



Erasmus Student Network  
Groningen

**ESN**  
**GRONINGEN**  
**INTRODUCTION**  
**WEEK**  
**SEPTEMBER**  
**2020**





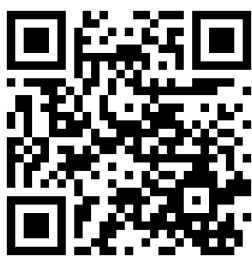
**Join the various ESN events  
throughout the semester!**

Movie Nights | Socials | Pub quizzes

Sport activities | International dinners

Poetry nights | Game nights | Day trips

Integration activities | Network events



**To check out our events and buy tickets  
go to [www.esn-groningen.nl/events](http://www.esn-groningen.nl/events)**



# Welcome to Groningen!

On behalf of ESN Groningen, I would like to warmly welcome you to the most amazing student city in the Netherlands: Groningen! With over 25% of the inhabitants of the city being students, it is often argued to be the most vibrant and living city in the country. You are very lucky, as you are about to experience the incredible atmosphere that the student life of Groningen has to offer! Although the current pandemic makes student life in Groningen a bit different now, I am sure you will not be disappointed by the city.

You might feel very nervous for the upcoming time. A new environment, new country, new habits and maybe even a new language. During my studies, I went on exchange to Taiwan. As their culture is not even slightly like the Dutch culture, I was quite nervous to go there. However, I noticed that the best way to integrate in the new society is to be very open-minded and social. Especially in the beginning, I met a lot of amazing international people, as well as locals, that made my exchange experience just incredible. When I came back, I felt like I was really living in a Dutch bubble, while I believe the international students really add value to the student life of Groningen. That is why I joined the ESN board. I would love to ensure you have the same amazing experience here in Groningen as I had during my time abroad. ESN Groningen aims to facilitate you in this process of making you feel like home here. We do this by organising a range of different social, cultural and professional activities, such as parties, excursions, international dinners, student nights, pub quizzes, movie nights and many more. This is in addition to the buddy, intercambio, family and club programme that we offer!

But first, the ESN Introduction Week! Although this semester's Introduction Week will look very different compared to the normal Introduction Week because of COVID-19, we still try to show you a glimpse of what the city and its student life has to offer. Furthermore, you will meet so many great friends during your memorable time here in the city. Make sure to explore the city to the fullest!

You may have a bunch of questions now regarding the Introduction Week, ESN or more in general, do not hesitate to contact us! My fellow board members and I are looking forward to meeting you during the upcoming week or in one of the activities organised throughout the semester. I wish you a memorable ESN Introduction Week!

On behalf of the 33rd ESN Groningen board,

David Kraandijk





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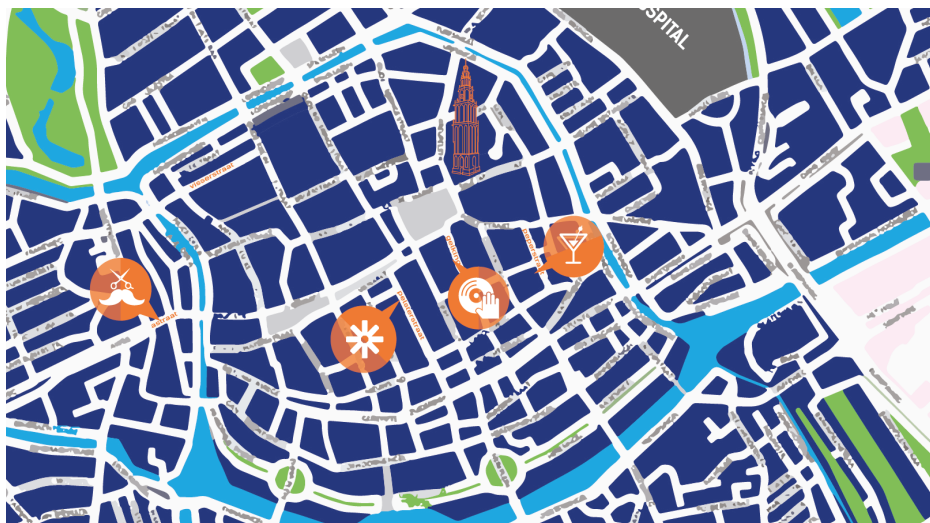
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# Important ESN Groningen info

