



university of
 groningen

2026 Road to the UG

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Part one: Before you arrive



We are delighted that you are considering studying at the University of Groningen.

Studying abroad is an exciting experience and we know that you will have many questions about what to do next. This guide answers some of these questions and helps you plan your journey to the UG after you have been admitted.

Please ensure that you read each section carefully and complete the checklists we have provided to help you. Links to key university services and other important information are included throughout the guide.

Also keep in mind that the information in this guide applies to the most common situation. Some information may not be relevant to your specific situation, for example, if you have received a pre-master offer or if you have applied to a fixed-quota programme.

If you have any questions, you can check rug.nl/admitted or contact [Student Information & Administration](#).

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Checklist

This checklist will help you organise your arrival at the UG:

1 Offer ☐
Receive an [offer](#) from the University of Groningen.

2 Supporting documents ☐
Provide relevant [documents](#) to meet the conditions of your offer. See page 5.

3 Money ☐

- Planning the finances for your studies and life in the Netherlands. See page 6.
- Travel and visa costs
- [Tuition fees](#)
- [Accommodation](#) costs
- Living costs (food, clothing, etc.)
- Study costs (books, IT essentials, etc.)
- Extras (unexpected expenses)

4 Immigration ☐
Make sure you meet the [immigration](#) requirements (if relevant). See page 9.

5 Accommodation ☐
Apply for [accommodation](#) through Student Housing (SSH), a partner of the UG. See page 10.

6 Health Insurance ☐
Arrange the correct health insurance to cover the duration of your studies. See page 15.

7 Follow us on Social Media ☐
 [University of Groningen](#)
 [universityofgroningen](#)

8 Pack ☐
Follow a [packing list](#) to ensure you pack only what you need.

9 Travel to the UG/Airport Meet and Greet ☐
Make [travel arrangements](#) to ensure a smooth journey. Find information about public transport here (www.ns.nl/en).

Order your Student Mobility OV-pass (with optional discounts) before arrival at order.studentmobility.nl: collect it at the Welcoming Ceremony or have it delivered to your address.

Book discounted train e-tickets for your journey to the Netherlands at stumob.com

In my check-in luggage:

1 Do not pack items that are [prohibited in the Netherlands](#). ☐

2 Pack something that reminds you of your family, friends and home country. ☐

3 Essential clothing items. ☐

4 Electrical equipment: ☐

- Laptop/tablet, charger (laptops are often prohibited in check-in luggage)
- Mobile phone, charger
- [Power adapter](#) (if necessary)

In my carry-on:

I have packed the following documents

1 My passport and all travel documents. ☐

2 My student visa (if applicable). ☐

3 My offer letter. ☐

4 My tuition fee receipt (if fees have already been paid), and/or a letter confirming I've been awarded a scholarship. ☐

5 Details of my accommodation. ☐

6 Any relevant medical certificates showing recent vaccinations. ☐

7 Copies of information about prescription medicines from my doctor in English (if necessary). ☐

8 My driver's licence translated into English (if I have one and intend to drive a vehicle). ☐

9 Contact numbers for my family and friends, including emergency contact details. ☐

10 Contact numbers for my insurance company, home bank and for the university. ☐

About the offer

After you have applied, you may receive an offer based on your current admission status. There are three types of offers: conditional offers, provisional offers and unconditional offers.

Conditional offers

These are for applicants who have yet to fulfil one or more of the admission requirements. In order to be fully admitted, you will have to satisfy the conditions for admission to your selected programme. This must be done before the deadline stated in your offer letter, which is sent to you by the Admissions Office after you apply. For example, you may receive a conditional offer pending receipt of a sufficient English proficiency test. Once you have successfully passed and achieved the required results for the test, refer to your offer letter for the next steps on submitting your new certificate. The Admissions Office will subsequently change your admission status.

Provisional offers

If you already meet all the entry requirements of your selected programme, but you have not yet sent in the relevant [certified documents](#), you can be provisionally admitted. To become fully admitted, you will need to send in the requested [certified documents](#), as outlined in your offer letter.

Unconditional offers

You will receive an unconditional offer if you have already met all the admission requirements and the Admissions Office has received your certified documents. In addition to the unconditional offer, you will receive a Decree of Admission. This statement is used to complete the admission procedure. Before your enrolment is final, you will still have to complete some steps.

Deferring your offer

If you are unable to start in the academic year that you have applied for, you are of course more than welcome to apply for the following academic year. We are formally not allowed to offer deferrals, as it is possible that admission requirements may change from year to year. If the entry requirements remain the same, you are likely to be admitted to the programme again. Take note that this does not automatically apply to fixed quota or other selection programmes. Additionally, it is necessary to pay the [application fee](#) when re-applying. Please contact the [Admissions Office](#) for further information.

Application status

Applicants can check their application status in real time! Once you have activated your UG account, you can monitor your application status in the [Progress Portal](#). If there are still tasks to be completed, the portal will show you how to complete your registration.

Planning your finances

It is essential that you make sure you have enough money to cover your study and living costs while studying at the UG. You should plan your finances well in advance of your arrival, as it can be difficult to arrange funding after you have started your programme.

Many jobs in Groningen and Leeuwarden require Dutch language skills. There are, however, a number of companies, shops and cafes that hire non-Dutch speaking students. If you are a non-EU/EEA passport holder, you will need a permit sponsored by your employer before you can work legally. If you work in the Netherlands, you are also obliged to arrange [Dutch health insurance](#).

If you are a non-EU/EEA student and wish to look for a student job in the Netherlands, there are a number of things you should know:

- If you hold a residence permit, you are only allowed to work in the Netherlands if your employer requests a work permit for you (TWV).
- With a TWV you are only allowed to work 16 hours per week, or do seasonal labour during the months of June, July and August.
- If an internship is a compulsory part of your study programme, your employer does not need to apply for a TWV. Instead, you, your employer and your educational institution will need to set up and sign an internship agreement.
- Many international students are not aware of their rights as employees in the Netherlands, and employers may try to take advantage of this. The best way to protect yourself is to learn about your rights, for example by consulting the [Dutch government website](#).

Non-EU/EEA Fees

Standard [tuition fees](#) for new Bachelor's and Master's non-EU/EEA students for 2026/2027 can be found online.

Monthly estimated cost of living in Groningen (sources: Nibud, Kamernet)



Groceries: €200-300



Rent, incl gas, water & electricity: €450-950



Course materials: €30-60



Insurance: €150-250



**Phone/cable/
internet/
subscriptions:
€50-100**



**Transportation:
€20-€80**



**Shopping &
entertainment:
€200-300**

Students typically spend between €1.200 and €1.600 per month in Groningen, excluding tuition fees.

EU/EEA Fees

[Tuition fees](#) are the same for Dutch and European Union students (European Economic Area: all EU countries + Norway, Switzerland, Liechtenstein and Iceland).

Payment of tuition fees

There are a number of different ways for you to pay your tuition fees and you can indicate your preferred payment method via Studielink. You need to make sure that you pay your tuition fees before the start of your degree programme, as you are not allowed to enrol if you have not met your financial obligations.

The University of Groningen will notify you about paying your tuition fees. Please note that this notification does not mean that you are officially enrolled at the university as you will be notified of that separately.

If you have questions about your tuition fees, please find our contact details at rug.nl/sia.
Physical location: First floor Academy Building
(Building 1112, Broerstraat 5)

Direct debit payment

You can authorise the university to debit your account for the full amount or opt to pay in instalments. If you pay in instalments, a one-time administrative fee of €24 will be charged.

If you start on 1 September, the full payment will be collected in the last week of August. If you opt for instalments, these will be collected in the last week of September, November, January, March and May.

If you start on 1 February, the full payment will be collected in the last week of February. The number of instalments and collection months differ from the September intake. Please check the [university website](#) for the exact schedule.

Make sure you are well informed about the conditions of [direct debit](#) mandates.

PIN payment by bank debit card

You can also pay your tuition fees with your direct debit card at the university's Student Information & Administration office. Ensure that you have sufficient funds in your account to make the payment. Make an appointment using this [form](#).

