2020

Road to the UG

open academic community - since 1614
Congratulations on being admitted to study at the University of Groningen. We’re delighted to have you on board and you’ll be joining others who have chosen to study at one of the world’s top 100 universities. Deciding to study abroad is an exciting experience and we know that you will have many questions about what to do next. This guide will hopefully answer some of these questions and help you plan your journey to the UG.

This guide will inform you of the steps you should take after you have received your letter of admission, and before your arrival at the UG. Please ensure that you read each section carefully and complete the checklists we have provided to help you. If you have questions that are not answered here, you can contact us on prospectives@rug.nl. Links to key university services are included throughout the guide but if the question you have is of a more general nature or you are not sure who to ask, please check www.rug.nl/admitted or contact:

International Marketing Office
The University of Groningen
Communications Office
Oude Boteringestraat 44
9712 GL Groningen
Tel: +31 (0)50 363 5374
Email: prospectives@rug.nl

Mention www.rug.nl/corona for university updates in the current situation.

### Contents

<table>
<thead>
<tr>
<th>Part one: Before you arrive</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Checklist</td>
<td>04</td>
</tr>
<tr>
<td>About your offer</td>
<td>05</td>
</tr>
<tr>
<td>Planning your finances</td>
<td>06</td>
</tr>
<tr>
<td>Immigration advice</td>
<td>09</td>
</tr>
<tr>
<td>Accommodation</td>
<td>10</td>
</tr>
<tr>
<td>Studying at the UG</td>
<td>12</td>
</tr>
<tr>
<td>Health insurance</td>
<td>15</td>
</tr>
<tr>
<td>What to pack</td>
<td>16</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Part two: Welcome to the UG</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Arriving in the Netherlands</td>
<td>21</td>
</tr>
<tr>
<td>Registrations</td>
<td>22</td>
</tr>
<tr>
<td>The City of Groningen</td>
<td>24</td>
</tr>
<tr>
<td>The City of Leeuwarden</td>
<td>25</td>
</tr>
<tr>
<td>Student Services</td>
<td>26</td>
</tr>
<tr>
<td>Student Life</td>
<td>28</td>
</tr>
<tr>
<td>Tips and Tricks</td>
<td>32</td>
</tr>
<tr>
<td>Map of Groningen</td>
<td>34</td>
</tr>
<tr>
<td>Map of Leeuwarden</td>
<td>35</td>
</tr>
<tr>
<td>Contacts</td>
<td>36</td>
</tr>
<tr>
<td>Useful links</td>
<td>37</td>
</tr>
</tbody>
</table>
Part one: Before you arrive

Road to the University of Groningen 2020

This checklist will help you to 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 finance for your studies and life in the Netherlands. See page 6.
   • Travel and visa costs.
   • Tuition fees.
   • Accommodation costs.
   • Living costs (food, clothing).
   • Study costs (e.g. books, IT essentials).
   • Extras (unexpected expenses).

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

5 Accommodation
   Apply for accommodation through the University partner SSH. 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 Facebook, and Instagram and YouTube
   • University of Groningen
   • University of Groningen
   • University of Groningen

8 Pack
   Follow a packing list packing list to ensure you pack only what you need.

9 Travel to the UG/Airport Meet and Greet
   Make travel arrangements that ensure your arrival during the recommended arrival period.

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 items of clothing.
4 Electrical equipment:
   • laptop/tablet, charger
   • mobile phone, charger
   • power adapter (if necessary).

In my carry-on

1 I have packed the following documents
   • My passport and all travel documents.
   • My student visa (if applicable).
   • My offer letter.
   • My tuition fee receipt (if fees have already been paid), and/or a letter confirming I’ve been awarded a scholarship.
   • Details of my accommodation.
   • Any relevant medical certificates showing recent vaccinations.
   • Copies of information about prescription medicines from my doctor in English (if necessary).
   • My driver’s licence translated into English (if I have one and intend to drive a vehicle).
   • Contact numbers for my family and friends, including emergency contact details.
   • Contact numbers for my insurance company, home bank and for the University.

About the offer

The offer you have received is based on the admission status that you currently hold. 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 and receive an unconditional offer, you will have to satisfy the conditions for admission to your selected programme. This will need to be done before the deadline that is stated in your offer letter. For example, having a conditional offer pending receipt of a sufficient English proficiency test. Once you have successfully passed and achieved the required results for the test, you must contact your contact your Admissions Officer. The Admissions Officer in charge will subsequently change your admission status.

Provisional offers

Once you have fulfilled all the entry requirements to your selected programme, you can be provisionally admitted. A provisional offer is pending receipt of certified documents (hard copies).

Unconditional offers

You will have fulfilled all the admissions requirements as well as provided your Admissions Officer with certified documents. You will also have received an unconditional offer as well as a Decree of Admission (final unconditional statement). This statement is used to complete your University enrolment.

Accepting your offer

You will need to sign and return your confirmation of participation form to confirm/accept your place*. The confirmation of participation form is the second page of your offer letter.

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, seeing as it is possible that entry requirements might change from year to year. But assuming the entry requirements will stay the same as this year, you can rest assured that you will be admitted to the programme again. Please contact your Admissions Officer for further information.

Status enrollment application

As of this academic year, applicants have the possibility to check their enrollment application status in real time! You can, as soon as you receive an account from us, monitor your application status in the Progress Portal. If there are still tasks to be completed, it will give you relevant information on how to complete your request for registration.

* not applicable for numerus fixus programmes.
Planning your finances

The cost of living in the north of the Netherlands is lower than in other parts of the country such as Utrecht and Amsterdam. It is essential that you make sure you have enough money to cover your study and living costs while 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.

