Desktop

IN THE ZONE

ISSUE 1
NOVEMBER 2026







ESN
Erasmus Student Network
Groningen

Contents



2 Which Board Member Are You?

9 Intro Week Recap

10 Get Involved

11 Autumn Closet

16 Spotify Playlist Of The Season by LMN

20 Why This Event?

21 Active Members Weekend

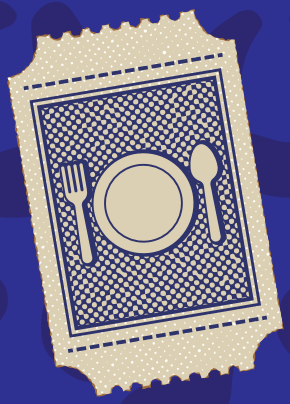
23 ESNcard

24 Blog

WHICH BOARD MEMBER ARE YOU?

1

Which cuisine would you like to taste at the next International Dinner?



a. Italian
b. Thai
c. Sri Lankan
d. Indian
e. Mexican
f. USA
g. Dutch

2

Which song would you like to hear at Live Music Night?

a. Jungle Boogie - Kool & the gang
b. I Will Survive - Gloria Gaynor
c. Dreams - Fleetwood Mac
d. She's Kinda Hot - 5 Seconds of Summer
e. From The Ritz To The Rubble - Arctic Monkeys
f. Suddenly I See - KT Tunstall
g. Sir Duke - Stevie Wonder



ESN
Erasmus Student Network
Groningen

3

If you could hang out with a celebrity, who would it be?

a. Courtney Love
b. Alex Consani
c. Dua Lipa
d. Freddie Mercury
e. Michael Jackson
f. Tommy Tieran
g. Cleopatra

4

What button on a keyboard is your favourite?

a. Tab
b. Volume
c. Delete
d. Brightness
e. Shift
f. Caps Lock
g. Ctrl + X



ESN
Erasmus Student Network
Groningen

5

What app is underrated?



a. ESN Groningen App
b. Garage Band
c. The Schiphol Airport App
d. Shelf
e. Clash of Clans
f. Calculator App
g. 9292 App

Which pasta shape would you be?

6

a. Penne
b. Farfale
c. Rigatoni
d. Macaroni
e. Ravioli
f. Fussili
g. Tagliatele

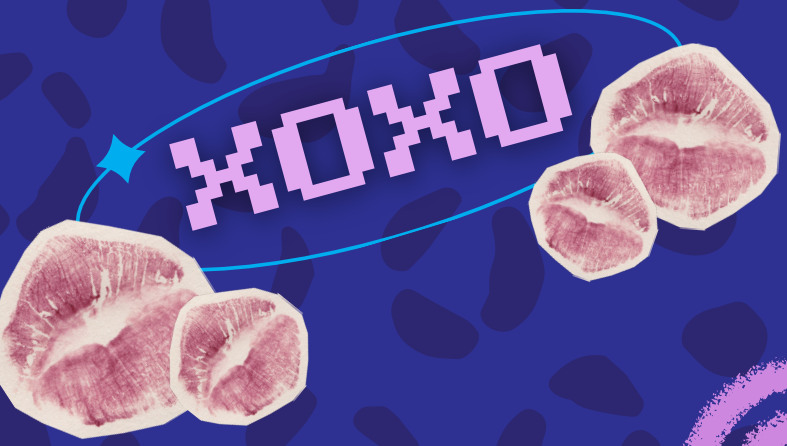


ESN
Erasmus Student Network
Groningen

7

What's your favourite form of transport?

a. Tram
b. Plane
c. Convertible
d. Walking
e. Bus
f. Motorcycle
g. Bike





ESN
Erasmus Student Network
Groningen

Results

Mostly A's:
You're Niki! Our lovely president, with a positive spirit who always knows how to resolve an issue.





Mostly B's:
You're Kanzy! Our beautiful secretary, with a heart of gold! She's the sunshine that appears after a storm, and her iconic laugh can be heard from miles away.

Mostly C's:
You're Celina! Our gorgeous External Relations Coordinator! Her strong personality is the reason we have new partners.





Mostly D's:
You're Gigi! Our iconic Public Relations Coordinator! She has an eye for fashion and a mind full of creative content.