PIN payment by credit card (non-EU only)

If you wish to pay by Mastercard, Visa, JCB or CUP, you must go to the [Student Information & Administration](#) and use your credit card in the pin-code reader to pay your tuition fee (payment of the full amount only). The administration fee for a credit card payment is € 50 (per transaction). Please note that payment by credit card is only possible if you are a non-EU/EEA student and you have to pay the higher university tuition fees.

Cash payment

You can also pay your tuition fees in cash at the university cashier's office, by [appointment](#). Cash should not be sent by post. Although you have the option to pay in cash if

there are no other options available to you, we advise against carrying large amounts of money into the country for security reasons.

Direct bank transfer

You can pay your fees in full by transferring money from your bank directly into the university's bank account through an electronic transfer. It is important that you include your student number, name, initials and date of birth. For example: S1234567, Jones S, 01/02/2004. You need to make sure that additional costs (such as bank charges) are also paid.

Non-EU students will be contacted by the Student Information & Administration department with specific payment information.

Account name	Rijksuniversiteit Groningen
Bank name	ABN-AMRO
Account number	NL84ABNA0425600904
BIC/Swift code	ABNANL 2A
Reference	onderwijsgelden
Address	Gustav Mahlerlaan 10, 1082 PP Amsterdam

Start date 1st September

- The tuition fees must be on our account no later than 31 August, or for non-EU/EEA students 1 July. Check which date applies to you in your visa [application guide](#).

Start date 1st February

- The tuition fees must be on our account no later than 31 January, or for non-EU/EEA students 1 December. Check which date applies to you in your visa [application guide](#).

Sponsored students

If you receive sponsorship for your studies, you must provide written confirmation of this so that the UG can send an invoice to your sponsor. You will need to send this letter to the University at least six weeks before your date of registration. A sponsor's letter must be written in English, on formal letterhead, and needs to state both your name and your student/applicant number. It should

also include reference to the amount in euros for the duration of sponsorship (i.e. first year or full course), as well as an address for the invoice to be sent to. More information for [EU students](#) and [non-EU students](#) can be found online.

Opening a bank account

If you wish to open a bank account in your home country that can be used in the Netherlands, you should look for a bank with global connections. Information about opening and running a bank account in the Netherlands is available on arrival at the university.

To open an account in the Netherlands you need to provide proof of the following (these may vary depending on the bank):

- Valid passport or ID;
- Proof of enrolment at the University of Groningen;
- Proof of residence for verification of your Dutch address, e.g. your rental contract;
- Proof of registration with the municipality (BSN number).

There are various bank branches available, and we advise you to choose a bank that best suits your preferences.

Emergency funds

You still need to have other funds and means of payment available when you initially arrive in Groningen or Leeuwarden. This is the case even if you intend to open a Dutch bank account.

We recommend that you bring:

- **A bank card** that will allow you to use an ATM or cash machine/point in the Netherlands. Maestro and Cirrus are available in many places, but check with your bank at home to be sure;
- **A credit card** (Mastercard or Visa). It is worth noting that you cannot use a credit card in the vast majority of supermarkets and shops, so until you get a debit card/Maestro card, you will need cash;

In the Netherlands you will pay with a debit card for most purchases. If your bank allows it, you can also use Google Wallet or other services such as Revolut to pay with your phone. Your phone can then have a similar function to a debit card, and this may be a good alternative during your first days in Groningen or Leeuwarden.



Immigration advice

If you are a student from country group 2, 3, or 4 in the visual below, and you will be staying for longer than three months (90 days), you need an MVV visa (type D-long-term multiple entry visa) and/or a residence permit card in order to study in the Netherlands. The university applies for your MVV visa and/or residence permit with the Dutch Immigration Services (IND). **You cannot apply for this yourself.**

The university will inform you about the procedure and the documents that are needed for the application. You will receive all information you need once you have received an offer from the Admissions Office of the University of Groningen.

More details of the [procedure](#) can be found online.

Country Group	Nationality	Immigration requirements
Group 1	Students from Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden and Switzerland	• Do not need an MVV • Do not need a residence permit • Do not need a work permit • Do need to register as a citizen at a Dutch municipality on arrival
Group 2	Australia, Canada, Japan, Monaco, New Zealand, South Korea, United States of America, Vatican City State and the United Kingdom	• Do not need an MVV • Do need a residence permit (stay over 3 months) • Do need a work permit (should you wish to work part-time) • Do need to register as a citizen at a Dutch municipality on arrival
Group 3	Students from Albania, Andorra, Antigua and Barbuda, Argentina, Bosnia and Herzegovina, Brazil, Brunei, Chile, Colombia, Costa Rica, Dominica, El Salvador, Georgia, Grenada, Guatemala, Honduras, Israel, Macedonia, Malaysia, Mauritius, Mexico, Moldova, Montenegro, Nicaragua, Palau, Panama, Paraguay, Perú, Samoa, San Marino, Serbia, Singapore, St Lucia, St Vincent and the Grenadines, Taiwan, Ukraine, United Arab Emirates, Uruguay, Vanuatu and Venezuela	• Do need an MVV (stay over 3 months) • Do need a residence permit (stay over 3 months) • Do need a work permit (should you wish to work part-time) • Do need to register as a citizen at a Dutch municipality
Group 4	Students from all other countries	• Do need an MVV • Do need a residence permit • Do need a work permit (should you wish to work part-time) • Do need to register as a citizen at a Dutch municipality on arrival

Accommodation

Finding accommodation in the Netherlands can be challenging, especially at the start of the academic year. It is essential that you begin your search early and understand how student housing in Groningen and Leeuwarden is organised. The University of Groningen does not provide accommodation and students are responsible for arranging their own housing.

Start your search early (very important)

The start of the academic year is a very busy period across the Netherlands. In Groningen alone, more than 20,000 students are looking for accommodation at the same time. If you wait too long, availability will be limited and prices may increase. If you plan to start your studies in September, we strongly recommend beginning your accommodation search in April or earlier.

Rooms for students through SSH become available for registration from 9 April, with bookings opening in April for degree students and June for exchange students. Availability in the private rental market also decreases rapidly over time.

If you cannot find accommodation in Groningen, you may wish to consider nearby cities or towns in the north of the Netherlands that are easily accessible by public transport, such as Assen (17 minutes by direct train) or Leeuwarden (34 minutes by direct train).

Groningen

SSH Housing

If you have arranged with SSH to move into your accommodation when you arrive in Groningen, you will be able to find more details in your accommodation offer document. For more information go to the [SSH website](#). You can also contact SSH directly:
Tel: +31 (0) 88 730 4200.

At Home in Groningen

This is a [website](#) collaboration between The University of Groningen, Hanze University of Applied Sciences and the Municipality of Groningen, and provides useful information about what it is like to live in a young and vibrant city like Groningen. On the At Home in Groningen website you can find more information about:

- How to find housing in Groningen
- Types of accommodation in Groningen
- How to avoid scams
- Housing rights and tenant's duties

Private rentals

Should you wish to live alone, there are also several property rental agencies ('makelaar') in Groningen as well as the large property search website [funda.nl](#). Properties offered are likely to be a great deal more expensive than student housing. Please be aware that rental accommodation is mostly unfurnished.

When you finally find a home you like, you must sign a rental agreement. This is normally done at the real estate agent's office, with the organisation, or directly with the landlord.

Price and location

The price of a room depends on the location (distance to the city centre) and the size. For long-term rental, it is wise to budget for rent between €450-€750 per month. For short stay accommodation, expect to pay between €600-€950 per month.

You can also consider other towns and cities in the north of the Netherlands that are easily accessible by public transport, such as Assen or Leeuwarden.

Beware of persons attempting to take advantage of your need for housing. Stay vigilant and thoroughly check if offers can be trusted. The [Steunpunt Huren Groningen](#) (Rent Support Groningen) website has valuable information on avoiding scams.

Housing on UG website: www.rug.nl/accommodation
At Home in Groningen: www.athomeingroningen.com
Groningen Life: www.groningenlife.nl/en/housing
SSH: www.sshxl.nl

Facebook pages

Facebook pages may be a good place to connect with other students looking for accommodation or to find out about any private rentals. Some of the most popular Facebook groups are “Student rooms Groningen”, “Groningen rooms”, “Free housing announcements in Groningen”, and “Student Housing Groningen”. For Leeuwarden, you can try “Leeuwarden Housing Market” and “Kamer Leeuwarden”.