<b>Address:</b>	Pelsterstraat 23
<b>Postal Code:</b>	9711 KH
<b>City:</b>	Groningen
<b>Phone number:</b>	+31 50 3637176
<b>Office hours:</b>	Currently, the office is closed due to COVID-19 restrictions. As soon as possible, the office will re-open according to the following opening hours: Monday-Friday: 13:00-16:00 Thursday: 13:00-19:00
<b>Website:</b>	<a href="http://www.esn-groningen.nl">www.esn-groningen.nl</a>
<b>E-mail:</b>	<a href="mailto:info@esn-groningen.nl">info@esn-groningen.nl</a>
<b>Facebook:</b>	<a href="http://www.facebook.com/groningen.esn">www.facebook.com/groningen.esn</a>
<b>Instagram:</b>	<a href="http://www.instagram.com/esn_groningen">www.instagram.com/esn_groningen</a>





# Practical information

## **Platform**

1. In this booklet you can find all the information about the Introduction Week. For the latest updates make sure to **always check the Introduction Week Platform**.
2. In your confirmation e-mail, you received your **personal** sign in information for the Introduction Week. You can use this information to sign into the online platform that will be used for all the online events during this week.
3. You can find a link to the online platform on the Introduction Week page on the ESN Groningen website ([www.esn-groningen.nl](http://www.esn-groningen.nl)).
4. On each individual day, links will be posted on the platform through which you can join the online events.

## **Introduction Week**

1. During all ESN events, the use of drugs is prohibited.  
**BE AWARE:** Breaking this rule will lead to removal from the entire Introduction Week.
2. The consumption of alcohol during physical events of the Introduction Week is prohibited.  
**BE AWARE:** Breaking this rule will lead to removal from the entire Introduction Week.
3. In case of an emergency, contact the ESN Groningen Board as soon as possible. Either Pascale Kruize **(+31 6 27220626)** or David Kraandijk **(+31 6 34658857)**.
4. For confidential matters, you can contact David Kraandijk **(+31 6 34658857)** or Femke Steman **(+31 6 24804593)**. If anything happens that you are uncomfortable with, you can contact them by phone.
5. It is not allowed to have dinner during the Introduction Week at International Student Houses.



# COVID-19

Due to COVID-19, the ESN Introduction Week will look a bit different compared to previous editions. We ask you to take all regulations implemented by the Dutch government regarding COVID-19 seriously and **follow them at all times**. Not doing so will result in removal from the entire Introduction Week programme.

1. Keep 1,5 metres distance from everyone at all times.
2. If you have any health complaints, like a fever, a cough, sneezing, sudden loss of taste and smell, stay home and be tested immediately!
3. Taking a corona test in the Netherlands is free of charge. Call 0800-1202 to make an appointment or go to [www.government.nl/](https://www.government.nl/) for more information.
4. Wash/disinfect your hands as often as possible and do not shake hands with other people.
5. We work with strict time slots, so we ask you to **not come to events too early or too late**. This way everyone will be able to keep the 1.5m distance.
6. It is prohibited to consume alcoholic beverages during physical activities of the ESN Introduction Week
7. Activities related to the Introduction Weeks by student organisations must end at 22:00.
8. The number of visitors that people can receive at home is limited to 6.

If you have any questions regarding the regulations, please contact Floor Verwijs at +31 6 46580673

# Programme

## Friday, 28th of August

17:00 - 17:30 **Kick-Off Introduction Week**  
Online

The official Kick-Off of the ESN Introduction Week! David Kraandijk, the President of ESN Groningen, will welcome you to Groningen and give you a short overview of the week.

18:00 - 20:30 **Meet your Introduction Group**  
Online / Physical

After the Kick-Off, it is time to meet your fellow group members. Participants of the online Introduction Week will meet through a Google Meet, whereas other groups meet their Introduction Guides and fellow group members in person or online too. If the weather is nice, be sure to meet each other outside! **Only in case** your group is meeting outside, you can meet with your buddy group as well. Otherwise, you will only meet your own group. **In case you are meeting other people in person, you must keep the Dutch COVID-19 regulations into account at all times.**

Along with the goodiebag and ESNcard that most of you have picked up between Wednesday the 26th and Friday the 28th of August, you will find a voucher for New York Pizza. This voucher gives you a very nice discount to enjoy during the Google Meet session or physical meeting with your group. **Attention!** The voucher is **only** valid on **Friday the 28th of August** at the following New York Pizza stores in Groningen: Nieuwe Ebbingestraat 105 and Zonnelaan 255. The voucher is only valid for participants and Introduction Guides of the ESN Introduction Week. Participation in the Introduction Week **will be checked**. If you have not picked up your goodiebag during these timeslots, unfortunately, it is not possible to partake in the pizza discount.

