

FEBRUARY 2024

UNCOVERED

# GRONINGEN

GET TO  
KNOW  
THE CITY

& LEARN WHAT IT  
HAS TO OFFER



Erasmus Student Network  
Groningen

**LIFE IS  
LIKE A  
DANCE FLOOR**

**JUST KEEP  
GOING**

*tilt you drop*

**PALACE**

# BINGGO

## ESN Intro Week

Fell off  
your bike

Find someone  
with the same  
major as you

Leave  
Copas  
last

Get a snack  
at de hoek

Meet someone  
that speaks 4  
languages

Follow ESN  
on Instagram

Find out  
who George  
is?

Climb  
Martinitoren

Get to Palace  
before midnight

Je was bij de  
Nederlands  
taal cursus

Try to sing  
along to  
Dutch music

Take a  
selfie with  
your Intro  
group

Take a  
picture on  
the Forum  
rooftop

Attend all  
pubs at the  
ESN Pub Crawl

Try a  
Stroopwafel

Try a new  
sport on  
sports day

Share your progress with us, tag us on Insta!



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# WELCOME TO YOUR NEW HOME!

Groningen is a vibrant student city, where history, music, art and academics meet. Chill in cosy cafés by the canals, study with friends at the libraries, and take a trip over the weekend.

Groningen will be the backdrop for your unforgettable journey through the coming years.





# ESN Groningen

## “Students helping Students”

Next to helping each other, ESN Groningen also wants to make your student time **the best ever**. You will meet dozens of people and make friends that will last a lifetime. You will build a network that **transcends borders, culture and nationalities**. To make your time as amazing as we can, ESN Groningen organizes **over 150 activities** throughout the year, where you will meet international as well as Dutch students.

At the beginning of each semester, there is an

**Introduction Week** for all new students in town. This way you will start your (exchange) semester with many new friends who will help you, support you and party with you during your time in Groningen.

The activities are organized by all our enthusiastic committee members. Next to 11 committees, we also have 6 great Executive Board members. Find out more about the Board, committees and read their introductions later on pages 10 -17.

# ESN International

The Erasmus Student Network is a student organisation that spreads all over Europe with 533 sections in 44 different countries. This makes it the **biggest student organisation in Europe**. Established on October 16th, 1989, ESN is focused on supporting and developing student mobility. ESN offers services to around **350,000 students** each year, organised by around **15,000 active members**.

ESN's mission is to make the European educational environment more mobile and flexible. We do this by representing international students, providing information about mobility programmes, motivating students to go abroad, and much more. ESN offers help to full-degree and exchange students in the academic, social and practical integration process, mainly through activities.

ESN has multiple core values that all members stand and work for. A very important value is:

## **'Unity in diversity, diversity in unity'**

It shows how all ESN participants are different and have different backgrounds, but are also alike. We all share the same goal - an international community in the educational environment.

## **'Students helping students'**

This value underscores our passionate commitment to volunteering for the benefit of others. Erasmus Student Network volunteers actively engage in supporting their peers, fostering a culture of mutual assistance and shared success.

## **'Fun in friendship and respect'**

ESN promotes relationships based on respect. The emphasis is on creating an enjoyable and friendly environment where members not only collaborate but also appreciate and value one another.

## **'International dimension of life'**

All volunteers of ESN embody an open-minded, mobile, and exploratory spirit. They actively seek opportunities to discover and interact with others, breaking geographical and cultural borders to enhance the international dimension of their lives.

## **'Love for Europe as an area of peace and cultural exchange'**

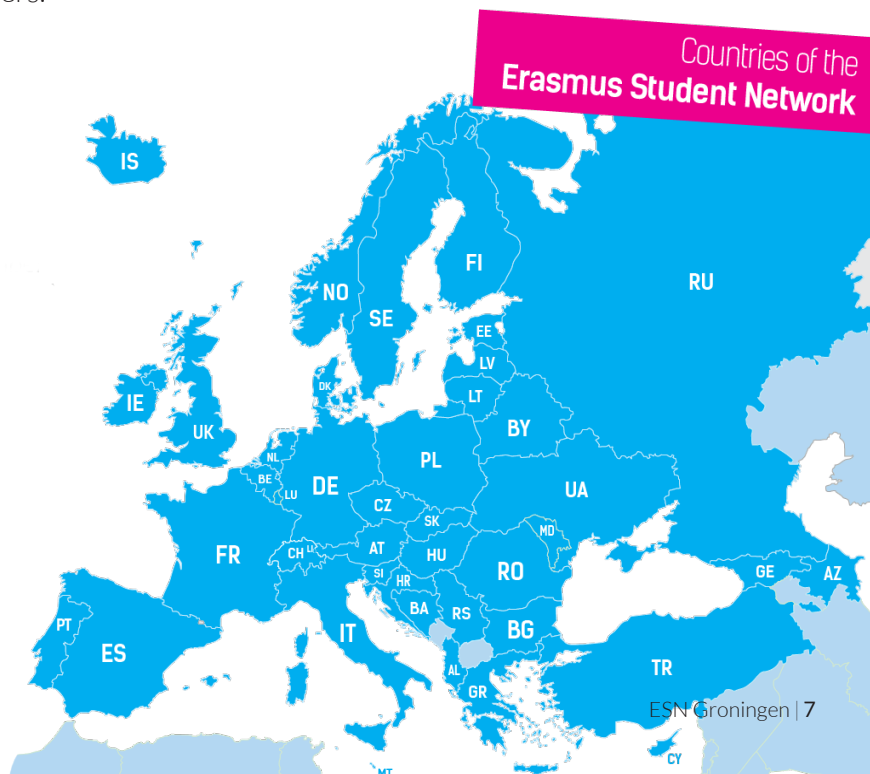
ESN volunteers live and benefit from the cultural richness of Europe to the utmost. This value highlights a deep appreciation for Europe as a space for peace and cultural exchange, fostering understanding and collaboration among diverse communities.

## **'Openness with tolerance'**

ESN values openness and tolerance. Volunteers understand and accept others, recognizing the importance of learning from diverse perspectives. This fosters an inclusive and welcoming community.

## **'Cooperation in the integration'**

ESN helps students in creating international bonds and networks, finding new friends and developing love and respect for different cultures.



# HOW TO GET INVOLVED?

instagram [esn\\_groningen](#)  
facebook [groningen.esn](#)  
website [esn-groningen.nl](#)

As ESN Groningen is such a fun network, you might want to get involved. There are different ways to do so. If you want to know about all upcoming events or when to apply for programmes, committees, Introduction Guide, ESN Crew, or the Board follow our socials and website. Check our blog and podcasts for interesting and helpful discussions about student life in Groningen.



## JOIN EVENTS

With your **ESNcard**, you can join all different kinds of events. Whether you want to enjoy a delicious meal, dance all night at PALACE, learn something new during an excursion or want to show off your muscles at a sports event, there will always be something you will like.

Upcoming events will be announced on our social media. Our parties are free for everyone but if you wish to join our other events, you will need to purchase a ticket from our website.

**ESN Crew**, on the other hand, works in the background and makes sure all events during the Introduction Week run smoothly. This is a great way to socialise and make new friends.

If you want to relive the experience of this Introduction week **become Crew or Introduction Guide in the September edition!** Keep an eye out on our socials so you don't miss out on these two opportunities!

## JOIN A COMMITTEE

ESN Groningen has **11 committees** that organise events and come up with new ways to make the organisation better. As a committee member (also known as an "active member"), you will be part of an international team.

You will **meet with your committee every week** to discuss upcoming events and new ideas and catch up with each other. You can join a committee at the beginning of a semester.

As a member of a committee, you will get the opportunity to organise events for the student community in Groningen, learn new skills, meet new people, and make friends. To get to know more about the different committees check page \*add page number\*

## BE INTRO GUIDE/CREW

Introduction Guides and ESN Crew Members are a key part of the **ESN Introduction Week**. As an **Introduction Guide**, you will lead a group of international students during the Introduction Week and give them a head start in their new life here in Groningen.





# Join a Programmme! ✨ Join a Programmme! ✨ Join a Programmme! ✨ Join a Programmme! ✨

## Get a Buddy

When you join the Buddy Programme, you will be linked to a buddy who will help you get around in Groningen.

Buddies are students who have been in Groningen for a few years already. They will introduce you to the city and (student) life in Groningen and can also help you with practical things you need to do.

## Become an Ambassador

In order to promote international mobility and help students go on exchange, ESN Groningen launched the Ambassador Programme.

In this programme, you will be paired up with one or numerous local students (Dutch or international), interested in going on exchange to the region you are from. This local student will seek out some tips and tricks and will be eager to hear about your experience. It is also a great opportunity for you to meet a local student and learn more about a different culture.

## Language Exchange Programme

The Language Exchange Programme is a great way to learn a new language or brush up on some old skills. This programme will link two students to learn each other's language. With a lot of different nationalities in Groningen, the possibilities are endless!

## Disputen Programme

The Disputen Programme brings people with shared interests together. It's a great way to make friends with like-minded people!

## Ready to Get Involved?

If you are interested in joining one of the ESN Programmes, you can find out more information at

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



# The Executive Board

ESN Groningen's Executive Board is composed of six students who work full-time and are responsible for creating and implementing the policy of the organisation, organising the Introduction Weeks, and everything else that takes place within ESN.

*What is a Board year like?*

A Board year takes one year to

complete and is the perfect opportunity to gain valuable experience before you are ready to go into the job market. Next to this, as an ESN Groningen Board member, you get the chance to network with the boards of other associations, meet important people, and ultimately make a change for the better not only within the student community but also in the city of Groningen.