ESN
Erasmus Student Network
Groningen

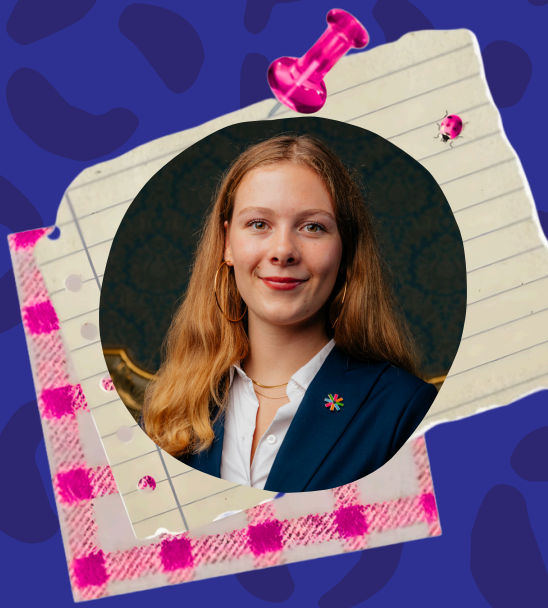
Mostly E's:
You're Ylse! Our genuine Integration Coordinator, with an empathetic spirit, always ready to socialise and meet new people.





Mostly F's:
You're Eamon! Our thorough Treasurer! You're Irish at heart, and possibly love a good underground artist to recommend to your colleagues.

Mostly G's:
You're Sarah! Our hard-working Project Coordinator, whose taste in music will blow you away.



ESN
Erasmus Student Network
Groningen

INTRO WEEK RECAP



Opening Party

Sweet Escape: The Opening Party of September Intro Week introduced new students to their new home!

The Culture Festival was the perfect opportunity for the participants and Intro Guides to relax after a long night and join one of our workshops or talk to different cultural associations!



Culture Festival



Pub Crawl

What's a week of events without a Pub Crawl? Students got to explore Groningen's nightlife, visit different bars and spend the evening socialising with both new and familiar faces.



Sports Day

Sports Day gave students a break from their usual activities, allowing them to spend the afternoon participating in various sports and games.

Old Money Party: The Sunday Party brought a more elegant theme to September Intro Week, with students putting together their best outfits inspired by classic fashion.



Theme Party



Band Night

Band Night brought live music to September Intro Week, giving students the chance to enjoy performances and discover some new bands.

Next Stop: Groningen: After a week full of different activities and events, September Intro Week came to an end with our final Dutch-themed party! It was the last chance to get together, enjoy one more night out and wrap up the week before getting back to everyday student life.



Final Party

ESN
Erasmus Student Network
Groningen

GET INVOLVED

February Intro Week is just around the corner, and ESN Groningen is searching for motivated volunteers to join the Crew and PR Crew!



Are you an active volunteer? Would you like to boost your CV with some bartender or event management skills? Then we recommend applying for Crew!

Are you an experienced photographer/videographer who is looking for more opportunities to practice your skills? Or are you someone who has recently grown fond of the idea of learning photography? This is your chance to apply for PR Crew and enhance your skills in the photography/videography field!



