



Erasmus Student Network  
Groningen

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

INTRODUCTION GUIDE MANUAL



# 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 Introduction Guide!

We are very happy that you will be joining us for the ESN Introduction Week September 2020! Although this week will be very different from previous years due to the COVID-19 situation we find ourselves in, we are sure it will be an unforgettable experience for the participants, as well as for you as an Introduction Guide. You will be guiding a group of international and Dutch students through the amazing city of Groningen, online or maybe even offline. Make sure to enjoy this experience!

This Introduction Guide manual will provide you with all necessary information to ensure you are able to guide your group through the programme. It is paramount that you read it very carefully to properly prepare yourself. A detailed schedule of the programme is also included in this booklet. This week is organised for international and Dutch students to give them the best start of their semester (abroad). As an Introduction Guide, you have a big, but fun, responsibility resting on your shoulders to make sure those students have an amazing time. Therefore, ESN Groningen expects all Introduction Guides to be present throughout the entire Introduction Week, online or offline, depending on your group. Another important note is that you are obliged to attend the pick-up point between Wednesday the 26th and Friday the 28th of August. If you have any questions or in case of problems of any kind, do not hesitate to contact the ESN Groningen board, both before or during the Introduction Week. You can reach David Kraandijk (President) at +31634658857 or Pascale Kruize (Secretary) at +31627220626.

Although the Introduction Week will be characterized by its hybrid form for the first time in the history of ESN Groningen, make sure to still try to establish a close relationship with your group members, as you will probably be one of the first "Groningers" they meet. Further, ESN Groningen adheres to all the COVID-19 measures in place. Therefore, keep in mind to always have 1.5 meter distance to everybody. I wish you all the best and I hope this Introduction Week will be an unforgettable experience for you all!

Have fun and enjoy!

On behalf of the 33rd ESN Groningen board,

David Kraandijk  
President ESN Groningen board 2020-2021



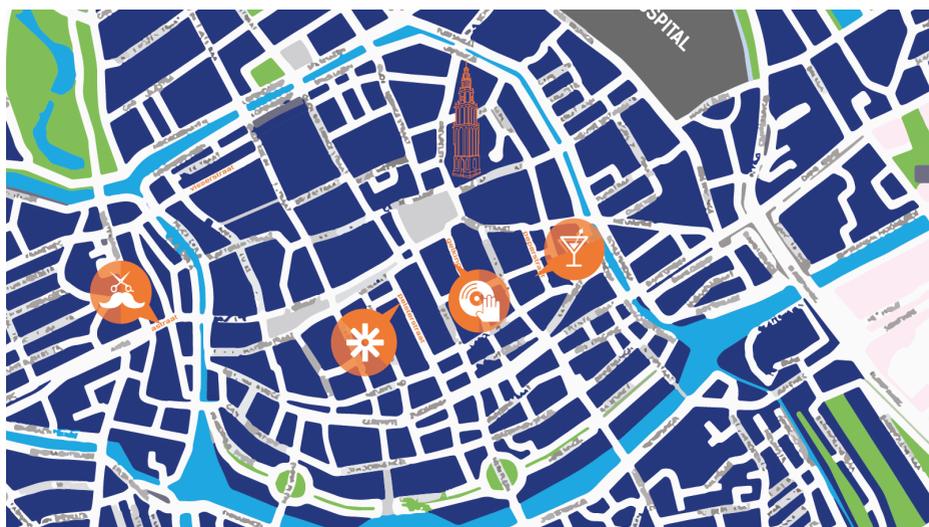
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# Important ESN Groningen info

<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 **log in** 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/](http://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

# Important IW Information

## ***Costs for participants and ESNcard***

The price of the Introduction Week for participants is 12,95 euros, which includes the ESNcard, access to the day activities during the weekend, the movie night, the walking tour and all online activities. With the ESNcard, cardholders can get discounts at several companies and restaurants in Groningen, the Netherlands, and on an international level with for example RyanAir and Flixbus. The ESNcard is valid for one year. In order to attend all activities and excursions ESN organises, a valid ESNcard is obligatory.

## ***Platform***

As this year, the Introduction Week is very different from other years due to COVID-19, we have built a platform. On this platform, a lot of information regarding the activities during the Introduction Week can be found. Moreover, the platform will be used for all online activities. A link to the livestream of certain online activities will be shared on the platform on the day the activity takes place. Participants received an email with their log-in credentials directly after enrolling for the Introduction Week. You, the Introduction Guides, received an email with information about the Introduction Week, in that email your login credentials are mentioned.

## ***Briefings and pick-up moment***

Either on Monday or on Tuesday you will follow the Introduction Guide briefing. This briefing will take place online, you received an email with the link to the meeting. It is obligatory to attend one of these briefings as important information regarding the Introduction Week will be shared. Either on Wednesday, Thursday or Friday, the 26th, 27th and 28th of August, you must come to the Willem Alexander Sportcentrum (Zernikeplein 17, 9747 AS Groningen), where you will pick up your sports bottle, goodie bag, vouchers for your group and your Introduction Guide lanyard. You can register for a timeslot via the link that you have received via email.

