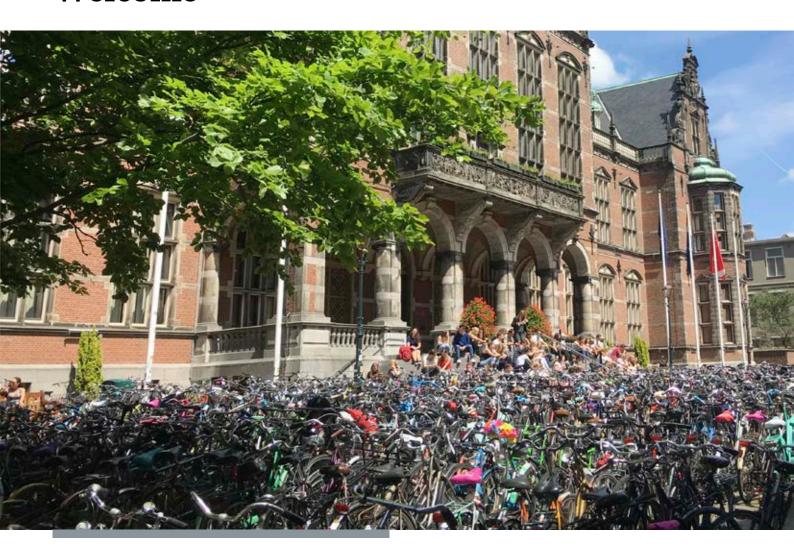


Checklist



Before you arrive, this checklist will help you to organise your arrival in Groningen.		In my check-in luggage
1	Offer Receive an offer from the University of Groningen.	I have removed from my luggage any items which are prohibited in The Netherlands.
	about-your-offer Supporting documents	2 I have packed something I value to remind me of my home country.
	Provide relevant documents to meet the conditions of your offer. See page 7 finalise-your-enrolment	3 Essential items of clothing. 4 Electrical equipment:
3	 Money Planning the finance for your studies and life in the Netherlands. See page 7 Travel and visa costs Tuition fees financial-matters Accommodation costs 	 laptop/tablet, charger mobile phone, charger power adapter (if necessary).
	housing Living costs (food, clothing) Study costs (e.g. books, IT essentials) Extras (unexpected expenses)	In my carry-on I have packed the following documents
4	Immigration Make sure you meet the immigration	1 My passport and all travel documents.
_	requirements (if relevant). See page 7 Accommodation	2 My student visa (if applicable). 3 My Offer Letter.
_	Apply for accommodation through the University partner SSH. See page 14 SSH	4 My tuition fee receipt (if fees have already been paid), and/or a letter of scholarship award, if applicable.
6	Health Insurance Ensuring that you have arranged for the correct health insurance to cover the duration of your	5 Details of my accommodation.
_	studies. See page 9 health-insurance	6 Any relevant medical certificates showing recent vaccinations
7	Join us on Facebook and Instagram [] UoG [] @UoG	7 Copies of information about prescription medicines from my doctor in English (if necessary)
8	Pack Consult the packing list to ensure you pack only what you need.	8 My driver's licence translated into English (if I have one and intend to drive a vehicle).
9	Travel to Groningen/Airport Meet and Greet Make travel arrangements that ensure your arrival	9 Contact details of family or friends, of my bank at home.
	during the recommended arrival period. See page 4 ns-nl	10 Emergency contact numbers for my insurance company (if already arranged) and for the University.

Welcome



Welcome to the University of Groningen! At the moment, you probably are settling in or have finished doing so. Moving to a new city is something you do not do every day and this guide will help you find your way around your new home and answer some of the questions you might have.

