



# THIS ISGA BELONGS TO

Name \_\_\_\_\_

Age \_\_\_\_\_

Student number \_\_\_\_\_

AUAS course \_\_\_\_\_

AUAS email address \_\_\_\_\_

Dutch mobile phone number \_\_\_\_\_





# WELCOME

Dear AUAS international exchange student,

Welcome to Amsterdam and welcome to the Amsterdam University of Applied Sciences!

Your international exchange is underway, an experience that you will be sure to remember for years to come. We hope to support your exchange with this extremely useful book, the International Student Guide Amsterdam 2019-2020. Written by students, for students, the book paints a picture of what it is like to study at AUAS and how to make the most of your time in this great city.

When I think about 'contrasts', diversity comes to mind. Our differences can seem very black and white to us at times. Opposites help us to understand the world and we have the tendency to 'flock together' with those who are similar to us. However, I believe that we can learn the most from those who challenge us to see the world differently. Our contrasting cultures, views, and abilities present countless opportunities to engage in learning, both inside and outside of the classroom.

Your fellow students have much to teach you, as you do them. I would like to encourage you to make the most of your international exchange—seize the moment and enjoy the rich learning experience that Amsterdam and AUAS have to offer you.

We hope you have a wonderful time at AUAS!

On behalf of the Executive Board,  
Huib de Jong, Chairman



# CONTRASTS

INTERNATIONAL STUDENT GUIDE AMSTERDAM

2019-2020



# EDITORIAL

*You can't have a Yin without a Yang, can't appreciate the day if you haven't experienced the night and can't learn without making a couple of mistakes along the way. Most contrasts are both sides of the same coin and are dynamic, just as Amsterdam is. They allow you to make decisions: maybe you feel like going to Amsterdamse Bos to have a quiet picnic, or go grab a stroopwafel in the busy city centre.*

## HOW TO USE THIS BOOK

This book is complementary to information you receive from AUAS's International Offices. For example, we put together an overview with essentials that you might need at the beginning of your stay. In the first part of the book, called First Things First, you will find important information about AUAS and living in Amsterdam. In the second part of the book you will find information that might be less important, but nice to know all the same. This part is called Opposites Attract and each chapter focuses on a contrast. The contrast between Work x Play for instance will tell you about the libraries on and off campus, but it will also show you where you can blow off some steam when the workday is done.

## BY STUDENTS FOR STUDENTS

This guide was made by students for students. The creators of this year's guide are students of the minor programme Publishing of AUAS.

## WATCH OUR VIDEOS

On the Campus Creators platform, you will find videos containing fun games and interviews with international students as well as Dutch students. In these videos the students are challenged to get to know each other, themselves, the city of Amsterdam and the Netherlands a little bit better. Here you will also find a making-of video about the process of making this book and all the events going on backstage. We will refer you to these videos throughout the book, but you can also go to the platform directly at **[campuscreators.nl/channel/cb-minor-international-publishing](https://campuscreators.nl/channel/cb-minor-international-publishing)**.

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# F I R S T T H I N G S F I R S T

*Wherever you go in Amsterdam, you will see the cities cultural diversity reflected. This is hardly surprising considering it is home to 181 different nationalities. With its wide variety of perspectives, backgrounds and students, Amsterdam provides a multitude of opportunities for international exchange students. However, it helps to know the basics and this part of the book offers all the information you need to know for your stay.*



## AUAS ESSENTIALS

### AUAS CREDENTIALS

The credentials of every AUAS student consist of a username and password. You use them to log on to any AUAS application, such as email or the digital learning environment (DLO). You will receive your credentials after registration in a separate letter. Save this information carefully because you will be needing it throughout your stay at AUAS.

### STUDENT ID CARD

Every student at AUAS needs a personal student ID Card. To apply for one, you must upload a photo via **[www.mijnhvapas.nl](http://www.mijnhvapas.nl)**. You can collect your student ID Card at the Service Point of your degree programme. They will inform you when your card is ready, after which you can then have it activated. You use your student ID Card, for example, for coffee or tea from vending machines, for printers or when borrowing books. Also bring your student ID Card to exams but remember to bring a regular ID Card as well.

### SERVICE POINTS

Virtually all AUAS buildings have a Service Point for students. You can turn to a Service Point with all kinds of questions about administration, organisation and facilities. This includes questions about your timetable, about activating your student ID Card and configuring wireless internet. You can also turn to the Service Points for lost property and questions about marks and credits.

## AUAS ONLINE

### DLO OR MIJNHVA

In the academic year 2019-2020, all students and employees of AUAS will make use of a new online learning platform called **[dlo.mijnhva.nl](http://dlo.mijnhva.nl)**. It provides access to your timetable, course material, announcements from your lecturers, marks and results, the A-Z list, course catalogues and other information required for your degree programme.

DLO requires you to register for each module or programme section that you follow. After you have registered,

you will have access to your course materials and you will be able to upload assignments. For example, under the *Content* tab you can find assignments, lectures and see what your homework is. Under the *Activities* tab you can submit assignments. You can also see feedback from your lecturer under the *Assignments* in the *Activities* tab. Ask other students or lecturers for help if you are unable to find something.



### A-Z LIST

The A-Z list can be found on **[dlo.mijnhva.nl](http://dlo.mijnhva.nl)** and contains all practical information on AUAS. Using keywords, you can search this digital list for information on matters such as tuition fees, your student ID Card, wireless internet, examinations, printing and lockers, dyslexia, the student counsellor or legal consultation hours. This way you can find answers to many questions.

### MIJNHVA APP

Download the MijnHvA App onto your mobile phone or



tablet. This app will provide you with information about timetables, study results and news from your degree programme. The app is available free of charge in the App Store and Play Store.

### EMAIL ACCOUNT

When you enrol as a student at AUAS you will receive a personal email address that can be accessed through an email client or webmail. Lecturers will use this email address to communicate with you, as well as your programme and faculty reaching you this way. You can link your



AUAS email to other email accounts under settings.

### TIMETABLES

You can access your personal timetable at **rooster.hva.nl**, which you can link to calendar applications, such as Outlook, Google Calendar, Apple Calendar or the calendar application on your phone. In addition, the A-Z list contains a general annual calendar of AUAS, comprising the dates of holidays and days off that apply to AUAS.

### COURSE CATALOGUE

The course catalogue for your degree programme contains all important information about the programme such as: the structure of the academic year, what the modules entail and how exams are taken.



The course catalogue also lists your contact hours, the number of credits earned for each module and the books you need. The course catalogue for your degree programme can be found through **dlo.mijnhva.nl** or **coursecatalogue.amsterdamuas.com**.

### SIS

SIS stands for Student Information System and can be accessed via **sis.hva.nl**, the app, or **dlo.mijnhva.nl**. It is a database in which your marks and credits will be registered. A record from SIS will be sent to your home university—if you have a home university—after your stay. Some degree programmes require



you to register for courses, minor programmes and exams via SIS.

### MAPIQ

**www.hva.nl/mapiq** will allow you to virtually find your way through AUAS buildings on the different campuses. The site will also give an overview of where it's busy or not, and it also shows where printers can be found.

## AUAS SERVICES

### ACADEMIC ADVICE

Only if you do a full degree at AUAS is academic counselling (*studieloopbaanbegeleiding* or *slb*) part of your curriculum.

If this is the case, you will have a personal advisor, an *slb'er*, throughout your



programme. Your *slb'er* is a lecturer who is assigned to your class or group and who is your permanent point of contact. He or she monitors your development, helps, supervises, supports, coaches and provides feedback about your learning process. You can also go to your *slb'er* when you have questions and problems.

### STUDENT GUIDANCE COUNSELLOR (STUDENTENDECAAN)

If you need advice or support you can turn to the student guidance counsellor, who will help you find solutions to problems related to your personal performance or your degree programme. You can contact the student guidance counsellor about:

- Studying with a disability or chronic illness
- Delays or difficulties due to personal problems
- Combining studying and top-level sports
- Study stress
- Choice of degree programme
- Financial matters related to your studies
- Complaints
- Legislation and regulations related to your studies

### DYSLEXIA

If you have a declaration of dyslexia you can request extra time for exams or larger test forms. You can apply for this via **www.hva.nl/digitaalservicepunt**.

### CONFIDENTIAL COUNSELLOR (VERTROUWENSPERSOON)

If you experience sexual harassment, aggressive behaviour, bullying or discrimination at AUAS, you can contact the AUAS confidential counsellor. He or she treats all cases confidentially and can give you information and advice, help you find an informal solution or help you to submit a formal complaint. You can make an appointment with the confidential counsellor using the email address **vertrouwenspersoon@hva.nl**.

### ENGLISH LANGUAGE CONSULTATION

During the English Language Consultation hours, you can make an appointment for language advice from a Dutch or English lecturer. Together, you can look at the feedback you received on your paper, the structure of your text and

your formulations. They can also help you to avoid language errors, formulate smoothly flowing sentences, give presentations or process long texts using reading strategies.

## AUAS FACILITIES

### COURSE MATERIALS

Textbooks can be purchased through online and high-street book shops. Bol.com is the Netherlands' largest online bookshop, selling both new and second-hand copies. It is also one of the shops where you can sell textbooks you no longer need.

Scheltema on Rokin, American Book Center (ABC) on Spui and Athenaeum Boekhandel on Spui are large, well-regarded book shops in the city centre. You can purchase books via **www.athenaeum.nl/english**. Scheltema and ABC have good websites and also sell books online. Studystore is a retailer that has book shops in or near various AUAS buildings. They also offer books online. For more information, go to **www.studystore.nl/en**.





## HONOURS MODULES

As part of the Honours Programme, AUAS offers Honours modules for students who would like an extra challenge, in addition to their regular course work. Find more information at [www.amsterdamuas.com/education/programmes/honours-programmes](http://www.amsterdamuas.com/education/programmes/honours-programmes).

## AUAS SOCIAL MEDIA

AUAS uses social media. The Twitter account **@HvA** was set up specifically for students, for questions on timetables, marks, course programmes, ICT and more. You can also use WhatsApp for questions using the number 06 21155262. News about fun events, projects, competitions and other AUAS initiatives is posted on the AUAS Facebook page [www.facebook.com/hvanieuws](http://www.facebook.com/hvanieuws). Instagram and Snapchat are mainly geared to pre-university students, but on LinkedIn you can follow news on AUAS as an employer and research institute.

## HVANA

AUAS has its own independent news outlet, which publishes articles, videos and podcasts via the website [www.hvana.nl](http://www.hvana.nl).

# 2 AUAS CAMPUSES

## AUAS CAMPUSES

AUAS has four campuses: the Amstel Campus in central Amsterdam, the Business Campus in Amsterdam Zuidoost, the Health Campus near the hospital in Amsterdam Zuidoost and the Sports and Nutrition Campus on the west side of town. The four campuses are home to AUAS' seven faculties.



- 1 Amstel Campus
- 2 Business Campus
- 3 Health Campus
- 4 Sports and Nutrition Campus

## AMSTEL CAMPUS

Amstel Campus is in the middle of town. It is the largest of the four campuses, with seven AUAS buildings. It houses five of AUAS' seven faculties whose names in Dutch and English are:

- *Techniek*–Faculty of Technology (FT)
- *Business en Economie*–Faculty of Business and Economics (FBE)
- *Digitale Media en Creatieve Industrie*–Faculty of Digital Media and Creative Industries (FDMCI)
- *Maatschappij en Recht*–Faculty of Applied Social Sciences and Law (FMR)
- *Onderwijs en Opvoeding*–Faculty of Education (FOO)

The campus offers many facilities, including: study spots, cafeterias, lunch-rooms, shops and supermarkets.

## WHERE

The Amstel Campus is located at the northern end of Wibautstraat. This campus contains seven buildings:

- Benno Premselahuis, Rhijnspoorplein 1

- Koetsier-Montaignehuis, Mauritskade 11
- Kohnstammhuis, Wibautstraat 2-4
- Muller-Lulofshuis, Wibautstraat 5a
- Studio HvA, Wibautstraat 2-4
- Theo Thijssenhuis, Wibautstraat 2-4
- Wibauthuis, Wibautstraat 3b

Another building is called Leeuwenburg and is located near Amstelstation. The AUAS will move out in 2021. Its replacement called Conradhuis is being constructed on the premises of Amstel Campus and will be home to, amongst others, the Faculty of Technology (FT).

## ON CAMPUS

Benno Premselahuis (BPH) features a Maker's Lab, a radio studio and a television studio and is home to degree programmes Communication (CO) and Creative Business (CB).

Koetsier-Montaignehuis (KMH) features a knitwear lab, a chemical lab and a sewing lab and is home to the Amsterdam Fashion Institute (AMFI).

Kohnstammhuis (KSH) features a large expo space on the ground floor and is home to all degree programmes within the Faculty of Education.

Muller-Lulofshuis (MLH) features a gym on the ground floor and is home to degree programmes Social Legal Services and Law.

Studio HvA features modern work spaces and is home to the minor programme in Entrepreneurship and the Digital Society School.

Theo Thijssenhuis (TTH) features a small restaurant and a Canon copy shop on the ground floor and is home to degree programmes Communication and Multimedia Design (CMD) and Information and Communication Technology (ICT).

Wibauthuis (WBH), the largest of all Amstel Campus buildings, features a restaurant on the ground floor and is home to degree programmes Commercial Economics (Business),





Human Resource Management, Business Administration, Public Administration, Social Work, Applied Psychology, Law and Urban Management.

### PLACES TO STUDY

Amstel Campus has many study spots where you can study in peace. For instance, Kohnstammhuis and Wibauthuis libraries are convenient places to study. There are many quiet corners in the Kohnstammhuis, Muller-Lulofshuis, and Wibauthuis, as well as various floors of the Leeuwenburg. In fact, all AUAS buildings have study areas in corridors, so there's



usually plenty of space to find yourself a spot.

### FEST

At Wibauthof, you will find Café Fest, a local pub for students which organises fun events, such as pub quizzes and bingo nights. Enjoy all kinds of coffee, beers from all over the country, salads, and much more.

### STUDENT ORGANISATIONS

On Amstel Campus you will find the following organisations:



### IAM CORE

IAM Core, the student organisation for Communication and Multimedia Design (CMD), aims to help CMD students get the most out of campus life by organising events and other activities.

### MIMAGINE

Mimagine is the student organisation for Communications and Creative Business degree students. Its aim is to introduce students to each other, to Amsterdam and to the professional field of communication sciences and the creative industries.



### JURISTA

JuristA, the student organisation for Applied Law, offers discounts to members and organises recreational and educational events.

### MARCO

MarCo, the student organisation for Commercial Economics, engages students with marketing and communications. It organises seminars, company visits and workshops. Of course, there are also drinks and parties.

### FLOOR

FLOOR is AUAS' debating centre. Events and activities are organised for, and by, AUAS students, employees and partners in the city. There is space for discussion, knowledge sharing, meetings and inspiration. The programme of events includes: presentations, debates, lectures, films, workshops, CollegeCafés, exhibitions and performances, and can be found on [www.hva.nl/floor](http://www.hva.nl/floor). There are various permanent locations on the Amstel Campus where programmes are organised, such as the central hall of the Kohnstammhuis and the

FLOOR hall in the Wibauthuis. But FLOOR also organises activities at other locations. You are always welcome to FLOOR and entrance is free of charge.

The permanent FLOOR programmes include monthly CollegeCafés (a chance to meet well known speakers and interesting professionals), Docudonderdag (documentaries and films), a book programme in cooperation with OBA, a Comedy Train, the AUAS Debating Tournament, AMFI fashion shows and Research Meet-Ups. In addition, FLOOR hosts events related to careers, current affairs, entrepreneurship, AUAS in the city, culture, social topics, as well as your own education and research.

### BUSINESS CAMPUS

The Business Campus is located in Amsterdam Zuid-oost near the Johan Cruijff Arena. The name of the building is 'Fraijlemaborg', which hosts the Faculty of Business and Economics (FBE). There are three international degree programmes: International

Business, International Business Fast-Track and International Business Part-Time.