University College Groningen

The University College programme has reserved accommodation for all Liberal Arts and Sciences students. First-year students are offered guaranteed housing.

Further information for UCG students

Check the information you received from SSH about your accommodation. Alternatively, browse the SSH website, which has up-to-date information on all student accommodation, application and allocation procedures.

Leeuwarden

The good news is that it is relatively easy to find accommodation in Leeuwarden. Students often rent a room in a shared house or an apartment or there is the opportunity to opt for a one-bedroom or studio apartment. There are a number of real estate agents or private landlords who advertise their rooms on different platforms. Facebook groups are also commonly used to find accommodation.

The price of a room depends on the location (distance to the city centre) and the size. It is wise to budget for rent between €450-€750 per month.

Private Rentals

There are numerous platforms advertising accommodation in Leeuwarden with some being free to join and others asking for a registration or a monthly fee. [Student Stay](#) is our accommodation partner in Leeuwarden and reserves accommodation for Faculty Campus Fryslân students with their buildings being located close to the faculty. You can also look for accommodation through these private rental companies:

[Kamernet](#)

[Rotsvast](#)

[Maxx Rentals](#)

[Markt058](#)

[Xior Student Housing](#)

[Rooms in Leeuwarden](#)

University College Fryslân

University College Fryslân offers guaranteed housing for the first-year students of the bachelor Global Responsibility & Leadership at Kanaalstraat location through our partnership with [Student Stay](#).

Facebook pages

On Facebook, there are many different groups where people offer rooms or ask for one. Some of the most popular Facebook groups are “Leeuwarden Housing, Rooms, Apartments”, “Rooms/Housing/Huisvesting Leeuwarden”, “Find Houses for rent in Leeuwarden”, “Kamers, studios en appartementen in Leeuwarden”, “Leeuwarden Housing Market” and “Studentenkamers in Leeuwarden”.



Studying at the University of Groningen



The academic year at the University of Groningen runs from the first Monday of September until July.

All faculties work with a semester system:

- The first semester runs from September to January
- The second semester starts in February

Exact dates (such as exam periods and holidays) may differ per faculty and programme. Always check your faculty's academic calendar for the most up-to-date and programme-specific information.

Registering for your programme

You will register for your courses through [Ocasys](#). Your faculty will inform you how and when course registration takes place. It is important to follow these instructions carefully.

If you encounter any problems or have questions about course registration, you can contact your [faculty's Student Desk](#). You can also find detailed information about your courses in the [course catalogue](#).

Binding Study Advice

At the University of Groningen, first-year Bachelor's students receive what is known as Binding Study Advice (BSA). The purpose of the BSA is to assess whether your chosen degree programme is a good fit for you and whether you are making sufficient academic progress.

During your first academic year, you are required to earn at least 45 ECTS credits, which equals three-quarters of the standard 60 ECTS for a full study year. Halfway through the year, usually in January, you will receive a preliminary advice based on your study results and progress. This preliminary advice is intended to help you understand whether you are on track and to encourage you to seek academic support if needed. For University College Fryslân, the Binding Study Advice is 60 ECTS.

At the end of the academic year, the Binding Study Advice is issued. If you have earned fewer than 45 ECTS credits, you will receive a negative BSA. A negative BSA means that you are required to discontinue your degree programme. This decision is binding and applies for a period of two academic years, starting on 1 September of the academic year in which the negative advice is issued. During this period, you are not allowed to continue or re-enter the same programme.

In some cases, a negative BSA may also apply to a cluster of related degree programmes. Detailed information about clustered programmes, procedures, study support options and evaluation can be found in the [BSA Manual](#).





Student card

The University of Groningen student card, known as the [UG card](#), serves as proof of your student status. It is used for identification during exams, access to university buildings and the University Library, and using printers and other university facilities.

Once you are fully registered and have uploaded your photo, your student card will be created automatically. This process usually takes around two weeks.

If you have entered a Dutch address in Studielink, your student card will be sent directly to that address. If Studielink only contains an address abroad, your card will be sent to the Student Information & Administration desk. You will be contacted with instructions on how and when to collect it.

MoMi

[MoMi](#) (Modern Migration Policy) is Dutch legislation that applies only to non-EU/EEA students who hold a Dutch residence permit with the purpose 'Study'.

Under MoMi regulations, you must earn a minimum number of ECTS per academic year (in most cases 30 ECTS) in order to keep your residence permit for the following academic year.

Introduction events

All faculties organise an introduction programme, which usually takes place in the first week of the academic year. Some programmes may start in the week before. Besides the faculty introduction programme, there are many more welcoming events taking place in Groningen and Leeuwarden. You can find more information in part two of this guide, or on the [university's website](#).

Insurance

Everyone residing in the Netherlands is legally required to have valid health insurance ('zorgverzekering'). International students are not automatically insured, so you must arrange appropriate coverage yourself. The kind of health insurance that applies to you depends on various factors, including your country of origin, age, whether you are employed in the Netherlands and the duration of your stay. Check the information provided by NUFFIC on [healthcare insurance for international students in the Netherlands](#) to find out which health insurance applies to your situation.

Dutch Public Healthcare Insurance

You are obligated to take out Dutch public healthcare insurance if you:

- Are over 30 years old and your stay in the Netherlands is not temporary, or
- Have a (part-time) job or paid internship in the Netherlands, or
- Are a PhD Scholarship student, participating in the [PhD Scholarship Programme](#).

If you are required to take out Dutch public health insurance, you may also be eligible for healthcare benefits ('zorgtoeslag'). Check the [Belastingdienst](#) page for more information.

Consult [Zorgwijzer](#) for an overview of the different basic health insurances available. The website compares different insurances, including what they cover and what they cost.

Please note: Dutch healthcare insurance covers the cost of basic medical care ('basisverzekering'). It does not include liability insurance (mandatory when you drive or own a motor vehicle in the Netherlands!), home insurance, or travel insurance.

You can take out an additional insurance package at [AON](#) for these additional types of insurance.

EU Health Insurance Card (EHIC)

If you do not qualify for Dutch Health Insurance and you are a student from the EU, you can use an [EU Health Insurance Card](#). You can get the EHIC from your own insurance company in your home country if you are insured under a national health service. With the EHIC, you will not have to pay for treatments that are free for local residents in the Netherlands, and you may be eligible for [reimbursements](#). This insurance does not, however, cover liability insurance (mandatory when you drive or own a motor vehicle in the Netherlands!), home insurance, or travel insurance. You can take out an additional insurance package at [AON](#) for these additional types of insurance.

Private Healthcare Insurance

If you are a non-EU/EEA student, you will need to take out private healthcare insurance. Please check what your insurance company covers, and how much coverage you have during your time in the Netherlands. If your health insurance does not cover your stay in the Netherlands, you can apply for [private healthcare insurance](#) online. This type of insurance also includes liability, home and travel insurance. An example of a private insurance provider is [AON](#), a company specialised in student insurance.



What to pack

The following tips will help you plan your journey to the Netherlands and make your arrival as smooth and stress-free as possible.

Documents to carry in your hand luggage

If you are a non-EU/EEA student, you will need to carry the following items in your hand luggage:

- Your University of Groningen letter showing you have been admitted
- Details of your permanent or provisional accommodation (if relevant)
- Any relevant medical certificates showing recent vaccinations
- A passport or national identity card

Make sure to keep these original documents safe. We strongly advise you to keep these with you in your hand luggage.

EU/EEA nationals do not need a visa to enter the Netherlands but must be able to present a valid passport or national identity card upon arrival.

Climate

The Netherlands has a moderate climate with a fair amount of rain. Temperatures throughout the year can range from -10°C (14°F) in winter to 34°C (93.2°F) in the summer. However, the weather is unpredictable, so make sure to download an accurate weather app.