ESN
Erasmus Student Network
Groningen

AUTUMN CLOSET



Accessorise with bangles, a stack of necklaces, and thumb rings

Layer a short sleeved shirt, over a long sleeved shirt



Midi, leather, black skirt



A pair of textured tights, and platform heels

ESN
Erasmus Student Network
Groningen



Accessorise with a light coloured, patterned bandana



A light coloured, textured sweater



Pair it with a crochet bag with a colourful pattern/design on it

A denim mini skirt



A leather jacket that matches your shoes of choice



Knee high socks/legwarmers

A pair of leather boots that matches the shade of the jacket

ESN
Erasmus Student Network
Groningen



A maroon coloured sweater/long sleeved shirt

Accessorise with a scarf

Pair with a mini black skirt



Low black boots





A dark coloured leather jacket

ESN
Erasmus Student Network
Groningen



Accessorise with an extensive amount of rings



A graphic baby tee



A black leather jacket

A denim mini skirt, accessorised with a black belt



Black Doc Martens to tie everything together

A fur hat to keep warm





A light coloured trench coat to break the darkness of the rest of the outfit

A dark sweater with a funky pattern

Dark washed, wide legged jeans



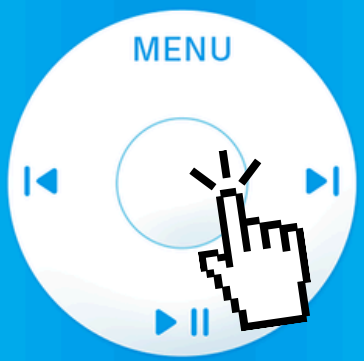
Leather ankle boots for rainy days

SPOTIFY PLAYLIST OF THE SEASON

BY LMN

Music Player 3

1. LA Queen - Dead Poet Society
2. Call It Fate, Call It Karma - The Strokes
3. Pink Moon - Tash Sultana
4. Call It Easy - Racing Mount Pleasant
5. Builder of Eden - Hippotraktor
6. This Love, This Hate - Hollywood Undead
7. Doors - Noah Kahan
8. Alrighty Aphrodite - Peach Pit
9. Pennies - The Smashing Pumpkins
10. Know Your Name - The Backseat Lovers
11. In Autumn - Greywind
12. Watercolour - Arm's Length
13. One Last Dance - Baby Rose, BADBADNOTGOOD
14. So Tell Me - Nia Archives
15. Freakin' Out On The Interstate - Briston Maroney
16. Two-Way Mirror - Loathe



Give it a listen!





The Beauty of Autumn Music

Who better to ask for the ultimate autumn playlist than the Live Music Night Committee themselves?! They each picked their absolute favourite autumn songs and as it turns out: 'Tis the season of melancholy! So get cosy, release your deep thoughts, and play these bangers in the background.

Ana-Emilia: The songs I chose are quite different from each other and to me they hold three very different sides to fall. Call It Fate, Call it Karma, by the Strokes catches the specific feeling early fall mornings give off. Night stretches much longer so mornings are still half dark, a very muted longing for something or for someone, but despite being a slow song it isn't a standing still one.
Pink Moon, by Tash Sultana is such an incredible song for any daydreaming you need to get done or similarly for any reminiscing. Her vocals and the constant dynamic change make for such an immersive listening experience. This song is the side of fall that encourages changing.
Call It Easy, by Racing Mount Pleasant is one of my all time favorite songs, when I first heard it I played it on loop for three months straight. This last side to fall for me captures how hard it is to let go and how sometimes it's not the best choice. It presents a gradual tension grow with a perfect catharsis in the chorus and listening to the end for the incredible instrumental is strongly recommended.

Sander:
Doors by Noah Kahan
Noah Kahan is a classic when it comes to autumn songs, and Doors is no exception. He opens up about his emotions and that feeling of longing, but the tempo stays up the whole time. So you get to be in your feels without the song dragging you down, which is exactly what you need in the dark, rainy months.

Alrighty Aphrodite by Peach Pit
This is the most well known song of Peach Pit, with their nostalgic, surfer indie-rock vibe. The raw, intense guitar paired with the calmer, mellow singing is a perfect fit for the darker months. It's an especially good recommendation while driving responsibly in the rain. An absolute classic to be listening to.

Know Your Name by The Backseat Lovers
An absolute favorite of one of the people from LMN. The album cover alone says enough about the autumn vibe. Know Your Name has a super intense build-up throughout the whole song, with raw sounding guitar play and way more intense singing. It's a signature Backseat Lovers feel, and the song is an experience to listen to as a whole. The album it's on covers heartbreak and self discovery, which fits the season perfectly

Freakin' Out on the Interstate by Briston Maroney
Another song that is an absolute banger to listen to while driving, I mean, just look at the title. This is Briston Maroney's most well known song, and a great one for a late-night drive.
The slow tempo and dreamy guitar give it a calm feel, while the lyrics are about panic and still trying to stay connected to someone. An amazing pick for when you're in your feels on the road. (And driving responsibly of course)



Aurélien: This month I've been listening to a lot of progressive metal. It's a subgenre I'm not that familiar with, so it's been a lot of fun discovering. One of my recommended songs is a track from the newest album by Hippotraktor, a small band from Belgium. I love how interesting their music is both rhythmically and tonally, each song being very monumental and fragile at the same time. This is especially true for their newest album "Annihilist". The track I selected is, in my view, quite emblematic of their style. My second pick is from Hollywood Undead, a band I often return to. Their music is a blend of rap, hip-hop and metal and their lyrics perfectly encompass the varied palette of emotions one might get on a night out - from euphoria to depression This I think makes them especially relatable to young people. I picked a bit lesser known song from the amazing album "Swan Songs". It is a more melancholic piece with a happy undertone. If you like it, I strongly recommend checking out the entire album!