Finally, do not forget to indicate **today** whether you would like to join the Movie Night physically or online through the form that you have received. After filling it out, it is not possible to change your indication.



# Programme

20:30 - 22:30

## **Pubquiz**

Online

Now it is time to share your knowledge with your group by answering questions during the online pubquiz! You can follow the pubquiz online with your Introduction Group! You can join the pubquiz with a group of maximum 10 people. The best Introduction Group will win a very nice prize! ***In case you are meeting other people in person, you must keep the Dutch COVID-19 regulations into account at all times.***

## Saturday 29th & Sunday 30th of August

12:00 – 18:00

## **Information Fair**

Online / ACLO Sports Centre (Blauwborgje 16)

***Important: Please visit the ESN Introduction Week platform to see on which day (Saturday or Sunday) your group will attend the Information Fair.***

Today, you will find out more about Groningen's student life by meeting many sports and culture associations at the Information Fair. The physical fair is located at the ACLO Sports Centre at Zernike Campus. Each group is appointed a timeslot on either Saturday or Sunday, and you should make sure you only attend the physical fair during your indicated timeslot!

Through the ESN Introduction Week platform you can also visit the Information Fair online. Furthermore, it is possible to join online workshops and Q&A's with various organisations. More information on the workshops can be found on the platform and on page 14 and 15 of this booklet.

***You must keep the Dutch COVID-19 regulations into account at all times.***

***At the Information Fair, it is prohibited to consume alcoholic beverages. Doing so will result in removal from the entire Introduction Week programme.***

# Programme

All day

## **City Walk**

City Centre of Groningen

We have composed a city walk through the beautiful city of Groningen. During this city walk, you will see all the highlights that you need to know! The map can be found either online via the ESN Introduction Week platform or along with your goodiebag and ESNcard.

You can either walk by yourself, with your own group, or with your buddy group. ***You must keep the Dutch COVID-19 regulations into account at all times.***

***During the City Walk, it is prohibited to consume alcoholic beverages. Doing so will result in removal from the entire Introduction Week programme.***

## Sunday, 30th of August

20:30 - 22:00

## **Comedy Night**

Online

The improv comedy group "Stranger Things Have Happened" will make you laugh for an hour and a half, this is definitely something you shouldn't miss out! You can watch this show through the online ESN Introduction Week platform either alone or with your group. In case you are meeting other people in person, you must keep the Dutch COVID-19 regulations into account at all times.

# Programme

## Monday, 31th of August

18:45 - 20:00

### **Dutch Language Lessons**

Online

This workshop is designed to introduce you to the Dutch language in a fun and easy way. You will definitely be able to speak a bit of Dutch at the end! You will learn some very important sentences that you can use to get by in the supermarket, to make friends, and to find your way around the university. You can watch the Dutch Language Lessons through the online ESN Introduction Week platform either alone or in your group. ***In case you are meeting other people in person, you must keep the Dutch COVID-19 regulations into account at all times.***

20:00 – 20:30

### **Q&A**

Online

During the Q&A, Dutch and international students who have been living in Groningen for a while will answer everything you need to know about student life in Groningen, about ESN, and much more! If you have a question, you can ask it through the ESN Groningen Instagram story starting 24 hours prior to the Q&A. Otherwise, you can send in your questions during the session. You can watch the Q&A through the online ESN Introduction Week platform either alone or in your group. ***In case you are meeting other people in person, you must keep the Dutch COVID-19 regulations into account at all times.***



# Programme

## Tuesday, 1st of September

16:30 - 22:00 **Movie Night**

Online / Pathé (Gedempte Zuiderdiep 78)

It's time to relax! Sit back, buy some popcorn and drinks and enjoy this unreleased movie.

On Friday the 28th of August, you were asked to fill out a form indicating whether you would like to join the Movie Night online or physically. After filling out the form, it is **not possible** to change this. Furthermore, the movie vouchers given by your Introduction Guide are only valid for participants and Introduction Guides of the ESN Introduction Week. Participation in the Introduction Week **will be checked**. On your ticket your movie time is noted. Due to the current situation it is important that you arrive 15 minutes beforehand. Moreover, if you want to wait for your group, do this somewhere in the city center but not in front of Pathé. If you have chosen for the online movie night you will receive an code via email.