## ***Introduction Guide lanyard***

After you have been to the pick-up moment, you received your Introduction Guide lanyard. It is obligatory to wear this lanyard to all the activities as it is important that you are recognisable.

## ***Kick-Off: Meeting your group***

On Friday the 28th of August, you will receive the information of your participants. You will meet your group right after the Kick-Off. The Kick-Off takes place online, you will be able to find the link to the livestream on the platform. Right after the Kick-Off you are able to meet your group. You can have dinner together and join

# Important IW Information

the online pub quiz afterwards. Do take in mind that participants might not want to meet in real life, do have respect for their choices. Also, if you decide to meet your group in real life, always take the measures of the RIVM into account. Preferably, have dinner somewhere outside. You can go to the Noorderplantsoen for example.

## **Food & Drinks**

During the pick-up moments you get vouchers for your entire Introduction Group. One of the vouchers that you will receive is from New York Pizza. You can use these vouchers only on Friday the 28th of August. With these vouchers you can order free pizza from New York Pizza. You can order pizza at two locations: Nieuwe Ebbingestraat 105, 9712 NH Groningen and at Zonnelaan 255, 9747 AG Groningen. You have to pick up your pizza yourself at one of these locations, as the vouchers have to be handed over to receive a free pizza. Please keep in mind that there are people with food restrictions (vegetarian, no pork, no gluten, etc.) Ask your group if this is the case before you order.

## **Having dinner and/or drinks at International Student Houses (SSH)**

### **IMPORTANT:**

It is not allowed to have dinner and/or pre-drinks during the Introduction Week at International Student Houses. Due to complaints in the past it is forbidden to go with your Introduction Week group to the student houses. We are very sorry about this inconvenience.

## **COVID-19**

With the current pandemic going on, it is a strange period for everyone. Rules change per week and everyone has to adapt to new situations as much as possible. We tried to organise the best Introduction Week possible, considering the circumstances. In order to make it a success, please help us keep it safe for everyone. So, please follow our instructions carefully, take the measures of the RIVM into account, keep 1,5 meter distance to one another and respect each other in their choices. Thank you, and have fun!!

EVERY  
SATURDAY

FREE  
ENTRANCE  
23.00 - 24.00

CLUB  
*Night*

RESIDENT DJ & MC  
ENTERTAINMENT  
LIVE ACTS

COCKTAILS 2 FOR 1

18+

VIP TABLES AVAILABLE

CLUB  
**KOKOMO**  
GRONINGEN

CLUBKOKOMO.NL  
GELKINGESTRAAT 1

# 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. You will watch this Kick-Off alone or together with your partner.

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

After the Kick-Off, it is time to meet your 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. One of those rules states that you are not allowed to drink alcohol during physical events of the Introduction Week, including Meet your Introduction Group.**

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 participants have not picked up your goodiebag during these timeslots, unfortunately, it is not possible for them 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. **You as a Introduction Guide are responsible for the sign up form of your Introduction Group to do so!** 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. One of those rules states that you are not allowed to drink alcohol during physical events of the Introduction Week, including the Pubquiz.***

## 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! ***Please emphasize to your Introduction Group that they must be on time.*** Your group will enter the building in duos during the 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&As with various organisations. More information on the workshops can be found on the platform and on page 16 and 17 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. ***In case you are meeting other people in person, you must keep the Dutch COVID-19 regulations into account at all times. One of those rules states that you are not allowed to drink alcohol during physical events of the Introduction Week, including the City Walk.***

## 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. One of those rules states that you are not allowed to drink alcohol during physical events of the Introduction Week, including the Comedy Night.***

# 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

20:30 - 23:00

### **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 are only valid for participants and Introduction Guides of the ESN Introduction Week. 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. Participation in the Introduction Week **will be checked**.

**As the Introduction Guide, you will be asked whether everyone of your group is healthy. Furthermore, you will be responsible to distribute the movie vouchers to your group.**

**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.**

## 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.**

# 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.



RYANAIR



CANTINA  
CANTINA-MEXICANA.NL



Louis XV  
Na ons de zondvloed



studentist



areld  
Nuts?  
Custom Trail Mix



Overnachten in Stijl



CLUB  
KOKOMO  
ROCKBREW



HELPMAN'S PASTA'S  
CUCINA ITALIANA



UNO  
mediterranean food



MOUSTACHE  
BARBERSHOP



DE KAASKOP



Rebel  
Rebel



STH  
Studeerthuis Groningen



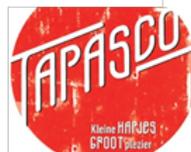
Betcafé 't Zwarte Schaap



HOLIDAYCARS.COM



El Txoko  
taberna de pintxos



TAPASCO  
Kleine HARJES  
GROETplaatjes



THE  
SMOOTH  
BROTHERS  
EST. 2005



eurosender

# 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](https://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](http://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,-

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COCKTAILS 2 FOR 1

**FRIDAY AND SATURDAY**

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**AN ESN**

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

**\* Culture Committee \***

**\* Excursion Committee \***

**\* International Dinner Committee \***

**\* Network Committee \***

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

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

**\* Social Erasmus Committee \***

**\* Sports Committee \***

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