### WHERE

Fraijlemaborg is open Monday to Thursday 08.00 AM to 08.00 PM and Friday 08.00 AM to 06.00 PM. During weekends, the Fraijlemaborg is closed. You can find your way in the Fraijlemaborg with this map online: [www.hva.mapiq.net](http://www.hva.mapiq.net).  
o Fraijlemaborg 133

### ON CAMPUS

There are a couple of student organisations which are great for socialising. The section on 'Student organisations' will tell you more. Lectures and other events enabling you to learn new things and meet professionals in your field are also hosted regularly at this campus.

Fraijlemaborg has its own cafeteria with excellent coffee and snacks. Sometimes they organise events, such as an afternoon of music. There is currently no student bar on campus, but students have been wishing for one for a long time.



Until this dream becomes reality, drinks are held in the neighbourhood surrounding the Business Campus.

#### PLACES TO STUDY

Fraijlemaborg has four floors with various study spots. The library is a students' favourite. It is large, spacious and surrounded by books oozing knowledge, so you can work in peace.

#### STUDENT ORGANISATIONS

The Business Campus has seven different student organisations that offer degree-related events to members, such as network drinks and guest lectures. We mention the biggest ones below. For a complete overview (in Dutch) see [www.hva.nl/verenigingen](http://www.hva.nl/verenigingen).

#### BE ADAM

BE Adam, the Business Economics student organisation organises programme-related events such as lectures and movies, and of course, drinks, parties and an introduction weekend. More information can be found on their site.

#### ACE SOCIETY

The Amsterdam School of International Business (AMSIB) has a very active student society called AMSIB Cultural and Excellence Society, or ACE Society for short. They offer a social programme including: King's Day, a museum visit, a city trip, a skiing trip, a pub crawl and monthly drinks parties. ACE Society also offers a support programme to international students needing help with university matters and personal issues. They know studying can be hard and living away from your family can be even harder, so don't hesitate to contact them. They give advice and run a buddy system in which a national student is assigned to you to help you out.

#### HEALTH CAMPUS

The Health Campus is situated within the Academic Medical Centre (AMC) of the University of Amsterdam. It is in Amsterdam Zuidooost, near Holendrecht station. The international degree programme is Physiotherapy. Numerous UvA

buildings are also situated on campus, but this guide focuses on the AUAS building, which is called Nicolaes Tulphuis.

#### WHERE

Nicolaes Tulphuis is open Monday to Wednesday 06.30 AM to 07.30 PM, Thursday 06.30 AM to 09.00 PM, Friday 06.30 AM to 06.00 PM. At weekends, the Nicolaes Tulphuis is closed. You can find your way in the Nicolaes Tulphuis with this map online: [hva.mapiq.net](http://hva.mapiq.net).  
o Tafelbergweg 51

#### ON CAMPUS

The Health Campus is the perfect study place for students. The reading rooms and libraries are quiet spots where you can focus on your studies. On the first floor is the library and individual study places are located on the second floor, perfect for studying in silence. There's also a copy shop on the ground floor. The sports club, called ASC, offers a wide range of sports and games. It is located in the IWO-building within the grounds of the AMC. You can find more information about ASC via: [www.usc.uva.nl/asc](http://www.usc.uva.nl/asc).

It is possible to have a drink or to grab a bite in the Nicolaes Tulphuis. There are a restaurant and a cafeteria, which can both be found on the ground floor.

#### AMC

The University of Amsterdam Medical Centre (AMC) organises many lectures, symposiums and presentations about the human body, anatomy and pathology, and life in general—some of which are in English. All AMC events are open to AUAS students.

#### MUSEUM VROLIK

Both Gerard Vrolik and his son Willem were professors of anatomy. They had a private collection of human phenomena and anomalies,

the latter being both pathological and congenital. After Willem's death in 1863 the collection was bought by some rich Amsterdammers who donated it to the Athenaeum Illustre—the predecessor of the University of Amsterdam. Since 1984, the Vrolik Museum has been situated in AMC. It's a good place to find out about human anatomy as it displays many specimens prepared in sixty percent spirits, preserving them well in bottles and glasses.

#### PLACES TO STUDY

There are many places on campus where you can study quietly, such as the library of the study centre in the Nicolaes Tulphuis. Or try AMC hospital with its medical library where you can find extra information and reference books. The Nicolaes Tulphuis also offers plenty of work areas throughout the building to meet fellow students or do project work with your team.



## STUDENT ORGANISATION VENAE

Venae is the student organisation of the Amsterdam School of Health Professions. It represents the degree programmes Occupational Therapy, Physiotherapy, Nursing Sciences and Mensendieck Exercise Therapy. Venae offers a combination of social events and professional events, focused on developing skills and knowledge.



They help organise the Introduction Week for new students at the start of the year. Their social calendar features weekly drinks every Friday, monthly parties—including a Christmas party with a different theme each year—and an away trip. Their professional calendar features lectures, courses, workshops and museum trips, for example, to the Body Worlds exhibition. They also offer a first-aid certificate course and AED training, a must for all health students! Check the Venae website for event information, via [www.svvenae.nl](http://www.svvenae.nl).



## SPORTS AND NUTRITION CAMPUS

The Sports and Nutrition Campus in the west of Amsterdam is surrounded by playing fields and pitches. It is home to the Faculty of Sports and Nutrition, which offers three degree programmes: Physical Education, Nutrition, and Sports Management and Business. The building is called Dr. Meurerhuis.

### WHERE

Dr. Meurerhuis is open Monday and Thursday 07.00 AM to 10.00 PM, Tuesday and Wednesday 07.00 AM to 07.00 PM and Friday 07.00 AM to 08.00 PM. You can find your way in the Dr. Meurerhuis with this map online: [hva.mapiq.net](http://hva.mapiq.net).

- o Dr. Meurerlaan 8



## ON CAMPUS

There are a great many facilities on campus, such as gyms, a healthy cafeteria and SooS. The latter offers you music, *bitterballen* (croquette balls) and beer.

### PLACES TO STUDY

There are plenty of study spots on-campus. Try the library, for instance, situated on the first floor of Dr. Meurerhuis. It has a large computer lab and comfortable corner with bean-bag seats. Or use the booths referred to as *coupés*. These are train-like seats where you can work with your project group. A favourite spot is also the large balcony with a view of the cafeteria.

## STUDENT ORGANISATIONS

The Sports and Nutrition programmes do not have a tradition of hosting student organisations. Instead, many students are members of a student sports club which provide opportunities to socialise. What has been a long-standing tradition is the Friday afternoon drinks at SooS, the central hangout in Dr. Meurerhuis. The Nutrition programme,

however, is setting up a student organisation called Young Food Network (YFN). Their aim is for students to socialise through drinks parties, lectures, workshops, alumni nights and trips, plus take advantage of discounts on study materials. They are in the process of organising this and you can find more information (in Dutch) on their website.

### SOOS

In Dr. Meurerhuis you will find SooS (a quaint and friendly Dutch word for *club*), where most students come to hang out each day. They chat, play pool or darts and get to know each other better. Parties are a regular feature here, with music, *bitterballen* and beer. The Soos is open until 09.00 PM on Tuesday and Friday.



## INTERNATIONAL STUDENT NETWORK (ISN)

International Student Network (ISN) Amsterdam is a student-run organisation dedicated to helping international students, studying in Amsterdam, make the most of their stay in the Netherlands. ISN is part of the Erasmus Student Network (ESN), an organisation with 527 local branches in 39 countries.

ISN organises introduction days, parties, weekend trips, excursions and other cultural activities. This organisation promotes integration through the Dutch coaches who guide international students during the introduction period, as well as a sophisticated buddy system. Some examples of ISN activities include the Discover Holland weekend, Dutch movie nights, Dutch lessons and day trips to the places in the Netherlands you should not miss. In addition to this, ISN organises a number of international trips to popular European destinations such as Prague, Paris, and London.

With an ESN card, you can join all the ISN activities. Moreover, this card provides you with various great discounts at their weekly *borrel* (drinks party) and at lots of museums, shops and restaurants. Find more information on their website: [www.esn.org](http://www.esn.org).

Some of the hugely successful events and activities to watch out for are:

- Volendam & Zaanse Schans
- BikeTour & Pancake Boat
- Oktoberfest
- Discover Holland Weekend
- Supertrip
- Dutch Movie Nights
- Social Erasmus
- Erasmus in Schools
- Buddy Activities
- Language Exchange

The dates for these events will be announced at the start of each semester, so be sure to check out [www.isnamsterdam.nl](http://www.isnamsterdam.nl) or find ISN on Facebook and stay updated.

## DUTCH LANGUAGE COURSES

Students on exchange programmes are taught in English, but of course, some knowledge of the Dutch language will make your stay easier and more enjoyable.

ISN Amsterdam offers 6 and 12 week courses where you will learn how to introduce yourself, how to ask for directions, and lots more. The 6 week course costs €70, and the 12 week course costs €160, including a book called *Nederlands in Gang*.



For more information, check their website:

[www.isnamsterdam.nl/activities/dutch-lessons-2](http://www.isnamsterdam.nl/activities/dutch-lessons-2).

## ONLINE LANGUAGE COURSES

You can also start a Dutch language course on the internet. Go to [www.duolingo.com](http://www.duolingo.com) and click on 'Dutch'. It is a free resource with lessons varying from beginners tips to fun vocabulary.



The University of Groningen offers free Dutch courses through MOOCs: [www.futurelearn.com/courses/dutch](http://www.futurelearn.com/courses/dutch).



## PUBLIC TRANSPORT

Amsterdam has an efficient public transport system with various bus and tram routes, metro lines and ferry links. The authority that operates them is called GVB which stands for Gemeentevervoersbedrijf (Municipal Transport Authority). The best way to find your way around is by using the public transport enquiries app called 9292. Their website [www.9292ov.nl](http://www.9292ov.nl), which is also available in English and German, offers information about rates, routes, lines and timetables. Google Maps also offers information on public transport.

Dutch students have a public transport pass (called the *OV-chipkaart*) which allows them to travel for free during the week or on weekends. Some EU/EEA students may also be eligible for one, but only if you receive a Dutch student grant. To see if you are entitled to a student travel card, check the National Bureau for Student Grants's (DUO) website at [www.duo.nl](http://www.duo.nl), or call 050 599 77 55.

## OV-CHIPKAART

On all forms of public transport and with all operators nationwide, the ticket used is called an *OV-chipkaart* (public transport smart card). You can either get a personalised card or a general one which you deposit money on. Machines to top up can be found at train stations, supermarkets, kiosks and newsagents. On buses and trams you can also buy a disposable *OV-chipkaart* from the driver, but they are relatively expensive. You can't pay with cash on Dutch public transport. Remember, at the start of your journey, to always check-in by holding your card against one of the card readers. You cannot check-in if the balance on your card is below €0—or €20 for trains. At the end of your journey, or if you change to another mode of transport, you check out. On buses and trams—you must check out, and check back in—even when just changing to a different line. If you forget to check out, €4 will be deducted from your card when travelling by bus, tram or metro. For more information about the *OV-chipkaart*, check the website [www.ov-chipkaart.nl](http://www.ov-chipkaart.nl) (also in English).

## TRAM

There are 14 tram lines that criss-cross the city. When your tram approaches your stop, press the red button to signal that you wish to get off. Note that there are separate doors to get in and out, so check the signs on the door.

Trams are a great way to get around the city of Amsterdam, as they connect major squares (or *plein* in Dutch), train stations and most of the outskirts of the city. The most significant stops include Amsterdam Centraal, Amstel, De Dam, Leidseplein and Rembrandtplein. Most of the tram-lines interconnect with the general transport network at one of these places.



## BUS

Amsterdam has various bus lines and a regional network connecting the capital to surrounding suburbs and towns. Remember when travelling by bus, to enter at the front, and to raise your hand when you want to get on, to ensure that the driver has seen you.

Amsterdam also has a late-night network, with night rates. Night buses leaving from 01.00 AM onwards, mainly depart/arrive at Central Station. Night buses can easily be boarded by checking in with your Public Transport card (*OV-chipkaart*). The start tariff is different for this journey (€4.50).



## METRO

Amsterdam has five metro lines: 50, 51, 52, 53 and 54. Lines 53 and 54 run from Central Station to Amsterdam Zuidooost. The new metro line 52 takes you from north to south Amsterdam in 15 minutes. Line 51 runs from Central Station to Isolatorweg and line 50 runs from Gein in the southeast to Isolatorweg (near Amsterdam Sloterdijk Station) in the northwest.

## FERRIES

GVB operates nine ferry connections across the IJ and North-Sea Channel. Ferries are free for cyclists and pedestrians. The ferries from Central Station to Amsterdam Noord behind Central Station run all day and all night.



## TRAIN

Amsterdam has 15 train stations and the railway network is operated by the Dutch national railway company, Nederlandse Spoorwegen (NS). For information on trains and departure times you can download the *NS Reisplanner-app* in your app/play store. You can take your bicycle on the train, but only if you buy a separate day ticket for it, at a cost of €6.90. You can't bring your bicycle in peak hours.



## INTERNATIONAL TRAINS

You can travel directly from Amsterdam to six European cities and back. ICEs will take you to Berlin, Frankfurt and Basel; Thalys will take you to Paris; Eurostar will take you to London; and there's an international intercity train to Brussels, and then on to Brussels Airport.



## BICYCLES

The most enjoyable way to discover Amsterdam is by bicycle. Practically everyone has one or more bikes. There are bike lanes everywhere, as well as separate traffic lights for cyclists who frequently have (or take) right of way. Any bicycle will do in Amsterdam—as long as it gets you from A to B, it does not matter what shape it's in. Many Dutch bicycles brake by back-peddalling, which may take some time getting used to. If you can't get to grips with this, ask for a bike with handbrakes.



## PARKING YOUR BICYCLE

You are supposed to park your bike in bicycle stands, but if they are not available you can park it anywhere that is not in the way. Note that if white lines demarcate the street, you are supposed to park within them. Lock your bicycle thoroughly, preferably with two good locks that include the wheels. This will prevent you returning to your bicycle only to find one or both wheels missing. Around hubs such as Central Station, OBA and on Dam Square, you must park in stands or bike parking garages—or else your bike will be removed. The bike parking garage for Dam Square is under Beursplein at the back of Bijenkorf department store. Incorrectly parked bicycles are removed every once in a while by the authorities. They may be recollected from the Fietsdepot after paying €22.50. See [www.amsterdam.nl/parkeren-verkeer/fiets/fietsdepot](http://www.amsterdam.nl/parkeren-verkeer/fiets/fietsdepot) or call 14 020. There are bicycle parking facilities throughout the city, where you can park your bicycle and have it guarded, usually for free for the first 24 hours.

## SECOND-HAND BICYCLES

The best thing you can do when you arrive in Amsterdam is to get yourself a second-hand bicycle. These can be bought at Student union ASVA, as well as the many bicycle shops throughout the city. See [www.tradefrm.nl/feature-box/verkoop-aan-consumenten](http://www.tradefrm.nl/feature-box/verkoop-aan-consumenten) for a good list. You can also get them at the Waterlooplein flea market and online. Keep an eye on the Facebook page of International Student Network ISN or on other Facebook groups. Also on [www.marktplaats.nl](http://www.marktplaats.nl), the Dutch version of eBay, a lot of second-hand bicycles are for sale. Do not buy cheap bicycles that are offered to you on the street by strangers because they are usually stolen.

## BICYCLE RENTALS

If you do not need to use a bicycle regularly, you can also rent one at the many bike rental shops. The cheapest day rate is around €9.50 and you will have to pay a deposit or leave behind your passport or credit card. Students can also rent bicycles for a special student rate at Rent-a-bike.

## SWAPFIETS

If you want to rent a bike for a longer period of time, you can lease a bike from Swapfiets for a fixed price per month, starting from €16.50. The lease includes maintenance, and the company will come to swap your bike for another one if there's a problem with it. You can order a bike on their website, see [www.swapfiets.nl/en](http://www.swapfiets.nl/en).

## EMERGENCY SERVICES NUMBER

The general emergency number in the Netherlands is 112. With this number, you can reach all emergency services (police, ambulance and fire department). This number should be used only for serious and potentially life-threatening emergencies. For less urgent situations, you can contact the local police department on the national number 0900 8844 or call the national number 0800 7000 anonymously.