**Linda Zeitz**

**PRESIDENT**

*Nationality* German

*Age* 23

*Zodiac Sign* Taurus

*Study* International Relations & International Organization

*Trip You Loved* Samara, Costa Rica

*Favourite Food* Chocomel

*Nickname* Mutti

“ Do the best you can until you know better. Then when you know better, do better. ”  
Maya Angelou



**SECRETARY**

*Nationality* Dutch

*Age* 21

*Zodiac Sign* Aquarius

*Study* Biomedical Sciences

*Trip You Loved* Jasper National Park, Canada

*Favourite Food* Cheese Fondue

*Nickname* Dutch Damn Lover

“ Is it one day, or day one? ”



**Douwe Kreeftenberg**

**TREASURER**

*Nationality* Dutch / British

*Age* 21

*Zodiac Sign* Taurus

*Study* Spatial Planning and Design

*Trip You Loved* Egypt

*Favourite Food* Carbonara

*Nickname* Ruan

“ I knew exactly what to do... but in a much more real sense, I had no idea what to do. ”



**Ewan Brett**



**Ruan ten Brink**

**EXTERNAL  
RELATIONS COORDINATOR**

*Nationality Dutch*

*Age 22*

*Zodiac Sign Virgo*

*Study International Relations & International Organization*

*Trip You Loved Aruba*

*Favourite Food Chicken with broccoli & rice*

*Nickname Ewan*

“

*Fill your life with experiences, not things.  
Have stories to tell, not stuff to show*

”

**PUBLIC  
RELATIONS COORDINATOR**

*Nationality German*

*Age 22*

*Zodiac Sign Scorpio*

*Study International Relations & International Organization*

*Trip You Loved Krakow, Poland*

*Favourite Food Shakshuka*

*Nickname Propaganda machine*

“

*A journey of a thousand miles  
must begin with a single step.*

”



**Oskar Peitz**

**INTEGRATION COORDINATOR**

*Nationality German*

*Age 23*

*Zodiac Sign Gemini*

*Study International Relations & International Organization*

*Trip You Loved Cusco, Peru*

*Favourite Food Pad Thai*

*Nickname Megaphone*

“

*If you have an opportunity to make things  
better and you don't, then you are wasting  
your time on Earth*

”



**Elli Winetsdorfer**



# The General Board

The organisation ESN Groningen consists of different organs. Alongside the Executive Board, there is the General Board which supervises the Executive Board.

The General Board is responsible for developing and overseeing ESN's long-term vision through a strategic plan. Its duties include reviewing and approving policies, budgets, and reports proposed by the Executive Board. Eight times a year the two boards meet to discuss and evaluate the implementation of policies and the progress of the organisation.

The General Board consists of an employees of the University of Groningen and Hanze University of Applied Sciences and 10 student members from different academic backgrounds.

## General Board 2023/2024

Jos Ronduite

Sander van Beek

Julia Bogdanow

Ruben Bartelds

Elkjar Dost

Yulian Karadzov

Endri Offens

Jeffrey van Sluis

Wout Trox

Tsjerk Wicherink

Richard Vos

# ESN Groningen Committees

## INTERNATIONAL DINNER

The International Dinner Committee (IDC) is in charge of organizing the popular “gezellige” International Dinners every three to four weeks!

The goal of these dinners is for international students to showcase and celebrate the food, culture, and vibe of their home country. Participants can enjoy traditional meals and experience a different culture’s culinary traditions.

Every time, three students from the “host” country are invited to cook a delicious three-course meal. In between the meals, the IDC organises activities to introduce you to the culture of the country!



## ACTIVE MEMBERS

The Active Members Committee of ESN Groningen is the main connection point for all committee members in ESN. They are responsible for the bonding between all other committees and organising some creative team-building experiences.

Among these are two active member weekends, each in the beginning of a semester, as well as a Christmas dinner, picnics, sports activities, and many more! You could say that the Active Members Committee is the beating heart of the organisation.



## LIVE MUSIC NIGHT

The Live Music Night Committee is in charge of organising one of ESN Groningen's biggest events throughout the year - the Live Music Night.

The committee gets about 60 student musicians and together with them, puts an unforgettable set list together. This event happens twice a year - once in May and once in December.

## BUDDY & INTEGRATION

The Buddy and Integration Committee (BIC) is responsible for the Buddy Programme. This means that before every semester starts, they're busy matching incoming students to local students.

With a buddy every student that comes to Groningen has someone to ask questions, hang out with or even become best friends. Next to this, the BIC organises various integration-oriented activities throughout the year, like speed-friending, pub quizzes, and more.



## CULTURE

The Culture Committee is the committee that is responsible for all cultural activities within ESN. They organise a wide variety of events throughout the year. A recurring event is the Movie Night, which often has a specific cultural theme.

Examples of other events that are organized by the Culture Committee are theatre visits, poetry slams and talent shows.

## PARTY & PUB QUIZ

The Party & Pub Quiz Committee (PPC) is in charge of organizing the legendary PALACE theme parties that happen every month and the remarkably challenging Pub Quizzes, next to some other fun oriented activities throughout the year!



## PR & GRAPHICS

The main goal of the PR & Graphics Committee is to raise awareness of ESN Groningen among international and Dutch students living in Groningen.

The committee does this by creating promotional material, writing blogs, making the ESN Groningen podcast *The Student Life Cycle*, representing ESN Groningen at Open Day events, and most importantly, creating the ESN Introduction Week Magazine. Yes, the one you are reading right now!

## SPORTS

The Sports Committee is responsible for all the exciting and active events from ESN! From paddle boarding to paint balling, they come up with new ideas to help students integrate into the city and meet new friends whilst burning some calories!

The Sports Committee is also responsible for ESN Groningen's participation in the *Batavierenrace* – they take care of all the planning and logistics, as well as organise practice runs for our Active Members.





## EXCURSION



The Excursion Committee aims to show all international students some beautiful parts of the world, whether this is in the Netherlands, or abroad.

They are responsible for organising all excursions that ESN Groningen offers throughout the year. Some historic destinations range from Ameland to Copenhagen and Giethoorn to Lille. The Excursion committee thrives on the idea that travelling makes the world connected. Without travelling, you won't discover new places, new cultures and new ideas. Join us on one of their many excursions and come discover the world with us.

## SOCIAL ERASMUS

The Social Erasmus Committee (SEC) aims to enrich the experience of international students by broadening their realities while they live and study in Groningen!

Students new to the city can volunteer for a variety of activities through the SEC, which has the basis of one of the eight founding pillars of Social Erasmus: animals, disasters, discrimination, education, environment, health, poverty and violence.

An important part of the Social Erasmus Committee is the Christmas dinner that is taking place in December, in collaboration with Rode Kruis. Our main goal is to raise awareness about certain social issues and to donate money for a cause.



# Dutch History

Ah, Dutch history, the land of wooden shoes, windmills, and a curious obsession with cheese! Let me take you on a whirlwind tour of the Netherlands, where even the most serious historical moments are tinged with a touch of Dutch humour.

Our journey begins in the mists of time, or as the Dutch would call it, “the time when it rained a lot.” You see, the Netherlands is a low-lying country, and the struggle against water has been a central theme throughout its history. The Dutch, not ones to take themselves too seriously, decided to build dykes, canals, and windmills to tame the unruly sea. This resulted in an endless array of jokes about the weather, but it also made the Dutch the world’s experts in water management.

In the land of tulips and windmills, where bicycles outnumber people, our Dutch spirit shines through our renowned straightforwardness. No need for long introductions or beating around the bush—here, we cut to the chase like a well-honed Gouda cheese slicer. In a country where time is precious and conversations are concise, our words are as direct as a cyclist’s path through an Amsterdam street (just watch out where you walk - cause you might get hit). We believe in celebrating the beauty of saying it just as it is, the Dutch way. You might be awkward or might be surprised, but our straightforwardness is what makes us apart.



The Dutch have an unparalleled love for cheese. Gouda, Edam, and Leiden are just a few of the delightful varieties you can sample in the land of tulips and clogs. The Dutch even have a Cheese Museum where you can learn about the history of cheese-making, but don’t be surprised if you find yourself in a cheese coma after the tasting session

But not everything in Dutch history is Gouda and giggles. World War II left its mark on the country, and the Dutch royal family played a significant role in the resistance. Queen Wilhelmina’s radio broadcasts from London became a symbol of hope for the Dutch people. The famous “Het Wilhelmus” is the Dutch national anthem, and it’s all about the House of Orange-Nassau, the Dutch royal family. The Dutch monarchy has weathered many storms and remains a unifying force in the country.



Now, let's talk about the Dutch Royal Family. They might not be as famous as the British monarchy, but they're just as interesting. King Willem-Alexander is known for his down-to-earth personality and his love of water sports. In fact, he even went undercover as a co-pilot for KLM. Imagine boarding a plane and realising that your captain is the King! The Dutch Royal Family adds a refreshing touch of informality to royalty.



Let's not forget the Dutch love of bicycles. The Netherlands is flat as a pancake, making it perfect for cycling. You'll see more bikes than people in cities like Groningen and the Dutch don't just use them for commuting; they use them for everything, from grocery shopping to moving furniture.

The Dutch are so bike-crazy that there's even a dedicated parking garage in Groningen that can hold thousands of bicycles. And if you accidentally fall into a canal while admiring the view, don't worry; they'll fish you out and probably offer you a stroopwafel to ease the embarrassment.

In the world of art, the Dutch have given us some of the most famous painters in history. Rembrandt, Vermeer, and Van Gogh all hailed from this tiny country.

Their works are celebrated worldwide, and you can see them in museums like the Rijksmuseum and the Van Gogh Museum. Just be prepared to dodge the selfie sticks as tourists jostle to get the perfect Instagram shot.



In a nutshell, Dutch history is like a well-aged wheel of Gouda cheese – it's full of holes, a bit nutty, and guaranteed to bring a smile to your face. The Dutch have mastered the art of balancing hard work with a good sense of humour, and that's what makes their history so uniquely delightful. So, come to the Netherlands, and get ready to embrace the Dutch way of life – a life filled with cheese, canals, and a lot of laughter.



# Quarters of Groningen

## Binnenstad

Welcome to the vibrant heart of Groningen, the Binnenstad (City Centre). Here, you'll find the bustling Grote Markt, a central square encircled by historic buildings, cosy cafés, and charming restaurants.

Don't miss the Forum, often referred to as "the living room of Groningen," where you can catch a movie, explore a vast library, visit a museum, and enjoy breathtaking city views from the rooftop terrace. Nearby, the Vismarkt hosts a bustling market three times a week - Tuesday, Friday and Saturday, offering high-quality food at affordable prices.

## Korrewegwijk

Korrewegwijk, named after the Korreweg that links the northern quarters to the city centre, is a diverse neighbourhood bursting with flavours from around the world.

The highlight here is the Stadstrand - an urban beach in the heart of the city, featuring the cleanest water in Groningen. Discover a vibrant local food scene with international restaurants and supermarkets offering an array of culinary experiences.





## Stationsgebied

Stationsgebied is your transportation hub, situated around the central train station. It's where all connecting buses and trains depart, making it a gateway to explore Groningen and beyond.

Explore the rebuilt old station building, a post-WW2 architectural gem worth visiting. Another gem is the Groninger Museum, known for its striking architecture and its diverse range of art and exhibitions, offering free entrance to students.

## Oosterparkwijk

Oosterparkwijk, beloved by students for its proximity to the city, features delightful small parks. Situated adjacent to UMCG, the university hospital serving the entire northern Netherlands, the area also houses university buildings for medical studies.

On the other end of the quarter, you'll discover "het blauwe dorp," a picturesque village constructed to resemble the 1920s countryside, offering a unique and peaceful escape.

