

# \* ESN INTRODUCTION WEEK \*

MEMORIES  
4 LIFE!



# PARTICIPANT

Manual

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## WELCOME TO GRONINGEN!

On behalf of ESN Groningen, I'm thrilled to introduce you to this city that combines academic excellence with an energetic student life. Here, Dutch culture blends with traditions from around the world, creating a vibrant city where 1 in 4 people are students. Get ready to make new friends, explore personal growth, and have an amazing time!

When I arrived in Groningen from my German hometown three years ago, I faced the challenge of navigating a new city during a pandemic. Over time, I not only became an expert at maneuvering through the Groningen bike jungle but can now proudly call this place my home. As president of ESN, I aim to extend this sense of belonging to as many of you as possible.

ESN Groningen plays a crucial role in making your experience here unforgettable. We strive to offer you a wide range of cultural, social, and entertaining events, providing you opportunities to grow and socialize. From international dinners and excursions across the country and Europe to pub quizzes and music events, we want to immerse you in Dutch culture and student life. Explore our Buddy Programme and Ambassador Programme, all designed to help you integrate smoothly.



Now, it's time to kick off your stay with the most memorable Introduction Week! We've curated a week filled with exciting activities to help you connect with like-minded students, both international and Dutch. Please read this manual carefully to know what to expect and discover the other amazing offers we have in store. We can't wait to share this experience with you!

If you have any questions about the upcoming week or ESN Groningen in general, don't hesitate to reach out to any of us. The 36th Board of ESN Groningen is eager to meet you during this week and throughout the entire year. For now, we wish you the best start to your time here and all the luck in your studies in Groningen.

On behalf of the 36th Board of ESN Groningen,

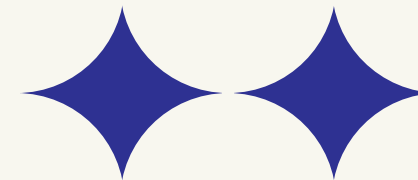
**Linda Zeitz**  
President ESN Groningen Board  
2023-2024

# TABLE OF CONTENTS



|   |           |
|---|-----------|
| <b>WELCOME TO GRONINGEN.....</b>        | <b>1</b>  |
| <b>HOW TO REACH US.....</b>             | <b>3</b>  |
| <b>PRACTICAL INFORMATION.....</b>       | <b>4</b>  |
| <b>TIMETABLE.....</b>                   | <b>6</b>  |
| <b>PROGRAMME OVERVIEW.....</b>          | <b>8</b>  |
| <b>CULTURE DAY &amp; WORKSHOPS.....</b> | <b>14</b> |
| <b>HARMONY OVERVIEW.....</b>            | <b>18</b> |
| <b>USVA OVERVIEW.....</b>               | <b>20</b> |
| <b>MEET THE ESN BOARD.....</b>          | <b>24</b> |
| <b>ESNCARD DEALS.....</b>               | <b>28</b> |
| <b>ESN CARE.....</b>                    | <b>30</b> |
| <b>SOCIALS.....</b>                     | <b>31</b> |
| <b>UPCOMING EVENTS.....</b>             | <b>32</b> |
| <b>ESN SPRING SEMESTER.....</b>         | <b>33</b> |
| <b>ESN WEDNESDAY.....</b>               | <b>34</b> |
| <b>SEMESTER PROGRAMMES.....</b>         | <b>36</b> |

## HOW TO REACH US



- 🌐 Website [www.esn-groningen.nl](http://www.esn-groningen.nl)
- 📧 Introduction Week Questions [introductionweek@esn-groningen.nl](mailto:introductionweek@esn-groningen.nl)
- 📷 Instagram @esn\_groningen
- 📘 Facebook @groningen.esn
- 📺 TikTok @esngroningen

## INTRODUCTION WEEK INFORMATION POINTS

- Friday, February 2:**
  - 20:00-22:00 at ESN Office | Oude Kijk in 't Jatstraat 5
- Saturday, February 3:**
  - 14:00-17:00 at Harmony Building | Oude Kijk in 't Jatstraat 26
- Sunday, February 4**
  - 13:00-16:00 at ACLO Sports centre | Blauwborgje 16
- Monday, February 5:**
  - 12:00-15:00 at ESN Office | Oude Kijk in 't Jatstraat 5
- Tuesday, February 6:**
  - 13:00-16:00 at ESN Office | Oude Kijk in 't Jatstraat 5
- Wednesday, February 7:**
  - 13:00-16:00 at ESN Office | Oude Kijk in 't Jatstraat 5



# PRACTICAL INFORMATION

# GRONINGEN

53°13'06.1"N 6°33'46.7"E

## ① General Information

1. Do not lose or cut off your Introduction Week wristband!  
**No wristband = no entry.**
2. Keep this manual with you to have access to all necessary information of the entire Introduction week.
3. For updates make sure to check the Introduction Week Platform.
4. In **your confirmation e-mail**, you received your personal sign-in information for the Introduction Week. You can **use this information to sign into the platform.**
5. Click this link to the Introduction Week Platform:  
<https://my.esn-groningen.nl/login>
6. The information on the platform will also be available in the **ESN Groningen App** (available on Google Play Store and Apple App Store), once you are logged in with your personal sign-in information.

## ⚠ Rules

1. **The use of drugs is strictly prohibited** during the entire Introduction Week. Breaking this rule will lead to exclusion from the Introduction Week programme!
2. **The consumption of alcohol by underage participants (< 18 years old) and purchasing alcoholic beverages for them is strictly prohibited.** Breaking this rule will lead to exclusion from the Introduction Week programme!
3. **It is not allowed to have dinner with your (entire) group at international student housing during the Introduction Week.**

## 📞 Emergency contacts

In case of emergency immediately contact the ESN Board. Call Douwe Kreeftenberg at +31 631283335 or Linda Zeitz at +49 17662756903. The national number for emergency services or the police is 112.

## 💬 Confidential Matters

If anything happens that you are uncomfortable with, please contact one of ESN's confidential advisors:

- Elli Winetsdorfer +49 1627434022
- Ewan Brett +31 6 82452275
- Hannah Müllers +49 177 2488764
- Jan Willem Leeuwma +31 6 30835526



*Become active in ESN GRONINGEN*  
*Check out the QR code:*



**ESN**  
Erasmus Student Network  
Groningen

# PROGRAMME TIMETABLE



Also available online,  
on the Introduction  
Week Platform.