## HOSPITALS

The universities UvA and VU run the Universitair Medisch Centrum (University Medical Centre or Amsterdam UMC for short) with two locations. UvA's Academic Medical Centre (AMC) is in Amsterdam Zuidooost and VU's Medical Centre (VUmc) is in the South. Furthermore, a hospital called Onze Lieve Vrouwen Gasthuis (OLVG) has a location in the east and one in the west, so OLVG Oost and OLVG West respectively. All four of them have emergency first aid departments (in Dutch: *spoedeisende hulp*). If you

want to visit someone in hospital, call to ask about visiting hours or check their website.

## EMERGENCY SERVICES

All four hospitals (see above) have Accident and Emergency departments (in Dutch: *spoedeisende hulp*). If you have a mental health emergency, contact Emergency Psychiatry Amsterdam (*Spoeideisende Psychiatrie Amsterdam*) on 020 523 54 33.

If you have a dental emergency, contact the dental emergency clinic in OLVG Oost on 0900 8602.

If there is an urgent personal question or problem you feel you can't talk about with anyone you know, you can call the Sensoor Helpline (0900 0767) or use the chat and email service (both ways of communication are available 24 hours a day). You don't have to give them your name, it is strictly confidential. If necessary, Sensoor can refer you to the organisation best suited to help you.

## GENERAL PRACTITIONER (GP)

For less urgent health situations you can contact a general practitioner. The family doctor or general practitioner (*huisarts*) plays a key role in the Dutch healthcare system. It is best to register with one as soon as you are settled in. One of the practices you can register at is Student GPs (*studentenhuissartsen*)—who do the same work as ordinary GPs—but specialise in student health matters. As an Amsterdam resident, you can register with them for free. Be sure to take your insurance card with you to your first appointment. Some GPs have open consultation hours, which function on a first-come-first-serve basis. To visit outside these hours, you should call your own GP for an appointment. If you don't yet have a GP and need medical assistance, you can always call the General Medical Services (Stichting Huisartsen Dienstposten Amsterdam) on 088 00 30 600 where you will be put through to the doctor in attendance. Or go to [www.huisartsenpostenamsterdam.nl](http://www.huisartsenpostenamsterdam.nl).

In some cases, you have to pay for consultations and prescriptions yourself before you send the bill on to your insurance company for a refund. In other cases, the bill is sent on directly.

If a medical problem requires specialist treatment, the GP can refer you to a specialist. Both GPs and specialists are bound by a confidentiality agreement, which means they aren't allowed to discuss anything related to your case with anyone else without your permission.

## PHARMACIES

Most types of medication are available on prescription only. Exceptions are general drugs like paracetamol and cough mixtures, sold over the counter at pharmacies, most drugstores and some supermarkets.

## DENTISTS

You can register at any dentist, provided they take on new patients. Alternatively, you can register with the dental practice of the University of Amsterdam and VU University Amsterdam (ACTA), which provides (emergency) dental care to students. Both surgeries will charge you for emergency dental care, but in other cases you only pay for the costs of the materials used.

## PSYCHOLOGICAL ASSISTANCE MENTAL HEALTH

If you suffer from depression, burnout or other mental health issues, you can talk to your GP and you can seek help from the Student Psychologists Service (Bureau Studentenpsycholoog, BSP). Students also have access to municipal mental health institutes such as GGZ, Arkin and Mentrum, which have branch offices throughout town. Before you go, you will need a referral from your GP. It is also a good idea to contact your student counsellor.





For more information:

- [www.ggznederland.nl](http://www.ggznederland.nl)
- [www.counselingamsterdam.nl](http://www.counselingamsterdam.nl)
- [www.arkin.nl](http://www.arkin.nl) (Dutch only)
- [www.mentrum.nl](http://www.mentrum.nl) (Dutch only)

## HEALTH INSURANCE

Healthcare insurance is compulsory in the Netherlands, and is called the 'basic healthcare insurance' (*basiszorgverzekering*). Only students under the age of thirty, who are in the



Netherlands solely for study purposes, are exempt from the requirement to take out basic healthcare insurance. However, if you are an international student and you start a part-time job, you will still have to take out a basic healthcare insurance. This is because you are then no longer just a student, but also an employee. IPS (Insurance Passport for Students) can give advice if you have any questions or problems with your medical insurance.

## SEXUALITY

The Netherlands is a relatively liberal country as far as sexuality is concerned.



Homosexuality, transsexuality and bisexuality are generally accepted. Homosexual marriage is permitted and unmarried couples living together have the same rights as married couples.

COC Nederland provides information about all subjects related to LGBTQ+ issues and can help you if you have problems or questions regarding your sexuality. It regularly organises informative meetings, panel discussions, parties and dance nights.

## SEXUAL HARASSMENT

Each university and college has appointed a sexual harassment officer (*vertrouwenspersoon*) for victims of sexual harassment. This is someone whom victims can



turn to for help and report their case in confidence. If you want to contact the sexual harassment officer at AUAS, find more information on page 15.

## STDs

To have yourself tested for Sexually Transmitted Diseases (STDs) including HIV, go to the Municipal Health Service (Gemeentelijke Gezondheids Dienst or GGD). Testing is anonymous and free. You can also get tests from your GP. If you have questions about HIV or AIDS, you can call the free AIDS Information Line on 020 689 25 77 or check [www.soa aids.nl](http://www.soa aids.nl) or [www.aids.org](http://www.aids.org). For more information about other STDs, call the GGD on 020 5555911.

## PREGNANCY

If you think you are pregnant, the first step is to buy a pregnancy test at the pharmacy or drugstore. You should also visit your GP who can give you information. If you prefer anonymity, or wish to talk things over with someone who doesn't know you, go to the GGD ([www.ggd.nl](http://www.ggd.nl)). If you don't wish to continue your pregnancy, you can get ad-

vice and information at the centre for anti-conception, sexuality and abortion, at Nieuwe Achtergracht 100. This is part of the GGD.

## ALCOHOL AND DRUGS

### ALCOHOL

However socially acceptable it may be, alcohol can be just as addictive and dangerous as drugs to a certain extent. It is illegal to drink and drive, keep in mind that this also applies to riding a bicycle. Drinking in public places is prohibited as well.

### DRUGS

Dutch law makes a distinction between two categories of drugs: soft drugs and hard drugs. Soft drugs are made from a family of plants called cannabis, the Latin name for hemp. They are called 'soft' drugs because they are supposedly less active than hard drugs. Weed and hash fall into the soft drugs category. Weed, which is also called marijuana, consists of dried flower tips and leaves. Hash is made from the plant's resin and compressed into

chunks or small bars. Both substances can be rolled into joints, smoked in their pure form—for example, in a water pipe—or eaten in a spacecake. Soft drugs are sold in coffeeshops, a somewhat confounding name as coffee is not the main item on the menu; soft drugs are. Trustworthy coffeeshops can be identified by a green and white window sticker and the word 'coffeeshop'. Keep in mind that cannabis can cause depression or panic attacks in some people.

Hard drugs are all other kinds of drugs, such as cocaine, GHB and LSD. Hard drugs are highly addictive and can cause serious harm if misused. Both hard and soft drugs are illegal, but the possession of small amounts of soft drugs for personal use (less than five grams) is generally tolerated. Mushrooms are also illegal, but parts of their mycelium (roots) that look like truffles and are sometimes called Philosophers' Stones are not illegal. This is what is sold in shops that have dubbed themselves smartshops.





Everybody aged 14 and over must be able to show a valid identity card (ID) or passport—if asked by the police or a similar figure of authority—such as conductors on public transport. They need to have a reason to ask for it such as: traffic control, aid and

If you have questions about employment and income, housing, taxes or the purchase of products or services, you can contact the AUAS Legal Consultation Hours for students (Het Juridisch Spreekuur, or HJS for short). HJS is situated in room 02A08 of the Muller-Lulofshuis (Wibautstraat 5a). You can make an appointment by dialing 06 2115 8882 or at **[hjs@hva.nl](mailto:hjs@hva.nl)**.





*The idea of contrasts gives endless opportunities to explore a city. There is much to be gained from moving beyond one's comfort zone and embracing differences. Amsterdam offers us a chance to discover the similarities that exist between us and a way to celebrate uniqueness. This guide uses seven contrasts to illustrate the point. Every contrast is supported by information that is nice to know, interviews on contrasts and dilemmas and survival Dutch.*

# OPPOSITE SITES ATTRACT



W O  
R K X  
P L A Y



*Amsterdam is home to students studying at various institutions of higher education and offers everything a student needs. From studying in the library after class to playing sports with your university friends, the city offers all kinds of opportunities to Work x Play. In this chapter, you will find everything you need to know about the city, as a place of study and play.*

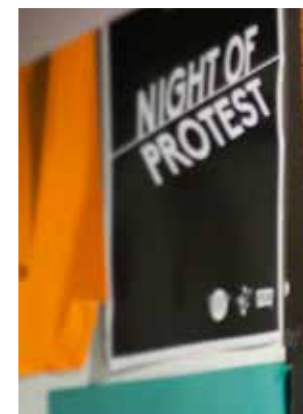
## EDUCATIONAL SYSTEM

### HIGHER EDUCATION

There are two types of higher education in the Netherlands: universities and universities of applied sciences. The latter have the word *hogeschool* in their names and are generally referred to in Dutch as *hbo*, which stands for *hoger beroepsonderwijs* or higher professional education. Universities of applied sciences tend to be more practically oriented than universities and their research is aimed at solving an issue. Universities focus more on theory building and their research may generate the next relevant question. Generally speaking, an *hbo* degree provides graduates with sufficient skills and knowledge to practise their chosen profession.

### BACHELOR OR MASTER

At universities of applied sciences, a Bachelor's degree takes four years. Graduates may enrol in a one or two year Master's degree—but in some cases, they have to complete a premaster first. A university education is divided into a broader three-year Bachelor's degree and a one or two-year Master's degree.



## STUDENT ORGANISATIONS

There is a myriad of student organisations in Amsterdam. We will list the biggest ones and explain where to find all the others.

### ASVA

Amsterdam's general student union is Algemene Studenten Vereniging Amsterdam (ASVA). They represent students' interests at universities and in the political arena. ASVA supports students in a variety of ways. For example, they sell the most affordable (legal) bicycles in Amsterdam for only €65. They also run a housing office which offers information on student rooms



and brokers digs. If you are ever in need of legal help, ASVA's student employees can provide legal assistance free of charge. ASVA also organises events, such as political debates, the AUAS' KersVers introduction event and the Lecturer of the Year election. In short, ASVA offers practical help, defends the rights of all students in Amsterdam and lobbies for good education by entering into dialogue with politicians and the media.

ASVA is keen to engage in conversation with you. Feel free to visit the student information desk in the Wibauthuis or at CREA. See also [www.asva.nl](http://www.asva.nl) (Dutch only) and check the Facebook page for fun news!



### NUFFIC

Nuffic is a Dutch organisation for internationalisation in education. Their ambition is for every student to gain international experience. Their head office can be found in The Hague and they have ten different offices around the world from which they bring together people, dreams and ambitions. To learn more about this organisation you can visit their website at [www.nuffic.nl/en](http://www.nuffic.nl/en).

## STUDENT ORGANISATIONS LINKED TO DEGREE PROGRAMMES

AUAS has a large number of student organisations linked to a particular degree programme. These are associations for students on the same course or faculty, which organise drinks, talks,



## LIBRARIES

The libraries of AUAS and UvA are part of the same organisation, so you can use facilities at all locations of AUAS and UvA.

### AUAS LIBRARY

The AUAS Library has seven locations where you can find books and journals as well as a place to work. Most library materials can be accessed online, where you can find digital books, articles from databases, e-books, e-journals, online lectures and other multimedia. The CatalogusPlus search engine can be used to quickly search information in the library catalogue and various databases.



Here you will find courses, tips and online explanations. There are videos about smart searching on the library website, which are useful for research assignments, as well as an online smart searching course. Learn to take advantage of all the possibilities the library has to offer early on, and walk in or visit the website [amsterdamuas.com/library](http://amsterdamuas.com/library).

### UNIVERSITY LIBRARY

All educational institutes have their own libraries, where you can borrow books using your student ID Card or library card. Most libraries also have reading rooms, where you can study or read the books you are not allowed to take out. The University library offers these special study rooms and they even have ones with a PC. You can book a room to study with your classmates or just study on your own. For more information about the study rooms and to book a room, visit the University Library website [www.uba.uva.nl/en/home](http://www.uba.uva.nl/en/home).

### PUBLIC LIBRARIES

Amsterdam's public libraries are part of OBA, which stands for Openbare Bibliotheek Amsterdam (Amsterdam Public Library). The largest one – the Centrale OBA – is on Oosterdokseiland, near Central Station. It has a wide selection of foreign newspapers and magazines and is a good place to start if you want to learn more about Amsterdam. The Centrale OBA, along with smaller OBA locations throughout the city,

make for great places to study. To get a library card, you need to bring your ID and a document stating your current address. A recent telephone bill or bank statement will do. You can also fill in the form on their English website to enrol [www.oba.nl/oba/english.html](http://www.oba.nl/oba/english.html). The OBA organises various events, many with free admission. These include lunch concerts in cooperation with Amsterdam's School for Music 'The Conservatorium', city walks and bike rides, talks and reading events.

## PHOTOCOPYING AND PRINTING

For photocopying and printing you can use the machines at your faculty or those in libraries, shops and supermarkets. At commercial copy centres, you can also have your papers printed and bound. On the ground floor of Theo Thijsenhuis there is a Canon copyshop. They offer services in printing, scanning and binding papers.

parties, workshops, trips and other study-related activities. If you join a student organisation, you will soon come into contact with other students from your degree and extend your professional network. On [hva.nl/verenigingen](http://hva.nl/verenigingen) you'll find a complete overview (in Dutch) of all AUAS-endorsed student organisations. Would you like to know which student organisations can be found on your campus? Check the chapter 'AUAS Campuses'.

### Studying

Studeren  
*Stuu-de-run*

### Classroom

Klaslokaal  
*Klahs-lo-kaal*

### Could I borrow a pen?

Mag ik een pen lenen?  
*Mach ik ehn pen ley-neh?*

### Let's take a break

Laten we pauze nemen  
*Lah-tehn weh pou-zeh ney-mehn*

### Could you help me?

Kun je me helpen?  
*Kun jeh meh hel-pehn?*

### I'm sorry, I don't understand you

Sorry, ik begrijp je niet  
*Sorry, k beh-grijp jeh niet*

### Thank you

Dank je wel  
*Dah-nk jeh wel*



## STUDENT JOBS

Life in Amsterdam isn't cheap. The obvious solution is to combine studying with a part-time job. Although the city offers enough part-time jobs, international students can experience some obstacles. The tips offered here should help you get around them, but remember to balance your studies with your job!

### WORK PERMITS

Information on work permits can be found on the website of the Netherlands Organisation for International Cooperation in Higher Education (Nuffic), **www.nuffic.nl**. Additionally, you may be able to obtain information from your host university. If you are planning to stay for only one semester, you should consider the time involved in processing all of the necessary documents. There is a chance that it would take too long to obtain these documents.

### CITIZEN SERVICE NUMBER/BURGER SERVICE NUMBER

If you have a job, you will need a *Burger Service*

*Nummer (BSN)*. This is a unique number required by anyone who has to deal with the Dutch authorities. When you are in the Netherlands, you will automatically obtain a *BSN* if you register with the municipal authorities. To apply for a *BSN* or to find information, you can also go to **www.burgerservicenummer.nl** (English link at the bottom of the website).

### HOW TO GET A JOB

If you are looking for a job, approach a job agency (*uitzendbureau*) which can be found all over town. They offer temporary jobs, both to Dutch students, and those who can only speak English. If they do not have anything immediately on offer, they will try to find an appropriate job for you. Registration is free. Also look for posters in shop windows or check online.

Remember, there is a maximum number of hours you're allowed to work as a non-EU student, without a work permit. Do not exceed this, or the authorities will consider your residence permit invalid!