Nur: My favorite fall song is LA Queen by dead poet society. This very underrated band has been my absolute favorite for many years now. This song is associated with the darker colder months for me. It makes me think of an autumn night drive on the highway.

Iarina: I chose these songs cause during fall I very much enjoy a more melancholic sound as I think a lot of other people do as well... Smashing Pumpkins is a given for me haha I think their music fits this season perfectly and mellon collie is just a great album overall, Pennies is one of my many fav songs off of it. I also used to have this song constantly on repeat during my first year here, so it also makes me a little bit nostalgic. The Loathe song I chose simply because I always end up listening to their music around this time of the year and towards the winter... I just love the ambience of their sound and this particular song has really beautiful lyrics (sad but beautiful:)) imo). Finally, Interpol is just one of my favorite bands ever and this was the first song I heard from them. It brings me back to when I was at the beginning of high school and getting more into early 2000s indie rock :)) so those are also some nice memories attached to it.

Daniel: I picked these four songs because despite being from different genres, they make me feel like I'm driving down a road surrounded by landscapes and forests of yellow and orange leaves falling from the trees. I associate the fall season musically with a rich, multilayered stereo soundscape that evokes a feeling of melancholy.

WHY THIS EVENT?

Social Impact Week (10th - 15th of November)

Get ready for a week full of fun, new experiences and making an impact! From Tuesday 10 November until Sunday 15 November, ESN is organising a whole week of exciting events, with something for everyone.

Tuesday || 10th of November

Join SIB for an interesting lecture followed by a fun social with free drinks.

Wednesday || 11th of November

Discover your hidden talents during our workshop day where you can learn to DJ, pole dance and perhaps even salsa.

Thursday || 12th of November

Shake up your skills (and cocktails!) during our cocktail workshop.

Friday || 13th of November

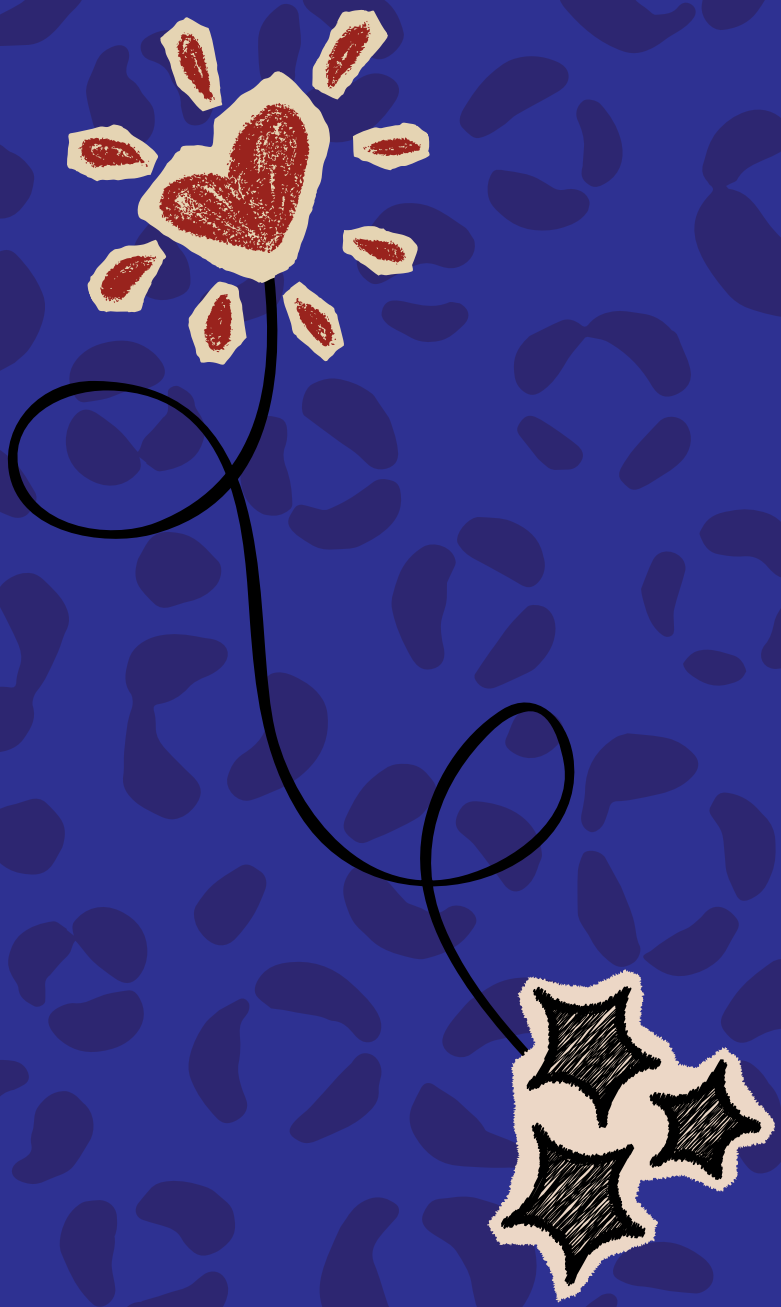
Fancy something a little more relaxed? Come along for a high tea with friendship bracelets, board games and cosy conversation corners.