Essential items of clothing

- Winter coat – one that should keep you dry and warm in all weather
- Winter accessories such as gloves, a scarf and a warm hat
- Waterproof shoes
- Jeans
- Sweatshirts, sweaters or cardigans
- A smart outfit for formal occasions (shirt, trousers, skirt and/or dress with smart shoes)

- Summer wear (shorts, t-shirts, flip-flops, swimwear)
- Gloves, sportswear
- Trainers (sneakers), or any shoes comfortable enough for running to class if you are late!

Money

Do **not** bring large amounts of cash with you. We suggest that you carry enough money to cover your first four weeks here to pay for expenses such as phone cards, transportation, toiletries and food. When exchanging your money, ask for lower denominations of currency: for example, €5, €10 or €20 notes. If you are unable to get smaller notes, you can exchange these at a bank once you have arrived.

Non-EU visa students are advised to bring enough cash with them for the first few weeks, or have another way of withdrawing cash in the city. Once you have opened a Dutch bank account, you need to complete a form to request a refund from the ISD of the proof of [sufficient funds payment](#) (which is paid during visa application). Transfers are **ONLY** made into Dutch bank accounts.

Electrical equipment

- Your computer/laptop (and/or tablet) with a charger
- Mobile phone with a charger
- If your phone is carrier locked, you will not be able to use it with any of the Dutch mobile phone operators. Make sure it is unlocked.

Please note that appliances purchased outside the EU may not be safe to use in the Netherlands because of the higher voltage supply (230V, 50Hz).

Power adapter

Electrical sockets in the Netherlands use type C and type F plugs (two round pins). Depending on your home country, you may need a power adapter. These can be purchased at the airport or in many shops after arrival.

Things to consider

Items of bedding and kitchen equipment can be bought cheaply when you arrive – either new or second hand, so it is not necessary to bring these when you come. This is also the case for sports equipment, unless you have special equipment that you wish to bring.

For information on what you are allowed to bring into the Netherlands, check the Dutch [customs](#) site. If you are a non-EU/EEA student, you are prohibited from bringing food and plant products into the Netherlands.

Sending luggage in advance

If you plan to send luggage ahead of time, ensure that it arrives after you have checked into your accommodation. The university does not provide storage facilities for luggage.

Safety tips

- Do not bring large amounts of cash.
- Pack your own luggage.
- Do not put cash in your suitcase.
- Throughout your journey, do not accept help with your luggage from people that you do not know.
- Do not leave your luggage unattended at any time.
- Do not accept requests to carry items for other people.



Part two: Welcome to the UG



After preparing for your move to Groningen or Leeuwarden, you will be busy settling in and getting to know the city. This part of the guide will help you to find your way around your new home and answer some of the questions you might have.

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Arriving in the Netherlands

Arriving in the Netherlands

Most international students travelling to the University of Groningen arrive via Schiphol Airport in Amsterdam. However, several other airports may also be convenient (and sometimes cheaper) depending on your travel plans.

The Dutch train network is operated by Nederlandse Spoorwegen (NS). Trains run frequently between major cities and are usually the easiest way to travel. Plan your journey via the NS app or [ns.nl/en](https://www.ns.nl/en). Tickets can be purchased online, at station machines, or by checking in with your debit card or phone. Most ticket machines accept card payments only.

For door-to-door journey planning including buses, trams and metros, you can use the 9292 app or visit [9292.nl/en](https://www.9292.nl/en). You can also use Google Maps to plan your route.

Schiphol Airport

If you arrive at Schiphol Airport, you can travel by train. The train station is located directly underneath the terminal. Trains to Groningen and Leeuwarden depart approximately twice an hour, with a journey time of $\pm 2\text{h}15$. Some trains travel directly, while others require a transfer at Zwolle.

Schiphol Airport welcome service

Each year, the [Movin' to the UG Team](#) will be present in the arrivals hall to meet new students and guide them to the correct train to Groningen or Leeuwarden. Please register in advance via the [sign-up form](#) on the university website and indicate your arrival time.

Eindhoven Airport

Some students choose to fly to Eindhoven Airport, which is popular for budget airlines. As the airport does not have a train station, take bus 400 or 401 to Eindhoven Centraal, then continue by train to Groningen or Leeuwarden (± 4 hours total).

Rotterdam The Hague Airport

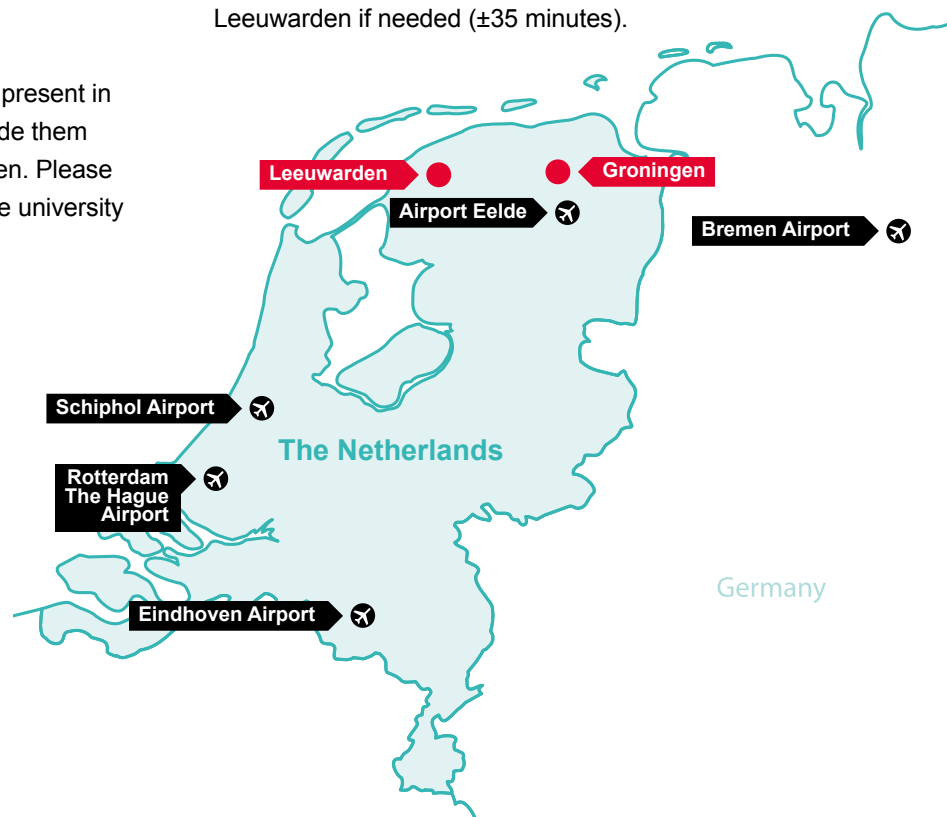
Rotterdam The Hague Airport is a good option for students travelling from several European cities. Take bus 33 to Rotterdam Centraal, then train to Groningen or Leeuwarden (± 3 hours).

Bremen Airport

Another option is to travel via Bremen Airport in Germany. Take tram 6 to the Bremen bus terminal at Rosa-Parks-Ring, then FlixBus directly to Groningen (± 3 hours). Tickets can be booked at global.flixbus.com. For Leeuwarden, continue by train from Groningen (± 35 minutes).

Groningen Airport Eelde

Groningen Airport Eelde is located about 15 kilometres from Groningen and serves a limited number of European holiday destinations. Take bus 9 to Groningen Central Station (± 30 minutes), then continue by train to Leeuwarden if needed (± 35 minutes).



After you arrive in Groningen or Leeuwarden, it is important that you make sure you are officially registered with the various parties relevant to living and studying here.

Visa and residence permit

Your visa and residence permit must be arranged before you travel to the Netherlands. After your arrival, you will be informed when and where you can collect your residence permit card.

In most cases, you will need to make an appointment to register with the municipality. During this registration, you will usually receive your citizen service number (BSN). If your residence permit is not yet ready for collection, you will be informed individually about the next steps.

If you have any questions regarding your visa/residence permit, please contact: [Immigration Service Desk](#)
Tel: +31 50 363 8004

Registering with the municipality

Groningen and Leeuwarden

Within five working days of your arrival in the Netherlands, you must register with the municipality where you live. This registration is required to obtain a BSN (citizen service number), which you will need for matters such as opening a bank account and arranging insurance.