For a student job, you can also search the following websites:

- **studentenwerk.nl** (Dutch only)
- **youngandambitious.nl** (Dutch only)
- **undutchables.nl** (also for information about work permits)
- **asatalent.nl** (jobs of around 15 hours a week)

### EMPLOYMENT AGENCY

Young Talent Factory has an office at Wibauthof on the Amstel Campus. They can help you with (study-related) part-time jobs, holiday jobs, assessments and coaching.

### EARN MONEY AT AUAS

Do you spend a lot of time at the AUAS, and would you like to earn some extra money alongside your studies? Then AUAS would be happy to hire you as a working student. You can work at various events, such as open days, information markets, the opening of AUAS academic year, or the AUAS Educational Conference for a net payment of eight euros per hour. You will help with setting up and taking down, plus providing information or referrals.



## THE STUDENT HOTEL

Located near Amstel Campus, The Student Hotel aims to bring together students, travellers and professionals by offering co-working spaces. It is a hub where people can meet and brainstorm, attend events, eat and drink, work out in the gym or work quietly in silent areas. Of course, it also serves as a hotel where you can stay if your lease runs out. In short, The Student Hotel is a perfect place to work and play.



## SPORTS

When it comes to sports, the Dutch are very passionate about a few in particular. Most of these being sports that involve a ball. The football and hockey federations are the two federations with the highest number of members. Ice skating has always been one of the top sports in the Netherlands too, with the Dutch dominating most long-distance disciplines. Hundreds of thousands young Dutchies learn to skate every winter by going out on the frozen creeks and artificial skating rinks.



### FOOTBALL (*voetbal*)

*Voetbal* is arguably the most popular sport in the Netherlands. The Dutch have been competing in major tournaments for decades, and both national teams (women's and men's) were able to reach finals or semi-finals. Dutch supporters are relatively laid-back yet passionate and the Dutch football federation is also one with the most members, 1.2 million to be precise. The Johan Cruijff Arena is home to Ajax Amsterdam, one of the most revered football clubs in the Netherlands, who reached the Champions' League semi-finals in 2019. If you like football, consider buying a ticket to an Ajax or Dutch national team game.



### FIELD HOCKEY

Hockey—or field hockey, as it is also known—has grown in popularity with both the male and female national teams performing well. Both are in the top-3 teams in the world. Hockey is the second most popular sport in the Netherlands, after football. There is a great league in the Netherlands which provides world-class hockey. Hurley and Amsterdam are two teams that play in the highest division; both are found in the eastern part of the Amsterdamse Bos.



### ICE SKATING (schaatsen)

Ice skating is a sport the Dutch are exceptionally good at. The Netherlands always seems to find a new way to keep well ahead of its competitors at international events such as The Olympic Games. The national Ice Skating Centre is located in Friesland, a province in the north-east. Thialf, as the venue is called, accommodates the Dutch training facility and major events, such as World Cups, are held here.



### STUDENT SPORTS CLUBS

There are several sports clubs that are run specifically for students and joining one is a great way to meet people. In addition to the health and social benefits, you also pay less here than at a regular club. Some student sports clubs are for recreational play only, whilst others compete in leagues. A.S.A.V. Aquila is the name of Amsterdam students' athletics organisation. If you like playing tennis, join S.V.U. Tenista and for badminton go to B.V. USC. For sailing, yachting and rowing there are many options—rowing in particular is very popular amongst students. The two best-known crew clubs are A.S.R. Nereus and A.A.S.R. Skøll.

For ball games there are many University Sports (US) branches, such as US Handball, US Volleyball, and US Basketball. Basketballers could also choose Basketball club Schrobbeelaar. Field hockey is enormously popular in the Netherlands and the student organisation is AMVJ in Amstelveen. To play rugby there is A.S.R.V. Ascrum. Finally, we'd like to mention D.E.R.M., the club for fun sports like surfing and windsurfing, snowboarding and other cool, extreme sports.

### USC

The USC (University Sports Centre) offers more than seventy sports activities at discount rates for AUAS students and staff, ranging from parachuting, yoga, and kickboxing to ice skating, fitness, windsurfing, tennis, and more. The main building, Universum at Science Park, is open seven days a week. Here you can find a large gym, several sports halls, a climbing hall, squash courts, a dojo, and sauna. The USC has seven locations: PCH Fitness and USC Body & Mind in the city centre, USC Tennis in Amsterdam Oost,

ASC in the AMC hospital, ClubWest in Amsterdam New-West, Amstel Campus on the Wibautstraat and Sportcentrum Universum located on Science Park. The USC also organises activities ranging from baseball to horseback riding at special venues. Find more information on [www.usc.uva.nl/en](http://www.usc.uva.nl/en).

*As a student in Amsterdam your days will be filled with a mix of Work x Play. You may spend your time studying or doing a group project on campus. But you can also have fun drinking beer with your friends or visiting cultural hotspots in the city. In this interview, we meet Joyce (23) and Jonli (22) who are passionate about both. Joyce is an international student from Germany who is currently following a minor programme in Positive Psychology. Jonli lives in the Netherlands and is studying Communications at AUAS. Here they share their experiences and views on Work x Play.*



#### **DILEMMA: NETFLIX MARATHON OR RUNNING MARATHON**

**Joyce:** I think I should do more sports so it would be good to run the marathon. But in reality, I just enjoy Netflix marathons! Not on my own though; I always love watching with other people, like my friends or boyfriend. We sit there and have a full day of watching Netflix.

**Jonli:** This isn't really a dilemma unless you're a runner. Of course, if you do run the marathon, you will achieve something like a medal. But in general, most people would say Netflix I think.

#### **DILEMMA: GROUP PROJECT OR INDIVIDUAL PROJECT**

**Jonli:** Pretty easy: group project. I know a lot of people say they don't like group projects, but I'm the kind of person who speaks my mind. If I want my group mates to do something, I will talk to them. I know it's faster to do it alone and that's good. But it's lonely. There's no one to talk

to or work together with. I always love meeting new people and being introduced to their culture. So I love group projects.

**Joyce:** I think now I would say individual work. I like it when you have a question or task and can just do it. I know what to do, and I can just do it on my own, sitting at my desk. I think when you have a group that works well together, then it's good. But if your group doesn't want to do what's needed and they don't have any ideas, then it's impossible. It can be really exhausting.

#### **DILEMMA: DOING EVERYTHING RIGHT AWAY OR DOING THINGS LAST MINUTE**

**Joyce:** I guess right away? I can't do coursework at the very beginning so ideally, more like in the middle. I want to be able to read through the material twice afterwards. And I don't want to do that the night before, so I try to finish it early. I can't do it last minute.

**Jonli:** I finish my project, essays and stuff one week before—so I have one week to read and incorporate the feedback. But doing that depends on what kind of subject it is and how hard it is. So usually one week prior to my deadlines. I'm a good planner, so it works quite well.







### QUESTION: HAVE YOU EVER BEEN TO A FESTIVAL IN AMSTERDAM?

**Joyce:** I went to Psycho Candy at the end of May. That was my first festival for just one day. On King's Day because it was raining outside, I stayed home with my flatmates at first. But then it became sunny, so we went out onto the street.

**Jonli:** Street life in Amsterdam is more fun than going to a festival, in my opinion.

### STATEMENT: I CALL IN SICK WHEN I HAVE A HANGOVER

**Jonli:** I've never had a hangover. Maybe I just don't drink enough or am immune to hangovers. But usually, I won't call in sick. I drink very little but I don't have a headache, I'm just a little bit tired. But that's not because of alcohol probably.

**Joyce:** When I was younger, I never had a hangover. But now, I start to feel that I can't drink too much. Like the next day, I'll stay in my bed and do nothing.

*“Street life in Amsterdam is more fun than going to a festival.”*

### STATEMENT: BEING PART OF A STUDENT ORGANISATION IS A VITAL PART OF MY STUDENT EXPERIENCE

**Jonli:** I would say yes: I think it's important. When I was in high school, I just wanted to get my Bachelors, and that was it. But when I started studying, I thought, I'm young and I have to do more. Part of being in a student organisation is about having new experiences, in addition to just studying. And also, because it's something fun to do.

**Joyce:** I never really thought about being part of an organisation. Because for me, it seemed to be more work. But since my exchange experience, I would like to be part of an organisation like ISN and support other students wishing to come to Amsterdam. That would be something I can connect with and enjoy.

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D A Y  
× N I  
G H T



Whether it is early in the morning or late at night: there is always a lot of fun to be had in Amsterdam. During the day you can go people-watching in the city centre, explore the Vondelpark or take a boat trip through the canals. More of a night person? Go for drinks in one of the renowned brown cafes, enjoy live music in one of the cities many venues or dance the night away in Club Air or Jimmy Woo. You will never have a dull moment, day or night. This chapter presents some fun, affordable activities which are off the beaten track.

### UNIVERSITY RESTAURANTS

University restaurants or *mensas* are places where you can have dinner at an affordable price. They offer buffets with several dishes with meat or fish, as well as vegetarian dishes. You sit with others at communal tables. University restaurants are also open to people outside the student community. In some cases, your student ID Card will give you a discount.

The main AUAS restaurant is located in Wibauthuis on Amstel Campus, but you can also eat at UvA's *mensas*. Agora, for example, is located at Roetersstraat 11.



### COFFEE PLACES

A cappuccino, flat white or organic latte macchiato: Amsterdam offers lots of inviting coffee places where you can linger over a good cup of coffee.

#### ESPRESSOFABRIEK

The Espressofabriek is known for its specialty coffee. They were one of the first companies in Amsterdam to roast their own beans in-house. Their Westergasfabriek space is especially nice in the summer, when you can enjoy the Westerpark ambiance whilst sitting outside.

- Pazzanistraat 39



#### TWO FOR JOY COFFEE ROASTERS

The friendly service and delicious espressos are characteristic of Two for Joy Coffee Roasters. They will brighten your day with their cute bird motif. Two for Joy roast their own beans, resulting in delicious coffee.

- Haarlemmerdijk 182

#### CUT THROAT BARBER & COFFEE

This was Amsterdam's first barbershop when they opened their doors back in 1934. Nowadays, they don't just trim hair and groom beards—they also serve great coffee, cocktails and brunch.

- Beursplein 5



#### KOFFIE ENDE KOECK

This is the perfect place for all vegans! A 100% plant-based menu offering a huge selection of cakes, cookies and other sweet treats. The lattes are prepared with soy, spelt, almond or hazelnut milk.

- Haarlemmerweg 175

#### CAFFÈNATION

In the Schinkel neighbourhood of Amsterdam West, you will find a cosy place called Caffènation. It is filled with 1950s furniture, cacti and the delicious smell of fresh Belgian coffee. The beans are roasted in Antwerp, and the chocolate is homemade.

- Warmondstraat 120



## NIGHTLIFE

There are many venues in Amsterdam where you can go for a fun night out. Amsterdam is known for its traditional brown cafes which offer a taste of authentic Dutch culture. These local cafes are an essential part of Amsterdam's culture.

### CAFES

#### 'T PAARDJE

't Paardje is a modern brown cafe in the centre of de Pijp neighbourhood. It has a massive terrace where young and old locals enjoy a drink in the sun. It is not only a pub, you can also grab a bite from the French bistro menu, with dishes such as snails and oysters.

- Gerard Douplein 1



#### TABAC

Tabac is known for its beautiful location on the corner of the Prinsengracht and Brouwersgracht canals. This is one of the most beautiful corners of the city according to many locals.

- Brouwersgracht 101

#### CAFÉ CHRIS

Café Chris is the oldest cafe in De Jordaan, first opening its doors in 1624 as a beer house. A lot of locals pop in for a game of billiards.

- Bloemstraat 42



#### CHUPITOS

If you are looking for a way to get your night started, look no further. Chupitos is the place to go if you like shots. This trendy bar serves over 150 of them. Most shots are served in a unique way, and the menu is updated regularly.

- Zieseniskade 25

## CLUBS

If you are in the mood for a party, Amsterdam's vibrant nightlife offers a lot of cool clubs to explore. Whether you are into house, jazz or a live rock band, Amsterdam is always ready to party. We will point you towards a couple of the best known clubs.

#### AIR AMSTERDAM

Since opening its doors in 2010, AIR has become well-known as one of Amsterdam's best dance and house clubs. Each year, AIR is ranked as one of the top hundred clubs in the world by DJ MAG.

- Amstelstraat 24

#### JIMMY WOO

If you're looking for a stylish night out, Jimmy Woo is the place to be. All the big celebrities visit Jimmy's when they are in Amsterdam. Warning: not everybody gets in, Jimmy Woo has a strict door policy.

- Korte Leidsedwarsstraat 18

## ESCAPE

Escape is one of the biggest and most popular clubs in Amsterdam. It is located at the lively Rembrandtplein in the city centre. Offering many different music styles: electro, techno, house and pop—you will find Amsterdam's top DJs playing behind the decks, alongside world-famous DJs such as David Guetta, Tiësto, Paul van Dyk and Todd Terry.

- Rembrandtplein 11

### What time is it?

Hoe laat is het?

*Hoe laht is het?*

### Good morning

Goedemorgen

*Choe-deh-mor-chehn*

### Bye/Goodbye

Doei/Dag

*Doe-i/dach*

### See you tomorrow

Tot morgen

*Tot mor-chehn*

### Friday

Vrijdag

*Vrai-dach*

### Saturday

Zaterdag

*Zah-ter-dach*

### Cheers!

Proost!

*Prohst!*

Clara (22) is an international student from China who studies at the AUAS minor programme Working in the English Speaking World. She likes getting up early and feels most energetic in the morning, while Rick (22) a Dutch law student, often sleeps in till 10.00 AM, likes going out with friends in the evening and stays up late. They share their favourite things about the Day x Night in Amsterdam.



#### DILEMMA: DAY OR NIGHT?

**Clara:** I prefer night. Because during the night you don't need to work or study, you just lie in bed, watching a movie and do whatever you want. But I don't stay up late. I wake up quite early and I go to sleep early as well.

**Rick:** I go to bed late. I can stay up late and can do with little or no sleep. I don't need nine hours of sleep every night. At the end of the week, then I need more sleep. But I don't go to bed early during the week just to get enough sleep.

**Clara:** So, night is the time for you when you prepare for the next day?

**Rick:** Yeah, night studying works well for me.

#### DILEMMA: EARLY BIRD OR NIGHT OWL?

**Rick:** Night owl!

**Clara:** I'm an early bird. I like getting up early and enjoy my breakfast. I'm more productive in the morning, because I feel more energetic then. If I sleep too much, I feel like the day is too short.

#### DILEMMA: GOING OUT OR HAVING A DRINK AT HOME?

**Clara:** Having a drink at home. Personally, I really don't want to go out much. I like having some friends over and having a few drinks. I never go to a bar. It's too noisy. You have to talk to a lot of people you don't know. I just don't like that. But I understand that in the Netherlands it's normal on a Friday to go out, have some beers and meet new people.

**Rick:** Yeah, that's what I like. But sometimes I'm tired and I like to stay home or have some friends over. Sometimes I'm also a stay-at-home-person.

#### QUESTION: CAN YOU DESCRIBE A DAY IN YOUR LIFE?

**Rick:** When I stay in Amsterdam during the week, I wake up at 09.00 AM or 10.00 AM. Then, I go to school for a few hours. When it's around 03.00 PM, I go back home. I do the groceries and cook some food in the evening. After that, I play games on the PlayStation or have Football practice. Then I watch a movie or series. Around 01.00 AM or 02.00 AM I go to bed.

**Clara:** I only have lectures on Wednesdays and Fridays. On the days I don't have to go to school, I stay at home. I wake up at seven or eight. I eat breakfast, and sometimes I do some exercise. Some afternoons I go to the supermarket. I might invite a friend over for dinner. After that, I just relax at home.



*"In Amsterdam,  
I like the  
Thursday evenings."*





### QUESTION: WHAT DO YOU THINK OF THE WEATHER IN THE NETHERLANDS?

**Clara:** Well, today it's much better than yesterday. Most of the time, there's a lot of rain and wind. I like everything about the Netherlands except for the weather. On some days, it feels like it changes from summer to winter within a day.