## FRIDAY

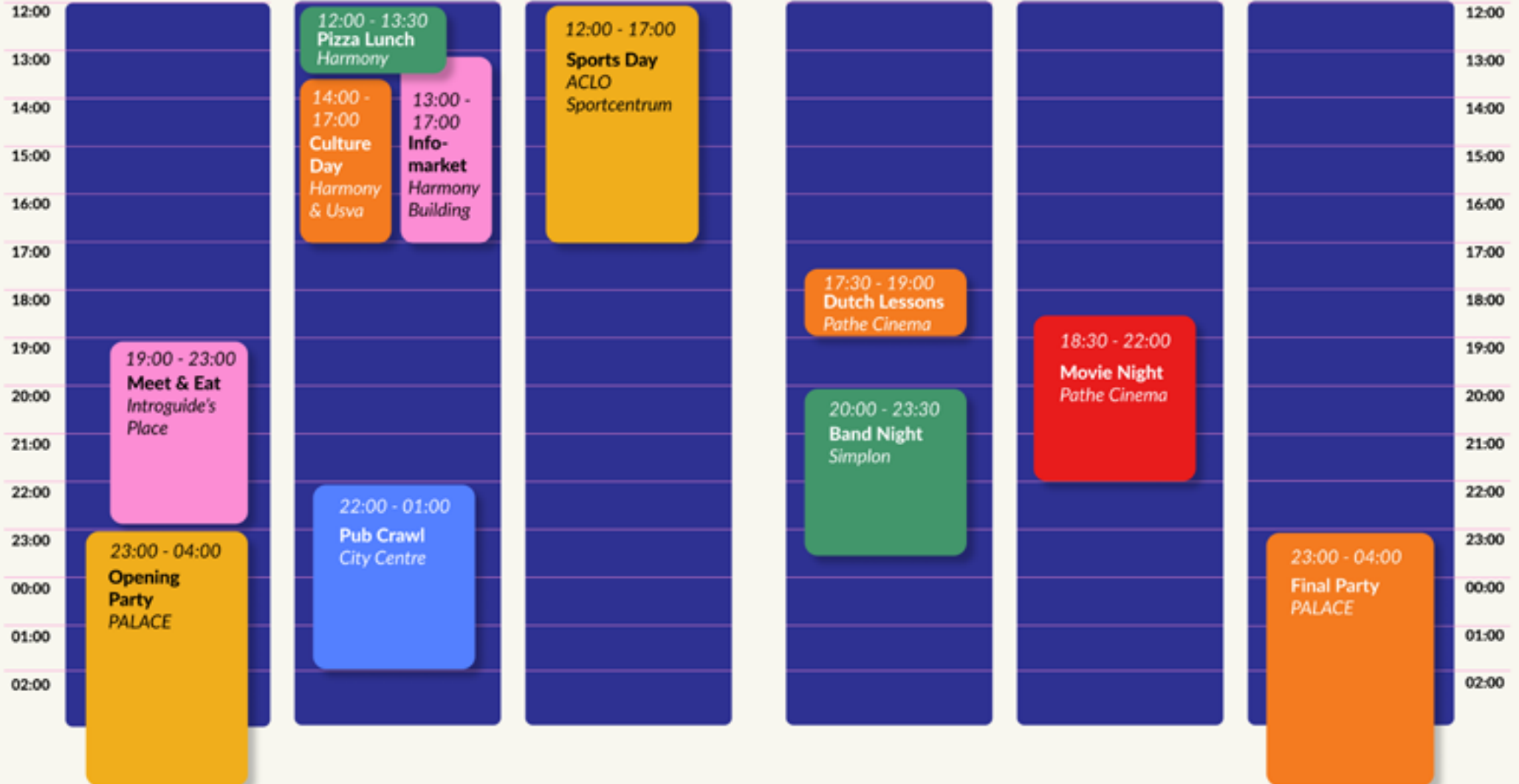
## SATURDAY

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY



# FRIDAY 2 FEBRUARY

## MEET & EAT

🕒 19:00 - 23:00

📍 *Your Introduction Guide's Place*

Your group will have dinner at one of your Introduction Guide's places. Get to know each other before heading to the Opening Party!



## OPENING NEON PARTY

🕒 23:00 - 04:00

📍 *PALACE (Gelkingestraat 1)*

The official Opening Party of the week will take place at the biggest club in Groningen: PALACE! Dance the night away with your new friends and dress up in neon or white. ESN Groningen's President will give a special welcome speech so make sure you are there on time!

### DISCLAIMER:

- It is forbidden to bring your own (alcoholic) beverages;
- There will be a security check at the entrance, **bring your ID card/passport.**
- **Doors close at 23:30**



# SATURDAY 3 FEBRUARY

## PIZZA LUNCH

🕒 12:00 - 13:30

📍 *Harmony Building (Oude Kijk in 't Jatstraat 26)*

After a restless night and probably your first hangover of the Introduction Week, what better way to recover than a delicious pizza?

**DISCLAIMER:** Make sure to bring your **Coffee & Pizza Voucher** that you received in your goodie bag.

Pizzas will be given out in shifts, dependent on your group number.

## CULTURE DAY

🕒 14:00 - 17:00

📍 *Harmony Building (Oude Kijk in 't Jatstraat 26)*  
& *Usva (Munnekeholm 10)*

During the Culture Day, you will be able to explore the cultural side of Groningen. You can enjoy different workshops or activities. It is a nice way to get to know various student associations and organisations. The Culture Day takes place at the Students Culture Centre (Usva) and the Harmony Building, both are located in the city centre. Get ready for a very fun, creative and interactive afternoon! You can find the **workshops list in the booklet on pages 14 - 17**. Workshops have a limited capacity so be sure to be there on time!

## PUB CRAWL

🕒 22:00 - 01:00

📍 *Around the City Centre*

During the Pub Crawl you will get to know the amazing nightlife of Groningen! The first bar you go to will offer some free drinks, so be on time! At every other bar you will have a nice discount so make sure to check out all clubs and bars.