You will need:

- A valid passport or identity card
- A rental agreement or proof of address

If applicable:

- A valid residence permit (non-EU students)

You can make an appointment online with the municipal office in [Groningen](#) or [Leeuwarden](#). Be sure to bring both the original documents and copies.

Registering with a GP

The General Practitioner ('huisarts') is your starting point to all [healthcare in the Netherlands](#). You need to be registered with a General Practitioner (GP) in order to get treated and get your treatment reimbursed by the insurance company.

Bank Account

We advise you to open a Dutch bank account after your arrival in the Netherlands since the most common payment method is PIN/debit card. More information about how you can open a Dutch bank account and what kind of banks are available in the Netherlands can be found [on our website](#).

Tuition Fees

EU students: To become fully enrolled, you need to arrange the payment of your tuition fees before 31 August. This is very important, as you cannot be enrolled if the payment arrangement has not been completed by this date.

Non-EU/EEA students will need to transfer one academic year's worth of tuition fees to the university's [Student Information & Administration \(SIA\)](#) before the deadline set by the Immigration Service Desk (ISD). You will receive more detailed information about this once you have received an offer.

Registering for Courses/Exams

Registering for courses and exams takes place through [Ocasys](#). You can contact the [Student Desk of your faculty](#) if you need help with your registration.

Keep in mind that many programmes require you to sign up for your courses before the start of the academic year in order for you to be able to start studying. You should receive information from your programme on how and when to register. Keep in mind that registration deadlines differ between faculties.



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](#).

Introduction weeks

The quickest way to get familiar with the city and meet fellow students is to sign up for the introduction weeks. Check the [website](#) for the latest information.

Groningen

The [KEI week](#) is the official introduction week in Groningen where Dutch and international students become acquainted with the city.

[ESN Groningen](#) is a student organisation that forms part of the Erasmus Student Network (ESN). They have the motto 'Students helping students', which they achieve by organising over 150 activities for international students throughout the year. This includes an introduction week at the beginning of each semester to ensure that new international students have the best possible start that they can in Groningen and Leeuwarden. You can find more information and updates on the introduction weeks on the [KEI](#) and [ESN](#) websites.

Leeuwarden

[Leeuwarden Student City](#) organises an introduction week for all students in Leeuwarden called [LEIPI](#), as well as many other exciting events. Check their website for more information.

Welcoming Ceremony

All new international students will be invited to attend a Welcoming Ceremony at the start of the academic year. More information about the format of the ceremony will be published on the [welcoming pages](#) soon. You will receive an invitation for the Welcoming Ceremony about a month in advance. If you have not received an invitation or additional information by the middle of August, [contact the UG](#).

Faculty introductions

All faculties have their own introduction programme to tell you more about what to expect when you start and to find out more about your programme. Details can be found here:

- Faculty of [Economics and Business](#)
- Faculty of [Behavioural and Social Sciences](#)
- Faculty of [Religion, Culture and Society](#)
- Faculty of [Arts](#)
- Faculty of [Medical Sciences](#)
- Faculty of [Law](#)
- Faculty of [Spatial Sciences](#)
- Faculty of [Science and Engineering](#)
- Faculty of [Philosophy](#)
- UCG: [University College Groningen](#)
- [Faculty Campus Fryslân](#)



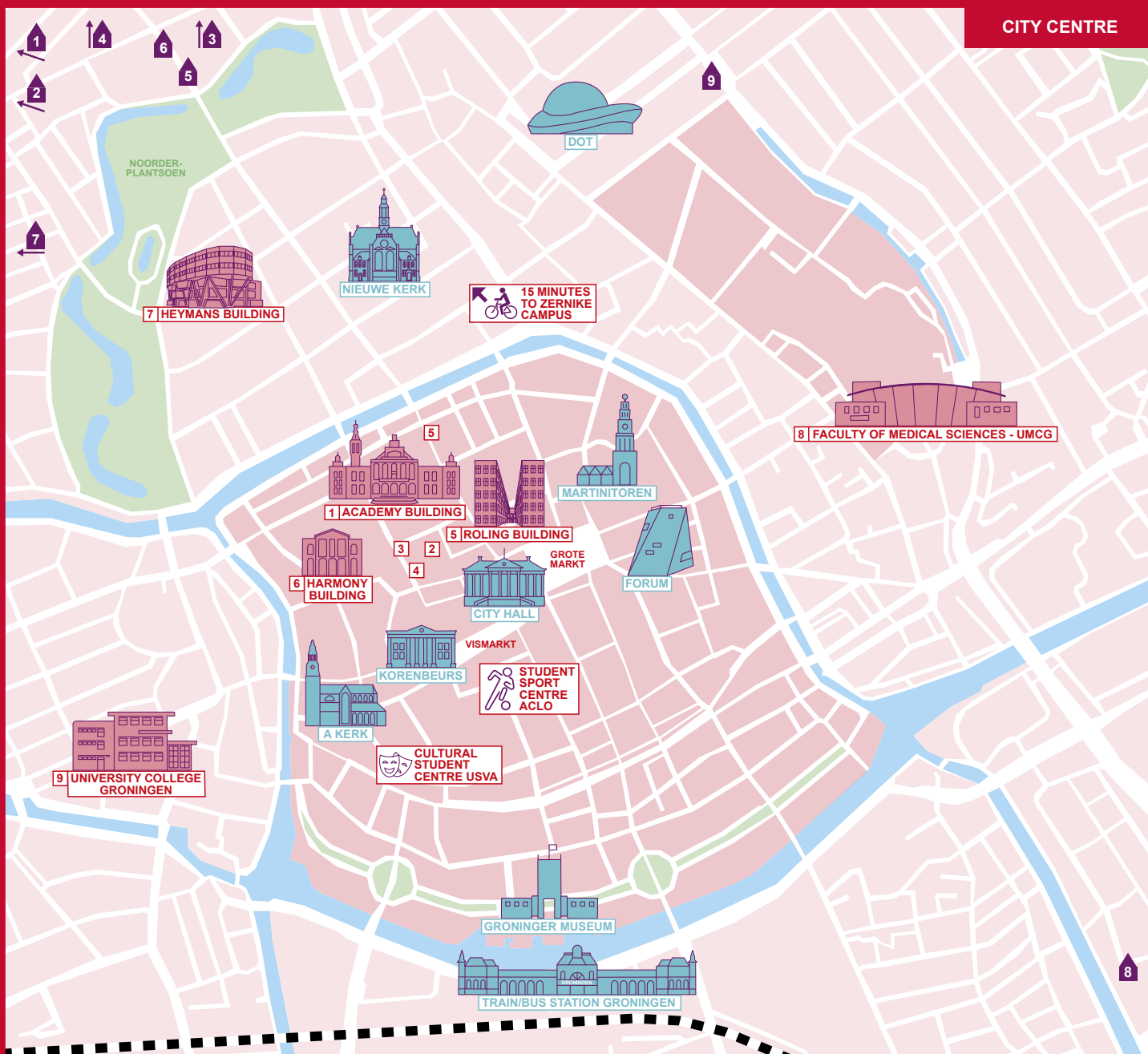
The City of Groningen

Although considered a large city in the Netherlands, the city of Groningen has a population of 244,500, of which approximately 60,000 are students. This means that 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, with a safe community character. Groningen is also a typical bicycle city with clean air and approximately 145 kilometres of cycling lanes, making it one of the best cycling cities in the Netherlands and the world.



