materials. More desirable, fully doing away with foodstuffs filled with these components can provide people who wonderful success about sacrificing lbs.

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