### DISCLAIMER:

- It is forbidden to bring your own (alcoholic) beverages;
- There will be a security check at the entrance, **bring your ID card/passport.**

# SUNDAY FEBRUARY 4

## SPORTS DAY

🕒 12:00 - 17:00

📍 ACLO Sportcentrum (Blauwborgje 16)

On Sports Day, it is time to get active!

During the day, you can try out different sports in the largest student sports centre in Europe provided to you by dozens of student sports associations. Next to this, you will have the opportunity to meet more student sports organisations at our Information Market. We will begin the day together with a big warm-up and finish together with a Salsa Workshop.

Do not forget to wear sporty clothes, indoor shoes, and bring a bottle of water to stay hydrated.



# MONDAY FEBRUARY 5

## DUTCH LANGUAGE LESSONS

🕒 17:30 - 19:00

📍 Pathé Cinema (Gedempte Zuiderdiep 78)

Learning Dutch can be challenging. This is why we want to help you with taking the first steps. This interactive “lecture” 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, and pronounce “Groningen” correctly by the end of it!

**DISCLAIMER:** This event is held on a first come, first served basis.



## BAND NIGHT

🕒 20:00 - 23:30

📍 Simplon (Boterdiep 69)

At the Band Night, multiple amazing bands will play into the night. In between, DJs will entertain the party. Overall, the evening is filled with great music and it's the perfect atmosphere to have an awesome time to dance and sign the night away! Doors open at 20:00.

**DISCLAIMER:** This event is held on a first come, first served basis.

# TUESDAY 6 FEBRUARY

## MOVIE NIGHT

🕒 18:30 - 22:00

📍 Pathé Cinema (Gedempte Zuiderdiep 78)

Get some popcorn, sit back, and relax at the Movie Night! This is the perfect opportunity to get your energy levels back up for the Final Party of the ESN Introduction Week the next day. The movie will remain a secret until it starts, but we are certain that you will love it! The walk-in is between 18:30 and 19:00.

**DISCLAIMER:** This event is held on a first come, first served basis.

# WEDNESDAY 7 FEBRUARY

## FINAL DUTCH PARTY

🕒 23:00 - 04:00

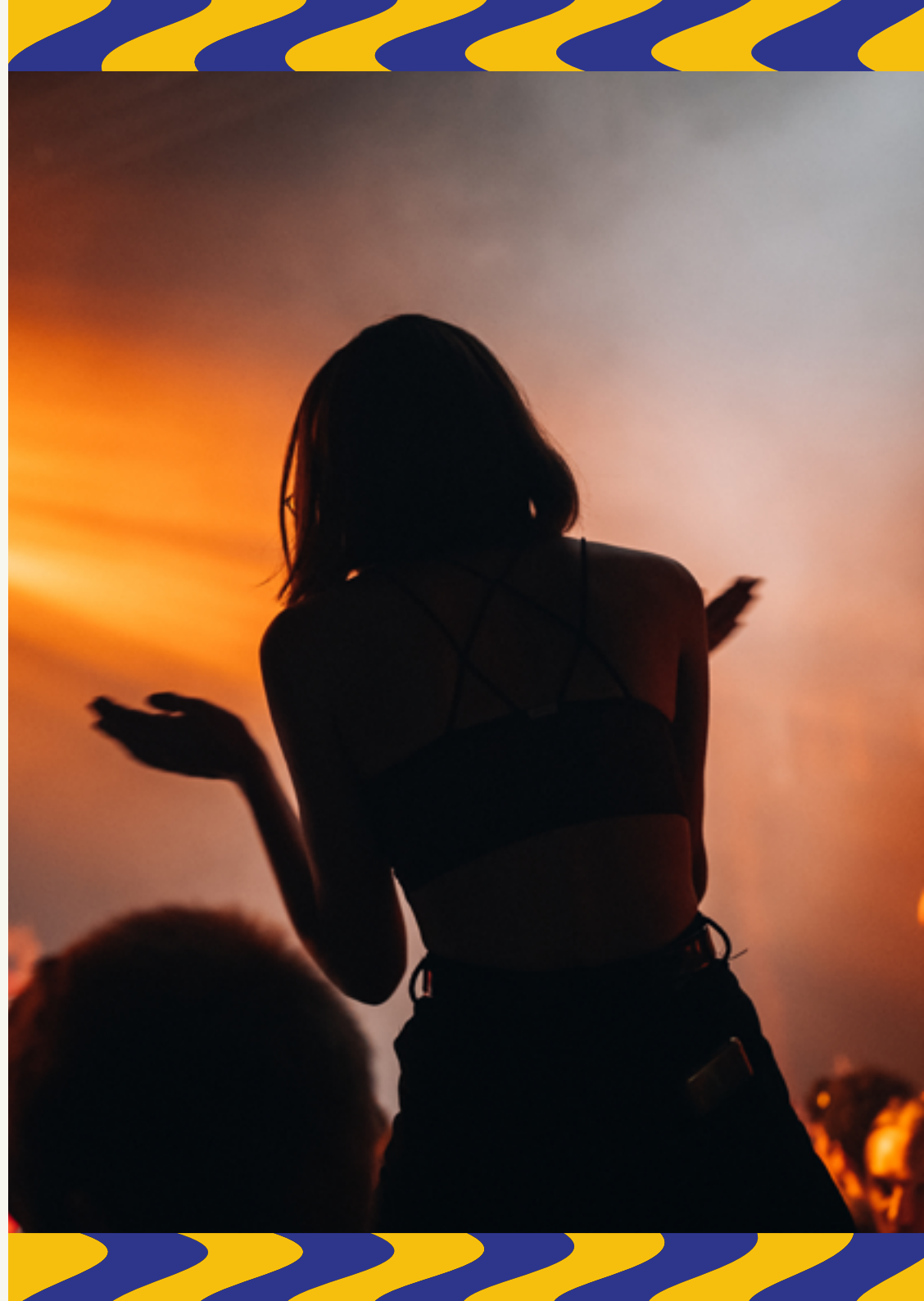
📍 PALACE (Gelkingestraat 1)

Let's celebrate this amazing week once more at our Final Dutch Party! The theme is orange, so you will experience how crazy the Dutch like to party! Dress up in orange, paint the Dutch flag on your cheeks, and dance with us all night long!