***In case you are meeting other people in person, you must keep the Dutch COVID-19 regulations into account at all times. At Pathé, it is prohibited to consume alcoholic beverages. Doing so will result in removal from the entire Introduction Week programme.***

## Wednesday, 2nd of September

21:00 - 00:00 **Cocktail Party**

Online

Today is the final day of the ESN Introduction Week. In the evening, there will be an online Cocktail Party to celebrate the amazing week that we had! There will be a cocktail workshop and some nice music for you to enjoy. ***In case you are meeting other people in person, you must keep the Dutch COVID-19 regulations into account at all times. This includes that it is not allowed to have more than 6 visitors in your home.***

STUDENT SPORTS GRONINGEN



• 7 months • Unlimited sports

# SEMESTER CARD

Only €49,95

Valid from September 2020 until February 2021



[www.aclosport.nl](http://www.aclosport.nl)

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STUDENTSPORT  
GRONINGEN

# Workshops

## **Workshops**

During the Information Fair, there will be some workshops that you can attend from home! We will provide 4 different online workshops, namely: Dutch History Lessons; DIY: Drum It Yourself; Groningen Here and Now and Beer Yoga. There will also be a physical workshop which you can register for on Friday: namely a biking workshop! Below you can find some more information on each workshop. The links to the workshops can be found on the Introduction Week platform, and will all be broadcasted live. You can find this schedule on the Introduction Week platform as well. Even though the workshops will be broadcasted live, you will be able to watch it back later, so do not worry if you cannot attend the workshop at the indicated time!

### **Dutch History Lessons**

Do you want to learn some interesting facts about Dutch history? Tune in to this workshop and you can find out everything about the Dutch! History teacher Maarten Heemstra will tell you a bit about Dutch History in a very witty and interesting manner.

### **DIY: Drum It Yourself** (By Stukafest)

This Drum It Yourself workshop, presented by Stukafest Groningen, is an interactive workshop that teaches you how to produce some cool tunes without any instruments! The only thing you will need, are your kitchen utilities. So, get yourself a drink, gather your equipment and join us in this workshop!

### **Groningen Here and Now**

In this workshop you will learn about everything that Groningen has to offer, regarding culture and events, from the organisation Groningen Here and Now. They will explain about 'going out green' and also share some tips about choosing your events, outfits, drinks and foods sustainably.

### **Beer Yoga** (By Usva)

It's time for Beer Yoga! Combining the pleasures of yoga and drinking beer, it is the ultimate relaxation activity. For the coming 45 minutes you will become the epitome of zen. Usva organizes Beer Yoga multiple times per year, with many people becoming regulars because of the fun they have had. The workshop, when given in the Usva building, takes an hour and includes two Usva beers. Usva hopes you enjoy the coming workshop and we would love to see you at Usva!



# Workshops

## ***Physical workshop***

### ***Fiets Friend workshop: Rules of the road***

Eager to hit the road on your (used) bike, but can't wrap your head around Dutch traffic rules and who has right of way?

City Centrals Fiets Friend buddies will help you navigate Groningen's streets like a pro. They will bike by your side to teach you how to read the road signs - and make sense of the city's chaotic intersections.

#### ***Practical information***

Dates: 28 & 29 August

Time & place: 11 am, 1 pm, and 2 pm starting at City Central (Akerkhof 2a).

The workshop is about an hour long.

***Bikes:*** You have to bring your own bike!

For this workshop, you can register for various timeslots on Saturday and Sunday, and each timeslot has a maximum of 8 people. The registration will open on Friday evening on the ESN Introduction Week platform, after the Kick-Off, so be sure to register yourself so you can participate! Be aware: full = full! Side note: when registering, you should pay attention to when your group is scheduled to go to the Information Fair. Make sure not to register for the workshop that is overlapping with your timeslot!

# Meet the Board



**David Kraandijk**  
**President**

Meet David, the new President of the ESN Groningen Board 2020/2021. David likes to be active by playing basketball, tennis, or ping pong with his fellow board members. He also loves to travel and has been on exchange to Taiwan before. David is very involved and easy to approach, so do not hesitate to talk to him!