Saturday || 14th of November

We are heading to the trampoline park to bounce away all that energy.

Sunday || 15th of November

We are wrapping up the week with a vegan International Dinner, pub quiz and clothes swap in the spirit of environmental sustainability!



ESN
Erasmus Student Network
Groningen

ACTIVE MEMBERS WEEKEND

On the 2nd of October, the Active Members Committee organised its first Active Members Weekend! It was a weekend to remember, with plenty of fun activities, food, and good company.



Our wonderful Active Members Committee organised a lot of fun activities for the rest of the Active Members, General Board, and Executive Board to enjoy, including a game show where they all dressed up as popular game show hosts and gave us a night to remember!

Plenty of dancing was involved. You could say that the Executive Board had the time of their lives bonding with the Live Music Night Committee over some metal hits.





There was also a costume contest involved, in which the Sports Committee stole the spotlight with their Zara Larsson x dolphin costumes.



We also had the chance to enjoy a beautiful sunset! It was a great opportunity to bond while enjoying an outstanding view.



Friendly competition is good, right? Not when it comes to dodgeball. ESN takes dodgeball seriously, and the winning team had to establish its supremacy.

ESNcard

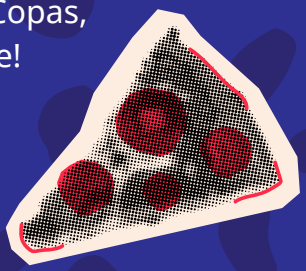




The ESNcard is your ticket through the city of Groningen! It gives you access to all of the ESN events and rewards you with our numerous discounts all over the city!



Purchase your ESNcard through the ESN Groningen website and claim your discounts with Domino's, Swisscare, PALACE, Copas, TipTop Laptops, and many more!



The ESNcard also offers you international deals with companies such as Ryanair and FlixBus! All you have to do is register your ESNcard at esncard.org!



ESN
Erasmus Student Network
Groningen

BLOG

In Defence of Communal Kitchens - Why Shared Housing Might Be Worth It

By Olga Phaedra Pouppis

One of my first introductions to my new home in Groningen was a fire alarm that obnoxiously woke me up at an - insultingly - early hour. Picture this - it is a serene Sunday morning. You are comfortably tucked away in the bed of your dorm room. All of your alarms are turned off, and all of your responsibilities are indefinitely postponed. You finally get to sleep without your subconscious whispering to you that you have a million tasks to tend to. You are enjoying your peaceful, well deserved slumber, when suddenly an agitating sound yanks you out of your tranquility. By the volume and urgency of it, you'd think the building is under active siege, no less, and for a second, you wish that it were - at least then you wouldn't have to get out of bed and go outside. Alas, you lazily put your clothes on, drag yourself to the exit of the building and stand there in a crowd of your sluggish housemates. Someone lazily asks - 'are we actually burning down?' - 'no, I think someone from my kitchen just burnt their toast' - another voice replies. The whole crowd is silently cursing the person responsible for this collective wake up call, and wishing better cooking skills upon them. Warm welcome, isn't it

Let's be frank - everyone is well aware of the obvious benefits of living alone in private housing. Few things can beat a clean kitchen, a private bathroom and no noise disturbance from your neighbours. That is why I am not writing this article to compare private and shared housing, but rather to defend the honour of the latter. This is my message to anyone considering sharing a kitchen with 20 other students - do it. Because albeit the messiness that inevitably comes with any shared accommodation, I would not trade in the friends that I have found in that crowd of my housemates for even the cleanest kitchen on earth.