## Westerhaven

Explore the enchanting old port district, Westerhaven, located near the city centre and the train station. Westerhaven is known for its modern shopping centre and the picturesque boats and ships that gracefully anchor along its waters.

A highlight in this quarter is the Oosterpoort, a renowned cultural centre where you can attend concerts, theatre performances, and art exhibitions. It's the perfect place to immerse yourself in Groningen's thriving arts and culture scene.



## Noorderplantsoenbuurt (Hortusbuurt & Oranjebuurt)

Escape to the idyllic Noorderplantsoen Park, a hidden gem offering a serene retreat and a hub for various outdoor activities. Meander through the Hortusbuurt and Oranjebuurt neighbourhoods, characterized by charming, historic houses and a warm, welcoming atmosphere. Explore the streets and uncover hidden courtyards, local shops, and cosy cafés – the perfect way to spend a leisurely Sunday.

## Beijum & Lewenborg (Kardinge)

Kardinge is your recreational haven, offering an ice skating rink, swimming pool, sports facilities, and a protected nature park. Beijum and Lewenborg, in the northern quarters of Groningen, embrace a family-oriented atmosphere with traditional Dutch row houses (Rijtjeshuis).

## Helpman

Nestled in the peaceful and green quarter of Helpman, you'll find the beautiful Sterrebos Park. Stately trees and scenic walking paths make it an ideal spot to unwind. Just south of Helpman lies the Villabuurt, where you can explore the opulent and elegant villas of Groningen's elite.

## Paddepoel & Zernike

Zernike stands as the academic heart of Groningen, housing the main campuses of the University of Groningen and Hanze University. This quarter is a hub for students, offering numerous cafés, study spots, and the ACLO sport centre, featuring gyms, sports halls, tennis courts, and soccer fields.

Adjacent to Zernike is the bustling Paddepoel, making it a hotspot for student living due to its close proximity to campus. Next to Zernike, Reiterdiep showcases a vibrant array of colourful houses.





## Herewegbuurt & Grunobuurt

These quarters offer a harmonious blend of residential and industrial areas. Don't miss the opportunity to explore the Groningen Railway Museum, where you can delve into the captivating history of trains and railways.

The **Stadspark** is another gem, with its enchanting lake, providing an ideal setting for picnics and outdoor sports, allowing you to escape the city's hustle and bustle while connecting with nature.

## Corpus den Hoorn

Experience the fusion of modern and traditional elements in Corpus den Hoorn. The **MartiniPlaza** serves as a multipurpose event venue, hosting concerts, exhibitions, and captivating performances.

For nature enthusiasts, the Hoornsemeer Park and its picturesque lake provide a tranquil setting for leisurely strolls.

## Vinkhuizen

Vinkhuizen blends residential areas with serene parks, offering a balance between city life and natural beauty.

The Vinkhuizen Cultural Centre hosts a variety of events and activities, providing students with opportunities to engage in the local culture.

## Zeeheldenbuurt

The lively Zeeheldenbuurt is a favourite among students. Next door, you'll find the **Suikerunie**, a repurposed old sugar factory that now houses bars and hosts numerous events throughout the year.

One of Groningen's most renowned venues, Paradigm, has also found its home here, organizing monthly events that promise an unforgettable experience.

# SPOTS WE LOVE

## Cat Café: Where Feline Friends Rule

Nestled in the heart of Groningen, Kattencafé Op z'n Kop is a haven for all cat lovers. As you step into this cosy and unique cat café, you're immediately greeted by the gentle purring and playful antics of its resident feline friends.

They're always ready for a cuddle or some playtime, offering a warm and furry escape from the stresses of student life. Sip on your favourite coffee while enjoying a pastry, all while sharing a moment with the resident cats.

## Bar Warhol: Where Art Meets Nightlife

Bar Warhol is a unique fusion of art and nightlife that adds a creative twist to Groningen's social scene. The venue's aesthetic is inspired by the legendary pop artist Andy Warhol, making it a hub for those who appreciate artistic expression.

Whether you're into contemporary art, music, or simply enjoying a great evening out, Bar Warhol is the place to be. Bar Warhol frequently hosts live music performances, DJ nights, and themed parties showcasing local talent and providing a unique backdrop for socializing.







## Mr. Smith's Loft: A Cosy Hidden Gem

Tucked away from the bustling streets of Groningen, Mr. Smith's Loft offers a unique and intimate setting for those seeking a quiet and relaxed escape.

The jungle theme provides the ideal ambiance to enjoy the array of vegan and vegetarian dishes they offer. Pair your meal with a delicious exotic cocktail.

## Riemer Bookshop: A Literary Haven

Riemer Bookshop is a literary treasure nestled in the heart of Groningen, where bookworms and bibliophiles come to explore the world of literature.

It's more than just a place to buy books—it's a place to get lost amidst hundreds of books from all different genres, to enjoy some board games with friends, or sip great coffee next to their very own fireplace.

So, it is far from an understatement to call it a haven for those who seek the magic of reading.

## Café Zondag: Where Coffee Meets Nature

Groningen's Noorderplantsoen, with its lush greenery and serene ambiance, is a beloved escape for both locals and students. Tucked away within this idyllic park lies Café Zondag, a delightful oasis.

Zondag seamlessly marries the beauty of nature with the comfort of a café. During pleasant weather, the café offers outdoor seating where you can enjoy your drinks and snacks amid the park's greenery. It's the perfect place to soak up some of that rare Dutch sun.



# Where to Study: Finding Your Study place in Groningen

As you embark on your student journey in Groningen, one of the first things you'll discover is the importance of a study spot.

Whether you're seeking quiet solitude or a more vibrant atmosphere, Groningen offers a variety of options. Discover the one that suits you best with our help.

## University Library

**PRO:** The University Library is a popular choice due to its abundant spaces and inspiring atmosphere that keeps you motivated. The library provides a perfect setting for focused study.

**CON:** During exam season, it can get quite crowded, and you'll need to reserve a spot online to secure your study space.

## Chocolate Company Café

**PRO:** If you're a fan of excellent coffee and the best hot chocolate, the Chocolate Company is an attractive option. It has nice window spots and an overall chill atmosphere.

## Forum

**PRO:** The Forum is a hub of creativity and learning. Its spacious areas and fantastic views provide an inspiring backdrop for your studies.

**CON:** On the flip side, it can be a bit noisy and crowded, particularly during busy hours, and you may encounter weekend events that disrupt your concentration.

## Central Medical Library UMCG

**PRO:** The Central Medical Library at UMCG is an excellent alternative when the University Library is full. Every study spot comes with its own little box in the silent study area, ensuring privacy and concentration.

**CON:** Finding your way around the UMCG campus can be a bit challenging if you're not familiar with it.

## Wiebenga

**PRO:** The Wiebenga library is a hidden gem for students. It offers a small library with a silent section for focused study and an open area for group work, complete with noise-cancelling boxes. The building is surrounded by numerous study spots, and you'll find great coffee at affordable prices.

**CON:** The layout can be a bit confusing, making it easy to get lost within the building. Additionally, it's mostly frequented by Dutch students.



THE ORIGINAL

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# Groningen Bites

**OK** *we will be honest with you here: Dutch food isn't great and that is OK. But you'll quickly discover that this charming city is a haven for food enthusiasts, nonetheless. From delightful French breakfasts to authentic Vietnamese cuisine, Groningen offers a diverse range of dining options to satisfy every craving and maybe even some comfort for tasting food from your home country again.*

## Lust

Are you a vegan or simply love plant-based goodness? Lust is the place to be. Indulge in amazing burgers and pastries, and don't forget to flash your **ESNcard for a 10% discount** on your delectable vegan treats.

## Tapasco

Do you want to enjoy unlimited tapas and a lively ambience? Tapasco is a Spanish tapas restaurant celebrated for its lively ambience and a delicious menu featuring an array of traditional tapas dishes. Tapasco offers an authentic Spanish dining experience, making it a popular choice among students looking for a taste of Spain. For **ESNcard holders** they offer Unlimited Tapas for €20,5 on Sunday until Thursdays and for €23,5 on Fridays and Saturdays!

## Masmas

For those cosy gatherings with friends, Masmas is the perfect spot. Sip on their amazing chai latte while you catch up. It's a hotspot for arts and sociology students looking for a friendly and welcoming atmosphere.

## Pho Saigon

Craving authentic Vietnamese food? Pho Saigon, situated close to Grote Markt, is a family-run gem. Be sure to arrive early, as the limited spots fill up quickly. Prepare for a taste bud adventure like no other.

## Toscana

Enjoy the best ice cream in the city with traditional Italian gelato at Toscana. Their seasonal flavours, like rhubarb, will delight your palate and make you keep coming back for more.

## Le Souk

Le Souk is more than a Mediterranean / Arabic supermarket. It's your go-to place for zero-waste shopping and an array of amazing dips that will make your meals memorable.

## Pastafabriek

Craving Italian cuisine without breaking the bank? Pastafabriek is your answer. It's like Vapiano but more budget-friendly, offering delicious options that won't empty your wallet. Don't forget to try the panna cotta!

## Frietwinkel

If you're a fan of Dutch fries made fresh from whole potatoes, you must join the queue at Frietwinkel. The generous portions are worth the wait, and you'll leave feeling completely satisfied.

## Groningen Market

Visit the Groningen Market at the Vismarkt on Tuesdays, Fridays, and Saturdays. It's a treasure trove of fresh and flavourful food, from vegetables, fruit, cheese, and fish to homemade bread. Be sure to sample kibbeling (fried fish) and fresh stroopwafel, two Dutch delicacies you won't want to miss.

# Decorate, Relax, Repeat: Making Your Room a Home

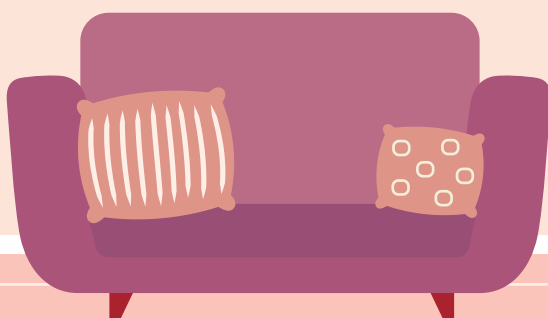
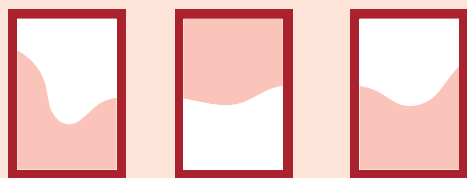
*Adjusting to a new environment can be overwhelming, making your rented room a sanctuary for relaxation, study, and recharge. Let's explore creative ways to transform your student room into a cosy oasis that reflects your unique personality and preferences.*

## Defining Your Style

When decorating your room, defining your personal style first is essential. Different people are drawn to different aesthetics, whether it's modern, minimalistic, bohemian, or something entirely unique. Understanding your style will help you choose decor items that resonate with your personality and make your room feel more inviting.