There will be separate tickets available for the Final Party, so you can also bring your friends! Check out our website, Introduction Week platform, and socials to see when and where they will be sold.

**DISCLAIMER:**

- It is forbidden to bring your own (alcoholic) beverages;
- There will be a security check at the entrance, **bring your ID card/passport.**
- Doors close at 23:30.





# CULTURE DAY WORKSHOPS

3 FEB  
2024!

**D**uring the Culture Day, you will be able to experience various cultural and creative activities in a wide variety of fun workshops! During the day, you can enjoy different workshops at the student cultural centre Usva and in the Harmony Building. You can attend those workshops with your group or separately if your interests are diverse!

## DISCLAIMER:

- Workshops have a limited capacity and are held on a **first come, first served** basis;
- **The workshops are subject to change.** For a definitive overview of the workshops, check the **ESN Introduction Week Platform**.

## LOCATED AT HARMONY BUILDING

Oude Kijk in Het Jatstraat 26

### Information Market Canteen

Visit our Info Market that takes place during the Culture Day in the canteen of the Harmony Building. There you will be introduced to many other associations and organisations, and decide which one you like most, learn about Dutch student culture and how to make the best out of your life in Groningen. As a little extra, you can also get a CV check and enjoy a warm drink, limited free drinks are available!

### Comedy Show by Stranger Things Have Happened 1313.0034 (Marie Loke Zaal)

The popular improv comedy group Stranger Things Have Happened is part of the Culture Day and will provide an interactive and entertaining experience. Shows start every one hour. You can find them in the Marie Loke Zaal.

### Dutch History 1312.0019

Every country uses history to create a national identity. Which heroes and villains have we used to create our Dutch identity, for as far as this identity exists at all? In 45 minutes you will be introduced to Dutch history by a professor at the University of Groningen.

### Werewolf - Flanor Edition 1312.0024

Join Literary Student Association Flanor in this special take on the popular game Werewolf (similar to Mafia)! In this game full of suspense, accusations, and murder, players are either a human or a werewolf. The goal is to either unmask the werewolves before you get eaten or eat all humans before getting caught!

### Model United Nations Workshop - TEIMUN 1312.0012

Dip into a dynamic workshop that combines the art of public speaking with the world of Model United Nations (MUN). Gain essential skills for persuasive communication, overcome speech anxiety, and refine your delivery while exploring the world of MUN! In addition, their workshop will help you master negotiation and diplomatic advocacy in a fun and interactive way. So join their workshop, and become a master of speech! The association TEIMUN hosts weekly sessions throughout the year.

### An experience full of rhythm - AfrobeatsNL 1314.0026

You will get to know about the West African music culture & the upcoming of the genre in general. Afrobeats will also showcase their artwork in the form of an exhibition. The main part of our Workshop will be a dancing "tutorial" where their team will teach you basic & simple Afrobeats steps, which will make dancing to Afrobeats songs look easy!

### Cycling rules in Groningen - Rules of the Road 1312.0025

Shark's teeth, green lights for all cyclists, and not texting on your bike; there are so many rules and things to keep in mind when cycling! Groningen is the cycling capital of the Netherlands – but understanding the rules of the road can be intimidating. During Fietsfriend's workshop, you will be diving into the Rules of the Road and help you learn the most important aspects of cycling in the Netherlands.

## LOCATED AT HARMONY BUILDING

Oude Kijk in Het Jatstraat 26

- **Debate 101: Building strong arguments - GDS Kalliope**  
1315.0048  
Come and join the workshop hosted by the Groningen Debate Society Kalliope. Hone your argumentation skills through engaging exercises designed to boost critical thinking and effective communication. Don't miss the chance to cultivate valuable skills and improve your knowledge on relevant topics to prepare you for any debate!
- **Love, Sex, & Groningen: Knowing your standards and managing expectations**  
1312.0018  
This workshop gives you the tools to not only discover but also maintain genuine connections within a small student city where choosing the right person can seem overwhelming. By teaching you how to create safety in your relationships and how to allow desire to flourish consistently, you walk away from this workshop with an empowering sense of what true intimacy entails.
- **Can you Dutch this?**  
1312.0030  
This workshop aims to teach you your first Dutch words in a fun, interactive quiz, which you can use during your time in Groningen. Besides it will give you useful information about typical Dutch and local Groningen culture.
- **Cheap Travelling Workshop - AEGEE**  
1315.0042  
This workshop is a guide to cheap and sustainable travelling, with tips and tricks given by expert travellers.
- **Pubquiz - GroningenLife!**  
1312.0013  
Ready to test your knowledge? GroningenLife! is hosting a quiz about student life in Groningen. It is a great opportunity to meet some new people and you can even win a nice prize!



## LOCATED AT USVA

- **Beer Yoga**  
*Theater*  
**Munnekeholm 10**  
A playful and quirky yoga class where you will stretch and twist your body while sipping some delicious beer!
- **Cartoon Drawing**  
*Green Room - Groene Ruimte*  
Always wanted to create your own Superhero or Pixar Character? During this workshop artist Dim Junius shares his experience with drawing cartoons. All cartoons are created from shapes, dots and lines: when you apply this knowledge and connect it to your own story, you can create whatever you want!
- **Smartphone Photography**  
*Blue Room - Blouwe Ruimte*  
Always wanted to get more out of your photos? You actually don't need a very expensive camera to take good pictures. Most phones today can do a lot. Get tips and tricks on how to take your phone photography to the next level.
- **Pop choir - Singing with Popkoor Estrellas**  
*Singing Attic - Zangzolder*  
The choir Popkoor Estrellas is a student pop choir with three voice groups, alto, mezzo, and soprano, that rehearses in Groningen. Every Thursday night they rehearse from 19:15 until 21:30 at the Singing Attic or "Zangzolder" of Usva.
- **Dance Workshop**  
*Large Dance Hall - Grote Danszaal*  
In the workshop with the dance team AtaXia, you will get acquainted with the process of learning a choreography. You will go from warming up to learning the dance and finally performing it during the workshop.
- **Basics of Theatre**  
*Drama Hall - Dramazaal*  
The Groningen University Theatre Society (GUTS) presents an interactive theatre experience where, together with some GUTS veterans, you will learn (and practice!) some basic techniques used in theatre. You will be taught how to use your voice, face, body language and movement. Join the workshop to see how exciting student theatre in Groningen can be!
- **Crochet workshop**  
*Multimedia Room*  
In this workshop, you will learn the basics of crochet, such as how to set up a crochet work with an attachment loop and make a chain of loops. You will be taught a basic stitch that you can use to make a granny square.