The most honest description I can find for living in a shared student housing would probably be quotes extracted from our building's chat. 'The washer on the first floor is broken - someone put way too much laundry detergent in and now it won't stop foaming', 'Guys, did someone let a random cat inside? Because there's some random cat inside', 'Who spilled a gallon of oil on the kitchen floors? What the hell do you even need all that oil for?' It's a perfect mix of comically annoying. A student housing is just a bunch of young adults coming together, many of whom (like I was) are just freshly 18 and still figuring out their newly obtained independence, and most of whom have no idea how to go about it. It's not surprising that in such a setting you never know what to expect next. The beauty of a student housing is exactly that - being immediately thrown out of your usual environment and into a new, hectic world. What better way to explore 'the real world' in your early twenties? In the words of my friend and housemate - 'Even if you can afford to rent a 2000 euro private apartment, I think you should still live in a student housing at least for a year, just because of how much character it builds'. Now, I am not trying to paint my student housing as a Spartan trial - it's really not as bad as it sounds. But it is true that it gave me valuable skills I could have only learned from first hand experience. When you share your living space with others you learn to be accommodating to your housemates, to help your neighbours, to set boundaries and communicate your needs. Essentially, you learn to respect and coexist with others, a trait that in the modern somewhat hyper-individualist world is something worth cultivating. And you often have a laugh while doing so, too.

But that is not even the main reason I hold so much love for the year I spent in my student housing. What I treasure most about the experience is - ironically - the friends I made along the way. Safe to say, many international students fear loneliness when first coming to study in a foreign country. I myself was terrified of a completely new and unfamiliar world, which I had to navigate alone, with no friends and no support system in the city. And my housing has given me both of those. With the inconvenience of occasional dirty dishes in the sink and late night parties next door, come evenings spent cooking together with your friends, late night conversations in the kitchen and a community of people that become your friends. My student housing gave me opportunities to meet people from around the world, with different interests, hobbies and talents. You are brought together with people that are in the same situation as you - lost in a new life in a new city, and so you find each other. Because having to share your space with others also means getting to share important moments of your life with them. Even after having moved out, many of my closest friends remain the people I have met in, or at least through, my student housing. My ex housing has witnessed some of the best memories I have made with my friends in Groningen - from getting ready to go out together on a Friday night to frantically studying for our exams the next morning - the friends I've made there have been with me through it all.

After a year of living in this place, I have gotten used to the fire alarms going off at any hour of the day - hyper sensitive sensors and university students constantly burning their food is not a good mix. And so, almost a year after the first incident, a few weeks before I had to move out of my dorm room, I found myself once again standing at the same place outside of my housing, waiting to find whether this time "it's actually burning down". By that time, I was already getting ready to leave, and savouring the last days I had left to spend in this bizarre place I have grown to love so much. My initial assessment of my living situation upon moving in - "Eh, at least it's just for one year" - had by then turned into "I can't believe the year has gone by so fast". In the crowd of annoyed residents, new faces were emerging, new students moving in the same way I moved into my room here a year ago. "They'll like it here" I found myself thinking. Despite the fire alarms, the broken washing machines, the occasional inconveniences, the mess and the daily surprises - they'll really love this place as much as I did, I'm sure of it.





Editorial Team
Niki Georgopoulos, Kanzy Elmogy, Eamon Woods, Celina Bannayan, Georgia Agathokleous, Ylse Visser, Sarah Sixma

Writing & Contributions
Georgia Agathokleous, Olga Phaedra Pouppis, Live Music Night Committee 2026-2027

Photography
Margarida Vieira, PR Crew of September Intro Week 2026, Georgia Agathokleous

Design & Layout
Georgia Agathokleous

Models
PR & Graphics Committee 2026-2027

ESN
Erasmus Student Network
Groningen