**Pascale Kruise**  
**Secretary**

Pascale is the new Secretary of ESN Groningen. Her hobbies include going to concerts, playing volleyball, and writing. She studied American Studies and has been on exchange to the US for one semester. Pascale is very organised and likes to meet new people, so do not hesitate to strike up a conversation!



**Lennart Stokman**  
**Treasurer**

Introducing Lennart, the new Treasurer of ESN Groningen. Lennart likes music and is the personal DJ of the board. He likes working out and playing ping pong with his fellow board members. He, therefore, also eats a lot (A LOT!). Lennart has been on exchange to France. His height may seem overwhelming, but he's a very open person!

# Meet the Board



**Nick Grolleman**  
**External Relations Coordinator**

This is Nick, the External Relations Coordinator. Nick likes sports as well as he has been active in many different sport clubs and associations. He has also been on exchange to Taiwan and has done two internships during his studies. Nick is a real social butterfly and will talk to anyone about anything!



**Sietse Greijdanus**  
**PR Coordinator**

Sietse is the new PR Coordinator of the ESN Groningen Board. He likes gaming and is very good at designing so he is, therefore, perfect for his position. Sietse is also very funny and can't wait to meet new people during his time in ESN!



**Femke Steman**  
**Integration Coordinator**

Meet Femke, the new Integration Coordinator of the Board. She likes all kinds of music, from Reggae to Techno and everything in between. Femke has been on exchange to Mexico and can speak Spanish fluently. She likes to meet new people, so don't be afraid to approach her!

# ESNcard & Deals

The ESNcard makes you an official ESN member, the largest student network in Europe. This means you can sign up for all the activities that ESN has to offer. Do you want a cheap outfit for the theme parties? Eat a warm tosti or want to have dinner in a nice restaurant in Groningen? ESN Groningen has many deals with different companies around where you can get great discounts just by showing your ESNcard! Be sure that you know which shops or restaurants give discounts before you pay too much. Make sure to check regularly [www.esn-groningen.nl](http://www.esn-groningen.nl) for new updated card deals. Besides that, there are also online and international discounts, for these discounts check [www.esncard.org](http://www.esncard.org). If you do not have the card yet, you can buy it throughout the year for only €7,50. In the following pages, you will get to see for yourself the amazing benefits that the ESNcard has to offer.





# ESNcard & Deals

## **Ryanair**

You will receive a 10% discount on 4 single flights or 2 retour flights, in addition to this discount you get a free check-in luggage of 20 kg with each of these flights.

## **Studentist Groningen**

You can get a 10% discount on the first treatment you book at Studentist. You can make an appointment on their website, call them or pay them a visit.

## **Overnachten in Stijl**

ESN members get a €25 discount on the total price of your stay if you contact Mrs. Diet Daleman on the following phone number: +31651884416.

## **Restaurant Deals**

Get a 15% discount on the à la carte menu prices at: Cantina Mexicana, Eetcafe't Zwarte Schaap, Eetcafé d'Ouwe Brandweer, UNO and Louis XV. Get unlimited tapas for €18,50 at El Txoko and Tapasco.

## **Rebel Rebel Hostel**

With your ESNcard, you get the 5th night for free!

## **Smooth Brothers**

With your ESNcard, you get the large smoothie for the price of a normal smoothie.

## **Helpman's Pasta's**

With your ESNcard you get 10% off at your order + a free topping. This deal is only valid by pick up. Please bring your ESN Card and show it when you pick up your order.

## **Eurosender**

ESNcardholders are now exclusively entitled to a special 10% discount by entering the promo code ESNGRONINGEN when booking your Eurosender order.

## **Happy Car**

Exclusively to ESN Groningen students we give a €10 discount on a minimum expenditure of €75. The voucher code is: 10UNIhappyCar.

# ESNcard & Deals

## ***Happy Car***

Exclusively to ESN Groningen students we give a €10 discount on a minimum expenditure of €75. The voucher code is: 10UNlhappycar.

## ***De Kaaskop***

You will get a 15% student discount on Tuesdays and Wednesdays by showing your ESNcard.

## ***Moustache Babershop***

With your ESNcard you'll get a 15% discount on a haircut and €3,- on a classic shave.

## ***Stranger Things Have Happened***

Tickets are only €4,- for ESN students.

## ***HoldiayCars***

As an ESNcard holder, you can now profit from a 15% discount on your next car rental.

## ***EasyTerra***

An additional 5% discount off standard rates on car rentals.