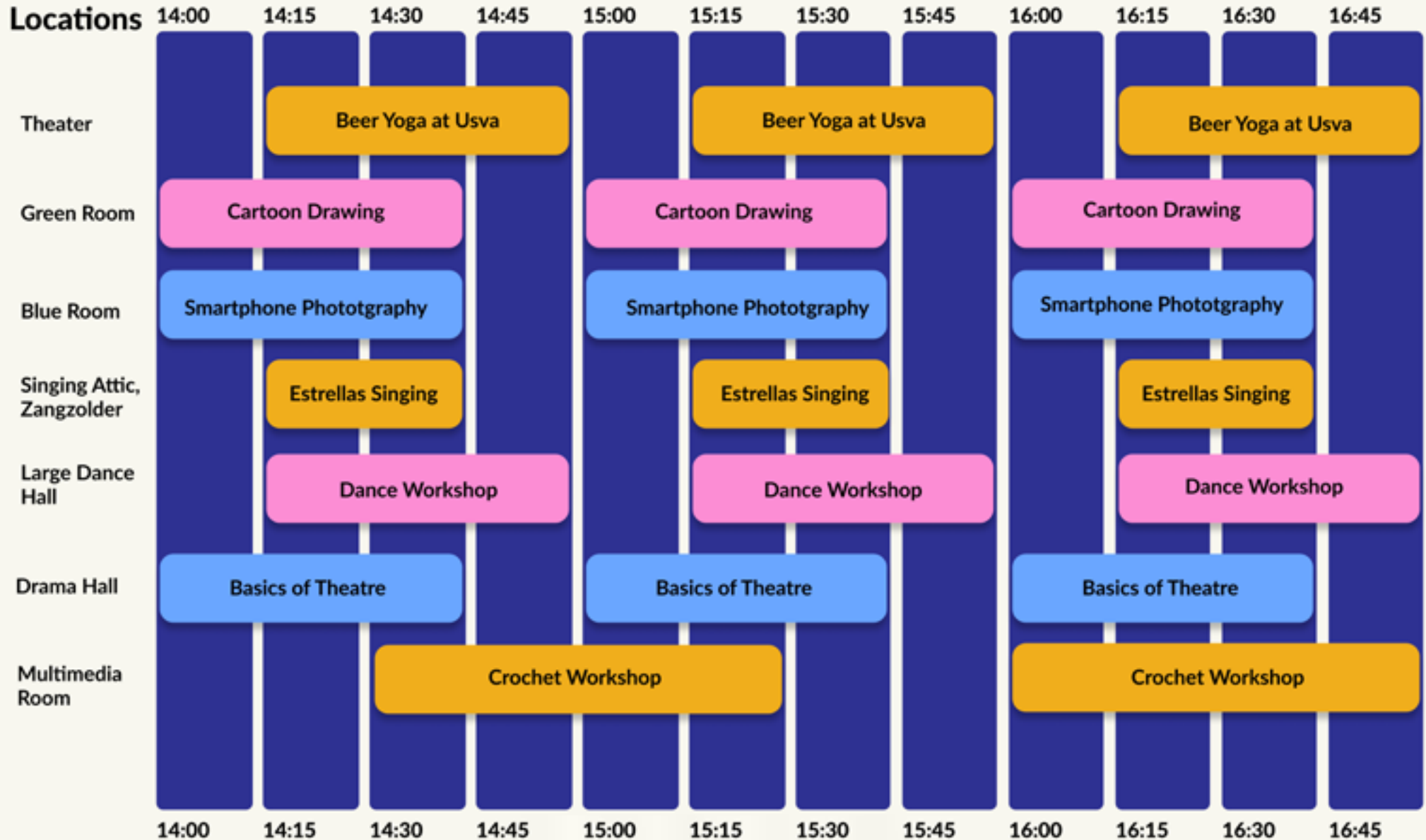


# HARMONY WORKSHOPS

| Locations       | 14:00                      | 14:15 | 14:30 | 14:45 | 15:00               | 15:15 | 15:30                      | 15:45 | 16:00               | 16:15 | 16:30 | 16:45 |
|-----------------|----------------------------|-------|-------|-------|---------------------|-------|----------------------------|-------|---------------------|-------|-------|-------|
| Harmony Canteen | Information Market         |       |       |       |                     |       |                            |       |                     |       |       |       |
| Front Entrance  | Coffee Truck               |       |       |       |                     |       |                            |       |                     |       |       |       |
| Workshops       |                            |       |       |       |                     |       |                            |       |                     |       |       |       |
| Marie Loke Zaal | Comedy Show - STHH         |       |       |       |                     |       | Comedy Show STHH           |       |                     |       |       |       |
| 1314.0026       | Afrobeats Dancing          |       |       |       |                     |       | Afrobeats Dancing          |       |                     |       |       |       |
| 1315.0048       | Debate 101                 |       |       |       |                     |       | Debate 101                 |       |                     |       |       |       |
| 1312.0019       | Dutch History              |       |       |       |                     |       | Dutch History              |       |                     |       |       |       |
| 1312.0013       | Pubquiz - Groningen        |       |       |       | Pubquiz - Groningen |       |                            |       | Pubquiz - Groningen |       |       |       |
| 1312.0024       | Warewolf - Flanor Edition  |       |       |       |                     |       |                            |       |                     |       |       |       |
| 1312.0012       | MUN Workshop               |       |       |       |                     |       | MUN Workshop               |       |                     |       |       |       |
| 1312.0030       | Can you Dutch this?        |       |       |       |                     |       | Can you Dutch this?        |       |                     |       |       |       |
| 1312.0025       | Cycling rules in Groningen |       |       |       |                     |       | Cycling rules in Groningen |       |                     |       |       |       |
| 1312.0018       | Love, Sex & Groningen      |       |       |       |                     |       | Love, Sex & Groningen      |       |                     |       |       |       |
| 1315.0042       | Cheap Travelling           |       |       |       | Cheap Travelling    |       |                            |       | Cheap Travelling    |       |       |       |
|                 | 14:00                      | 14:15 | 14:30 | 14:45 | 15:00               | 15:15 | 15:30                      | 15:45 | 16:00               | 16:15 | 16:30 | 16:45 |