- 1 Academy Building**
 - Student Information & Administration (SIA)
 - Immigration Service Desk (ISD)
- 2 University Library**
- 3 IShop (UG-Merchandise)**
- 4 University Museum**
- 5 Oude Boteringestraat**
 - Faculty of Law (Roling Building)
 - Faculty of Religion, Culture and Society
 - Faculty of Philosophy
 - University Services
- 6 Harmony Building**
 - Faculty of Arts
 - Student Service Centre
- 7 Heymans Building**
 - Faculty of Behavioural and Social Sciences
- 8 Faculty of Medicine**
- 9 University College Groningen**
- 10 Bernoulloborg**
 - Faculty of Science and Engineering
- 11 Duisenberg Building**
 - Faculty of Economics and Business
- 12 Mercator Building**
 - Faculty of Spatial Sciences
- 13 Linnaeusborg**
 - Faculty of Science and Engineering
- 14 Feringa building**
 - Faculty of Science and Engineering

- 1 **Upsilon**
Antaresstraat 43 - 9742 LA
- 2 **BNC**
Plutolaan 329 - 9742 GK
- 3 **Cornus**
Kornoeijestraat 2 - 9741 JB
- 4 **Proxima**
Zernikepark 25B - 9747 AP
- 5 **Moes 8**
Moesstraat 8 - 9717 KM
- 6 **Moes 16**
Moesstraat 16 - 9717 JT
- 7 **Albertine Agnesplein**
Albertine Agnesplein 2 - 9717 BD
- 8 **Winschoterdiep**
Winschoterdiep 46 - 9723 AC
- 9 **Libertas**
Wouter van Doeverenplein 2-27
- 9713 JG





The City of Leeuwarden

Studying at Faculty Campus Fryslân will mean that you are fortunate enough to be based in Leeuwarden, located in the north-west Dutch province of Friesland. The city has been described as being like Amsterdam but without the crowds, and 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 30,000+ students studying at the various colleges in the city. Furthermore, there is the chance to explore the Wadden Sea and the Wadden Islands – one of Europe's most important 'wet land' nature reserves.



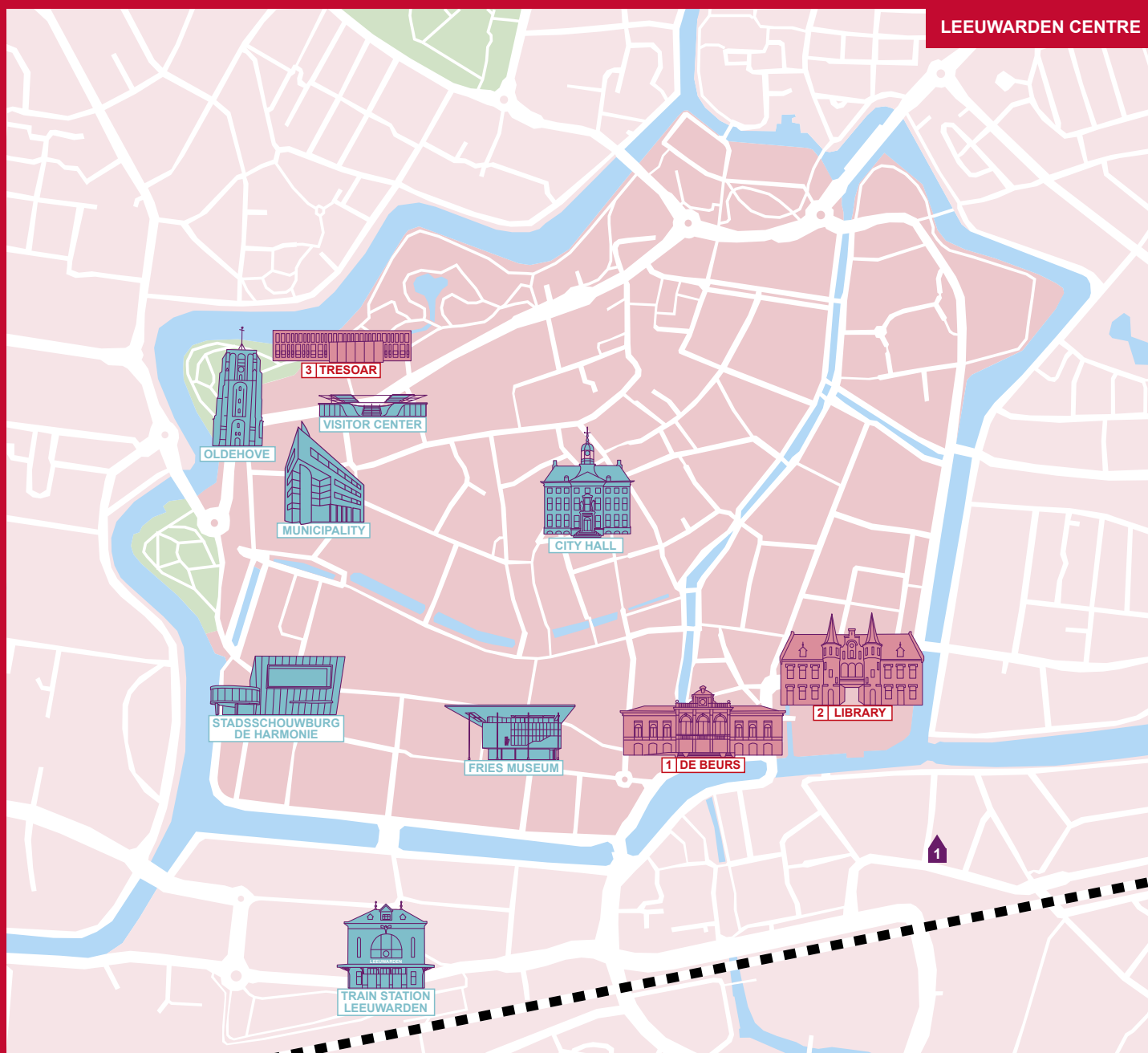


UG buildings

- 1 De Beurs, faculty building**
Wirdumerdijk 34
- 2 Library**
Blokhuysplein 40
- 3 Tresoar**
Boterhoek 1

StudentStay housing

- 1 Kanaalstraat**
Kanaalstraat 15-139, 8933 AL





Student Services

We know university life can present different concerns and questions. If you need information, advice or support during your degree, we've got you covered.

Student Information and Administration (SIA)

SIA is responsible for everything from your initial application in Studielink to your enrolment as a student at the UG. This includes issues like tuition fee payment, visa application and verification of documents. More information can be found on www.rug.nl/sia.

You can contact the Student Information and Administration by:

- Phone: +31 (0)50 363 8004
- [Contact form](#)

In the event that you have any questions regarding your visa or immigration rules, you can contact the [Immigration Service Desk](#), which is a part of SIA.

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 located within your faculty.

If you are based in Leeuwarden, you can visit the Student Service Desk on the second floor at the Beurs (Wirdumerdijk 34, 8911CE Leeuwarden). You can also email: cf-sec@rug.nl or call +31 (0)58 205 5000.

Study Advisers

Each study programme has one or more study advisers who act as your first point of contact for questions or problems before and during your studies. You can go there if there are extraordinary circumstances, in case of special needs or illness, for information about the binding study advice (BSA) and your study planning. They can also help you with questions about your programme, such as the structure of the curriculum and the choices you can make within it. But also if you need someone to talk to, the study adviser's door is always open. Conversations with a study adviser are always confidential. Contact details can be found on www.rug.nl/studyadviser.

Student Service Centre

The Student Service Centre (SSC) is the centre of expertise in student counselling at the University of Groningen. The student counsellors of the SSC work from an independent position of trust and are in most cases the contact point where you can request educational and examination facilities. For example, if you experience barriers because of an illness or a functional impairment. If, during your studies, you have study-related complaints (such as stress) or psychological complaints (such as anxiety or depression), you can contact one of the psychologists at the SSC. Courses and training programmes related to study skills development, stress management, personal development and more are organised by the trainers of the SSC. More information (including contact details) is available on www.rug.nl/ssc.

Educational and exam facilities

The University of Groningen aims to be an inclusive university. We therefore provide educational and examination facilities for students with a chronic illness or functional impairment (e.g. ASD, AD(H)D, dyslexia, a physical or sensory impairment). If you would like to make use of these facilities, we recommend that you apply for them before or during the summer vacation. In some cases, this can be arranged quickly online, but sometimes a personal appointment with a study adviser and/or student counsellor is needed first. In particular, if you experience significant obstacles due to your specific circumstances, we recommend that you contact your study adviser well before the summer vacation. They will be able to give you a realistic idea of the problems that you may face during your studies and the options available to you in terms of educational and examination facilities.

Browse our website for more information about studying during [extraordinary circumstances](#).

Information about how to apply for support facilities can be found in the [online information tool](#).