## ***Are U Nuts***

Offers an authentic, exotic, and diverse range of nuts, dried fruits and seeds. Get 10% off on every item in their store. You can get the discount by using the following code: esn10

## ***Swapcouch***

Swapcouch makes your study abroad carefree with their unique and simple furniture lease concept. As an ESN member you will receive a 10% monthly discount on your order.

## ***KOKOMO***

During ESN Theme Parties, you get 2 cocktails for the price of 1!

# How to get involved?

## Join one of our **activities**

The simplest way to get involved in the ESN community!  
Sign up for one of 120+ events throughout the year, or  
come down to a Student Night or Theme Party.



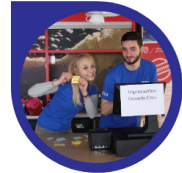
## Sign up as an **Introduction Guide**

Become a Guide in the ESN Introduction Week! With a  
friend, you will lead a group of international students.



## Sign up as an **ESN Crew member**

Help us out during the ESN Introduction Week! Sign up  
for a shift of at least 4 hours and get a free ticket.



## Sign up as a **Buddy**

Help a new international student in Groningen with  
practical matters, and show them around the city!



## Apply for an **ESN Committee**

Join a team of motivated students, working parttime to  
organise several events throughout the year.



Go to  
**esn-groningen.nl**

Get involved



# Stay up to date!



Like our Facebook page 'ESN Groningen'



Join the Facebook group 'ESN Groningen 2020/2021'

This is the main place where international students and local organisations can ask questions and share all kinds of relevant information. The posts are monitored, so don't be afraid of spam!



Follow us on Instagram:

@esn\_groningen.

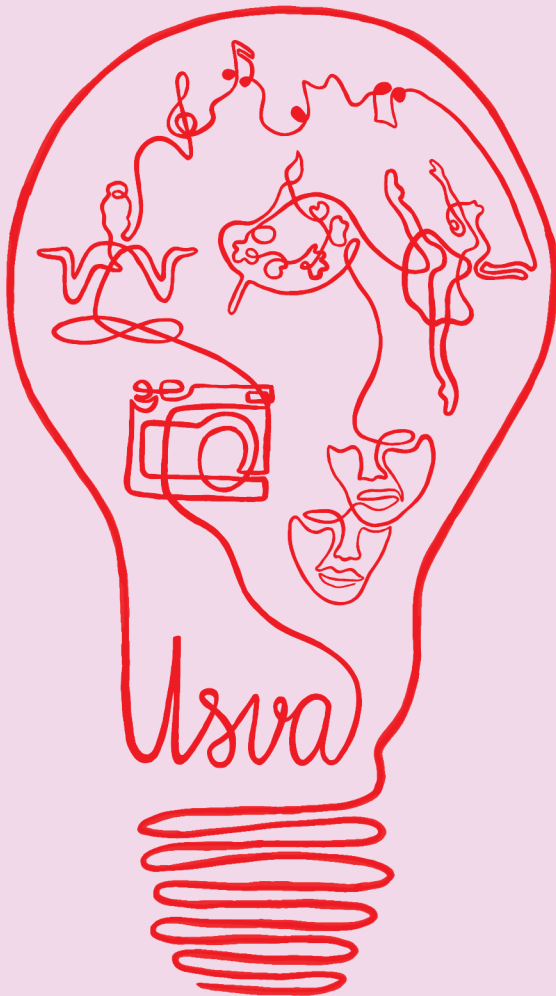
**George**



Add our mascot 'George ESN Groningen' as a friend on Facebook. He will invite you to our events, so you don't have to miss a single one!



Usva



# *Join the Usva crew*

Enlighten your life with one of our cultural committees

Send your CV and motivation to [usva.sc@rug.nl](mailto:usva.sc@rug.nl)

Deadline: 6 September

More information available on our website

**Usva.nl**





# Upcoming Events

## **Day Excursion to Giethoorn**

*Saturday, 5th of September*

Join us on this first Day Excursion of the year to Giethoorn! Giethoorn is a unique place in the Netherlands and tourists also call it "Venice of the North." It is famous for its scenic canals, cute houses, and beautiful landscapes. During this excursion you will be able to explore Giethoorn by boat and we will end the day with a nice dinner together. It is the perfect opportunity to get to know The Netherlands a bit better!