**Rick:** I know, the weather changes a lot. I have one bag that I use to put all my clothes in for one week's stay here. When I look up the weather forecast, I see there's going to be sun, rain, wind, cold... Today is nice. Too nice for me, though. I don't like it too hot. But Wednesday it was too cold. There was rain, wind, and no sun.

### QUESTION: WHAT IS YOUR FAVOURITE ACTIVITY DURING THE DAY?

**Rick:** School! Haha, no, I think being with friends, having a drink, being outside, playing football, or playing on the PlayStation. Of course I have school, but when school is out or when I'm free in between classes, I like having a beer and enjoying the sun when it's sunny. Not too sunny of course.

**Clara:** Chinese people, especially girls, don't like the sun. They take an umbrella outside when it's sunny, to avoid the sunshine. We want to keep our skin white. It's a beauty standard.

**Rick:** That's funny, because in the Netherlands, the darker you get from the sun the better. That's why people

go to tanning studios. Some people just look orange, because they go there every day.

### STATEMENT: I NEVER SNOOZE

**Clara:** I snooze for five minutes or something. I can't get up immediately, that's too hard for me.

**Rick:** I used to get up when my alarm went off. Now, I snooze for five or ten minutes. After that, I lie in bed for ten more minutes, just being on my phone. I have to put one leg out of the bed first, and after five minutes the other. Then I'm up. But I read somewhere that you should only snooze for ten minutes and then get up.

### STATEMENT: GOING OUT IS MORE FUN THAN STAYING IN

**Clara:** I prefer staying in. I'm not the kind of person who likes going out and meeting new friends and things. I don't like too many new things or new people. I like learning new things, of course, but not all the time.

**Rick:** I would say going out is more fun when you're with the right people. In Amsterdam I like the Thursday evenings. I have football practice and after that I go out with friends. On other days, I like to stay in because I already go out on Thursday. So I'm kind of both. A staying-in-person but also a going-out-person. It also depends on the weather. If it's too hot I stay in. If it's too cold I also stay in. Haha!



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O N  
L I N E  
X O F F  
L I N E

*In the life of a student, the online and offline world go together. For some, it has perhaps become difficult to see the difference between the two. Online identity has even become just as important as offline identity. Yet no matter how much the online and offline world have become intertwined, there is still a difference between online and offline communication. This chapter provides you with information about HvA Campus Creators, free Wi-Fi you can find all over Amsterdam, and information about offline modes of communication such as phone numbers in the Netherlands and sending letters, postcards and packages.*

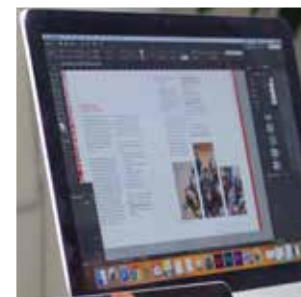
## CAMPUS CREATORS

HvA Campus Creators (CC) aims to inspire AUAS students. Their goal is to showcase what AUAS students can create. It is a platform by students, for students. On the platform, you can present your own documentary, your latest vlog or a fashion collection you helped create, for example. If you would like to upload your own content, you can create an account on their website **www.campuscreators.nl**. You can upload your content to the following categories: audio, video, online, text, design and photography. Does your work of art not fit in one of these categories? You can still send it to them and they will see how they can publish it. HvA Campus Creators also transmit their own radio broadcast every day between 12.00 PM to 02.00 PM. You can listen to this broadcast online on **www.salto.nl/programma/**

**hva-campus-creators-radio** or offline via the radio. For more information about the Campus Creators, you can visit their website, reach them via 06 1522 3157 or call the studio at 085 401 8768. Additional information can be found on Facebook, Twitter **@HvA\_CC** and on YouTube.

## FREE WI-FI

Free Wi-Fi is available in most public places, such as lunchrooms, cafes, bars and restaurants. As an AUAS student you can also connect via Eduroam, providing you with free Wi-Fi in university buildings across the world. Access to the internet is also provided at city hotspots such as KPN at Leidseplein and Max Euweplein.



## COMMUNICATION

### PHONE NUMBERS

Phone numbers in the Netherlands start with 0800, 0900, 088, 06 or an area code. 0800 numbers are information numbers and generally toll-free. 0900 numbers are commercial numbers, for which you pay more than the normal rate. The 088 number is a national phone number used by companies that have branch offices all over the country. 06 is the number all mobile phones start with. Finally, there are area codes for which you pay a local rate. 020 is the area code for Amsterdam, 010 for Rotterdam, 030 for Utrecht, and there are many more. When calling the Netherlands from another country do so by adding +31, which is the country code for the Netherlands.



### MOBILE PROVIDERS

There are different Dutch providers you can use if your usual provider does not offer their services in The Netherlands. Popular providers are KPN, Lebara, Tele2, Telfort, T-Mobile, and Vodafone. All of the providers mentioned offer both sim-only plans and prepaid sim cards, except Tele2.

#### KPN

KPN offers three different kinds of prepaid sim cards. The cheapest sim card costs €4.99 and does not have any data on it. The second one costs €12.50 and has 1GB of data (14.4 Mbit/s) and the third one also costs €12.50 giving you unlimited data (128 Kbit/s). A sim-only plan starts at €15 per month and does not include any



data. For more information you can visit their website **www.kpn.com** (Dutch only) or you can visit one of their stores. For the locations of these stores you can check **www.kpn.com/w3/vind- een-winkel**.

#### LEBARA

Lebara offers free prepaid sim cards. You can request these on their website **mobile.lebara.com/nl/en**. They also offer three different kinds of sim-only plans: 5GB (€10 per month), 7GB (€15 per month) and 10GB (€20 per month). All three include unlimited calls and texts. For more information about these sim-only plans you can also check their website or you can visit one of their shops. You can find the location of the shops on **mobile.lebara.com/nl/en/winkelzoeker**.





## TELE2

Tele2 just offers sim-only plans. The cheapest plan starts at €9 per month for 2GB data. The most expensive plan, with unlimited calls and data, costs €28 per month. For more information about all their sim-only plans you can visit [www.tele2.nl](http://www.tele2.nl) (Dutch only) or you can visit their store on Kinkerstraat 159.



## TELFORT

A prepaid sim card from Telfort costs €5. They also offer different sim-only plans. The cheapest one costs €7.50 per month and has no data. For more information about their prepaid sim cards and their sim-only plans visit [www.telfort.nl](http://www.telfort.nl) (Dutch only) or one of their stores. Since Telfort and KPN are merging businesses, you can also find the location of their stores on [www.kpn.com/w3/vind-een-winkel](http://www.kpn.com/w3/vind-een-winkel).



## T-MOBILE

A prepaid sim card from T-Mobile costs €10 and can be bought online or instore. A sim-only plan also starts at €10 per month. If you buy this plan you will not have any data, but you will get 120 minutes of call time. They also offer other plans with different amounts of GB data. For more information you can visit the website [www.t-mobile.com](http://www.t-mobile.com) (Dutch only) or you can visit one of their shops in Amsterdam. The addresses of these shops can be found on [www.t-mobile.nl/winkels/amsterdam](http://www.t-mobile.nl/winkels/amsterdam).

## VODAFONE

Vodafone offers free prepaid sim cards with a monthly data plan. This data plan starts at 1GB (€10) and goes up to 2GB (€15) and 3GB (€20). This monthly plan is automatically renewed each month. A sim-only plan from Vodafone starts at €9 per month. With this plan you have unlimited calls and 1GB. For more information about their prepaid sim cards and sim-only plan you can visit [www.vodafone.nl](http://www.vodafone.nl) (Dutch only) or one of their shops. You can find the location of their stores on [www.vodafone.nl/support](http://www.vodafone.nl/support).

## MAIL

Letters weighing up to twenty grams sent to a Dutch address, need a number one stamp that costs €0.87. The heavier the letter, the more you have to pay. Letters to addresses worldwide require an international stamp. These cost €1.45. You can buy them in sets of five at PostNL service points, supermarkets, tobacco shops and some bookshops. Another option is to purchase a stamp code from PostNL online, these cost €0.83. A

letter can be posted in the orange postboxes that you can find almost everywhere. You can also use these for international letters. If you want to send a package, use a parcel carrier such as PostNL, DHL, DPD, GLS or Kiala. PostNL has post offices and service points in bookshops. The others have various service points, for example in tobacco shops, kiosks and DIY stores.

## Followers

Volgers  
Vol-chers

## Internet friends

Internet vrienden  
In-tehr-net vrien-dehn

## Reading

Lezen  
Ley-zehn

## Magazine

Tijdschrift  
Taid-schr-ift

## Postcard

Ansichtkaart  
Ahn-zicht-kaah-rt

## Can I have your number?

Mag ik je nummer?  
Mach ik jeh nuhmm-ehr?

## Subscribe to my YouTube channel

Abonneer je op mijn YouTube kanaal  
Ah-bo-neeht jeh op mein YouTube kah-naahl

*In this interview Carmen and Justin have a conversation about the contrast Online x Offline. Carmen (19) is an international student from Austria. She came to Amsterdam to study Physiotherapy for three years, because she felt that Amsterdam could offer her a lot of opportunities. Carmen became friends with a Dutch student called Justin (24) who lives in Hoorn. He is currently studying for his bachelor's degree in Communications. It will be interesting to learn how they experience the pros and cons of the online revolution and to compare what they do when they go offline, if they ever even go offline.*



#### DILEMMA: SPOTIFY OR CDS?

**Justin:** Spotify. There is an endless collection of music. I just compile my own lists and if I feel like there is a track that should not be in there, I just remove it from the list.

**Carmen:** It is fun to listen to CDs, but it is not something that I do on regular basis. So, I would say Spotify.

#### DILEMMA: SMARTPHONE OR LAPTOP?

**Justin:** Definitely smartphone. It is just easier to take with you and I always end up running out of battery on my laptop. So, that is not really convenient for me. A smartphone is just easier, in the train for example. I would rather not take my laptop out of my bag in the train. But for school-work, I would say laptop.

**Carmen:** Same.

#### DILEMMA: ONLINE OR OFFLINE?

**Carmen:** Both. You cannot only be offline the whole time. One just can't go without the other.

**Justin:** Maybe if you choose to live how we used to live over a 100 years ago, haha.

#### QUESTION: HOW MUCH TIME DO YOU SPEND ON YOUR PHONE PER DAY?

**Justin:** I spend more time on my phone than on school I think. Because I spend a lot of time on school on my phone haha. I would say probably seven or eight hours a day. In any case, I spend significantly more time online than I sleep.

**Carmen:** I think for me it's a similar amount of time. I work a lot on my phone using social media. I have social media for my fitness Instagram and coach people online for muscle training. Obviously, there is a lot of communication through social media. I don't think it is necessarily a bad thing, but it is a lot of time.

#### QUESTION: WHAT DO YOU DO WHEN YOU ARE OFFLINE?

**Carmen:** I work out a lot, I train or I go for a walk. Sometimes I just meet my friends to do something fun or go to work. But I feel like those things are also connected to being online. You are always a bit online, like, by just having your phone with you. The times that I am really offline, are when I am sleeping or when I am on a plane.



*"I spend more time online than asleep."*



**Justin:** I am always online. I guess the only time when I am offline, is when I am training. I play baseball, so I listen to some music while playing but I don't read my messages or reply. Because I am in a playing field, so I have to watch out otherwise I could get hit by a ball.

### QUESTION: WHAT ARE YOUR THOUGHTS ABOUT THE DIGITAL AGE WITH ALL THE SOCIAL MEDIA AND THE DIGITAL DEVICES?

**Justin:** It is the same revolution as we had when the television and the photo camera were coming up. It is just going a bit quicker and the possibilities are endless. I think it is an opportunity. Every opportunity leads to another. It is going to be a part of life. In twenty years, no one will have lived without digitalisation.

**Carmen:** I agree. Those are just things that we create. I think social media and digital devices will offer us big opportunities.

### STATEMENT: I USE MY SMARTPHONE TOO MUCH

**Carmen:** Yes and no. I think I do use it for important things, for example my work via social media. But sometimes I feel like my phone is a big distraction, like for doing things that are not important or urgent. I think we are so used to doing things on our phone, like scrolling through Instagram or anything else, so I spend maybe a bit too much time on it. But I'm trying to reduce it.

**Justin:** I feel the same way. I am not actively trying to reduce it, but I catch myself, on using it too much.

### STATEMENT: I PREFER MAKING NOTES ON PAPER

**Justin:** No, because I never make notes, haha. I try to make notes at the start of every semester, but I fail at it like after four days.

**Carmen:** I have too much to study to write it all on paper. So, I have big documents on my laptop with notes. Things I find very hard to remember, I write down on paper. Even just writing something down once on a piece of paper, will help me remember it right away.

### STATEMENT: I TALK TO MY FRIENDS MORE ONLINE THAN IN REAL LIFE

**Carmen:** I have a lot of friends at home in Austria, so I talk with them a lot more online than I do offline. I am super grateful for this, because twenty or thirty years ago I could not just facetime my friends. That is really great.

**Justin:** I talk to my friends more online than offline I think. I have a small number of people that I see every day I guess, especially in my minor programme. I see my classmates everyday so I talk to them more offline than online. I see my friends maybe once a week, so I talk to them more online than in real life.



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C O M  
F O R T  
X M A  
G I C

*Moving abroad can be a big step out of your comfort zone, but it will also provide you with experiences and magical moments you will remember for the rest of your life. Settling in also means you have to do daily routines like grocery shopping, but you can make them magical by visiting one of the many street markets. More magic can be found by visiting theatres and festivals or by joining CREA. All of this will be explained in the chapter below. Finding Comfort x Magic in everyday life is a wonderful way to make your stay in Amsterdam a truly enriching experience.*

### AMBASSADORS

Would you like to help out other international students? Then the Ambassadors programme is something for you. It aims to educate enthusiastic international students so they can help those who wish to study at AUAS in the future. It provides various opportunities to help improve your professional communication skills by offering training programmes in intercultural communication, content creation, storytelling and networking. You will also have the opportunity to exchange cultural views with ambassadors from countries all over the world. At the end of the programme, you will obtain an official recommendation and if you participate in all the workshops, you will receive an official certificate for this as well.

If you decide to take part in this programme, you will spend twenty hours attending four workshops and you will spend time on projects during your exchange semester. After you return to your home university, you will be a contact person and will be in charge of representing AUAS there. In order to apply, the international office will send you an email requesting you to be an ambassador before you come to Amsterdam. So if you are interested in participating in extra activities in addition to your degree, consider participating in this programme. If you type in 'Ambassadors' on [hva.nl](http://hva.nl), you will find more information.



### CULTURAL ACTIVITIES

#### CREA

Incisive debates, intriguing theatre, rehearsal studios and creative courses—as a student there is nowhere better to go in Amsterdam than CREA, the Cultural Centre of UvA and AUAS. CREA is where magic happens and where you can develop your creative sides. Some examples of the courses you can follow are Photoshop, writing and stand-up comedy. CREA is also home to more than thirty extremely diverse student organisations and sets up events together with them, such as theatre productions and festivals. All courses are taught by



experts in their fields. Last but not least, the CREA Café is a comfortable place to enjoy a cup of coffee, the tastiest sandwiches or a speciality beer between lectures or after a performance. For more information on making magic happen check CREA's monthly leaflet or the agenda on the website [www.crea.nl](http://www.crea.nl).



#### DE BALIE

De Balie is probably the Netherlands' most famous cultural centre, covering art, politics and culture. It is a venue where opinion leaders and the general public meet. De Balie is a trendy place where you can have a bite, watch a film or documentary, or attend one of the talks or debates. De Balie runs an international programme and aims to be a place where both international and Dutch Amsterdammers can mingle.

○ Kleine-Gartmanplantsoen 10





## SHOPPING

### SUPERMARKETS

There are many supermarkets in Amsterdam. Aldi and Lidl are the cheapest but do not carry leading brands. Dirk van den Broek and Jumbo are the cheapest supermarkets with leading brands. Albert Heijn (AH) is by far the most common and best-known supermarket chain, although it is more expensive. Marqt is the most expensive chain and organic-only. Supermarkets have special offers every week, so look for brochures and advertisements. Check your local supermarkets to see if they have a discount card.