You will find [contact details](#) of study advisers on the university website.

Please note: In our experience, the educational and/or examination facilities offered by Dutch universities may differ from what students are used to in other countries. In some countries, these facilities may be more extensive, while in other countries they may be less extensive or similar. We believe that differences arise because of (for example) a different role of the university in healthcare, private/public status and accompanying tuition fees, and interpretation of the terms 'reasonableness' and 'feasibility'. Moreover, the University of Groningen handles all requests for facilities on a case-by-case basis. Facilities granted at other educational institutions are not adopted by default. We recommend taking these possible differences into account.

If you would like to receive more information about our facilities before arriving in Groningen or Leeuwarden, please contact the Student Service Centre at ssc-info@rug.nl. One of our student counsellors will be happy to advise you on this matter, thereby taking your personal circumstances into account.



Student Life



Deciding to study at the UG is a great choice. Beyond the university, you will find a vibrant city life in both Leeuwarden and Groningen.

You will have access to cultural events, festivals and nature, as well as activities organised by the many student societies. Here is an overview of what both cities have to offer.

Sports

Groningen has the [ACLO](#) as the overarching student sports organisation of the University of Groningen and the Hanze University of Applied Sciences, which is home 100+ sports and 49 sport associations! The ACLO, founded in 1945, is the largest student sports organisation of the Netherlands and represents the Groningen students' sporting interests at a national level. For a fee of just €74,95 per year, you will join over 20,000 others who have access to sports and activities, including water polo, African dance, bouldering, basketball and rugby.

Students in Leeuwarden can use the sports facilities offered by [Leeuwarden Student Sport](#) for a small yearly fee. There is a choice of different sports, including basketball, futsal, swimming and kickboxing.



Cycling

Cycling is usually the quickest and cheapest way to get anywhere in both Leeuwarden and Groningen. In Groningen, most of the city centre has been closed off to cars, so 70% of all transport in the city takes place by bicycle.

As a bike owner, 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. Throughout the year, but particularly during the winter, the police regularly check cyclists for these lights, and if you do not have working lights, you will need to pay a €70 fine. Please be aware that there is also a €160 fine for cycling with your phone in your hands.

It is also advisable to lock your bicycle with two locks: the wheel lock and a separate chain lock. The best protection against bicycle theft is to lock your bike to something, like a lamp post. Please make sure to check local rules, because this is not allowed everywhere and the municipality may remove your bike. You will then have to pay a fine before you can get your bike back.

Getting around by public transport

Public transport in the Netherlands works with a contactless travel card. The OV-chipkaart is currently being replaced by the new OV-pas, which you can recharge online and set to automatic top-up. You can also check in and out directly with your own bank card or credit card, though this does not give you access to discounts or subscriptions. For more information, see ovpay.nl/en/ov-pas

The University of Groningen works together with Student Mobility to help international students get around from day one. Through this partnership you can order a personalised OV-pas with travel discounts, including Arriva discounts relevant for travel in and around Groningen and Leeuwarden, without needing a Dutch bank account. You can also add an ISIC Student ID for thousands of student discounts worldwide. Order before you arrive at studentmobility.nl and collect your card at the Welcoming Ceremony.

Need a train ticket for your journey from the airport, or want to explore Europe during your studies? Book discounted domestic and international train e-tickets at stumob.com.



Identification

As a resident of the Netherlands, it is required by law that you always carry identification with you in case the police want to check who you are. You will also need to bring your [student card](#) with you for most university exams.

Student Societies

Joining a student society is one of the best ways to meet fellow students and discover what the university has to offer. Student societies often organise fun events like movie nights, pub quizzes, city trips and parties. You can find an overview of the international student associations [on our website](#).

If you are studying in Leeuwarden, there are [student associations](#) that will ensure you get to know students at Faculty Campus Fryslân as well as others in the city. Visit [leeuwardenstudentcity](#) for more information.

Food

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. It is common for people to share a meal at home with friends. You will likely always be within a few minutes distance of a supermarket. Between supermarkets, specialised stores and the weekly outdoor markets, there is a wide variety of ingredients available, so your time at the university might provide a great opportunity to expand your cooking skills.



Nightlife

Groningen

Groningen has a great deal to offer when it comes to nightlife. As it is the only city in the Netherlands that has no closing times for its bars and cafes, there is always something going on at night. The Grote Markt, Poelestraat and Peperstraat are the centre of Groningen's nightlife with several venues featuring live music throughout the city centre. [VERA](#) is our most famous underground music venue and has hosted several little known bands on the verge of breaking through. [Simplon](#) is also a great place if you are looking for alternative music.

You will also find a wide arrangement of festivals and events taking place throughout the year, including the internationally known music festival Eurosonic Noorderslag, that hosted artists like Dua Lipa in the past.

Leeuwarden

Leeuwarden boasts a cosy yet vibrant nightlife. With a third of the population being students, the city has a lively atmosphere and a diverse range of venues. Leeuwarden offers a mix of modern clubs, themed music nights, and traditional bars dating back to the early 1900s. The heart of the action can be found in Oude Dolesteeg and Ruiterskwartier, where cosy pubs sit alongside lively dance venues.

For live music lovers, Neushoorn is the go-to venue, hosting a wide range of performances from up-and-coming artists to well-known names. Festivals and events are also a big part of Leeuwarden's cultural life, with Explore the North bringing together music, literature, and art in a unique way. Whether you're looking to enjoy a quiet drink in a historic setting or dance until the early hours, Leeuwarden has something to offer.



Second-hand shops

There are a couple of good Facebook groups where you can buy second-hand items (including furniture, home essential, bikes and clothing). The most popular ones are: “For sale in Groningen” and “For sale in Groningen for everyone”. Moreover, Facebook Marketplace is also relevant for selling and buying both new and used items easily. Leeuwarden is a haven for second-hand lovers (clothes, furniture, and more!). The city is committed to becoming fully circular by 2030, which means students find many second-hand shops as well as local stores offering locally made goods.

USVA

Student Culture Centre, [Usva](#), is the cultural facility of the University of Groningen which strives to encourage students to develop themselves in arts and culture.

Usva provides an artistic platform in Groningen where you have the opportunity to discover and engage with the arts.

There are various courses available in artistic disciplines, such as film, improv comedy, dance, and drawing with the chance to also learn how to sew or play the piano.

Throughout the year, Usva hosts many events such as the Flicks Film Festival, jam sessions, karaoke nights, plays and music events. Student organisations also receive support for artistic projects from the venue in the form of grants, facilities and practical knowledge. Rooms and the theatre are available for students to rent.

Tips and Tricks

Leeuwarden

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 head to Voorstreek where there are several second-hand shops.

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

Every Friday (9.00 - 17.00) there is a large market at Wilheminaaplein 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 [Visit Leeuwarden](#) gives you an idea of the different festivals and events in the city.

Neushoorn

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



Groningen

Shopping

Groningen has an IKEA which is great for your regular interior needs alongside other stores such as Primark or HEMA which offer household essentials.

Most shops in Groningen are located in Herestraat and Westerhaven where you can find, among others, health and beauty chains (like Kruidvat and Etos) and supermarkets chains (like Albert Heijn, Jumbo, Coop, PLUS, Lidl and Aldi). Besides bigger chain stores, Groningen is also home to a host of smaller businesses located in and around the city centre.

Every Tuesday, Friday and Saturday (09.00 - 17.00) the squares of the Grote Markt and Vismarkt are filled with vegetable, fruit, cheese and fish stands as well as numerous other products. You will find flower and plants stalls in front or nearby A-Kerkhof.

There are a number of thrift stores for clothes and second-hand furniture shops in Groningen. A well-known chain of thrift stores is called [Mamamini](#). The shops are located on multiple locations in Groningen and sell everything from furniture to kitchen items and clothing.

Entertainment / Festivals

The website [Visit Groningen](#) gives a comprehensive overview of what is happening in Groningen city and province.

Eurosonic

[Eurosonic](#) is the biggest showcase music festival in Europe and takes place in the second week of January. Make sure you get tickets quickly because they sell out fast!

Nice to Know

Many bars, restaurants, museums, and cinemas provide student discount. Most of the times, this requires showing a proof of student status in the form of a student card from the UG.