# USVA WORKSHOPS



# 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!



Usva.nl  
@Usva\_cultuur  
usva\_media

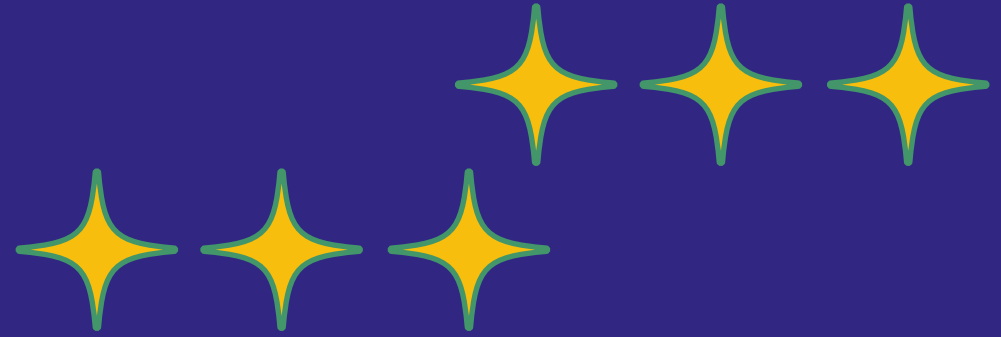
Check out our socials!



## \* ESN INTRODUCTION WEEK \*



# MEET THE ESN EXECUTIVE BOARD



**Linda Zeitz**  
*President*

Linda is 23 and has just finished her Bachelor's in International Relations. Originally, she comes from Germany. Before becoming the President of ESN Groningen, she was the President of the PR&Graphics and the Buddy & Integration Committee. She enjoys track & field and bouldering.



**Ruan ten Brink**  
*External Relations Coordinator*

Ruan just started his Master's in International Political Economy at the UG. He is 22 years old and was born in Groningen. Before becoming part of the ESN Board, he worked in the Introduction Week Crew. He really enjoys skiing, playing ball sports, listening to music and going on road trips!



**Douwe Keefteberg**  
*Secretary*

Douwe, 21 years old and from the Netherlands, has recently completed his Bachelor's in Biology at the UG. His enthusiasm for joining the ESN Board was sparked by an exchange to Sweden last year. In his free time, he enjoys playing board games, hiking, and making new friends!



**Oskar Peitz**  
*Public Relations Coordinator*

Oskar is an International Relations student at the UG. He is 22 years old and from the city of Aachen in Germany. Before becoming PR Coordinator he was an ESN guide in previous Introduction Weeks. He likes reading, running in the Noorderplantsoen and meeting new students in Groningen.



**Ewan Brett**  
*Treasurer & Vice President*

Ewan is a Spatial Planning and Design student at the UG. He's 21 years old and comes from the United Kingdom. Before becoming Treasurer of ESN Groningen, he was part of the Excursion Committee. He enjoys skiing, swimming and seeing friends.



**Elli Winetsdorfer**  
*Integration Coordinator*

Elli is 23 years old, comes from Southern Germany and is a student of International Relations. After being part of several committees and helping to manage the February Introduction Week, she is now the new Integration Coordinator. Besides that, she enjoys dancing, literature, hiking, and travelling worldwide.



Erasmus Student Network  
Groningen

**Applications open!**

# ESN GRONINGEN BOARD

- 1 full-time board year of great memories
- 6 dedicated board members
- Closely-knit 60+ active members community
- 6,000 international students to welcome
- 150+ fun activities to develop your organisational skills
- 2 remarkable Introduction Weeks

**Deadline:  
March 31, 2024**

For more information visit:  
[esn-groningen.nl](https://esn-groningen.nl)



# ESN CARD DEALS

With your ESNcard, you can attend ESN activities throughout the year. In addition, you can get quite a few discounts or other benefits at a variety of shops in Groningen and online. Make sure to regularly check our website for new and updated card deals. For online and international discounts check [www.esncard.org](http://www.esncard.org). If you do not have the ESNcard yet, you can buy it throughout the year for €8,50 at our office (Oude Kijk in 't Jatstraat 5).



## The Economist

Get 50% off the first 12 weeks of subscription to The Economist, and 20% thereafter.

## Housing Anywhere

HousingAnywhere.com is Europe's leading booking platform for student accommodation

## Swisscare

Get your International Student Health Insurance with 10% discount.

## The Burger Company

Get a 15% discount on an order worth €15 or more!

## Lebara

Get a free Lebara SIM card from ESN Groningen!

## Ryanair

Receive a 10% discount on 4 single flights or 2 return flights between September 1 and June 15, incl. 1 piece of free check-in luggage of 20kg.

## Mindshift Coaching

Get a free 60 min 1:1 Coaching session with a psychology expert!

## TentamenTrainingen

Get a 10% discount on your exam training with your ESNcard!

## Perlego

Get a 15% discount on 600,000 e-textbooks.

## Eetcafé 't Zwarte Schaa

Get a 15% discount on a la carte prices!

## Tapasco

Get unlimited tapas for €20,50 on Sunday until Thursday and for €23,50 on Friday and Saturday.

## Smooth Brothers

Get a large smoothie for the price of a normal smoothie.

## Eurosender

Ship anything you want with a 10% discount with your ESNcard.

## FlixBus

Get a 10% discount on your bus travel!

## Remarketed

Receive a 10% discount on repairing your broken device!

## De Kaaskop

Get 15% discount on a purchase worth €15 or more.