## Carpets

One of the simplest ways to make your room cosier is by adding a carpet. Not only do carpets add warmth to the space, but they also dampen noise, making your room quieter and more comfortable.



## Candles and incense

Candles and incense can transform the ambiance of your room. The soft, flickering light of candles creates a soothing atmosphere, while incense can fill the air with pleasant scents.

## Lights

Consider adding fairy lights, string lights, or table lamps to your room. Soft, warm lighting can instantly make your space feel more inviting and intimate.

## Pillows and Blankets

Choose colours and patterns that match your style, and mix and match different textures to create a visually appealing, snug environment. These cosy additions are perfect for your bed but also look great on chairs and couches.

## Flowers and Plants

Bringing nature into your room can make a world of difference. Incorporate small potted plants or fresh flowers to add life and colour to your space. They freshen the air and have a calming effect on the mind. Hot tip - Check out the Groningen market at Vismarkt for the best prices.

## Posters

Artwork, movie posters, or inspirational quotes, posters are an easy and affordable way to make your room feel uniquely yours. Use command strips to hang them on your wall without leaving damage.



# Shopping in Groningen

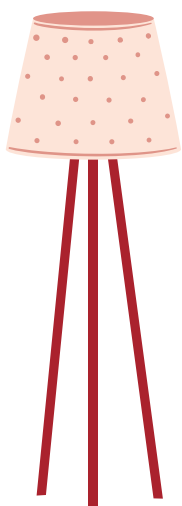


## Furniture

Ikea: For affordable and comprehensive furniture shopping, Ikea is an obvious choice. You can furnish your new space all at once with a wide selection of budget-friendly options.

Second-Hand Shops: Discover hidden gems in Groningen's second-hand shops, such as Mama Mini, Fair Back Kringloop, and What's In Kringloop.

Marktplaats/Facebook Marketplace: If you're looking for bargains and don't mind pre-owned items, these platforms are ideal. Many people in Groningen sell their used furniture and household goods here.



Recess: Don't be fooled by first impressions, this shop boasts remarkable pieces with great quality. With some searching, you'll discover gems for your wardrobe.

Appel & Ei: This shop offers modern clothes and all-brand items at moderate prices. You'll find great deals on quality clothing while still being able to follow new trends.

## Decoration/Gifts

Dille en Kamille: Explore a diverse range of products, from cookware and teas to candles and plants. It's a fantastic destination for finding stylish and practical items for your home.

Lilly & Rose: If you're in need of colourful and vibrant decoration or searching for the perfect gift, this is the place. Brighten up your room or find a unique present in this delightful shop.

Wereldwinkel: For fair trade and responsibly produced products that make excellent gifts, visit here. You'll find a variety of unique, globally inspired items while supporting ethical and sustainable practices.

Xenos: From posters to handy gadgets for the kitchen this store has a lot to offer. There are often discounts for students.



Artli: Do you want to have a memory of a place in your home country or of your beloved pet to decorate your new room? Then check out Artli! You can upload a photo of your house or pet on their website and they will create a hand drawn poster for you.

## Clothes

Herestraat and Vismarkt: Groningen's main shopping streets host big-name clothing shops where you can find a wide selection of styles and brands to suit your fashion preferences.

Folkingestraat and Stoeldraaijerstraat: For local and quirky shops, venture to these charming streets. They offer unique clothing and accessories, perfect for those who want to stand out.

MyJewellery and Costes: If you aspire to dress like a Dutch local, check out these two as they offer the all the latest trends in Dutch fashion.



## Second Hand

Mama Mini: While you may come across some old-fashioned items, here you'll find incredibly affordable second-hand options for clothes and more.

# ★ NIGHT OUT IN GRONINGEN ★

*Get ready for a memorable night out in Groningen as we guide you through the steps for a fun night:*

## **STEP 1: PARK YOUR BIKE**

Begin your night by parking your bike in one of the city's two underground bike garages (fietsstalling). You won't be needing your jacket or bike keys from here on, so store them in the lockers at Tante Toos. Your phone is all you'll need: they'll send you an SMS with the access code. And don't forget your ID!

## **STEP 2: PRE-DRINKS**

Kick off your night with pre-drinks at Dorst or Sunny Beach. These spots are perfect for getting in the party mood. They offer very affordable deals, like the "13 beer challenge" at Dorst, to get the fun started. If a bar is more your vibe check out Werkman or Mr. Mofongo if you like a bit fancy. If fancy is not your thing try O'Malley's or one of the bars at Poelestraat.

## **STEP 3: CHOOSE YOUR VIBE**

Want a place for everyone? Ocean41 and PALACE play popular music, ensuring everyone can vibe to the beats.

You think you can dance? If you're ready to show off your dance moves to some amazing Latin beats, Copas is the place to be.

Enjoying some Techno? Head to Oost in the city centre. Or check if Paradigm or Recess are hosting any techno events.

Want to give Dutch music a try? Go to Golden Fust or Negende Cirkel for a taste of Dutch student life.

Fancy something different? If you're feeling adventurous, try RGB Silent Disco Bar.

Love live music? Then Zolders, Warhol, or Vera are excellent choices.

## **STEP 4: TIRED OF CLUBBING?**

When you're ready to take a break from the clubs, unwind with some karaoke or a game of pool at Café Streetlife. You may have suddenly become very good at singing, you never know!

## **STEP 5: LATE-NIGHT SNACK AT DE HOEK**

A great night out calls for a late-night snack, we need some energy for cycling home! And at this point you will get to know another Groninger staple as you will end up like the rest of us: at De Hoek. You might have given it a disgusted glance during the day but as the end of the night, if we want it or not, we all end up there for some well-deserved kaas soufflee or kroket.

## **STEP 6: CYCLE HOME SAFELY**

This is when you will actually realize how much you actually had to drink, even the best of us have fallen off our bikes at this point. But rest assured, Groningen's bike-friendly streets will guide you safely back home.

## **SAFETY TIPS FOR A NIGHT OUT**

- Always stick with a friend and put on your location so you can find each other at all times.
- Never take anything from a stranger (especially drinks).
- If you feel unsafe, ask the bartender for help or ask 'is Angela working?' - it is a code used in Groningen clubs, they will know immediately you need help.
- Cycle home together or call someone when going home alone.
- Don't feel obliged to stay, at a party. Trust your gut feeling!



# - CLUB DEL PERREO -

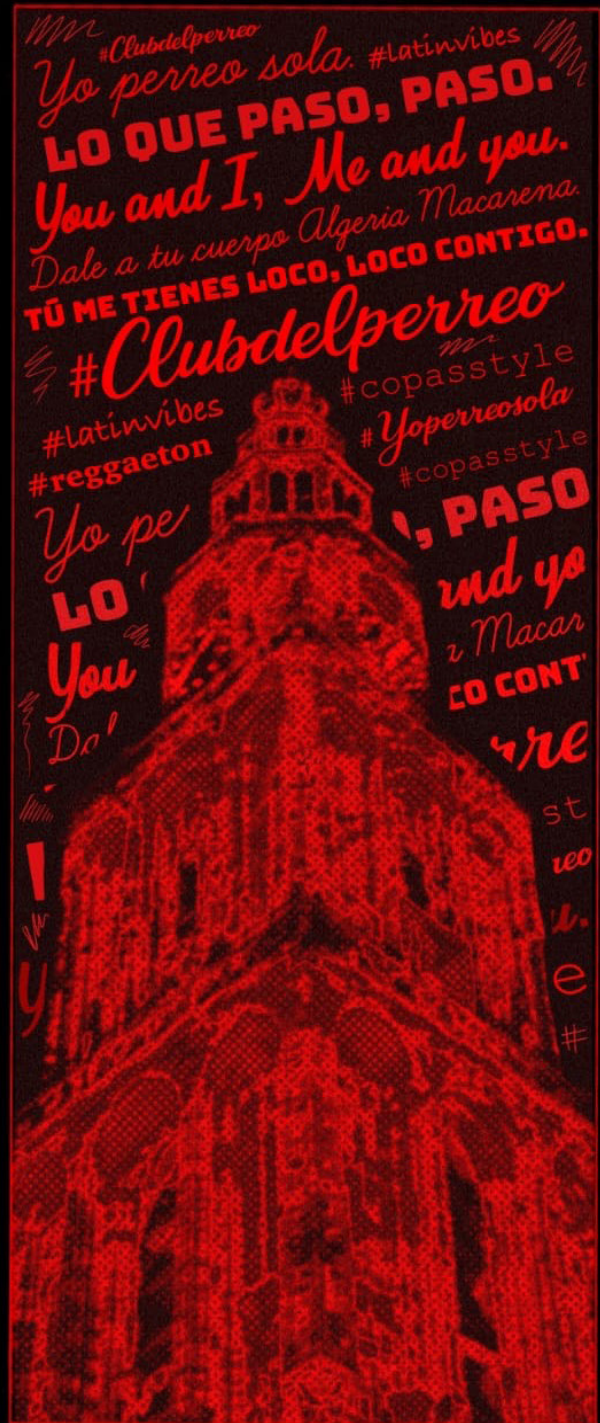
# - CLUB DEL BEBBERO -



**MUSIC  
DRINKS  
MEMORIES**

COPAS

Est.2017



**FROM CLASSIC TO TRENDY WITH A LATIN TWIST**

Make your party legendary  
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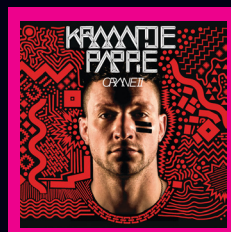
*Pioneer Dj*  
AUTHORISED

# Dutch Music

Top 5 Dutch iconic songs that you will hear in your time in Groningen. So scan the codes on your **spotify** camera!



Het gras van het Noorderplatsoen  
Ralf Poelman



Feesttent  
Kraantje Pappie



Nacht  
Guus Meeuwis & Kraantje Pappie



Leef  
Andre Hazes Jr.



Hockeyclub  
Antoon, Paul Sinha



# Day Trips from Groningen

## Schiermonnikoog

Escape the chaos of city life and immerse yourself in the tranquillity of Schiermonnikoog, the Netherlands' first national park. This tiny island is a car-free paradise that can only be reached by ferry from Lauwersoog. Explore the island by bike, sail on the calm waters, stroll along the sandy beaches, or discover the unique duck decoy. With just under a thousand residents, Schiermonnikoog is a perfect destination for nature enthusiasts and those seeking a peaceful retreat.