Using this guide

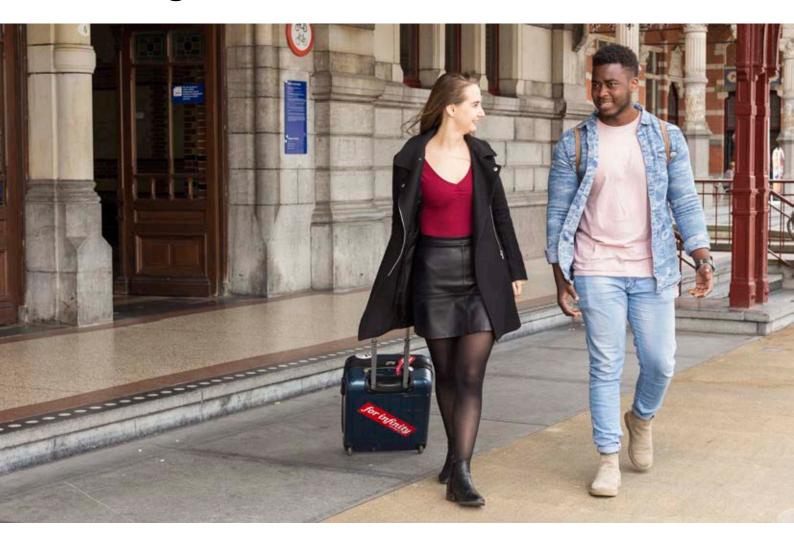
This guide will help you find your way around the city and help you get started with your academic career. Should you have any questions or concerns please use the contacts section to get in touch with the right department or department.



Contents

Arrival in the Netherlands	4
The City of Groningen	5
The City of Leeuwarden	6
Registrations	7
Student Services	9
Student Life	11
Tips and Tricks	13
Map of Groningen	14
Contacts	15

Arriving in the Netherlands



Schiphol Airport

To Groningen

There will be a welcoming team receiving incoming students on **28 and 29 August from 7 a.m. to 8 p.m.** Please let us know when you are arriving at: **Moving-To-Groningen**.

The best way to get to Groningen is by train. **The trains leave from platform 1-2 at :04 and :34 past every hour.** You can get train tickets at the yellow ticket machines. Please note that most machines take card payments only. A ticket will cost around €30.

To Leeuwarden

If you are going to be studying in Leeuwarden, you are able to get on the same train that goes to Groningen and change when you arrive there for a train to Leeuwarden.

Alternatively, get the train going to on a train to Amersfoort Schothorst and change at Amersfoort for Leeuwarden.

The journey is approximately 2 hours and 10 minutes and we recommend that you take a taxi to your accommodation when you arrive in Leeuwarden. There is a taxi rank outside the Central Station.



The City of Groningen



Although considered a large city in the Netherlands, the city of Groningen is a city of 200,000 citizens, of which approximately 50,000 are students. Therefore, Groningen is the youngest city in the Netherlands with an average age of 36. It is the economic and cultural capital of the north, culturally diverse, and with a safe community character. Groningen is also a typical bicycle city with clean air, it has approximately 145 kilometres of bicycling lanes, making it one of the best bicycling cities in the Netherlands and the world.





The City of Leeuwarden



Should your programme is be Campus Fryslân you will be fortunate enough to be based in Leeuwarden, the 2018 European Capital of Culture which is in the Northwest Dutch province of Friesland. The city has been described as being like Amsterdam but without the crowds. it lives up to this with a continuous flow of cyclists riding on canal paths – with tunnels lit up in purple at night.

You will be joining the other 20,000 students studying at the various colleges and universities in the city and have a chance to explore the Wadden Sea and Wadden Islands – one of Europe's most important 'wet land' nature reserves.





Registrations



Now that you have arrived, it is important that you make sure you are officially registered at different institutions:

Visa Arrangements

Most non-EU students starting in September 2018 will be able to pick up their residence permit during the **Immigration Day on August 29th** at the 'Oosterpoort' cultural centre.

If you start in February 2019, you will be able to pick up your residence permit on the **Immigration Day on January 30th.**

There are some situations where your visa or residence permit is not ready for pick up yet. In those individual cases, you will be informed about what to do in this case. If you have any questions regarding your visa/residence permit, please contact our International Service Desk: email: isd@rug.nl telephone: +31 50 363 8181

Municipality Groningen

Groningen

You need to be registered at the municipality to live in Groningen legally. To do so you need to register at the municipality.

If you are a **non-EU student**, you can register during the visa day which takes place on **Thursday 30 August at the Academy Building** where you can pick up your residence permit, and register at the municipality as well. For this you need to bring an ID and a copy of your rental agreement. If you are an **EU student** you can make an appointment at the municipality to register. To register you need to bring an ID and a copy of your rental agreement.