## Moustache Barbershop

Get a 15% discount on your haircut and a €3 discount on a classic shave.

## EasyTerra

Get 5% off normal rates at this online car rental comparison website.

## PALACE

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

## Afrobeats

Discount on Afrobeats events.

## Studentist

Get 10% off on the first treatment that you book at Studentist!

## Cantina Mexicana

Get a 15% discount on a la carte prices!

## Stranger Things Have Happened

Get a ticket to a monthly show for only €5!

## Lust Café

Get a 10% discount on all food options.

## New York Pizza

Have a pizza for only €6,99!

## Tantunio

Get a 10% discount with your ESNcard.



# ESN CARE

Students and especially international students can experience a lot of difficulties while coming to a new student city by themselves. **ESN Groningen aims to help incoming (international) students with every aspect of their student life.** This includes, next to all our fun activities, also informing and providing people with the available support, if help in any way is needed.

On our website at:

<https://www.esn-groningen.nl/esn-care/> you can find information about student psychologists, doctors, health insurance and our **confidential advisors**. In the past, ESN Groningen has also organized a social impact week to raise awareness for mental health, well-being and inclusion.

**ESN** has **four confidential advisors**, if you ever feel the need to talk to someone about **personal or confidential matters**, you can always reach out to one of the confidential advisors of ESN Groningen:

- *Elli Winetsdorfer*
- *Ewan Brett*
- *Hannah Müllers*
- *Jan Willem Leeuwma*

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+31 6 30835526



# SOCIAL MEDIA

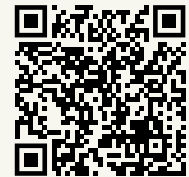
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VISIT [WWW.ESN-GRONINGEN.NL](http://WWW.ESN-GRONINGEN.NL) FOR EVERYTHING ESN GRONINGEN

# UPCOMING EVENTS



## International Dinner // 11th February

The first International Dinner of the academic year will take place on the 11th February. The ESN Board and International Dinner Committee will work in the kitchen to cook you a **delicious dinner**. So if you want to try out traditional cuisines and get to know other cultures come and join us! Sign up on our website with your ESNcard.



## Weekend Excursion to Berlin 16 - 18 February

The Excursion Committee is organising the first excursion of the year. We will travel to the German capital! Berlin is known for many things, its incredible nightlife, cosmopolitan flair and complex history among them. The Excursion Committee will make sure to show you most of it. Find out more on the ESN Groningen website ([www.esn-groningen.nl](http://www.esn-groningen.nl)).



## ESN Theme Party // 21st February

The next ESN Theme Party in Ocean41 is on the 21st February. You definitely don't want to miss out on this one so make sure to follow us on Instagram where we will announce the theme. In the past, we have organised a **Traffic Light Party, Flag Party, and a Beach Party**.

No sign up or ESNcard is needed to join, everyone is welcome!

# SPRING SEMESTER

## FEBRUARY

|    |   |    |                                      |
|----|---|----|--------------------------------------|
| 01 |   | 16 | Weekend Excursion                    |
| 02 | Introduction Week                                     | 17 | Weekend Excursion                    |
| 03 | Introduction Week                                     | 18 | Weekend Excursion                    |
| 04 | Introduction Week                                     | 19 |                                      |
| 05 | Introduction Week                                     | 20 | Board Information Evening            |
| 06 | Introduction Week                                     | 21 | Home coming event <b>Theme Party</b> |
| 07 |   | 22 | SocialErasmus Activity               |
| 08 |   | 23 | Active Member's Weekend              |
| 09 |   | 24 | Active Member's Weekend              |
| 10 |   | 25 | Dutch Massage                        |
| 11 | International Dinner                                  | 26 | Active Member's Weekend              |
| 12 |   | 27 |                                      |
| 13 |   | 28 | Pub Quiz                             |
| 14 | <b>ESN Wednesday</b><br>Excursion Social Buddy Social | 29 | Culture Activity                     |
| 15 |   | 30 | <b>ESN Wednesday</b>                 |
| 16 |   | 31 |                                      |

## MARCH

|    |                           |    |                          |
|----|---------------------------|----|--------------------------|
| 01 |                           | 16 | Dutch Massage            |
| 02 | PlatzFried Festival       | 17 | Day Excursion            |
| 03 | International Dinner      | 18 | INCN Employability event |
| 04 |                           | 19 | ENLIGHT activity         |
| 05 | LMN Information Evening   | 20 | ENLIGHT activity         |
| 06 | Board Information Evening | 21 | <b>ESN Wednesday</b>     |
| 07 |                           | 22 | IB Information Evening   |
| 08 | <b>Theme Party</b>        | 23 |                          |
| 09 |                           | 24 |                          |
| 10 | Sports Activity           | 25 | International Dinner     |
| 11 | SocialErasmus Activity    | 26 |                          |
| 12 | Culture Activity          | 27 | GB Information Evening   |
| 13 | <b>ESN Wednesday</b>      | 28 | IB Information evening   |
| 14 | Integration Activity      | 29 | Good Friday              |
| 15 |                           | 30 |                          |
|    |                           | 31 | Easter                   |

## APRIL

|    |        |    |   |
|----|--------|----|---|
| 01 | Easter | 16 | Pub Quiz                                    |
| 02 |        | 17 |   |
| 03 |        | 18 |   |
| 04 |        | 19 | <b>Theme Party</b><br>Active Members Social |
| 05 |        | 20 |   |
| 06 |        | 21 | International Dinner Day Excursion          |
| 07 |        | 22 |   |
| 08 |        | 23 | SocialErasmus Activity                      |
| 09 |        | 24 | <b>ESN Wednesday</b><br>Integration Night   |
| 10 |        | 25 | Integration Activity                        |
| 11 |        | 26 |   |
| 12 |        | 27 | King's Day                                  |
| 13 |        | 28 |   |
| 14 |        | 29 |   |
| 15 |        | 30 | Uva Talentshow                              |