## Giethoorn

Giethoorn, also known as “Dutch Venice,” is a cosy village in the Dutch province of Overijssel that can only be accessed by boat. It has a population of less than three thousand and it boasts 176 bridges. Visitors can enjoy various water based activities, such as cycling along picturesque paths, leisurely boating, scenic cruises, or peaceful canoe journeys. Giethoorn offers a perfect escape from busy Groningen and is a slice of paradise waiting to be explored by students who need a rest from their studies.

## Gasselternveld

If you're a nature lover, then there is a great adventure waiting for you in the heart of Drenthe, the Hondrug. The Gasselternveld swimming lake, once a sand quarry, is now a hidden gem for



swimmers and sunbathers alike. With its impossibly blue waters and a dazzling white beach, it's the perfect spot for a trip or even a longer weekend getaway. Explore the pristine nature reserves and choose from a range of holiday homes or camping sites in green, wooded locations. Whether you prefer leisurely strolls, cycling through cute meadows, or camping in the tranquillity of the forest, the Dutch outdoors offers a wide range of experiences for everyone interested.

## Verhildersum Estate

The Van Bolhuis-Frima family's estate in Groningen is a breathtaking example of 19th-century noble architecture. The



Borg, or stately home, has been perfectly preserved, and walking through it feels like taking a trip back in time. Visitors can also explore a nearby workers' cottage to get a glimpse into the everyday life of a working-class family from the same era. The estate is surrounded by beautiful gardens, a huge animal farm, and a lush orchard, making it an even more enchanting destination. Before leaving, take some time to reflect at the Museum Café and consider touring the estate on a digital tour through an interactive virtual game. Don't forget to visit the Ede Staal exhibit, the beloved folk singer who sang in Groningen's unique dialect.

## **Bourtange**

Bourtange's fortress, built during the Eighty Years' War, is a living piece of history that has survived six whole centuries. Today, it is a vibrant village where visitors can explore historic structures like the school, old church, and mill. Cobblestone streets lead to charming shops and an old-fashioned candle-making factory. You can take a short break at one of the friendly bars or restaurants. The fortress village comes to life with engaging events such as bustling markets and historical re-enactments of pitched battles. Bourtange is a great blend of past and present and you don't have to be a history student to appreciate what it has to offer.



Maastricht



Erasmus Bridge, Rotterdam



De Oostkerk, Middelburg



Castle De Haar, Utrecht



Musis Sacrum, Arnhem



Rijksmuseum, Amsterdam

# Trips in the Netherlands

## Middelburg

Discover Middelburg, where history meets charm! Founded in the 9th century as a Viking stronghold, this quiet city in Zeeland offers a captivating journey through time. Explore its brilliant heritage with a visit to the Gothic City Hall and the awe-inspiring Baroque Church. Don't forget to delve into the past at the local museums.

## Tilburg

Tilburg is one of the largest cities in the Netherlands, nestled in the heart of North Brabant. Wander the picturesque streets where the legendary Van Gogh attended school and let the city's artistic spirit envelop you with its stunning street art. For the thrill-seekers, you can see exciting theme parks, and for the connoisseurs, you can savour craft beers that are as rich in flavour as Tilburg's history.

## Maastricht

As a city founded by the Romans, Maastricht proudly holds the title of the oldest city in the Netherlands, where every cobblestone street whispers tales of a rich past. A leisurely bike ride takes you to neighbouring Belgium, making it an ideal gateway to visit two lovely countries at the same time. Immerse yourself in art at the fine art museum, lose yourself in a church transformed into a bookshop, and gaze at the medieval gates, castles, and bridges.

## Rotterdam

Rebuilt from the ashes after World War II, this city has emerged as a gorgeous showcase of modern and beautiful architecture. Marvel at the iconic Cube Houses, walk across the breathtaking Erasmus Bridge, and explore the delicious cuisine of the Markthal. Rotterdam is where old meets new, offering a mix of traditional Dutch culture and modern European innovation.

## Arnhem

With a thriving fashion scene and lush parks, Arnhem strikes the perfect balance between urban life and natural beauty. As the greenest city in the Netherlands, it's a haven for eco-



conscious travellers. Visit the enchanting open-air theatre, relive history at the historic Arnhem Bridge, and embark on a wildlife adventure at Burgers' Zoo. Arnhem, where sustainable living and vibrant experiences come together, invites you to savour its unique eco-friendly vibe and cultural depth.

## Utrecht

As the fastest-growing city in the Netherlands, Utrecht is a dynamic hub of energy and innovation. Stroll through colourful flower and textile markets, losing yourself in the city's rich heritage. Don't miss the chance to climb the amazing Dom Tower, the tallest church tower in the Netherlands. Utrecht beautifully balances tradition and modernity and calls you to join its inspiring journey of growth and exploration.

## Amsterdam

Take a trip to Amsterdam, the very heart of the Netherlands! As the capital of our favourite European country, Amsterdam is the best the Netherlands has to offer. Navigate its many famous canals and bike paths, where you can take the coolest selfies. Immerse yourself in world-class museums, dance the night away at fun clubs, and savour some Dutch hospitality at its lively bars.

# GET ON YOUR BIKE

Nowhere in the world is cycling as established as it is in the Netherlands. In fact, there are more bicycles than people here! On top of that, Groningen is counted as the best bike city in the world. Naturally, buying or renting a bike is a top priority for any student moving here. So here are a few tips for people new to the Netherlands, and looking to indulge in the biking culture.

## TRAFFIC RULES AND SIGNS

When biking in Groningen, always keep the city's rules and regulations in mind. Here are some important signs and road markings that you will find in Groningen.



**Haaientanden**, also called “shark teeth”, is a type of marking used to inform drivers where they need to yield and give priority to the conflicting vehicle traffic at an intersection or roundabout controlled by the yield sign.



**Tegelijk groen**: traffic from all directions can cross the intersection at the same time. This is unique to Groningen! The best way to navigate this is to make eye contact with the people in the direction you are going, and aim for an open spot in the flow of traffic. You have to pay attention to your surroundings, and exude confidence (fake it 'till you make it). Even here though, you still have to keep in mind that traffic from the right has more priority, and there are still shark teeth.



**Rechtsaf voor fietsers vrij**: Cyclists can turn right at the light. Most intersections in the Netherlands do not permit cyclists (or motorists) to turn right on red. But if you see this sign, it means you can. It's usually at intersections where there's enough space to turn right without cars or buses having a blind spot where they may not see you.





# LEARN THE RULES



**Uitgezonderd:** Uitgezonderd translates to except. You'll see this word underneath one way and no entry traffic signs, and usually black symbols underneath for different modes of transportation. This means that most traffic cannot enter that road, except for the symbols: bikes are almost always uitgezonderd in these situations.

## SAFETY TIPS

Give the phrase "Locks are second to none" the utmost importance. You should invest in the best lock you can find, because take us at our word that if you don't, your bike is as good as gone.

The next thing to keep in mind is to never park your bike in public spaces for indefinite periods of time.

You should also consider purchasing bike insurance if your bike is particularly expensive.

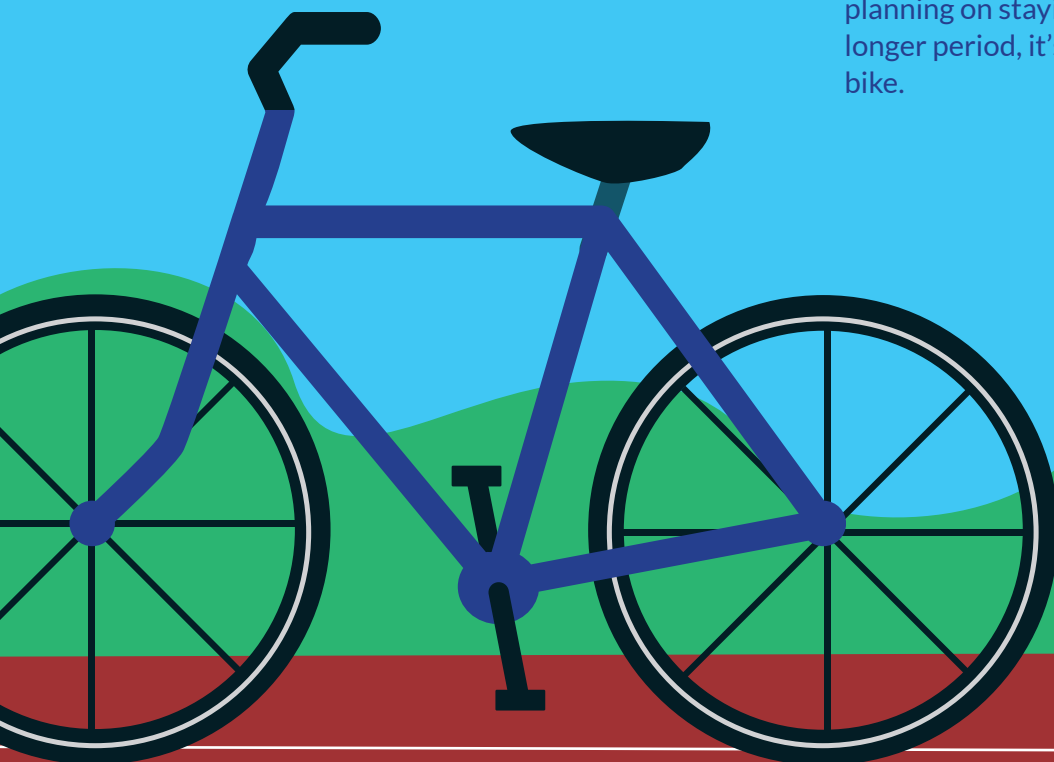
Watch out! When you're crossing the road on your bicycle, check the markings. If the lane has white rectangles on both sides, stop! Cars have priority.

## WHERE TO BUY/RENT BIKES

There are several facebook groups where private owners sell their bikes. You can find a variety of bikes here, both new and old. However, always do your research before purchasing a second hand bike, and always meet the seller in person before purchasing a bike.

If you would like to buy a new bike, there are plenty of bike sellers located in and around the centre of Groningen that can provide a variety of options.

It is also possible to rent a bike from some of these stores, although if you're planning on staying in one place for a longer period, it's wiser to purchase a bike.



# Celebrate in Groningen

*As you embark on your journey as a student in Groningen, there's a vibrant world of Dutch traditions waiting to be discovered. In Groningen, these traditions will soon become part of your life, making this city feel like home, and the memories you create will last a lifetime.*

## King's Day | 27 April

If you find yourself in Groningen on the 27th of April, you're in for a real treat. King's Day, or "Koningsdag" in Dutch, is the day when the entire nation comes together to celebrate King Willem-Alexander's birthday. The city transforms into a sea of orange, the official colour of the Dutch Royal Family.