Leeuwarden

Both non-EU and EU students will receive an appointment to register with the municipality. Appointments will take place at NHL/ Stenden in late August or early September and you will receive details directly from Campus Fryslân about your appointment.

Bank Account

EU students can make an appointment at the information market during the Welcoming Ceremony or make an appointment themselves by calling ING bank or walk into their office. If you are a non-EU student you will receive an appointment card during the visa day. With that appointment card you can open a bank account at the ING bank.

Tuition Fees

To be formally registered you need to make your (partial) tuition fee payment to the university before August 31st. This is extremely important, because you will not be registered if you make a payment after this date. For more information on how to make payments please visit: tuition/payment

Registering for Courses and Exams

Registering for courses and exams takes place through **Progress**

You can log in using your student number and password. You can also go to the student desk at your faculty if you need help with your registration.



Wi-Fi

The university uses the eduroam network and you can sign up with your student account. You can find more information about how to set up your devices in the student portal: ict/servicedesk/

Introduction weeks

The quickest way to get familiar with the city and meet fellow students is to sign up for the introduction weeks.

Groningen

The KEI week is the official introduction week in Groningen where Dutch and International students get familiarized with the city. It takes place from 13–17 of August. keiweek.nl

ESN Groningen, the international student society in Groningen and the biggest in the Netherlands, organizes 2 introduction weeks per academic year. The ESN introduction week will start on Friday the 31st August and will finish with a Dutch party on Wednesday 5th of September. During the week, you and your group will participate in our pub crawl, culture day, sports day, band night, comedy show, Dutch language lessons, a movie night and of course a couple of great parties! It's the perfect way to meet new people, explore your new hometown, learn about the Dutch language and culture, and take care of practical issues such as getting a bicycle. esn-groningen

Leeuwarden

There will be an introduction week for all UCF students from August 27–31. All CF Master students will have an introduction day on August 30th and each programme will contact their students directly with more information.

Leeuwarden Studiestad also organise an introduction event for all students in Leeuwarden called LEIP! This runs from August 26th- September 7th and includes events such as a sports day, BBQ and open air cinema screening.

Health insurance

If you live in the Netherlands it is obligatory to have a valid health insurance

EU students can use a health insurance from their native country as long as it has European coverage (European Health Insurance Card: EHIC).

Non-EU/EEA students will need to take out a private Health Care insurance. It is possible that the health insurance you currently have will cover you during your stay in the Netherlands. Be sure to check with your insurance company whether you're covered, and exactly how much coverage you have during your stay. Otherwise, you can apply for private insurance through insurance.eu or studentsinsured.

However, this does not cover liability insurance (when you accidentally cause injury to someone else, you are liable. The other person or party can reclaim his or her financial loss/damage from you. With a liability insurance, the insurer will reimburse the 'victim' for the costs of the damage caused), household contents insurance (it protects you against the financial consequences of fire, theft and storm and your home contents will also be covered against almost cases of accidental loss or damage) or luggage insurance. At AON student Insurance (insurance.eu) you will be able to take out this additional insurance package, we strongly recommend you do so.

You are obliged to take out Dutch public insurance if:

- > you are planning to work part time or have a paid internship
- You are over 30 years old and your stay in the Netherlands is not temporary (Generally, if your stay lasts longer than a year it is not temporary).
- you are a PhD Scholarship student, participating in the PhD Scholarship Programme.

Should you require any medical assistance or emergency services, the following link – health system – will inform you on the steps you will need to take.

The UG Welcome Guide University of Groningen

or

Student Services



The University of Groningen offers a lot of support during your studies. Here is an overview of our services:

University Student Desk

For any questions regarding official documents, tuition fees or registration, you can visit the University Student Desk, located in the Academy Building at the Broerstraat 5 in Groningen city centre. Phone: 050 363 8004.

If you are based in Leeuwarden, there will be a student desk at the (temporary) Z-building for all students at Campus Fryslân. Visiting address: Zaailand 106, 8911BN Leeuwarden.

International Service Desk

If you have any questions regarding your Visa or immigration rules, you can visit the International Service Desk, rated #1 in the Netherlands. You can find this desk in the Academy building, Broerstraat 5, city centre, Groningen. For contact details: information-services/.