## MAY

|    |                        |    |  |
|----|------------------------|----|--|
| 01 | <b>ESN Wednesday</b>   | 16 |  |
| 02 | SocialErasmus Activity | 17 |  |
| 03 | Sports Activity        | 18 |  |
| 04 |                        | 19 |  |
| 05 | Liberation Day         | 20 | Whit Sunday  |
| 06 |                        | 21 | Whit Monday  |
| 07 | Board Announcement     | 22 | Culture Activity   |
| 08 | <b>Theme Party</b>     | 23 | Active Member's Social   |
| 09 | Accommodation Day      | 24 | <b>ESN Wednesday</b>   |
| 10 | Weekend Excursion      | 25 | Integration Activity   |
| 11 | Weekend Excursion      | 26 | Batawennance   |
| 12 | Weekend Excursion      | 27 | Batawennance   |
| 13 | International Dinner   | 28 | Batawennance   |
| 14 |                        | 29 |  |
| 15 | <b>ESN Wednesday</b>   | 30 | ENLIGHT activity   |
|    |                        | 31 | <b>ESN Wednesday</b><br>Pub Quiz<br><b>ESN Live Music Night</b><br>Sports Activity |

## JUNE

|    |                                   |    |  |
|----|-----------------------------------|----|--|
| 01 |                                   | 16 |  |
| 02 |                                   | 17 |  |
| 03 |                                   | 18 |  |
| 04 |                                   | 19 |  |
| 05 | Active member's social            | 20 |  |
| 06 |                                   | 21 |  |
| 07 | Active members 2023-2024 Farewell | 22 |  |
| 08 | <b>Theme Party</b>                | 23 |  |
| 09 |                                   | 24 |  |
| 10 |                                   | 25 |  |
| 11 |                                   | 26 |  |
| 12 |                                   | 27 |  |
| 13 |                                   | 28 |  |
| 14 |                                   | 29 |  |
| 15 |                                   | 30 |  |
|    |                                   | 31 |  |



For more info and to buy your tickets to events, go to: [esn-groningen.nl](http://esn-groningen.nl)



# ESN WEDNESDAY



- CLUB DEL PERREO -  
- CLUB DEL BEBBERO -



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

# SEMESTER PROGRAMMES

## Ambassador Programme

As you are experiencing it right now, studying abroad requires some preparation! It can be a bit challenging, but you'll quickly see that this is the experience of a lifetime!

What about helping out a prospective exchange student? In order to promote international mobility and help students go on exchange, ESN Groningen created 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 your experience. It is also a great opportunity for you to meet a local student. So what are you waiting for? Join the Ambassador Programme and empower global mobility

Find out more at [www.esn-groningen.nl/get-involved](http://www.esn-groningen.nl/get-involved) and if you have any questions regarding the Ambassador Programme, please do not hesitate to send an email to [integration@esn-groningen.nl](mailto:integration@esn-groningen.nl).

## Language Exchange Programme

Are you interested in learning a new language in a fun and easy way? Or are you going abroad and want to have a little practice before you go? Or maybe you want to brush up your fading knowledge? The Language Exchange Programme is a great way to practice a foreign language!

The goal of the programme is for students to learn each other's language and meet new people. You will be paired with another student to practice or teach one of the following languages: English, Dutch, Spanish, Italian, German, and French. However, you can always indicate that you are interested in languages other than the ones mentioned. You can meet as many times as you want and nothing is compulsory!

Find out more at [www.esn-groningen.nl/get-involved](http://www.esn-groningen.nl/get-involved) and if you have any questions regarding the Language Exchange Programme, please do not hesitate to send an email to [integration@esn-groningen.nl](mailto:integration@esn-groningen.nl).

## ESN Disputen

Join the exciting world of ESN disputen! Are you ready to embark on an unforgettable journey filled with friendships, fun and amazing experiences? Look no further! ESN Groningen invites you to discover our new world of Disputen!

But what is a dispuut? Disputen are a very important part of the Dutch student culture; they are friendship groups that meet regularly to hang out, eat together, have drinks or do anything else you could possibly imagine. Of course, you can also visit one of the many activities or parties ESN organises together. The ideas are unlimited; under the umbrella of ESN, we give you the opportunity to join a dispuut, shape its identity and make friends that will feel like family soon!

Our Disputen are based on different interests, so the rules are easy: You tell us what you care for, and we make sure to deliver you the dispuut that suits you the best! The Disputen are fully run by its members, meaning, you decide when, where and how you want to meet! You can't wait for it? Us neither!

Find out more at [www.esn-groningen.nl/get-involved](http://www.esn-groningen.nl/get-involved) and if you have any questions regarding the Disputen Programme, please do not hesitate to send an email to [integration@esn-groningen.nl](mailto:integration@esn-groningen.nl).

## Buddy Programme

As a newcomer to this vibrant city, we understand that finding your footing and building a social network can be overwhelming. But no worries, we got you! Our Buddy Programme is designed to connect you with local students who will be your friendly guide, mentor, and companion throughout your stay. This is a nice way to get in touch with a local student who can introduce you to the (student) life in Groningen with everything that belongs to it – from exploring hidden gems in the city, unraveling the secrets of Dutch culture, to more practical and organisational questions.

Next to that, the Buddy and Integration Committee organises various activities throughout the semester for all buddies. Then after all, a Buddy is a Friend!

Whether you're an exchange student seeking an authentic Dutch experience or a newcomer eager to dive into the Groningen student life, the ESN Groningen Buddy Programme is your ultimate gateway!

Find out more at [www.esn-groningen.nl/get-involved](http://www.esn-groningen.nl/get-involved) and if you have any questions regarding the Buddy Programme, please do not hesitate to send an email to [integration@esn-groningen.nl](mailto:integration@esn-groningen.nl).

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**APPLICATIONS  
OPEN**

# **COMMITTEE**

**Active Members Committee**

**Buddy & Integration Committee**

**Culture Committee**

**ENLIGHT Committee**

**Excursion Committee**

**Live Music Night Committee**

**Party & Pub Quiz Committee**

**PR & Graphics Committee**

**SocialErasmus Committee**

**Sports Committee**

**International Dinner Committee**

Interested? Send your CV &  
motivation letter to:

**[info@esn-groningen.nl](mailto:info@esn-groningen.nl)**

**DEADLINE**  
11TH OF FEBRUARY