Groningen truly comes alive on King's Day the city's squares and streets are adorned with bustling street markets, where you can hunt for unique treasures and delicious Dutch treats. Music fills the air as street performers showcase their talents, and food stalls offer mouthwatering Dutch delicacies.

And don't forget the festival and concerts all across the city! The Dutch certainly enjoy one (or too many) beers on Kings Day. So you can enjoy the newest music at one of Groningens biggest festivals that day: Kingsland.

Whether you're browsing the market stalls, dancing to live music, or savouring Dutch street food, King's Day is an unforgettable experience that will make you feel right at home.





### **Sinterklaas | 5 December**

Sinterklaas, a Dutch tradition similar to Christmas, is probably the most beloved holiday in the Netherlands. On the evening of December 5th, Dutch households come together to exchange small gifts and celebrate the arrival of Sinterklaas, a bishop-like figure, and his helpers, the Pieten. The anticipation and excitement build as Sinterklaasavond (Sinterklaas evening) approaches.

It's not uncommon to exchange "surprises" (cleverly wrapped gifts), writing poems for one another and eating loads of pepernoten. Local shops are adorned with Sinterklaas-themed decorations, and bakeries display traditional Dutch sweets like pepernoten and speculaas.

### **New Year's Eve | 31 December**

As the year draws to a close, the Dutch welcome New Year's Eve with open arms. Groningen, like the rest of the Netherlands, celebrates this holiday with gusto. The city comes alive as people gather to bid farewell to the old year and welcome the new one.

The Dutch are very fond of fireworks, which legally, are only allowed to be sold in the last week of December. So prepare yourself for the spectacle and chaos that ensues in those last December days. Also, the Dutch are never shy of a party, so you can expect the city to turn into one big, raving party.

One of the essential traditions of Dutch New Year's Eve is savouring oliebollen, a delightful Dutch doughnut. Local vendors set up stalls to serve these scrumptious treats, and you'll find them dotted throughout the city.

### **Other public holidays**

Goede Vrijdag: Good Friday  
Eerste en tweede paasdag: Easter Sunday and Easter Monday  
5th of May, Bevrijdingsdag: Liberation Day  
Hemelvaartsdag: Ascension Day  
Eerste en tweede pinksterdag: Whit Sunday and Whit Monday  
25th & 26th of December; Eerste en tweede kerstdag: Christmas Day and Boxing Day

# Learn Dutch in Groningen

*Beyond the academic benefits, mastering the Dutch language allows you to connect with Dutch friends, immerse yourself in the culture, groove to great Dutch music, and even secure your future in the Netherlands by opening doors to employment. In this article, we explore the diverse avenues available for learning Dutch in Groningen and how they can enrich your student experience.*

## ESN Language Exchange Programme

The goal of the programme is for students to learn each other's language and meet new people. You will be linked to another student to practise or teach one of the most popular languages: English, Dutch, Spanish, Italian, German and French.

However, you can always indicate that you're interested in languages other than the ones mentioned. You can meet as many times if you want and nothing is compulsory, it's up to you!

## Tobian Language School

Tobian Language School is the gateway to a world of languages right here in Groningen. With over 120 experienced teachers and a diverse selection of 30+ languages, including Dutch, the Tobian Language School is your one-stop destination for both offline and online language learning.

Whether you're brushing up on your language skills or starting from scratch,



they've got you covered. Tobian Language School offers an innovative online platform, making language learning available to everyone, no matter where you are.

Discover the joy of learning languages with Tobian Language School. You can visit their website and explore their courses. With a valid ESNcard you can get a 15% discount.

## Can't Dutch This

Can't Dutch This believes that learning the local language will contribute to your living experience in The Netherlands. Being able to understand the spoken and written Dutch will open new doors and create new social interactions.

They put an emphasis on making their classes informal, fun and interactive.



Each course includes real life excursions, to help you practice Dutch in a real-life environment. Classes are kept intentionally small in order to create a safe and 'gezellig' social environment. They also offer a course discount with your valid ESNcard!

## Join a student association

Lastly, one of the best and most fun ways to learn Dutch is to join a Dutch student association or organisation such as ESN. You will be surrounded by Dutch native speakers and get the chance to practice your skills in an informal and relaxed atmosphere. It will also give you more insight into Dutch life and culture and you can make new friends!

# USEFUL DUTCH PHRASES

HELLO

HOI / HALLO

BYE

TOT ZIENS / DOEI

THANK YOU

DANKJEWEL / BEDANKT

SORRY

SORRY, MIJN EXCUSES.

MY NAME IS...

MIJN NAAM IS... / IK HEET...

CAN I HAVE...?

MAG IK... ?

I AM LOOKING FOR...

IK BEN OP ZOEK NAAR...

GOOD LUCK!

SUCCEES!

DO YOU SPEAK  
ENGLISH?

SPREEK JE ENGELS?

SORRY, I DON'T  
SPEAK DUTCH

SORRY, IK SPREEK GEEN  
NEDERLANDS

I DON'T  
UNDERSTAND  
YOU

IK VERSTA JE NIET/  
IK SNAP JE NIET

# Housing rights

## *Understanding Dutch Housing Rights: A Guide for International Students in Groningen*

One of the most vital aspects of your new life is securing appropriate housing. The Netherlands, like many countries, has specific housing laws and regulations, and it's essential to be well-informed about your rights as a tenant.

The Dutch legal system places a strong emphasis on tenant rights, ensuring that you are treated fairly and have the necessary legal protection.

**Housing Contracts:** When you find a place to rent in Groningen, you'll typically sign a rental contract. These contracts can vary in length, with some being fixed-term and others indefinite. It's essential to carefully read and understand the terms and conditions before signing.

Pay close attention to rent amounts, contract duration, and any additional costs, such as service fees or utilities. Also, watch out for "Excl. G/W/E" (excluding gas, water, electricity) or "Incl. G/W/E" (including gas, water, electricity) – these details could impact your expenses.

Always double-check your rental period, whether it's fixed-term or indefinite, and the notice period required for ending the tenancy agreement.

**Terminating your rental agreement:** Your landlord cannot terminate your contract without good reason, and even then, justifying those reasons can be challenging for them. Seek advice, as you may have more rights than you realize. In any case, they must give you a minimum of three months' notice, plus one month for every year you've lived there.

**Subletting:** Dutch housing law allows students to sublet their room for a certain period. The subletter must sign a contract specifying when they must vacate the apartment or room. Before subletting, check if it's allowed in your rental

agreement and seek permission from your landlord. Subletters have nearly the same rights as regular tenants.

**Rent Allowance (Huurtoeslag):** Depending on your living situation, income and age, you may be eligible for rent allowance from the government. This can help reduce the financial burden of renting a place in Groningen. You can read more about it here: [www.belastingdienst.nl](http://www.belastingdienst.nl)

**Maintenance and Repairs:** Your landlord is responsible for maintaining the property and addressing necessary repairs. Promptly communicate any issues and keep written evidence of your interactions, along with photos of items needing repair. They can't enter unannounced, and they must give prior notice before entering.

**Dispute Resolution:** In case you encounter issues with your landlord or other housing-related disputes, there are legal avenues to seek resolution. This includes mediation and the Dutch court system. In general, a tenants rights are highly protected by Dutch law.

**Seeking Legal Assistance:** If you encounter a housing-related dispute that you can't resolve with your landlord, seeking legal guidance is vital. The "Juridisch Loket" in the Netherlands offers free legal advice and can help you navigate housing issues.

The Groninger Studentenbond (Groninger Student Union) is a valuable resource for international students in Groningen. They offer legal assistance and support, ensuring your housing rights are protected.

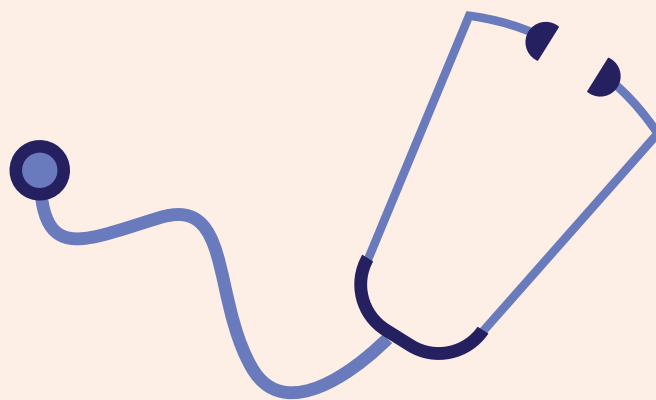
**Finding housing:** When searching for housing, for example on Facebook, you should exercise due diligence, and be careful with whom you share your personal information.



To find out more  
go to our website  
Housing in Groningen

# Health Care

*Navigating healthcare in the Netherlands is essential for international students. Two crucial aspects to consider are finding a General Practitioner (GP) and obtaining health insurance.*



## GENERAL PRACTITIONER (GP)

In the Netherlands, your GP is your first point of contact for medical advice. To access specialist care or hospital services, you need a referral from your GP. However, GPs have patient limits, so finding one that can accept you may be necessary. One exception is HuisartsGroningen.nl, which offers various healthcare providers in one location, making it convenient for international students.

When selecting a GP, consider proximity to your residence, especially for emergencies. Registering with a GP is essential before any health issues arise. GPs can also assist in understanding health insurance, as it can be complex. Your GP's visits are covered by Dutch health insurance, making it important to register early.

For urgent medical needs outside of regular office hours, contact the Doctors Service ("doktersdienst") at 0900-9229.

In an acute medical emergency, call the national emergency number 112.

## HEALTH INSURANCE

Health insurance is mandatory for international students in the Netherlands. It covers various medical expenses, including GP consultations, specialised care, and even repatriation if necessary. To ensure your medical costs are covered, it's crucial to have health insurance in place before you experience any health issues.

The University of Groningen collaborates with AON Insurance to provide insurance options for students. The "Complete+" insurance policy, available during a specific enrolment period, covers care for pre-existing medical conditions as well as future ones.

**ESN partners with Swisscare** to provide a 10% discount on their "International Student Health Insurance Plan Europe" During your studies abroad, this product covers medical emergencies in case of illness and accidents. A 24/7 assistance is included, as well as search & rescue, repatriation to the home country, and third party liability.

This insurance is suitable for international students, interns, au pair's, academics, researchers, and their family members (spouse, children) if the following applies: All foreign students, interns, au pair's, academics, researchers in the EU / EEA. All EU / EEA resident students, interns, au pair's, academics, researchers studying or training abroad excluding US Territories and Canada.



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# Menthe

*Mental health is a critical aspect of student well-being in the Netherlands. The academic and social pressures of studying in a foreign country can sometimes take a toll on a student's mental health. It's important for international students to be aware of the available resources for support.*

## CONFIDENTIAL ADVISORS

If you feel the need to speak to someone, about personal or confidential matters, [ESN has four confidential advisors](#) that have been professionally trained to respond to personal matters.