Faculty Student Desk

Each faculty has their own Student Desk, where you can ask questions about grades, your courses, registrations for courses and exams etc. During your introduction week, you will be shown where these desks are in your faculty.

Study advisors

If you are having problems studying, your first point of contact is your study advisor. You can make appointments with them at your faculty's Student Desk.

Student Service Centre

If you have complex problems regarding your mental health or studies, your study advisor is able to forward you to the Student Service Centre. Here, study counsellors and psychologists can help and advise you on any problems you might have. This service is also aimed to students with learning difficulties (dyslexia, dyscalculia), or physical disabilities, hearing and visual impairment. Please refer to this link: here.



Student Services



Doctors and Health Services

Dentistry

If you need a dentist, please contact the information desk at the Department of Dentistry for an appointment. We strongly advise you to register with a GP as soon as possible. If it is, ask for a receipt in order to get a refund from your insurance company later. If you are here for a long period of time and need a simple check-up be aware that you will be placed on a waiting list, meaning that it may take a couple of weeks before you get an appointment. However, you will be given an appointment immediately for emergency dental care.

Groningen

Department of Dentistry (in Dutch: Centrum voor Tandheelkunde en Mondzorgkunde)

Antonius Deusinglaan 1, 9713 AV Groningen Opening hours:

Monday to Thursday 8.00 to 17.00; Friday 8.00 to 12.00 Appointments by tel: + 31 (0)50 363 75 05*

Emergency telephone number (only after 17.00): +31 (0)50 535 03 70

*Note: Answering machine is only in Dutch and when you call you will get the options menu. Do not hang up, you will be automatically connected to a receptionist.

Leeuwarden

10

Dental Clinics Leeuwarden Aldlân

Stinzenflora 155, 8935 LG Leeuwarden Opening hours:

Monday to Friday 8.00 to 16.00

Appointments by tel: + 31 (0)58 870 73 26 Emergency telephone number: + 31 (0)900 215 31 11

(after opening hours only)

Tandarts Verlegdeschrans

Verlengdeschrans 52, 8932NP Leeuwarden

Monday to Thursday 8.00 to 17.00; Friday 8.00 to 12.00

Opening hours: Appointments by tel: + 31 (0)58 212 44 54 Emergency telephone number: + 31 (0)900 215 31 11 (after opening hours only)

General Practitioners

In the Netherlands, a general practitioner (GP) or family doctor is called a 'huisarts'. We strongly advise you to register with a GP as soon as possible. GPs can be visited during consulting hours, after making an appointment by telephone.

Groningen

There are two options: to register with a GP in your neighbourhood or to register with the Zernike GP post. For the first option, you can ask your neighbours or your student manager for advice.

Studentarts location Zernike

Zernikeplein 17 (parking P4, building S, back entrance) 9747 AS Groningen

Studentarts location Hanzeplein

Hanzeplein 121 (across UMCG) 9713 GW Groningen Telephone +31(0)50 211 09 11

Emergency telephone: +31 (0)50 211 16 66 Emergency Weekend number: 0900 - 9229

Here's a list of GP's in Groningen that the university is happy to recommend to its students.

- huisarts-en-praktijk-groningen (site available only in Dutch)
- huisarts-groningen
- huisartsen-boterdiep
- destadshuisarts.praktijkinfo (site available only in Dutch)

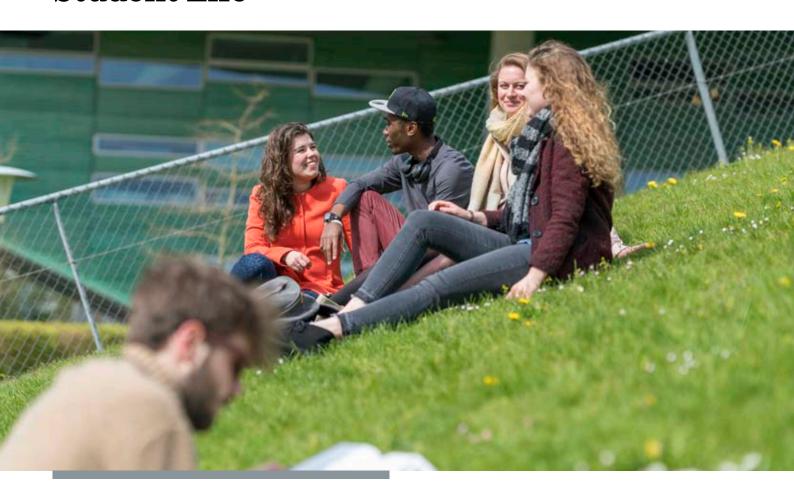
Leeuwarden

Students from Campus Fryslân are currently welcome to register at Compas Huisartsenpraktijk (please mention that you are a CF student when registering):