*Tickets can be bought online via the ESN website.*



## **Dutch Dinner**

*Sunday, 6th of September*

The first International Dinner of the new Academic Year will take place on the 6th of September. This first time the theme of the International Dinner will be Dutch, because the new Board members will cook a delicious three course meal for you! So, if you want to taste traditional Dutch cuisine and get integrated into Dutch culture right away, come join us to start your year off right!

*Keep an eye out on our social media to see when tickets are sold.*



## **Other events**

After the ESN Introduction Week, there will be plenty activities organised by ESN for you to join! Make sure to check our Facebook page and website regularly to find our upcoming events. Examples of events that we organise are Pub Quizzes, Sport Activities, Movie Nights, Student Nights and many more!

INTERNATIONAL BAR



**EVERY NIGHT**

2 COCKTAILS FOR 10,-

**THURSDAY**

COCKTAILS 2 FOR 1

**FRIDAY AND SATURDAY**

BEER FOR 1,-, UNTIL 00:30

FOLLOW US ON  
INSTAGRAM  
AND FACEBOOK

*@copasgroningen*

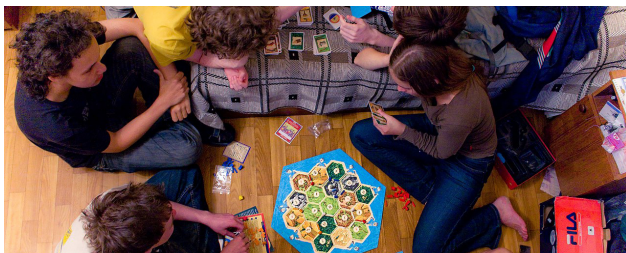
# Semester Programmes

## **Buddy Programme**

Having a buddy is a nice way to get in touch with students that already live in Groningen, they can already tell you a little bit more about the Netherlands and the city of Groningen. Your buddy can introduce you to (student) life in Groningen, give you some tips on how to get to Groningen, what places you need to go to in the city to do groceries, or anything else that you would like to know! Moreover, they can help you with some practical things that need to be done. Of course he/she can also help you with all the other questions that might arise prior to or during your stay in Groningen! After you have applied for a buddy, the Buddy and Integration Committee (also referred to as BIC) will do their best to link you to a buddy, with whom you will get in touch through email. The BIC will organise some fun activities throughout the semester that you can join with your buddy and are the perfect place to meet new people and make friends. If you have any questions about the buddy programme, do not hesitate to send an email to [bic@esn-groningen.nl](mailto:bic@esn-groningen.nl). The deadline for applying for a buddy is the 6th of September and you can sign up through: [esn-groningen.nl/get-involved/esn-buddy-programme/apply-for-a-buddy/](https://esn-groningen.nl/get-involved/esn-buddy-programme/apply-for-a-buddy/).

## **Clubs Programme**

Are you tired of always having to look for a buddy to go on a run with, to try out that new recipe with or to play a good old game of Monopoly with? We can help you out! Our clubs programme is focussed on bringing people together with a similar interest, this way you can share your interests, hang out regularly and make some friends! After connecting you to other students, you can plan your own meetings, any time and how often you want (both online and in real life). We currently have 9 clubs: the running club, the cooking club, the music club, the books club, the board games club, the photography club, the football club, the arts & crafts club and the movies club. If you have a good idea for another club, please let us know! You can email us at [integration@esn-groningen.nl](mailto:integration@esn-groningen.nl). So if you have a hobby that you would like to share with others or if you simply want to get to know more people, join one of the clubs! You can sign up for one of these clubs through:



[esn-groningen.nl/get-involved/join-one-of-the-esn-clubs/](https://esn-groningen.nl/get-involved/join-one-of-the-esn-clubs/).

# Semester Programmes

## ***Intercambio Programme***

Have you recently been abroad or are you currently on exchange in Groningen? Have you learned a new language but are you afraid of not getting enough practice? Or do you just want to try and learn a new language all together? Sign up for the Intercambio Programme!

The Intercambio Programme is a language exchange programme where students can learn each other's language and meet new people. There are a lot of different nationalities in Groningen so there are plenty of languages available to learn! You can meet as many times as you want and nothing is compulsory. It is also possible to sign up for this programme if you only want to teach or only want to learn a language. We will try our best to find everyone a suitable language partner. You can sign up for this programme throughout the entire semester through: [esn-groningen.nl/get-involved/intercambio-programme/](https://esn-groningen.nl/get-involved/intercambio-programme/).