## STUDENT PSYCHOLOGIST

The University of Groningen provides psychologists at the Student Service Centre (SSC). They can help students with problems relating to your studies (such as stress) and psychological problems (such as anxiety or depression).

You can find more information about SSC on the university's website.

Hanze University of Applied Sciences provides student psychologists, who do not focus on treating severe (pre-existing) psychological disorders. They use a solution-oriented approach, aimed at keeping psychological problems from getting worse and maintaining your role as a student, to prevent

dropout. If necessary, the student psychologist can refer you to the GP and/or a mental healthcare organisation.

Making use of the university psychologist is free of charge for all Hanze UAS and University of Groningen students.

## WAKE UP STUDENT PSYCHOLOGY AND COACHING

Wake Up Student offers psychological help and coaching for students aimed at common challenges: psychological complaints, study choice to career guidance, effective study habits, balancing study and daily student life. As a member of ESN Groningen, you are entitled to a free first consultation.

## ALL EARS

All Ears offers a valuable resource for students seeking support or feeling stuck. Students can find relief in sharing their experiences with someone outside their immediate circle. The All Ears student counsellors are well-informed about the challenges students face and prioritise maintaining complete confidentiality during their sessions.

Students can comfortably communicate in Dutch or English during these sessions, but there are counsellors proficient in other languages, like German, French, Luxembourgian, Portuguese, or Spanish, arrangements can be made. This ensures that language is not a barrier to seeking help and support.





# althhealth

## @ease

@ease is a place where individuals can simply drop in or chat online anonymously and without an appointment, and it's completely free. While the main focus is on young people aged 12 to 25, all students are welcome. The organisation understands that many young individuals struggle to seek help when dealing with psychological and social issues, often due to shame, long waiting lists, the desire to solve problems independently, or discomfort with traditional practitioner visits.

If someone requires more assistance, the organisation can connect them with online therapy or help them find additional support through their volunteers and professionals in their local area.

## MINDSHIFT COACHING

Mindshift Coaching offers to coach (international) students and helps them with: effective studying, mental health, procrastination and motivation, personal development & career directions. (As an ESN cardholders, you get a free 60 min 1:1 Coaching session with one of the psychology experts)

## EMERGENCY SERVICES

### ADDICTION

Treatment for addictions is not limited to hardcore drugs; it encompasses various substances and behaviours such as alcohol, gaming, and marijuana. If you suspect that you or someone

you know is struggling with an addiction, you can seek assistance from Verslavingszorg Noord Nederland (VNN). VNN specialises in addressing a wide range of addictions in diverse individuals. They offer guidance and can provide treatment when necessary. It's never too late to reach out for advice. While VNN's website is primarily in Dutch, you can contact them by phone at 088 234 34 34. Their 24/7 helpline ensures anonymous and confidential support.

If you recognise yourself in one of the following questions: When is smoking a joint no longer recreational? How would I benefit from not consuming alcohol for a month? I'm spending more time on video games than on my studies. How can I change this? Is it normal that people around me take XTC regularly? You can ask these questions to a specialist, at their digital consultation hour, which is free of cost and anonymous.

## 133

If you're in urgent need of someone to talk to, whether you're contemplating suicide or concerned about a loved one, 113 provides access to mental health professionals who are available 24/7 for anonymous support. You can reach out to them via their website or by calling 0800 0113 (please note this service is currently available only to individuals calling from the Netherlands). On their website, you'll also find a self-test, online therapy courses, and access to psychologists.

# Recruit a Student



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



@recruitastudentlwrldgro

# Study & Work: Finding a job

*In the ever-evolving landscape of the job market, the quest for employment is a journey many of us embark on. Whether you're a newcomer searching for your first job in the Netherlands or a fresh graduate eager to kickstart your career, the path to finding a job can be both exciting and daunting. Groningen has a diverse job market ready to welcome you and we are here to guide you through the opportunities that can help you land your next job.*

**1 Horeca** Groningen's Horeca industry is a vibrant, constantly changing world of culinary delights and exceptional service. Many establishments in the city appreciate the flexibility that student workers bring to their workforce. Jobs range from waiting tables and bar work to roles in the kitchen. Often times, international restaurants do not mind if you are not proficient in Dutch. However, some restaurants might require you to speak Dutch.

To find a job in Horeca, you can start by checking their website or LinkedIn. You can also visit these establishments in person, dropping off your CV and motivational letter, or inquire about job openings.

**2 Supermarkets** Working in a supermarket is a reliable and straightforward option to earn a living in Groningen. With several well-known supermarket chains like Albert Heijn, Jumbo, and Lidl, there are often job openings available for cashiers, stock clerks, and customer service representatives.

You can apply for positions at these supermarkets through their respective websites or inquire in person at their stores. Often, vacancies are posted on notice boards in the stores or online job portals.

**3 Food delivery companies** With the rise of online food delivery services, there is an increasing demand for delivery drivers and riders in Groningen. Companies like Thuisbezorgd, Uber Eats, and Deliveroo

have a significant presence in the city. If you have a bike or a scooter, you can explore flexible part-time or full-time opportunities in the food delivery sector. The advantage here is that you can choose your working hours, making it an excellent option if you are looking for temporary work.

**4 Customer Service and Multilingual Opportunities** Dutch companies frequently seek students to join their call centres, handling help hot lines or customer service inquiries. There are opportunities for students proficient in languages other than Dutch to contribute by translating documents, responding to emails, or providing customer service support. Keep an eye on job portals, company websites, LinkedIn, or explore openings at expanding tech giants such as Belsimple or Coolblue who often seek multilingual talent for international growth.

**5 University Involvement** Explore employment opportunities right within the university! Both Rijksuniversiteit Groningen (RUG) and Hanze UAS offer positions such as tutors, buddies, promotional roles, or positions at the help desk. While actively searching for these roles might be necessary, once secured, they come with numerous benefits and a chance to actively contribute to the university community.

**6 Facebook Announcements** For students with a knack for networking, Facebook can be an effective tool in the job hunt. Various Facebook groups and pages, such as "Jobs in Groningen" and "Expats in Groningen," regularly feature job announcements. These posts can range from part-time gigs to internships and even entry-level positions.

When using Facebook for job hunting, you should exercise due diligence, verifying the legitimacy of job offers and connecting with group members who might provide helpful insights or recommendations.

Reminder: Dutch law requires you to have a Dutch health insurance if you work in the Netherlands.

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## Group lessons and open hours

These classes are structured so that you can participate at any fitness level and are held throughout the day, so there is always a group class that fits your study schedule!



## Free reservations

Would you like to reserve a court, hall or field with friends? You can! You can use free reservations to dance, play beach volleyball, play padel, pole dance and much more.



## Courses

The ACLO offers courses in many sports which consist of a series of lessons of 5 to 10 weeks. Most courses are offered at a beginners level but there are also a few at intermediate and advanced levels.



## Fitness

The ACLO has fitness and power training facilities. In the weekends and during holidays you can use it for free with a regular ACLO Card. On weekdays you need a Fitness Card for this.



## Open competitions

The ACLO organizes a number of open competitions each year, such as a beach volleyball and football competitions. You play a competition of a few weeks against other teams of friends.



## More information about our sports offer?

Scan the QR-code.

# Recycle like the Dutch

*The city has implemented various initiatives to make waste disposal and recycling accessible and convenient. In this article, we will explore the trash disposal methods, recycling options, and the concept of “statiegeld” (deposit) in Groningen.*

## Trash disposal

In general, the Dutch separate their waste into three to four categories: general waste, paper and glass (sometimes compost as well). In the city centre, you will find communal trash cans on nearly every street that you can access with a special waste card. Just take your waste down there, open the can with your card and you can put your trash into the bin. There are different bins for the three categories. Outside of the city centre, houses often have their own trash can that has to be put onto the road on specific days in the months for collection.

To find the location of trash cans in your specific area, collection times and to learn more about the waste system, you can check the municipality’s website.

## Recycling Points in Groningen

Near the entrances of locations like supermarkets and electronics shops you can safely dispose of batteries. Go to the AfvalWijzer website to check where you can dispose of all recyclables in a location near you.

## Statiegeld: The Dutch Deposit System

One of the Netherlands’ successful initiatives is the statiegeld system, promoting the return of beverage containers for recycling. When purchasing a beverage in a plastic bottle or aluminium can, a deposit is paid (usually around €0.25). This deposit is refunded when containers are returned to the supermarket.





# INTERNATIONAL GRONINGEN

# International Groningen Q&A

[internationalgroningen.nl](http://internationalgroningen.nl)  
[@internationalgroningen](https://twitter.com/internationalgroningen)

**Question: Can you introduce yourself?**

**Anastasija:** I'm Anastasija Zihareva. I came from Latvia to Groningen 11 years ago as an international student. I studied international communication, and then went to Minerva Academy. Fast forward some years and now I'm responsible for International Groningen.

**Q: What do you do?**

I'm in charge of International Groningen. International Groningen is from the Gemeente Groningen, it is a part of Groningen Alliance. Groningen Alliance is a strategic partnership of multiple organisations: the Municipality and province, the two hospitals, the University of Groningen and Hanze UAS and two schools.

So all of these partners joined their forces on the topics that are relevant for the whole city. Together they chip in some cash every year and make strategic goals. They all agree on the topics that are important, internationalisation is one of them and I am responsible for that.

**Q: What is International Groningen?**

International Groningen is an umbrella organisation of all different projects that have to do with internationals e.g. information about different neighbourhoods, practical matters, cultural tips, news to find your job or internship.



**INTERNATIONAL GRONINGEN**

One hub for everything  
[internationalgroningen.nl](http://internationalgroningen.nl)

We're a platform that leads to all the other projects, campaigns and we promote ourselves all together. It's like a beautiful cover so I'd say that creates one platform to navigate to all the specific projects.

**Q: What kind of projects are part of International Groningen?**

We have the **International Welcome Center North**, they are focused on formalities and all the practical matters. They specialise in the legal matters of living in the Netherlands, especially as an international from outside of the EU. But they also focus on things like doing taxes and health insurance.



**international welcome center north**

Support with government formalities, social events in English. We'll help you become a local!  
[iwcn.nl](http://iwcn.nl)

**Make it in the North** is a job and internship platform for internationals in Groningen and three other provinces. They organise events where employers e.g from hospitality come who are looking for staff and that makes it easy if someone is looking for a job. They also organise an event where you can get tips for your CV from professionals.