These are the websites from the most common supermarkets in Amsterdam:

- Albert Heijn | [www.ah.nl](http://www.ah.nl)
- Aldi | [www.aldi.nl](http://www.aldi.nl)
- Dirk van den Broek | [www.dirk.nl](http://www.dirk.nl)
- Jumbo | [www.jumbo.com](http://www.jumbo.com)
- Lidl | [www.lidl.nl](http://www.lidl.nl)
- Marqt | [www.marqt.nl](http://www.marqt.nl)
- Vomar | [www.vomar.nl](http://www.vomar.nl)

### MARKETS

Each city district has its own markets where you can hunt for bargains and buy food, clothes, home furnishing and other useful products. There are several markets to check out in Amsterdam.



### ALBERT CUYPMARKT

Said to be the most famous market in the Netherlands, the Albert Cuypmarkt is situated in the popular De Pijp district, close to the canals of Amsterdam.

### BLOEMENMARKT

The Singel canal, between Koningsplein and Muntplein, is home to the flower market (De Bloemenmarkt), which is a must-see for everyone. This is one of Amsterdam's best-known tourist markets.

### DAPPERMARKT

This 100-year-old market is held on Dapperstraat in Amsterdam Oost, near Muiderpoort Station. It is one of the most visited markets in Amsterdam.

### TEN KATEMARKT

If you are looking for a convenient market to visit, this is it. This market is located on the Kinkerstraat which you can easily reach by public transport. Open from 09.00 AM to 06.00 PM. It offers good-value, fresh fruit and vegetables—along with flowers, cheese, films, world foods, street snacks, and so on.

### WATERLOOPLEIN MARKT

This is the Netherlands' most famous flea market and has been running since 1885. You can find anything from books to bicycles and arts to souvenirs. It is open Monday to Saturday from 09.30 AM to 06.00 PM.

### LATE-NIGHT SHOPS

If you forgot to buy something or want a late-night snack, you can always go to one of the night shops all over town. Night shops don't close until midnight or later, a service they make you pay for, by charging higher prices. A popular late-night shop is Sterk Amsterdam, which specialises in British foods and drinks from all around the world.

### THRIFT SHOPS

If you are looking for a bargain—or want to clear out your stuff—you can go to the two biggest thrift stores for used furniture, clothing and bicycles—Rataplan and De Lokatie.

### DE LOKATIE

De Lokatie thrift shops have three locations in Amsterdam. They buy and resell different types of items and offer an interesting look into the past.

- Distelweg 85
- Buikslotermeerplein 2–10
- Eerste Oosterparkstraat 236

### RATAPLAN

Rataplan thrift stores have three shops in Amsterdam. You can find almost anything here, from second-hand bikes to CDs and clothes. They also have cafeterias with outside seating.

- Van Slingelandtstraat 39
- Generatorstraat 10
- Willem Roelofsstraat 2

## THEATRES

Theatres in Amsterdam offer performances suited to everyone's taste. The best-known are mentioned below. The Amsterdam Uitburo also provides comprehensive information about programmes.

### KONINKLIJK THEATER CARRÉ

This theatre was named after circus manager Oscar Carré, who built a theatre on the Amstel River. Carré hosts big shows such as musicals, cabaret and ballet. For more information, visit their website via [www.carre.nl](http://www.carre.nl).

- Amstel 115–125

### STADSSCHOUWBURG

The City Theatre at Leidseplein originated from Amsterdam's first theatre, built in 1617. This theatre boasts an extensive collection of portraits of famous Dutch actors and actresses. Stadsschouwburg is also home to a cafe-restaurant, and in summer, the outdoor terrace is a wonderful place to soak up the city atmosphere.

- Leidseplein 26





## HET MUZIEKTHEATER

Het Muziektheater shares their building with the town hall of Amsterdam. The nickname of the building is Stopera, referring to both the town hall (stadhuis) and the Opera. At Het Muziektheater, you can see Dutch Opera and National Ballet, as well as other performances by guest companies. Students have the chance to buy last-minute tickets at a cheaper price. Ask at the box office, about 15 minutes before the show starts, to see if there's a spare ticket.

- Amstel 3

## DELAMAR THEATER

The newest theatre in Amsterdam city centre is the DeLaMar Theater, situated near Leidseplein. Cabaret, musicals and international plays can be seen in this theatre. It is a contemporary theatre with two halls, a Grand Cafe and several foyers.

- Marnixstraat 402

## CINEMAS

Film reviews and programmes can be found in Amsterdam magazines,

cinema foyers and on **www.filmladder.nl**. It is worth mentioning that movies are displayed in their original language, with Dutch subtitles most of the time. 18+ movies are never dubbed in the Netherlands.

## PATHÉ

Pathé runs four big cinema complexes in Amsterdam—the most impressive being the Pathé Arena in Bijlmer—which also boasts an IMAX theatre and shows movies on a huge screen. Pathé Tuschinski is situated in a magnificent Art Deco building in the city centre. A lot of Dutch movies have also been filmed in this building. Pathé cinemas screen mostly Hollywood blockbusters, plus some art-house movies (PAC), and Turkish and Bollywood movies. On Tuesday evenings, Pathé offers special sneak previews.

## CINECENTER

This is the best place for the latest high-quality art movies, especially from French and Spanish speaking regions.

- Lijnbaansgracht 236

## KRITERION

Kriterion was created in 1945 in order to employ students, so that they could pay for their studies. Nowadays the cinema is still attractive to students as it offers quality movies and interesting documentaries. Situated near the Amstel Campus.

- Roetersstraat 170

## STUDIO/K

This place is more than just a cinema. It is also a restaurant, club, gallery and concert venue run by students. The focus is on showing movies from around the world, to shine a spotlight on movies that offer an alternative perspective to mainstream Hollywood.

- Timorplein 62

## THE MOVIES

This cinema is the oldest movie theatre in Amsterdam. Here you can find a wide variety of movies, with everything from commercial movies to indie foreign movies.

- Haarlemmerdijk 161

## FESTIVALS

Amsterdam is host to many festivals. Some of the big and famous ones are listed here.

### HOLLAND FESTIVAL

The world-renown Holland Festival is a multi-disciplinary and international festival for the dramatic arts. Students can get a considerable discount on performances. It starts at the end of May but most shows will take place in the month of June in theatres across town. For more information, see:

**www.hollandfestival.nl.**

### PRIDE AMSTERDAM

The Amsterdam Pride event is held from the end of July to the beginning of August each year. In 2019, this will be from 27 July to 4 August. This festival allows the LGBTQ+ community to show that they are proud to be who they are. They celebrate this with many festivals and parties. The biggest is the Canal Pride, where lots of colourful boats sail through the canals. See for more information: **www.pride.amsterdam.**

## UITMARKT

Uitmarkt marks the start of the new cultural season. It is held each year at the end of August and the forty-second edition will take place from 23 to 25 August 2019. There is open-air music, drama and comedy and there are markets and exhibitions you can enjoy for free.

### THE INTERNATIONAL DOCUMENTARY FILM FESTIVAL AMSTERDAM (IDFA)

The International Documentary Film Festival Amsterdam is a globally acclaimed festival that showcases documentaries and their makers from all over the world. Typically, more than 250 documentaries are shown in theatres across Amsterdam and there is a programme with talks and discussions. IDFA runs from 20 November to 1 December 2019. For more information, see: **www.idfa.nl.**

### What are you doing this weekend?

Wat ga je dit weekend doen?

Wat gaa jeh dit week-end doe~~hn~~?

### Would you like to meet up?

Heb je zin om af te spreken?

Heb jeh zin om afte spre~~y~~-kehn?

### Would you like to go to EYE tomorrow?

Ga je morgen mee naar EYE?

Cha jeh mor-chehn me~~y~~ na-hr EYE?

### How about going out on Saturday?

Heb je zin om zaterdag uit te gaan?

Heb jeh zin om zaa-ter-dach uit teh ga-hn?

### Where do you want to meet?

Waar spreken we af?

Wahr spre~~y~~-kehn weh af?

*The contrast Comfort x Magic might be hard to grasp. Comfort stands for your comfort zone, people you feel comfortable with, and the overall environment you thrive in. Magic is a more abstract term. It's about stepping out of your comfort zone and creating magical moments, which will last a lifetime. In this interview you will get to know Luciana and Adriaan. Luciana (20), is an International Sports Management and Business student from Mexico. Adriaan (19) studies Physical Education and is from the Netherlands. They will discuss what Comfort x Magic means to them.*



#### **DILEMMA: TRY SOMETHING NEW OR ALWAYS PICK YOUR FAVOURITE**

**Adriaan:** Always pick my favourite. Doing new things is good, but I like the things I do for certain reasons. The places I always go to, I go to for a reason. When I go out for example, I always go to the same club. This is because my friends are there, and it's the place to be for people my age.

**Luciana:** I don't have a favourite club, I always go to a new one. This is also because I'm still kind of new here. I'd rather try something new every time. There are so many things to do and to discover. It's a new environment.

#### **DILEMMA: YOUR BEST-LOOKING CLOTHES OR SWEATPANTS**

**Luciana:** Who doesn't like being in sweatpants, right? I would say fifty-fifty, sometimes I want to feel comfortable but I also want to look nice. I want to look good, so I try to pull something out of my closet that is both comfortable and good looking.

**Adriaan:** I'd rather look nice. I do buy my clothes based on looks, but I don't buy anything that doesn't feel comfortable. If I don't feel comfortable in my nice-looking clothes, I don't wear them. Sweats are really comfortable, but I wouldn't wear them outside my house.

#### **DILEMMA: MOVIE THEATRE OR NETFLIX AT HOME**

**Adriaan:** Movie theatre. I like going to the theatre, as they always have the newest releases. Watching these on a big screen and with your friends is the best thing.

**Luciana:** I like to go to the movie theatre too, to go out rather than stay in the whole night. And of course, watching the new movies on a big screen with great sound is always better than on your phone or laptop.

#### **QUESTION: WHAT IS YOUR MOST MAGICAL EXPERIENCE IN AMSTERDAM SO FAR?**

**Luciana:** I guess the whole cooking experience. At home my mom always used to cook for me, but now I have to go out of my comfort zone and do the groceries. I try to learn how to cook, which I have never had to do myself. But it's going great so far, and I try to eat healthy!

**Adriaan:** My mom still cooks for me every day. Most of the time I'm too lazy to cook.



*“My new home is my comfort zone.”*



### QUESTION: WHAT DO YOU CONSIDER TO BE YOUR COMFORT ZONE?

**Adriaan:** Probably my home, when I'm with my family. But also my friends, I spend a lot of time with them.

**Luciana:** I've been living in Europe for three years now, so Mexico isn't my comfort zone anymore. I experience a culture shock when I go back there. In Mexico I can't just go out for a walk and go to a bar, I have to take a taxi or the bus. In Amsterdam I just walk five minutes and I'm there. I'm developing a new comfort zone during my exchange here. My apartment is now my comfort zone, just chill and watch a tv show.

### QUESTION: DOES AUAS MAKE YOU FEEL COMFORTABLE?

**Luciana:** Yeah, I mean, I don't know. To a certain extent, they do. It doesn't feel like they try to make me feel comfortable, but our building is nice and we only have our faculty here. I did have to find my own way around living wise, but the school environment is good for me.

**Adriaan:** I feel very welcome here. For our programme we need to step outside our comfort zone, but this is perfectly normal as it is a safe environment and everybody has to do it. It's part of becoming a PE teacher.

### STATEMENT: AMSTERDAM IS A MAGICAL PLACE

**Luciana:** Yes, I would say so. There are so many new things to discover, you

have to go out of your comfort zone to fully experience the city. It has been magical so far, being outside, meeting new people and discovering new places and trying out new food, as well. I do try to make authentic Mexican food sometimes, to also remind me of my home. Now that I think of it, this is also a magical thing.

### STATEMENT: I'D RATHER STAY IN THAN GO OUT

**Adriaan:** I don't agree with that, I prefer to go out, I love going out with my friends. Most of the time I just go to a bar or club on Friday nights and Saturday nights.

**Luciana:** I do like to go home after a day of school, just to cook and watch tv for a little bit. Sometimes I go to the park or meet up with friends somewhere else.

**Adriaan:** Yeah, in that case I do agree. After school I'm always tired, so I go home and watch Netflix or something. It depends on the weather and the situation, I guess.

### STATEMENT: I ALWAYS GO TO THE SAME PLACES TO EAT

**Luciana:** Yes and no. I found this amazing pizza place, that's the place I take friends to when they come to visit. But when I'm on my own, I like to try new places to discover different kinds of food.

**Adriaan:** I always go to the same place. It's such a good place; I just never want to go anywhere else.



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M O  
D E R N  
X T A  
D I L  
O N A L

*Traditions shape culture and vice versa. By becoming familiar with traditions you can understand a person's and even a nation's identity. National holidays, for example, are part of that identity, which is why we introduce them in this chapter. But also art, museums and everyday habits provide telltale glimpses of a culture. One of the everyday habits the Dutch are known for is cycling, which seems to have become a cultural tradition in and of itself. There are even more bicycles in Amsterdam than residents!*

### SPECIAL DAYS AND PUBLIC HOLIDAYS

The majority of public holidays are based on Christian celebrations. Some of these—namely Christmas, Easter and Pentecost—have a 'first' holiday and a 'second' holiday, so for example a First Pentecost Day and a Second Pentecost Day. Not much happens on these days. They are a bank holiday, though most shops and entertainment venues will be open. Ascension Day always falls on a Thursday and although there is no official 'Second Ascension Day' the Friday after is a day off for most people. Four of the special days deserve some explanation and here they are presented chronologically.

#### KING'S DAY (KONINGS DAG)

*Koningsdag* is celebrated on King Willem Alexander's birthday, 27 April. The King and members of the Royal Family pay a public visit to one or two cities to join in the celebrations. All over the country, people participate in street markets, much like yard sales, and perform or play games in the streets. There are food and drink stalls and concerts in every town in the Netherlands. Many people wear orange, the royal colour. The night before King's Day, King's Night (*Koningsnacht*), almost everybody has a night out. There are many special parties, although you will have to buy tickets in advance because usually these are in high demand.



#### REMEMBRANCE DAY (DODENHERDENKING)

Every year on 4 May casualties of the Second World War, and of every war since, are commemorated. People visit war memorials to lay wreaths, as does the King at the war memorial on De Dam. Nationwide, people participate in two minutes of silence at 08.00 PM.

#### LIBERATION DAY (BEVRIJDINGS DAG)

On 5 May, the Dutch celebrate the end of the Second World War and the liberation of the Netherlands in 1945. All over the country, free festivals are held where you can go to see bands and performances. Every year, one artist is the ambassador for freedom and travels by helicopter from festival to festival to perform.



#### SAINT NICHOLAS DAY (SINTERKLAAS)

Saint Nicholas Day is on 6 December—but it is the Eve that is actually celebrated, and now—many people mark 5 December as Saint Nicholas Day. Saint Nicholas was a bishop in Myra (present day Turkey), who helped the poor. He died on 6 December 342 AD and after he was declared a saint, this became his name day. Sinterklaas is mainly a children's celebration. In November, the arrival of Sinterklaas on his steamboat from Spain is celebrated with a colourful parade. On 5 December, the Eve



of Gifts or *Pakjesavond*, Sinterklaas brings gifts to all children, together with his helpers called *Pieten*. Parents tell their children that the *Pieten* climb down the chimney to deliver the gifts. Many families, but also students, celebrate Sinterklaas with surprise presents hidden in homemade creations, or with poems that may mock the receiver. Special seasonal treats are gingerbread biscuits (*pepernoten*), marzipan and chocolate letters.

There has been heated debate in the Netherlands as to whether or not the *Pieten* (who wear black facepaint) have racist connotations, harking back to the slave days. More and more, the compromise being reached, is to smudge *Pieten* faces to look like chimney dust or paint the faces in an entirely different colour.