Rengerslaan 2E, 8917 DD, Leeuwarden Opening hours: Monday - Friday: 8.00 to 17.00

Appointments by tel: + 31 (0)58 266 22 31 between 8:00 and 10:00

Student Life



By coming to the UG, you have made an excellent choice if you appreciate an eventful student life. Both Groningen and Leeuwarden are truly student cities where you can enjoy cultural events and lots of festivals. Here is an overview of what the cities have to offer.

ACLO

The ACLO is the overarching student sports organization of the University of Groningen and the Hanze university of applied sciences and for the 49 sports clubs of the ACLO. For the students of both organizations the ACLO offer sports in many different ways. The ACLO was founded in 1945 and is the largest student sport organization of the Netherlands. The ACLO represents the students sport of Groningen on a national level. Currently around 19.000 have an ACLO membership (€59,90 per year) making it the most important sport supplier in Groningen.

In Leeuwarden, as a student, you can use the sports facilities offered by <u>Leeuwarden Studiestad</u> for a small yearly fee. There is a choice the different sports basketball, futsal, swimming and kickboxing.

Bicycling (rental)

11

In Groningen the city centre has been closed off to cars, so 70% of all transport in the city takes place by bicycle. Having a bicycle is the quickest and cheapest way to get anywhere within the city in 20 minutes. There are several bicycle markets organized by the municipality and/or student societies for reasonable prices.

Make sure you carry bicycle lights with you (white light in the front, red light at the back) that you either attach to your bicycle or your clothes. Especially in the wintertime police regularly check bicyclists for these lights and if you don't have working lights the fine will be $\ensuremath{\mathfrak{C}90}$.

Also, make sure you always lock your bicycle with 2 locks, the wheel lock and a chain lock. The best protection for bicycle theft is to lock your bike to something, like a lamp post. However, check local rules because sometimes that is not allowed and the municipality will remove your bicycle.

OV card

The public transportation in the Netherlands is increasingly more dependent on the OV chip card, a pass that you top up with credit. It is still possible to buy paper tickets, but they are relatively more expensive than using the OV card. You can buy OV card at supermarkets, kiosks and train stations for €7.50. You then need to top up the credit to use it.





Identification

As a resident of Groningen, it is required by law that you always carry identification with you in case the police want to check who you are. Also, for most university exams you are required to bring your student card with you, so make sure you carry these with you at all times.

Student Societies

Joining a student society is one of the best ways to meet fellow students and discover what Groningen has to offer. Student societies often organize fun events like movie nights, pub quizzes, city trips and parties. You can find an overview of the international student societies here: student-societies

Leeuwarden also has a number of <u>student associations</u> available where you are able to get to know students at your own institution or others in the city.

Food

12

Dutch cuisine is most likely different from what you are used to at home, and the Dutch do not have a strong "eating out" culture. The Dutch prefer to cook their own food, resulting in the best reasonably priced stocked supermarkets in the world. Most supermarkets also offer ingredients from different cuisines, so your time in Groningen is a great opportunity to expand your cooking skills.

Night Life

Groningen

Groningen has a lot to offer when it comes to night life. As it is the only city that has no closing times for its bars and cafes, there is always something going on at night. The Grote Markt and the Poelestraat and Peperstraat are the centre of Groningen's night life. For live music, there are several great places to visit. The VERA is Groningen's most famous underground music venue. It usually hosts concerts by little known bands on the verge of breaking through. For instance, Nirvana, Joy Division, Pearl Jam, and U2 all performed at VERA at the start of their careers.

The $\underline{\text{Simplon}}$ is also a great place if you are looking for alternative music.