**MAKE IT IN THE NORTH**

Jobs and career information for internationals  
[makeitinthnorth.nl](http://makeitinthnorth.nl)

We also see that a lot of internationals want to stay in the Netherlands for work but do not speak Dutch because they do not have many Dutch friends that they can practise speaking Dutch with. That's why **My Local Friend** was established. It's a tool to connect international students, who speak some Dutch but need to practise more, and locals who want to help internationals and talk Dutch with them.

Last year we also did a campaign to inform internationals about municipal elections because EU students can vote in those too.

Lastly, we have events to show internationals how to cycle in the city where we're coupling them with volunteers to practise and to get to know the rules. It is always great fun and actually makes you feel a lot safer when cycling.

**Q: What do you love most about your job?**

I just like how it's growing and seeing how we have built so many amazing projects, how students and experts are being helped, how friendships are being made, how jobs are being found.

Simply to help people. They have so many questions! I think part of it is also my own motivation, because I've been a young international student myself, and I've also been very lost, very confused, very lonely. It was a mixture of culture shocks. Back then I was mostly getting my information from my friends that also had just figured things out like two days ago. A lot has changed since then!

**Q: What main advice would you give to new internationals?**

Whatever you're faced with, just go for it! Get to know more about taxes, make an appointment at the doctor, go and contact people. Yes it is complicated, but eventually you will manage. Just by doing, doing, doing, you'll eventually get the hang of things.

Because I think a lot of internationals expect so much from themselves. It is a lot: going abroad, not having your family around, challenging yourself, doing your education in English. But then, you adjust to it, it's baby steps. Don't expect that you'll be fully ready for things. There was an expression I really like: once you feel that you're fully ready for a thing, then it's too late because you've already overgrown it.

Ask people for help, that's also another thing. Dutch people are super helpful, they will help you with explaining how these things work. So I really encourage you to seek help and ask people, it can be a great relief! And of course you can find a lot of great resources on our website.



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**'INTERNATIONAL IN GRONINGEN: STARTER KIT' WORKSHOP**

# INTERNATIONAL GRONINGEN

We're here to help you feel at home.  
On these platforms, you can find everything you need:  
from housing to social events and even local news.



**INTERNATIONAL GRONINGEN**

One hub for everything  
[internationalgroningen.nl](https://internationalgroningen.nl)



**At home in Groningen**

Information about housing and finding a room  
[athomeingroningen.com](https://athomeingroningen.com)



**ESN**  
Erasmus Student Network  
Groningen

International student association  
[esn-groningen.nl](https://esn-groningen.nl)



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**THE NORTHERN TIMES**

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Follow [@internationalgroningen](https://www.instagram.com/internationalgroningen) on insta  
for practical tips & tricks about starting your  
life in Groningen!





# Usva

The Cultural Student Center of Groningen

We offer lots of different things and the good part is: you don't have to become a member!  
The Usva building is located in the city centre, where all the magic happens. Here we host different events, such as Jam Sessions, Movie Nights, Quiz Nights, the clothing swap O-Swap and many more!  
Keep an eye on our socials for upcoming events.



Furthermore, you can also follow a wide variety of courses, all given by professionals for a nice student price.  
For example, try a course in film making, Egyptian belly dance, oil painting or yoga! Check our website for all the possibilities.

Last, but certainly not least, you can also join one of our committees. Joining a committee means organizing events, designing posters, making photos and more! Come enjoy the benefits of becoming a crew member, like discounts on courses and free crew events! Almost everything is given in English so it's very accessible to all.

See you at Usva!



Check out our socials!



Usva.nl  
@Usva\_cultuur  
usva\_media

Usva  
cultureel  
studenten  
centrum



# Easy & Delicious Recipes

## Creamy Tomato & Spinach Pasta

This creamy tomato and spinach pasta is a delicious and comforting dish that's simple to make on the stove. Enjoy your meal!

### Ingredients (for 1 serving)

- 100 grams of pasta (your choice)
- 15 grams of olive oil
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 200 grams of crushed tomatoes
- 120 grams of heavy cream
- 40 grams of fresh spinach leaves
- 15 grams of grated Parmesan cheese
- Salt and pepper to taste
- Red pepper flakes (if you like it hot)

### Instructions

1. Cook the pasta in a large pot of salted boiling water according to the package instructions until al dente. Drain and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the chopped onion and garlic, and sauté until they become soft and fragrant.
3. Stir in the crushed tomatoes or tomato sauce. Let it simmer for a few minutes.
4. Reduce the heat and add the heavy cream. Stir to combine.
5. Toss in the fresh spinach leaves and allow them to wilt in the sauce.
6. Stir in the grated Parmesan cheese and continue to cook until the sauce thickens and the cheese is melted.
7. Season the sauce with salt and pepper to taste. Add red pepper flakes if you want some heat.
8. Combine the cooked pasta with the sauce in the skillet, stirring to coat the pasta evenly.
9. Serve with an extra sprinkle of Parmesan cheese if desired.

## Bean and Cheese Quesadillas

Bean and cheese quesadillas are a quick, satisfying, and customizable meal that you can make in just a few minutes. Enjoy your quesadillas!

### Ingredients (for 1 serving)

2 small flour tortillas

60 grams of canned refried beans

40 grams of canned corn

40 grams of shredded cheese  
(e.g., cheddar, Monterey Jack)

30 grams of salsa (optional)

Sour cream (optional)

Sliced jalapeños (optional)

### Instructions

1. Heat a non-stick skillet or griddle over medium heat.
2. Spread half of the refried beans on one of the tortillas and half of the corn, leaving a small border around the edge.
3. Sprinkle half of the shredded cheese on top of the beans.
4. Place the other tortilla on top to create a quesadilla.
5. Carefully transfer the quesadilla to the hot skillet and cook for about 3-4 minutes on each side or until the tortilla is golden brown and the cheese is melted.
6. Remove from the skillet and let it cool for a minute before cutting it into wedges.
7. Serve with salsa, sour cream, and sliced jalapeños if desired.



## Honey Mustard Chicken with Roasted Vegetables

### Ingredients (for 1 serving)

*For the Honey Mustard Chicken*

200 grams boneless, skinless chicken breasts

15 grams honey

15 grams Dijon mustard

10 grams olive oil

2 grams garlic, minced

Salt and pepper to taste

Fresh parsley for garnish (optional)

*For the Roasted Vegetables*

200 grams mixed vegetables (e.g., carrots, bell peppers, zucchini, broccoli, cherry tomatoes)

10 ml olive oil

1 clove of garlic, minced

Salt and pepper to taste

A pinch of thyme

Grated Parmesan cheese (optional, for serving)

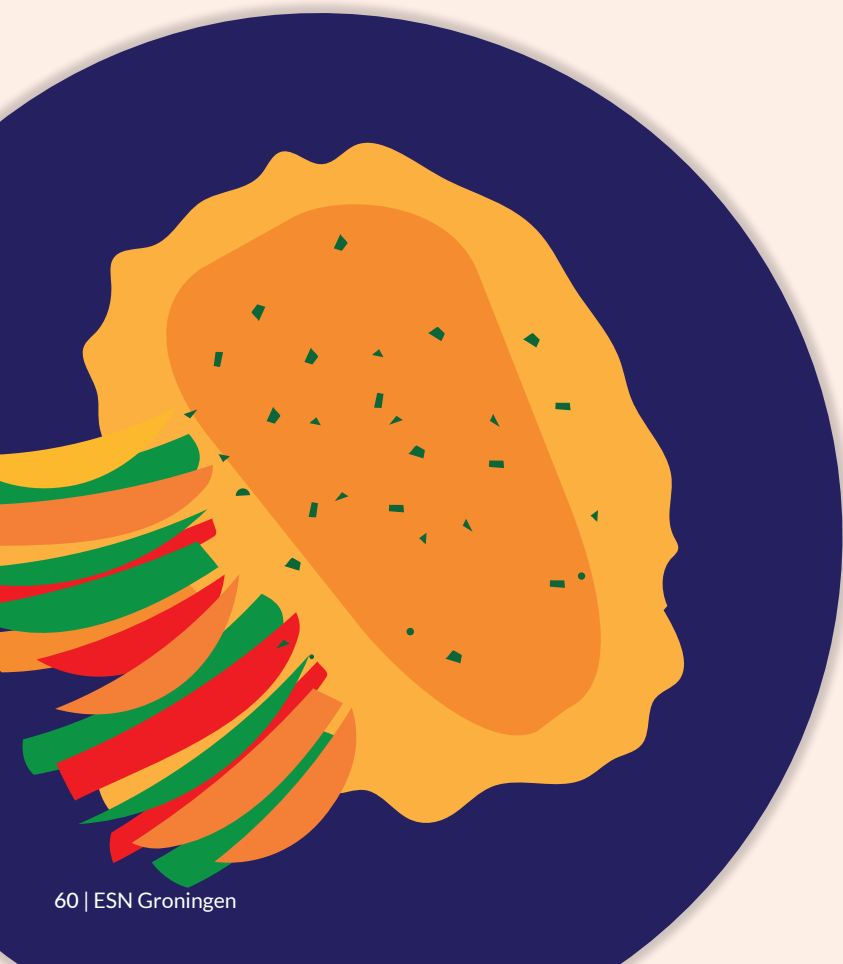
### Instructions

*For the Honey Mustard Chicken*

1. Season the chicken breasts with salt and pepper.
2. In a small bowl, whisk together honey, Dijon mustard, olive oil, and minced garlic to make the honey mustard sauce.
3. Heat olive oil in a skillet over medium-high heat.
4. Add the seasoned chicken breasts to the skillet and cook for about 6-8 minutes on each side, or until they are cooked through and no longer pink in the centre.
5. During the last few minutes of cooking, pour the honey mustard sauce over the chicken and let it simmer for a minute or two, allowing the sauce to thicken slightly and coat the chicken.
6. Garnish with fresh parsley if desired and serve hot.

*For the Roasted Vegetables*

1. Preheat your oven to 220°C.
2. Wash, peel (if necessary), and chop the mixed vegetables into bite-sized pieces.
3. In a large bowl, combine the chopped vegetables, olive oil, minced garlic, salt, pepper, and dried thyme. Toss to coat the vegetables evenly with the oil and seasoning.
4. Spread the seasoned vegetables in a single layer on a baking sheet. Roast in the preheated oven for about 20-25 minutes, or until the vegetables are tender and slightly caramelized, stirring once or twice during cooking.
5. If desired, sprinkle with grated Parmesan cheese before serving.



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During these unusual times it is recommended to make a reservation, so that they and the lovely dogs know you are coming! You can find the barbershop at A-Straat 3, just across the bridge at the A-church (Vismarkt). Now they are also open in Leeuwarden at Voorstreek 6. Make sure to check out their website at [www.moustache-barbershop.nl](http://www.moustache-barbershop.nl)!



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