## MUSEUMS

### RIJKSMUSEUM

This is the largest and best-known museum in the country. The building is a national monument, designed by the architect Cuypers, who also designed Central Station. It houses an internationally renowned collection of paintings from the Dutch Golden Age, with Rembrandt's Night Watch as the centrepiece. Rijksmuseum also has Delftware, drawings and Asian art. Visit the website for more details, via [www.rijksmuseum.nl](http://www.rijksmuseum.nl).

- Museumstraat 1



### HET STEDELIJK MUSEUM

Het Stedelijk Museum focuses on modern contemporary art. It has a famous collection of paintings by Picasso, Mondriaan, and Warhol, sculptures, photographs and graphic designs. You can't miss the museum's new wing. It has not been nicknamed 'the bathtub' for nothing. Visit the website for more details, via [www.stedelijk.nl](http://www.stedelijk.nl).

- Museumplein 10



### AMSTERDAM MUSEUM

Amsterdam Museum is housed in the Burgerweeshuis, a former orphanage that dates back to the 17th century. The museum traces Amsterdam's history through the ages. Visit the website for more details, via [www.amsterdammuseum.nl](http://www.amsterdammuseum.nl).

- Kalverstraat 92

### VAN GOGH MUSEUM

Van Gogh Museum boasts the largest collection of paintings in the world by the famous Dutch painter Vincent van Gogh. The museum also hosts temporary exhibitions featuring 19th-century art and related subjects. Visit the website for more details, via [www.vangoghmuseum.nl](http://www.vangoghmuseum.nl).

- Museumplein 6

### HERMITAGE AMSTERDAM

In 2009 the world-famous Hermitage Museum in Saint Petersburg opened an annex in Amsterdam. Located in a former nursing home, it hosts temporary exhibitions of art from the enormous collections of the Saint Petersburg Museum. It also has an impressive gallery of huge group portraits of the Golden Age. Visit the website for more details: [www.hermitage.nl](http://www.hermitage.nl).

- Amstel 51

### ANNE FRANK HUIS

As an important part of history, the Anne Frank house tells the story of a young Jewish girl who lived hidden in Amsterdam during the Second World War. It is definitely recommended to visit this special place. Visit the website for more details, via [www.annefrank.org](http://www.annefrank.org).

- Prinsengracht 263–267

### EYE

EYE is a film museum close to the Amsterdam Lookout. This is a museum for lovers of cinema and here you can discover the world of film. Visit the website for more details, via [www.eyefilm.nl](http://www.eyefilm.nl).

- IJpromenade 1

### Happy holidays!

Fijne feestdagen!  
*Fijn-eh feyst-dach-ehn!*

### Congratulations

Gefeliciteerd  
*Geh-fey-li-ci-teerd*

### What do you want to do on King's Day?

Wat zullen we doen op Koningsdag?  
*Wat zuhl-ehn weh doehn?*

### Liberation Day

Bevrijdingsdag  
*Beh-vrai-dings-dach*

### Bicycle

Fiets  
*Feets*

### Flat tire

Lekke band  
*Lekk-eh bahnd*

### Where can I find a bicycle repair shop?

Waar kan ik een fietsenmaker vinden?  
*Wahr kan ik ehn feets-ehn-mah-kehr vind-ehn?*



*Luuiza (20) is an engineering student from Brazil. She came to Amsterdam to study Finance and Business for one semester. Maths is her favourite subject and this exchange programme has been the perfect opportunity to learn more about this. Sanne (19) is a Dutch student who lives in Almere, and does her Bachelor degree in Nursing. Sanne wants to specialise in oncology. They will be talking about some of their Modern x Traditional experiences in Amsterdam.*



#### **DILEMMA: PUBLIC TRANSPORT OR CYCLING**

**Luuiza:** I would choose public transport because I don't know how to ride a bike.

**Sanne:** For me it would depend on my mood, I would choose public transport if I have to travel far, and cycling if it's close to home. I don't like to cycle in the rain or wind though.

#### **DILEMMA: STEDELIJK MUSEUM OR RIJKSMUSEUM**

**Sanne:** I've never been to the Stedelijk Museum. I've been to Rijksmuseum a couple of times before they rebuilt everything, and afterwards as well. It's really pretty but also very big and you can walk around for hours. When I was a kid my mom used to take me to a lot of museums, for example to the Tropenmuseum, but nowadays I don't go that often anymore.

**Luuiza:** I've also been to Rijksmuseum and it amazed me to see so much history and culture, all in one place. The museum is so big and filled with many art pieces.

#### **QUESTION: WHICH HOLIDAY DO YOU CELEBRATE IN THE NETHERLANDS?**

**Luuiza:** During my stay in Amsterdam, I've celebrated Easter and King's Day, which was a lot of fun. A typical Brazilian tradition for Easter is visiting family. This time celebrating Easter was different because I was with my friends and we went to Rotterdam. I enjoyed that very much because I hadn't been there before. On King's Day we went to the centre of Amsterdam, this way you get to see how the local people celebrate. In Brazil we have a lot of religious holidays, so during the entire year we have many different holidays.

**Sanne:** If I think of Dutch holidays, a few that come to mind are King's Day, Liberation Day, Saint Nicholas Day... or how we celebrate two days of Easter and Christmas. My favourite holiday would be Christmas, because I love to spend time with my family, and I get to eat lots of good food.

#### **QUESTION: HOW DO YOU FEEL ABOUT CYCLING IN AMSTERDAM?**

**Sanne:** In Amsterdam I think it's dangerous to cycle, but in my home town it feels much safer. I learned to ride a bike when I was four, but around that time I was not completely comfortable riding a bike. My number one tip for cycling is to be careful, cyclists just do whatever they want, whenever they want. Also, if the traffic light is red, don't cross.





**Luuiza:** I don't know how to ride a bike, so I also don't own a bike here in Amsterdam. In the Netherlands I think that learning to ride a bike is almost the same as learning how to walk. I do want to learn because then you can cycle everywhere. In Rio de Janeiro a lot of people cycle, but the city where I live has lots of hills and isn't flat, so it's impossible to ride a bike. It's going to take hours and it's exhausting.

**QUESTION: DID YOU KNOW THAT THE NETHERLANDS WAS THE FIRST COUNTRY TO LEGALISE GAY MARRIAGE?**

**Luuiza:** No, I didn't know that, I think that's incredible and very important. Other countries are also following this example. In Brazil, they legalised gay marriage some years ago and many people felt proud. But there are still many cases of violence against gay couples and I think in the Netherlands that would be less common. So, in Brazil there is still a lot that needs to be improved.

**Sanne:** I was aware of this fact. I think it's pretty cool and we also handle things to do with the LGBTQ+ community pretty well.

**STATEMENT: CITIZENS OF AMSTERDAM ARE OPEN-MINDED PEOPLE**

**Luuiza:** When I was talking to my parents, I was telling them how you can do anything you like here and how people mind their own business. In Amsterdam, I can be myself more

and when I came here, I didn't even have to get used to it. Before I came to Amsterdam, my Dutch teacher told me about how open-minded people are, but I couldn't believe it. When I arrived, I was rather surprised. In Brazil people are also open-minded but everyone still comments on your decisions.

**STATEMENT: THE ROYAL FAMILY IS VALUABLE TO DUTCH CULTURE**

**Sanne:** I don't know about value, it's more a cultural thing. The king and queen represent us, but they don't get to decide everything. Their presence is more like a symbol. I also don't know a lot about the royal family. I just like our queen, she's very pretty.

**Luuiza:** I only know that your king is married to an Argentinian woman. In Brazil we have a president, every four years we have an election. Then each citizen has to vote and if you don't vote, you need to justify why, it's obligatory. Between the age of 16 and 18 you can choose if you want to vote, but if you are older than 18, you need to vote in your hometown.

Watch Luuiza and Sanne play a traditional Dutch game. Scan the QR-code down below and find out what *koekhappen* is.



*“In the Netherlands, learning how to ride a bike is like learning how to walk.”*





B I T  
T E R  
× S W  
E E T



Leaving your hometown and starting a new life in another country can be a sweet experience, but it may also be a bitter one at times. You may get homesick or have trouble adapting to a different culture. At the same time, this can be a great opportunity to broaden your horizon. By encountering cultures, sights or foods which are different from those in your home country, you will see the world in a different way. In this chapter, we would like to introduce some ethnic restaurants and Dutch food.

### TYPICAL DUTCH FOOD

When you ask a Dutch person 'What food do I really need to try that is typically Dutch?' most people will recommend at least one of the ten items listed in this chapter. They are traditional dishes, which have been around for as long as anyone can remember. The word cuisine is perhaps too fancy for them, as they consist of either low-quality meats or tons of carbohydrates. Yet this does not necessarily stand in the way of enjoyment.

#### HUTSPOT [HUTS·POT]

This national dish of mashed potatoes and veggies is mostly eaten in the winter months. However, for a long time, this dish was most popular during the harvest months because the nutritional qualities of the potatoes mixed with carrots and onions gave farmers enough energy to get through

the long and hard days. The term *hutspot* dates from the 16th century and is generally an one-pot dish that is easily made and delicious.

#### ROOKWORST [ROOK·WORST]

Another food most favoured in the winter is *rookworst*, or smoked sausage. Most Dutch think that *rookworst* is an old dish. However, it has only been around for about 75 years. During the Second World War, HEMA, a Dutch department store, created *rookworst* to offer an affordable meat option since the meat scarcity caused it to become very expensive. In fact, the first actual *rookworst* didn't even contain meat; only after the war ended did this change.



#### STROOPWAFEL [STROOP·WA·FEHL]

Two dough waffles with a diamond pattern and sweet syrup in the middle make a *stroopwafel*. The origin of this delicacy is unknown. However, we do know that it has been around for a very long time. In the 13th century there were already waffle bakers guilds that used round-shaped irons to make the waffles.



#### POFFERTJE [POF·FER·TJEH]

The sweet, soft, and small balls of dough called *poffertjes* are a typically Dutch dish, served with melted butter or powdered sugar. They were first eaten somewhere in the year 1720. There are two tales of their origin. It could be that the *poffertjes* originated in a monastery in Woerden (near Utrecht), or that they were first made in France and Napoleon brought them to the Netherlands. It remains a mystery, but we sure are happy that *poffertjes* exist.



#### OLIEBOL [O-LIE·BOL]

This dish evolved over the years and could be seen as Dutch doughnuts. The first people who made a version of the *oliebol* were called the Batavi and the Frisii, both part of the Germanic tribe. Back then, the dish was called *oliekoek*, a flat version of the *oliebol*. The earliest discovered recipe of *oliekoeken* was found in a Dutch cookbook published in 1667. Around the same time, oil became more abundantly available and people could use it more. This made it possible for the flat version to become sphere-shaped. The *oliebol* was born. They are traditionally served on New Year's Eve.



#### FRIKANDEL [FRI·KAHN·DEHL]

The *frikandel* is a fried sausage. It is best served with mayonnaise, curry ketchup and chopped onions, which is then called a *frikandel speciaal*. This is one of the most popular Dutch snacks. The first—as we know it today—was sold in 1954 in Dordrecht (Zuid-Holland). A law prevented butcher's servant Gerrit de Vries from selling his product as a meatball. Instead of changing the recipe, he changed the name and shape, and the rest is history.



#### BITTERBAL [BIH·TER·BAL]

This typically Dutch meat-based snack contains a mixture of beef or veal, beef broth, butter, flour, parsley, salt and pepper which results in a thick ragout. It is then rolled in breadcrumbs and deep-fried. It is usually served with mustard.



#### KROKET [KRO·KET]

This snack is similar to the *bitterbal*, only the shape is different. Instead of being shaped like a ball, the *kroket* (croquette) is sausage-shaped. There are different varieties of the croquette in the Netherlands: *rundvleeskroket* (made with beef), *kalfsvleeskroket* (made with veal) and the *satékroket* (made with satay sauce and meat). McDonald's even sells their version on a bun as *McKroket*.

#### HARING [HAA·RHING]

This small, silvery fish which is called 'herring' in English and '*haring*' in Dutch, has been loved since it started contributing to the wealth of the Netherlands about 1000 years ago. You can eat salted herring with onion and pickles, or sandwiched between bread, but you can also eat it with just ground pepper. The typical Dutch way to eat herring is to grab it by the tail, raise back your head, open your mouth and take a bite. It's definitely not easy to do, but many people love it after they have tried it. Every June, there is also a festival related to the herring, which is called Flag Day. In Scheveningen, they celebrate the first catch of herring of the year (called '*Hollandse Nieuwe*') and provide a variety of enjoyable activities. You can enter free of charge, so it's a great opportunity to try some herring.

#### GOUDSE KAAS [CHOUD·SEH KAAHS]

Thanks to the frequent rain, the Netherlands has high-quality pastures, and that has helped make this country one of the largest

cheese exporting countries in the world. It produces about 650,000 tons of cheese a year and exports about two-thirds of this. It is also the world's fourth-largest cheese consuming country with about 17 million people eating more than 200 million kilograms of cheese per year. You can easily find different cheeses in supermarkets, cheese shops and markets. One of the most famous cheeses produced in the Netherlands is Gouda cheese, which won the 2012 World Cheese Awards. Named after the first place in which it was made, the city of Gouda, it has sweet and fruit-flavoured tones, which makes it easy to try even for someone who isn't familiar with cheese. It usually has a yellow wax coating, but if you want to try something special, choose one with a smoked brown skin. This one smells like ham and bacon, and unlike the ordinary version, you can eat the peel as well.

#### ETHNIC RESTAURANTS

All of these different restaurants will give you a little taste of home. Each suggested restaurant is recommended by an international student from said country. And if you are not from a country on the list, these restaurants can help you learn about new cuisines and broaden your cultural horizon.

#### THE BAB (SOUTH KOREAN)

€8–€14

If you enter this restaurant, you will feel like you're setting foot in a restaurant in Korea. It is located near Amstel Campus. You can eat in, take out or order in advance by calling to decrease your waiting time.

◦ Camperstraat 36

#### DIONYSOS TAVERNA (GREEK)

€22–€25

Dionysos is the perfect place to go whenever you miss Greek food, Hellenistic culture, or are in need of spending some time in a cozy atmosphere. It is located near Vondelpark.

◦ Overtoom 176



**BAKERS AND ROASTER  
(NEW ZEALANDISH)**  
€11.50–€16

At Bakers and Roaster you can not only enjoy a New Zealandian vibe, you can also take a pick from the many vegan and gluten free options on the menu. Both locations are brunch cafes.

- Eerste Jacob van Campenstraat 54
- Kadiksplein 16



**MARMARIS (TURKISH)**  
€6–€20

This restaurant offers more than 80 authentic Turkish dishes and Mediterranean foods. It is large, but has a good atmosphere. Marmaris is located near the Business Campus at Fraijlemborg and also has a branch at Sloterdijk Station.

- Hoekenrode 5
- Station Sloterdijk Orly plein 159



**PATA NEGRA (SPANISH)**  
€6.50–€16.50

This cheerful and friendly restaurant is full of beautiful Spanish decorations. Conveniently located and popular, Pata Negra sometimes asks you to share your table with others.

- Utrechtsestraat 124
- Reinwardtstraat 1
- Oostelijke Handelskade 999

**WURST & SCHNITZELHAUS  
(GERMAN)**  
€10–€17

In this German pub you can have dinner, but you can also enjoy drinks with your friends. Located in the museum quarter and at the back of Central Station, a variety of sausages and schnitzel is exactly what they offer.

- Prinsengracht 474hs
- De Ruijterkade 40a

**DOPE (ITALIAN)**  
€8–€16

Although the name might lead you to believe otherwise, this is a pizza place. Many pizzas are vegan, as is their tiramisu. The restaurant can be found in De Pijp, near Sarphatipark.

- Eerste van der Helststraat 78hs

**LOS PILONES (MEXICAN)**  
€9–€18.50

This authentic Mexican restaurant serves food and drink from all over Mexico, such as tequila and many different salsas. If you visit before 04.00 PM, you can try its Early Specials.