## ***Social Erasmus Programme***

Are you tired of always having to look for a buddy to go on a run with, to try out that new recipe with or to play a good old game of Monopoly with? We can help you out! Our clubs programme is focussed on bringing people together with a similar interest, this way you can share your interests, hang out regularly and make some friends! After connecting you to other students, you can plan your own meetings, any time and how often you want (both online and in real life). We currently have 9 clubs: the running club, the cooking club, the music club, the books club, the board games club, the photography club, the football club, the arts & crafts club and the movies club. If you have a good idea for another club, please let us know! You can email us at [integration@esn-groningen.nl](mailto:integration@esn-groningen.nl). So if you have a hobby that you would like to share with others or if you simply want to get to know more people, join one of the clubs! You can sign up for one of these clubs through: [esn-groningen.nl/get-involved/join-one-of-the-esn-clubs/](https://esn-groningen.nl/get-involved/join-one-of-the-esn-clubs/).



# Semester Programmes

## ***ESN Music Project & Live Music Night***

If you are a music enthusiast, you love playing instruments or singing and you want to perform together with other enthusiasts? Then the ESN Music Project is for you! This is a semester long project where international and Dutch students rehearse, jam and perform together. The project ends with an awesome event: the ESN Live Music Night. After practicing together for months, the bands perform a live show for an enthusiastic crowd. It is the perfect way to make new friends, practice your music skills, get your groove on and work together. Keep a close eye on the social media channels of ESN Groningen to stay up to date and get notified when you can sign up for the project.





# Tips for Groningen

So you have just arrived in the beautiful city of Groningen that many students rightfully call their home and you do not know your way yet? In these tips and tricks, you'll get all the shortcuts and advice that you need.

## ***1. Don't like to spend a fortune on food? We don't like to do so either.***

Every Tuesday, Friday and Saturday, the Vismarkt lives up to its name, transforming into a market where you can buy everything from meat to various spices and vegetables. Especially compared to popular Supermarkets like Albert Heijn and Jumbo, the market often offers various things way cheaper. For example, a ripe avocado will be half as expensive compared to the larger supermarkets. Just be mindful of the quality and inspect that what you're buying thoroughly as the quality control can a bit lower.

## ***2. Stadspark & Noorderplantsoen***

Do you like running or just casually hanging out in the park with friends? Groningen offers great parks that are perfect to spend time and catch some fresh air. The Noorderplantsoen, thanks to its proximity to the city centre and its appearance in the infamous song "het gras van het Noorderplantsoen", is the most popular place for people to hang out. A bit further outside of the canals of the city centre lies the Stadspark. Although lesser-known, the Stadspark is a lot larger than the Noorderplantsoen and offers a lot more variety for things like running.



# Tips for Groningen

## **3. Groninger Museum**

When arriving at the main station in Groningen, the first building that will attract your attention will be the Groninger Museum right in front of the station. As its artsy outside already shows, the Groninger Museum is a great place if you like seeing art and taking in the local culture. More importantly, you'll be granted free entrance upon showing your student card.



## **4. Stadsstrand & Hoornsemeer**

Are you more into outdoor sports? Well, Groningen has you covered! Already within the city, there is the Stadsstrand which literally translates into a city beach. Although not very big, the Stadsstrand offers a great place to take a quick dip at a stone's throw distance from the centre. A lot larger is the Hoornsemeer, South-West from the city. Notwithstanding the 20-minute bike drive from the centre, Hoornsemeer is a lot larger than Stadspark and offers more shade and a beach that stretches way further than Stadsstrand. Both are a great place to escape the busy city life.

EVERY  
SATURDAY

FREE  
ENTRANCE  
23.00 - 24.00

# CLUB *Night*

RESIDENT DJ & MC  
ENTERTAINMENT  
LIVE ACTS

COCKTAILS 2 FOR 1

18+

VIP TABLES AVAILABLE

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GELKINGESTRAAT 1



**APPLY FOR**

**AN ESN**

**\* COMMITTEE \***

**\* Buddy & Integration Committee \***

**\* Culture Committee \***

**\* Excursion Committee \***

**\* International Dinner Committee \***

**\* Network Committee \***

**\* Party & Pub Quiz Committee \***

**\* PR & Graphics Committee \***

**\* Social Erasmus Committee \***

**\* Sports Committee \***

[www.esn-groningen.nl](http://www.esn-groningen.nl)