Doctors and Health Services

Doctor/ General Practitioner ('Huisarts')

In the Netherlands, the General Practitioner or family doctor ('huisarts') is your first point of contact for medical care. **Registration with a GP is mandatory for all residents in the Netherlands, including international students.** Be sure to sign up with a GP as soon as possible – do not wait until you are ill – because you need to be registered with a GP before you can make an appointment.

When choosing a GP, it is advisable to register with a practice close to your (future) home address. Many GP practices only accept patients who live within a certain neighbourhood or postcode area.

Below you will find a few possible GPs in Groningen, but you are free to choose any GP practice.

Groningen

- [Academische huisartsenpraktijk Groningen](#)
- [Gezondheidscentrum Hoendiep](#)
- [Huisartsenpraktijk Radesingel](#)

Leeuwarden

- [Arts en Zorg](#)
- [Huisartsenpraktijk Kolthoff](#)
- [Huisartsenpraktijk Acacia B.V.](#)

Through these websites you will find an extensive list with GPs in [Groningen](#) and [Leeuwarden](#).

If you urgently need the help of a GP at night, during the weekend or on a public holiday, you should call the out-of-hours Medical Services:

Groningen

[Huisartsen speedpost Groningen](#)

With a Dutch phone number: 0900 - 9229 and with a non-Dutch phone number: +31 88 - 330 1300.
(Out-of-hours: 17.00 - 08.00 and during the weekend).

Leeuwarden

[Dokterswacht Friesland](#)

With a Dutch phone number: 0900 - 112 7 112.
(Out-of-hours: 17.00 - 08.00, during the weekends between Friday 17.00 and Monday 08.00 and on holidays from 08.00 - 08.00 the next working day).

Dentist ('Tandarts')

You are free to choose any dentist ('tandarts'). A referral is not needed. You will find dentists in your local area on Google Maps under 'Tandarts'. Alternatively, you may fill in your postal code on this [website](#), or ask a Dutch friend, colleague or neighbor for assistance. Should you need a dentist and do not have one already, you can contact the Department of Dentistry at 31 (0)50 363 75 05 (based in Groningen) for an appointment. If it is an emergency, you should ask for a receipt in order to get a refund from your insurance company.

Hospitals and Emergencies

In the Netherlands, hospital visits are reserved for emergency situations and specialist care. Unless you need emergency care, always contact your GP first. Your GP will refer you to a specialist if required. Emergency rooms are expensive, and hospitals will send you back to your GP if your situation is not life-threatening.

If there is an emergency or a life-threatening situation, call 112, the national emergency number. The operator will contact the police, fire brigade or ambulance for you.

Hospitals in the Netherlands have a 'Spoedeisende Hulp' (SEH), also known as the Emergency Department (ED) or Accident and Emergency (A&E), where you can go in case of serious accidents or urgent medical problems. Always remember to take your health insurance card with you.

Groningen has two hospitals:

- [University Medical Center Groningen \(UMCG\)](#)
- [Martini Hospital](#)

Leeuwarden has one hospital:

- [Medisch Centrum Leeuwarden](#)

Mental Health

Just like for any other health concern, the GP is your first point of contact. They will refer you to the proper specialist, if needed. You can also contact your study adviser for help. In case of a mental health crisis, for yourself or a friend, you can call or send a message to the suicide prevention hotline: 0800-0113.

Contacts

Emergency number 112

Police station Groningen

Rademarkt 12, 9711 CV Groningen
Korreweg 3, 9714 AA Groningen
Tel: +31 (0)900 8844 (non-emergency number for *Dutch* phone numbers) and
+31 34 357 8844 (non-emergency number for *Non-Dutch* phone numbers)

Police station Leeuwarden-Holstmeeweg

Holstmeeweg 3, 8936 AS Leeuwarden
Tel: +31 (0)900 8844 (non-emergency number)

Martini Hospital

(Martini Ziekenhuis)
Van Swietenplein 1, 9728 NT Groningen
Tel: +31 (0)50 524 52 45
martiniziekenhuis

Medical Centre Leeuwarden

Henri Dunantweg 2, 8934 AD Leeuwarden
Tel: +31 (0)58 286 6666

Pharmacy Hanzeplein

(Apotheek Hanzeplein)
Hanzeplein 122, 9713 GW Groningen
Tel: +31 (0)50 311 50 20 (during office hours)
info@hanzeplein.nl
www.serviceapotheek.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
Tel: + 31 (0)58 213 52 55
Monday to Friday 08.30 - 18.00

Apotheek Sonnega

Rengerslaan 2D 8917DD Leeuwarden
+ 31 (0)58 212 30 57
Monday to Friday 08.30 - 17.00

Public Health Department (GGD) Groningen

Hanzeplein 120, 9713 GW Groningen
Tel: +31 (0)50 367 40 00
Monday to Friday 08.00 to 17.00
GGD Groningen

Public Health Department (GGD) Fryslân

Harlingertrekweg 58, 8913 HR Leeuwarden.
Tel: +31 (0) 88 22 99 222
Monday to Friday 08.00 to 17.00
GGD Fryslân

Student Information and Administration

First floor of the west wing of the Academy Building
Tel: +31 (0)50 363 8004
Info: www.rug.nl/SIA

Postal Address:
University of Groningen
Student Information & Administration
PO Box 72
9700 AB Groningen
The Netherlands

Student Service Centre

Uurwerkersgang 10, 9712 EJ Groningen
Tel: +31 (0)50 363 80 66
www.rug.nl/ssc

Student Service Desk (Campus Fryslan)

Wirdumerdijk 34, 8911 CE Leeuwarden
Tel: +31 (0)58 205 5000
www.rug.nl/cf/

University confidential adviser

(Vertrouwenspersoon)
Visserstraat 47–49, 9712 CT Groningen
Tel: +31 (0)50 363 54 35
Monday to Friday 09.00 - 17.00 (after having made an appointment by phone or mail)

Independent confidential adviser

(Ombudsperson)
Oude Boteringestraat 71, Groningen
Tel: +31 (0)6 2543 1437
Email: ombudsperson@rug.nl
Walk-in hours: Tuesday 09.00 - 12.00
Wednesday 13.00 - 16.00

Discriminatie Meldpunt Groningen

(Discrimination Hotline Groningen)

Oosterhamrikkade 66-23, 9714BG Groningen

Tel: +31 (0)50 549 87 02

Monday to Friday 09.00 - 17.00

[Discriminatie Meldpunt Groningen](#) (Dutch website)

Antidiscriminatiebureau Regio Fryslân

(Anti-discrimination Agency Region Fryslân)

Stationskwartier: Snekertrekweg 1, 8912 AA Leeuwarden

Tel: +31 (0)582157771

[Discriminatie Meldpunt Leeuwarden](#)

University Medical Centre Groningen (UMCG)

(Universitair Medisch Centrum Groningen)

Hanzeplein 1, 9713 GZ Groningen

Tel: +31 (0)50 361 61 61

[umcg.nl](#)

General enquiries

Prospective students: International

prospectives@rug.nl

www.rug.nl/education/contact

Housing Groningen

SSH Student Housing

Tel: +31 (0) 88 730 4200

[groningen@sshxl.nl](mailto: groningen@sshxl.nl)

Housing Leeuwarden

Student Stay

Tel: +31 (0)58 844 21 00 or +31 (0)6 200 323 27

www.studentstay.com

Immigration Service Desk

First floor academy building

Broerstraat 5

Tel: +31 (0)50 363 8004

rug.nl/sia

Exchange and Erasmus

First Floor Academy Building

Broerstraat 5

msd@rug.nl

Payment of tuition fees

Student Information and Administration

Tel: +31 (0)50 363 8004

[payment-possibilities](#)

Course-related enquiries

Please contact your [faculty](#)

Useful links:**Online course catalogue**

www.rug.nl/ocasys

Progress Portal

www.progresswww.nl/rug

Groningen Life

www.groningenlife.com

Student City, Leeuwarden

www.leeuwardenstudentcity.nl

Housing in Groningen

www.athomeingroningen.com



Colophon

March 2026

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University of Groningen

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StudioTW

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