- Geldersekade 111
- Kerkstraat 59
- Kerkstraat 63

**Can I order?**

Mag ik bestellen?  
*Mach ik beh-steh-lehn?*

**Two cokes, please**

Twee cola, alstublieft  
*Twey co-lah, ahl-stuu-blieft*

**Can I have the bill?**

Mag ik de rekening, alstublieft?  
*Mach ik deh rey-keh-ning, ahl-stuu-blieft?*

**How much is it?**

Hoeveel kost het?  
*Hoo-veel kost het?*

**I would like to pay by bank card**

Ik wil graag pinnen  
*Ik wihl chra-ch pin-nehn*

**Do you want a receipt?**

Wilt u een bon?  
*Wihlt uu ehn bon?*

**What would you recommend?**

Wat raad je me aan?  
*Wat raad jeh meh aan?*



*Leaving your home country behind can be a Bitter x Sweet experience. It can be hard at first to leave your family, but the reward is that you get to meet new people, perhaps even making new friends for life. In this interview we meet Ece and Claudia. Ece (22) is a student from Turkey. She came to Amsterdam to study Architecture for one semester. At AUAS she met Claudia (22) a student from Zaandijk, a town near Amsterdam. Claudia studies Urban Planning. They talk about some of their Bitter x Sweet experiences in Amsterdam.*



#### DILEMMA: CITY CENTRE OR SUBURB AREA?

**Claudia:** City centre.

**Ece:** I would say suburb. The city centre is always so crowded and just full of tourists. I don't really like tourists.

#### DILEMMA: BITTERBALLEN OR STROOPWAFELS?

**Ece:** I think *bitterballen*, but the vegetarian ones.

**Claudia:** I like them both, but if I have to choose, I think *bitterballen* as well.

#### DILEMMA: LOOKING BACK ON NEGATIVE STUFF OR LOOKING FORWARD?

**Ece:** Looking forward definitely.

**Claudia:** Yeah, I totally agree.

#### QUESTION: WHAT DO YOU MISS MOST ABOUT YOUR HOME TOWN?

**Ece:** My friends and my family. I miss them a lot, especially my sister. I wish I could have taken her with me. We still send each other texts every day and

she's coming over in June. I'm really looking forward to that. I also miss the weather, because it's probably better over there than it currently is here. However, what I really don't miss are Turkish politics.

**Claudia:** What would I miss if I were to leave Holland for another country? That's a hard question. I don't really know what I would miss actually.

#### QUESTION: WHAT WAS YOUR MOST RECENT REGRETFUL MOMENT AND WHEN WAS THE LAST JOYFUL MOMENT YOU HAD?

**Claudia:** I usually regret the things I don't do. I'm not the type of person to really go out, because I'm quite shy and I regret that. The most joyful moments, however, are actually every day. Like right now, being with you is a joyful moment.

**Ece:** My regretful moments are usually when I'm too tired to do something, but I have to do it and then I'm just making excuses not to do it. I do this very often. For example, the other day I didn't go to school, because I felt tired, but I knew I should have gone. However, the latest joyful moment I've had is also right now.

#### QUESTION: IF YOU COULD GO BACK IN TIME, WHICH MOMENT WOULD YOU WANT TO GO TO?

**Claudia:** Well, that's a really hard question because there are things you want to do better or differently. But at the same time, if you hadn't done what you have done, then you





*“The most joyful moments  
are everyday moments.”*

wouldn't be where you are today. So, I'd like to stay in this moment where I am now.

**Ece:** Same for me. I don't want to change anything, but if I could go back, I would go back to a moment when I was really happy so I could re-live it. I don't know specifically which moment, because there are so many happy moments.

#### STATEMENT: I SOMETIMES REGRET CHOOSING MY DEGREE PROGRAMME

**Ece:** Sometimes, when I have to study all night. Then I'm like, why did I choose this? But when all the presentations and other stuff is done, I'm okay with everything again.

**Claudia:** Architecture is even more work than Urban Planning. I've never had to stay up all night to work on something, but this might have something to do with the fact that I'm really good at planning and always make a strict schedule for myself. But I'm happy with my choice and I don't really regret choosing this course.

#### STATEMENT: I TEND TO RECORD ALL HAPPY MOMENTS ON MY PHONE

**Claudia:** Yeah, most things I do I record on my phone. However, sometimes being in the moment is already kind of your recorder.

**Ece:** I do record them sometimes, but sometimes I'm just so happy that I don't even think about recording it. I don't really regret not recording those moments, because your memories are sometimes better than the pictures you took.

#### STATEMENT: WEATHER AFFECTS MY MOOD A LOT

**Ece:** Yeah definitely. I love the sun and it makes me happy. However, a little bit of rain can also be nice.

**Claudia:** For me not really. I guess you get used to the weather and I actually like rain sometimes too. Especially sun and rain together, because they make a rainbow and that's great! However, when I have to go out and the weather is bad I do get moody.

After hours Ece and Claudia filled in a page in Claudia's friendship book. Would you like to see that? Scan the QR-code at the bottom of this page.







G R E Y  
X G R  
E E N



*With its many different city squares and parks Amsterdam is a perfect example of a contrast between Grey and Green. On the one hand, there are the beautifully landscaped areas of urban greenery, and on the other hand, there are the many lively city squares Amsterdam has to offer. In this chapter you will find everything you need to know about the different districts and neighbourhoods of Amsterdam, all of which represent Grey. You will also find information about the many parks that can be found in the city, which of course represent Green.*

## GEOGRAPHY

The Netherlands has a population of around 17 million people. By car, it would take you less than four hours to drive from north to south. The western and northern parts of the country lie between one and six metres below sea level. Mills and pumping stations are used to drain the polders that were reclaimed from the sea.

## CITY DISTRICTS

Amsterdam's seven city districts are:

- Centre (Centrum)
- North (Noord)
- East (Oost)
- West (West)
- New West (Nieuw-West)
- South (Zuid)
- South East (Zuidoost)

## NEIGHBOURHOODS

### AMSTERDAM NOORD

The part of the city north of the IJ. Here you will find attractions such as the EYE film museum, the NDSM-werf and the Landmarkt. The district also includes the villages of Landelijk Noord. Amsterdam Noord can easily be reached from Central Station by the free ferry, bus, metro or bicycle.

### AMSTERDAM OOST

The Zeeburg, Oost and Watergraafsmeer quarters are located in Amsterdam Oost. The Indische Buurt (the names of streets refer to the former Dutch colony, the Dutch East-Indies) is the oldest neighbourhood Zeeburg. The Oost district also has much to offer, such as Oosterpark, the Tropenmuseum (the largest anthropological museum in the Netherlands) and Dapperstraat market.



## AMSTERDAM WEST

Amsterdam West used to consist of distinct, somewhat dilapidated neighbourhoods, which have since been regenerated and are now home to students, artists, young urban professionals and families alike. Rembrandtpark, a beautifully landscaped green space, can be easily reached by bike or tram.

## ZUIDOOST

This colourful district does not border the city centre, but is still easily reached by public transport. Zuidoost has many different restaurants and shops. Music lovers can attend major concerts at AFAS Live or the Ziggo Dome. For football fans, the Johan



Cruyff Arena, home of Ajax, is worth a visit. Theatre fans will love the Bijlmer Park-theater, which offers circus, concerts, drama, dance and festivals.

## GRACHTENGORDEL

The canal ring forms a horse shoe around the old city centre, which developed around Damrak in the first half of the Middle Ages. The canals and their mansions were constructed in the 17th century and the ring consists of five canals in total. The best-known canals in Amsterdam are the Herengracht (named after the gentlemen (*de heren*) who initially invested in it), the Keizersgracht (named



after the Emperor 'Keizer' Maximilian I) and the Prinsengracht (named after William, of Orange). These are the canals where the rich originally lived. Though they are still residential in parts, many properties are now offices, hotels and museums.



## IJBURG

IJburg is an artificial island in the IJmeer just north east of Central Station, with approximately 23,000 inhabitants. It is one of the most recent examples of the Dutch reclaiming land from water. It has been under construction since 1997 and is not finished quite yet.

## DE JORDAAN

Intersected by the Leidsegracht, Brouwersgracht, and Prinsengracht canals, is this former working-class area. It's now hip, trendy and pricey, though a number of original 'Jordanese' still inhabit the neighbourhood. This part of town produced many of the city's famous singers. De Jordaan is especially known for its small houses with their narrow windows, with interesting shops and pubs on virtually every corner.

## NIEUWMARKT AND DE WALLEN

Nieuwmarkt, the area around the Weighhouse (Waag), is the medieval city centre of Amsterdam. The streets are just wide enough for a horse and cart to get through. Nowadays this is the heart of a small

China Town, where you will find cheap Chinese and Thai restaurants and shops. Nieuwmarkt is also popular for its nightlife, with many clubs ranging from typical student hang-outs, to an old salsa cafe. Beyond the square is the Red Light District (Wallen), where the city's brothels and strip clubs can be found.

## DE PIJP

This 19th-century working-class neighbourhood is located near the Heineken Brewery and can easily be reached by tram or the new North-South metro line. De Pijp has many buzzy pubs and restaurants offering delicious food and a good atmosphere at reasonable prices.

## PLANTAGEBUURT

In this part of the city you can find Artis, the famous Amsterdam Zoo. Anyone interested in plants should pay a visit to the Hortus Botanicus (a botanical garden near Artis), where you can find all kinds of tropical plants and flowers. The coffee plant in their collection was the parent of the entire coffee harvest in South America.

## PARKS

Amsterdam is a relatively green city and you will hardly find a street that isn't lined with trees. The city has 29 parks to explore and five of them are introduced below.

### AMSTERDAMSE BOS

This is the large woodland park to the south of Amsterdam. You can rent canoes and pedal boat. Have a drink while enjoying the view from the terrace of the Meerzicht Restaurant. You can also go for a walk, a run or a ride on the many trails and bicycle tracks.

### VONDELPARK

Amsterdam's most famous park is located near Leidseplein. In a way, many people view the park as the communal garden of Amsterdam where on warm days both tourists and locals come to enjoy the sun. You can rent inline skates to explore the park or take roller-skating lessons first. Many cyclists use the park as a shortcut through the city, so be careful where you walk, skate or cycle.

## WESTERPARK

This park lies in the north-west of the city, about 25 minutes walking distance from Central Station. It has a large pond and two tennis courts that visitors are free to use. Bordering on the park are the grounds surrounding the Westergasfabriek, an old industrial complex that has been converted into an entertainment area, including a theatre, cinema, club and some restaurants.

## OOSTERPARK

You will find Oosterpark near Hotel Arena and the Tropenmuseum. It is considered to be Amsterdam's most multicultural park. The pond is the centre-piece of the park. Oosterpark was one of the first parks in Amsterdam to offer visitors free Wi-Fi access.

## GAASPERPARK

Gaasperpark, part of the large recreation area Gaasper Lake (Gaasperplas), is enclosed by the south-eastern outskirts of the city and the Gaasp River. The northern part is taken up by the permanent International Horticultural Fair. The park has extensive walking, bi-

cycle and bridle trails, with large stretches of grass, a beach, a strip for windsurfing and diving, and an area for day camping.

**Canal ring**  
Grachtengordel  
*Chrach-tehn-chor-dehl*

**East park**  
Oosterpark  
*Oh-stehr-pahrk*

**Rembrandt square**  
Rembrandtplein  
*Rehm-brahnt-pleyn*

**Amsterdam forest**  
Amsterdamse Bos  
*Ahm-stehr-dahm-seh-bos*

**Polder**  
Polder  
*Pol-dehr*

**Sea**  
Zee  
Zey

**City**  
Stad  
Staht

*The contrast between Grey x Green is an intriguing one. Are we talking about the contrast between nature and buildings? Do we mention the environment and recycling, too, perhaps? Actually, this contrast is about all of those things, and so many others as well. During this interview you will get to know Sandra (22) from Austria who enrolled in AUAS' Design Thinking and Doing course. You will also meet Tim (20) from the Netherlands who lives in a small town called Oegstgeest and studies Digital Marketing. Tim and Sandra will get to know each other through this interview and talk about all that is Grey x Green in the city of Amsterdam and the Netherlands.*



#### DILEMMA: OUTDOOR OR INDOOR?

**Tim:** Outdoor I think. It depends on what I'm going to do and what the weather is like. If it's raining outside, I will stay indoors and if the sun is out, I prefer to be outdoors. Go to the beach, a park, or have a drink on a terrace with friends. I love to do these kinds of things. You can't do that when it's cold out or when the weather is lousy.

**Sandra:** I'm also more of an outdoor person. When it's sunny I always go outside. I sometimes go to parks, or grab my bicycle and ride around the city.

#### DILEMMA: BIG CITY OR SMALL TOWN?

**Tim:** Big city. I live in a small town and I have always wished that I grew up in a city like Amsterdam instead. I think, later on in life, I would like to move to a city because where I live there is nothing much to do. We always go to the bigger towns for nights out.

**Sandra:** It's the same for me. The town where I live is also very tiny. You know everyone and everything is always the same. It's boring. That's also why I chose to go to Amsterdam. I feel like I enjoyed growing up in a small town, but at this point in my life, I like being here in a big city. In the beginning I needed some time to get used to Amsterdam. It was really different from my hometown and other towns I know. I have been to big cities quite often on vacation, but Amsterdam is very different to all of them.

#### QUESTION: WHAT OUTDOOR ACTIVITIES DO YOU LIKE?

**Tim:** I love to play football. I also enjoy going out with friends to a bar for some drinks. I like enjoying the sun and going to the beach as well.

**Sandra:** I also like going to the beach. I have been to the beach in Zandvoort and Den Haag. The last time I went was a couple of weeks ago and there was a bonfire festival. I really liked it and I will probably go there again. I also like going to the park. I have been to Vondelpark twice and I really like it there. I've also been to Sarphatipark, and close to my building, there is the Nelson Mandelapark. I have been to the latter a couple of times as well, but I like Vondelpark best. I find that park to be especially beautiful.



*“I have been to many big cities, but Amsterdam is different to all of them.”*



**QUESTION: WHAT PART OF NATURE DO YOU MISS FROM YOUR HOME COUNTRY?**

**Sandra:** I feel like nature in Austria and the Netherlands is somewhat similar. I mean, yeah sure there are no mountains in the Netherlands, but I don't really miss them. I'm used to them at home, so I'm not that amazed by them anymore.

**Tim:** I actually love Austria because of its mountains. I go there for skiing and hiking, but only in winter when there's snow.

**QUESTION: WHAT DO YOU DO TO LIVE GREENER?**

**Sandra:** I'm a vegetarian and here in Amsterdam, I don't use a car, although I would at home. I mostly try not to waste food and bring my own bag everywhere.

**Tim:** That's a lot. I think I only separate general waste from plastic. I also only have one or two showers per week to save the earth. Nah, just kidding. I do sometimes take the bus... that's probably not all that good, right?

**STATEMENT: I KNOW MY WAY AROUND AMSTERDAM BY HEART**

**Sandra:** I'm really, really bad at directions. I get lost everywhere. I still don't know my way from my flat to the university. I always have to follow someone who's going to the university as well or use Google Maps, even though I have been walking the same way for two months now.

**Tim:** You're even worse than I am! But in Amsterdam especially, it can be very difficult to find your way. Everything looks the same. So I do understand, but you're definitely worse at it than I am!

**STATEMENT: WATER IS THE BIGGEST ENEMY OF THE NETHERLANDS**

**Tim:** The Netherlands lies beneath sealevel. It's a well-known problem in the Netherlands. To protect us from the water getting in, we built a lot of dams on our coasts and rivers. In 1953 there was a flooding disaster, which cost a lot of people's lives. But is it our biggest enemy? I don't think so. We can protect ourselves from the water.

**Sandra:** Wow!

**STATEMENT: THE DUTCH ARE CONSCIOUS ABOUT THE ENVIRONMENT**

**Sandra:** Maybe more than other countries, but to me it's kind of strange that you don't separate all your waste. In Austria we separate everything.

**Tim:** In the Netherlands we could care about nature more. We are a wealthy country and because of that, most things in the Netherlands revolve around money. I do care about nature though. I love nature.

**Sandra:** But you only separate your general waste from your plastic, right?

**Tim:** True... And I take the bus!

"Is this photo taken in the Netherlands or not?" Watch Tim and Sandra figure this out by scanning the QR-code down below.



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