Leeuwarden

Leeuwarden has a great nightlife with a range of music played in the different bars and clubs throughout the city. As it is a city where a fifth of the population are students, there is often something going on every night from karaoke to €5 concerts in a former prison!

Tips and Tricks



Shopping

Groningen has an IKEA which is great for your regular interior needs. You can also find essentials such as duvet, pillows, sheets, pans in stores like Primark or Hema.

Most shops in Groningen are located in Herestraat and Westerhaven where you can find, among others, health and beauty chains (like Kruidvat, Etos), supermarkets chains (Albert Heijn, Jumbo, Coop, PLUS, Lidl, Aldi).

Every Tuesday, Friday and Saturday (9:00 to 17:00) the squares of the Grote Markt and Vismarkt are filled with stands of vegetable, fruit, cheese, fish and other groceries. Nearby A-Kerkhof holds the flower and plants stalls.

Groningen also offers many thrift stores for clothes and furniture, where you can find those quirky one-of-a-kind items. The most famous thrift stores are called 'mammamini': these second-hand shops are a great alternative for buying furniture if you are on a budget mamaminisecondhand.

Entertainment / Festivals

The website <u>Uit Groningen</u> gives a comprehensible overview of what is happening in Groningen city and province. Although in Dutch, you can still get a sense of fun events or places to visit.

Noorderzon

13

In summertime, there are festivals almost every weekend. The most famous festival of Groningen is called <u>Noorderzon</u> festival (23 August–2 September), a performing arts and music festival that takes place in the Noorderplantsoen park at the end of August.

Entry is free for the festival area with live music during the day and night. Individual performances might cost a small fee.

Eurosonic

Eurosonic is the biggest showcase music festival in Europe and takes place in the second week of January (16–19 January 2019). Make sure you get tickets quickly because they rapidly sell out! eurosonic-noorderslag

Social Media

There are a couple of good Facebook groups where you can buy second hand objects (including: furniture, home essentials, clothes, etc.). The most popular ones are: For sale in Groningen and For sale in Groningen for everyone!

USVA

Student Culture Centre Usva is the cultural facility of the University of Groningen. Usva strives to encourage students to develop themselves in the arts and culture. Therefore, Usva provides an artistic platform in Groningen where students have the opportunity to discover and engage with the arts.

Usva offers various courses in artistic disciplines, such as yoga, film, photography, improv comedy, dance, and drawing. Usva also organises a variety of events throughout the year that appeal to students. Usva organises, for example, Flicks Film Festival, a singer songwriter contest (Nootuitgang), clothing swap (O-Swap), mini festival (Usva at the Park) and a monthly Quiz Night. Moreover, Usva supports student organisations with their artistic projects by providing grants, facilities and practical knowledge. It is also possible for all students to rent USVA's rooms or its theatre.

Tips and Tricks



Shopping

For essentials such as duvets, sheets, pillows, pans etc. shops like HEMA, Action and Xenos have got you covered. If you are looking for a bargain, you need to hear to Vorstreek where there are several second hand shops.

Most shops in Leeuwarden are located around the Nieuwestad or the Verlegdeschrans. Amongst others, you can find Etos, Kruidvat and Trekpleister for your health and beauty needs, supermarket chains like Albert Heijn, Jumbo, Aldl, Lidl and Spar and Zara, H&M and Vero Moda for a bit of retail therapy.

Every Friday (9.00–17.00) there is a large market at Wilheminaplein which is full of stalls selling fresh fruit and vegetables, fish, meat and cheese. There are also many flower and clothes stalls.

Entertainment / Festivals

The website <u>Uitloper Leeuwarden</u> gives you an idea of the different festival and events available in the city.

Welcome to the Village

The most loved of all festivals in Leeuwarden is Welcome to the Village. Held over 4 days in mid-July at the Groene Ster, this festival has a big focus on sustainability. Alongside a great line up of artists and musicians from all genres, Not only does Welcome to the Village boast a fantastic line up of artists crossing all genres, it is also a festival of theatre, innovation, art, dance, food and innovation.

Oerol

The Oerol theatre festival takes place on the beautiful island of Terschelling off the Frisian coast in June each year. Taking place over two weeks, the festivals welcomes theatre artists, street performers and musicians from all over the world. The island setting ensures a truly unique festival.

Neushoorn

The Neushoorn is Leeuwarden's creative hub. As well as a music, comedy and dance venue, it also hosts events for talent development.



Map of Groningen



Zernike Campus

City buildings

- Martini tower
- City hall
- С A-Kerk
- Cultural Student Centre USVA
- Groningen Museum

Student Housing 🟛

- Winschoterdiep
- Blekerslaan 2
- Frascati International Students House
- Hoendiep
- Hofstede de Grootkade
- Albertine Agnesplein
- Moesstraat 8
- Moesstraat 16
- 9 Bisschop Nierman Centrum
- 10 Planetenlaan
- 11 Kraneweg-Melkweg

Not on the map Kornoeljestraat Martinihouse Stadswerf Van Houtenlaan

University buildings

- 1 Academy Building
 - > University Student Desk
 - > International Service Desk
- University Library
- University Museum
- Oude Boteringestraat
 - > Faculty of Theology
 - > Faculty of Philosophy
 - > Office of the University
- 5 Harmony Building
 - > Faculty of Law
 - > Faculty of Arts
- 6 Heymans Building
 - > Faculty of Behavioural and Social Sciences
- 7 Faculty of Medicine
- 8 University College Groningen
- Bernoulliborg
 - > Faculty of Science and Engineering
- 10 Duisenberg Building
 - > Faculty of Economics and Business
- 11 Mercator Building
 - > Faculty of Spatial Sciences
- 12 Linnaeusborg



City Centre

15

Contacts

Emergency number 112

Police stations

Rademarkt 12, 9711 CV Groningen Korreweg 3, 9714 AA Groningen &+31 (0)900 8844 (non-emergency number)

Police station Leeuwarden-Holstmeerweg

Martini Hospital

Medical Centre Leeuwarden

Henri Dunantweg 2, 8934 AD Leeuwarden **3**+31 (0)58 286 6666

Pharmacy Hanzeplein

(Apotheek Hanzeplein)
Hanzeplein 122, 9713 GW Groningen
+31 (0)50 311 50 20 (during office hours)
Fax +31 (0)50 311 50 21
info@hanzeplein.nl
hanzeplein
Monday to Saturday 8.00 to 20.00
After 8.00 and during the weekend:

Alphega apotheek Centraal

Voorstrek 58, 8911 JS Leeuwarden 3+31 (0)58 213 52 55 Monday- Friday 8.30to 18.00

8 +31 (0)900 111 50 20 (€ 0.20 p/m)

Apotheek Sonnega

Tweebaksmarkt 28 8911KX Leeuwarden 3 + 31 (0)58 212 30 57 Monday- Friday 8.30 to 18.00

Public Health Department (GGD)

Hanzeplein 120, 9713 GW Groningen 3+31 (0)50 367 40 00 Monday to Friday 8.00 to 17.00

Psychological Counselling

16

Uurwerkersgang 10, 9712 EJ Groningen \$\alpha\$+31 (0)50 363 80 66

Monday to Thursday 9.00 to 16.30

Friday from 9.00 to 13.00

Harlingertrekweg 58, 8913 HR Leeuwarden 3+ 31 (0)88 229 92 22 Monday to Friday: 8.00 to 17.00

Student Service Centre

University confidential advisor

University Medical Centre Groningen (UMCG)

Admissions Office

First floor academy building Broerstraat 5 &+31 (0)50 363 8976 admission@rug.nl

General enquiries

International Office prospectives@rug.nl

Accommodation SSH

8+31 (0) 88 730 4200 groningen@sshxl.nl

Leeuwarden Student Stay

3+31 (0)58 844 21 00

http://studentstay.roomeo.com/#/information

Visa and immigration related questions:

International Service Desk

Building of Studium Generale (building 4433)
Oude Boteringestraat 13

3+31 (0)50 363 8181
isd@rug.nl

Exchange and Erasmus

Building of Studium Generale (building 4433)
Oude Boteringestraat 13

\$\alpha\$+31 (0)50 363 3962/5972

msd@rug.nl

Payment of tuition fees

University Service Desk 3+31 (0)50 363 8004 payment-possibilities

Course-related enquiries

Please contact your faculty organization-faculties