Some jobs will require communication in the Dutch language. There are, however, a number of shops, bars and cafes which 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 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 (VVR) as a student, you are only allowed to work in the Netherlands if your prospective employer requests a work permit (called TWV). It is the employer who makes the request at UWV.

In addition, you are only allowed to work for a maximum of 16 hours per week or you may do seasonal labour if your programme of study requires it.

In both cases, the employer must have applied for a work permit.

- If an internship is a compulsory part of your study programme, your employer is not required to apply for a TWV. Instead you, your employer and your educational institution will need to set up and sign an internship agreement.

You will need to budget for:
- Tuition fees
- Accommodation costs
- Living costs (e.g. food, clothing)
- Study costs (e.g. books, IT essentials)
- Travel and visa costs
- Extras (unexpected expenses)

Monthly estimates of cost of living in Groningen.
Leeuwarden is likely to be roughly €100 cheaper.

<table>
<thead>
<tr>
<th>Category</th>
<th>Cost per Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Groceries</td>
<td>€150</td>
</tr>
<tr>
<td>Rent, incl. gas, water and electricity</td>
<td>€350-550</td>
</tr>
<tr>
<td>Course materials (depending on your degree programme)</td>
<td>€30</td>
</tr>
<tr>
<td>Internet/Cable/Telephone</td>
<td>€60</td>
</tr>
<tr>
<td>Shopping</td>
<td>€60</td>
</tr>
<tr>
<td>Entertainment</td>
<td>€80</td>
</tr>
</tbody>
</table>

Non-EU/EEA Fees

Standard tuition fees for new Bachelor’s and Master’s non-EU/EEA students for 2020/2021 can be found here. These annual tuition fees are valid for the duration of your programme of study but are always clarify the costs on your Letter of Admission.

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). These annual tuition fees are valid for the duration of your programme of study but are always clarify the costs on your Letter of Admission.

NOTE: The Dutch government has halved the statutory tuition fees for specific groups of first-year Bachelor’s students starting their studies in 2020/2021 academic year. This will apply only to first-year EU/EEA passport holders. More information can be found here.

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 date of your degree programme as you may not be allowed to enrol onto your programme 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.

Direct debit payment

You can authorize the University to debit your account for the full amount (collected in the last week of September), but you can also opt for staggered payment in five instalments. The instalments will be collected in the last week of the months of September, November, January, March and May. If you pay in instalments, an administration fee of €24 will be charged. More information about direct debit mandates can be found here.

Pay via Tikkie

With the use of Tikkie, you can pay the tuition fees in a quick and simple way. This can be done prior to the new academic year or you can use this method to rectify a failed payment. More information about the conditions to pay via Tikkie can be found here.

PIN payment by bank debit card

You can also pay your tuition fees with your direct debit card at the Central Student Administration at the University of Groningen. Ensure that you have sufficient funds in your account to make the payment.

PIN payment by credit card (Only non-EU)

If you wish to pay by Mastercard, VISA Card, JCB Card or CUP Card, you must go to the Central Student Administration and use your credit card in the pin-code reader to pay your tuition fee (only for the full amount). 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. You can make an appointment here. Cash should not be posted to us. Although you are able to pay by cash if there is no other method, 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. Non-EU/EEA students have to transfer the tuition fees to the ISD bank account which is a part of the visa application. It is important that you quote your Student Number or your name, initials and date of birth. For example, S276890 and your name: Jones, S 01/02/1998. You need to make sure that additional costs (such as bank charges) are also paid.

<table>
<thead>
<tr>
<th>Account name</th>
<th>Rijksuniversiteit Groningen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bank name</td>
<td>ABN-AMRO</td>
</tr>
<tr>
<td>Account number</td>
<td>NL64ABNA0425600904</td>
</tr>
<tr>
<td>BIC/Swift code</td>
<td>ABNANL 2A</td>
</tr>
<tr>
<td>Reference</td>
<td>onderwijsgelden</td>
</tr>
<tr>
<td>Address</td>
<td>Grote Voort, P.O. Box 686, 8000 AR Zwolle</td>
</tr>
</tbody>
</table>

The instalments will be collected in the last week of the months of September, November, January, March and May. If you pay in instalments, an administration fee of €24 will be charged.

Start date 1st September
- you must pay no later than 31st August

Start date 1st February
- you must pay no later than the 31st January
Sponsored students

If you are receiving sponsorship for your studies, you must be able to produce written confirmation of this so that your sponsor can be invoiced. 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 letter headed paper, and must 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.

Emergency Funds

You still need to have other funds and means of payment available when you initially arrive in Groningen. 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 (Automated Teller Machine) 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 in Groningen, so until you get a Debit Card/Maestro card, you will need cash;
- Traveler’s cheques need to be insured and cannot be used in shops. They will need to be exchanged for cash at a money changing bureau or bank.

Opening a bank account

If you wish to open a bank account in your home country which you can use 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 will normally 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 at the municipality (BSN-number).

There are different bank branches available and we advise you to read which bank suits your preferences on our website.

---

**Immigration advice**

If you are a student from country group 2, 3 or, between 4, 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 at 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. This happens once you have received an offer from the Admissions Office of the University of Groningen.

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

---

**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, Switzerland and the United Kingdom

- Do not need an MVV
- Do not need a residence permit
- Do not need a work permit
- Do not need to register as a citizen of Groningen

**Group 2**

Australia, Canada, Japan, Monaco, New Zealand, South Korea, United States of America, Vatican City State

- Do not need an MVV
- Do not need a residence permit
- Do not need a work permit (should you wish to work part-time)
- Do need to register as a citizen of Groningen

**Group 3**

Students from Albania, Andorra, Antigua and Barbuda, Argentina, Bosnia and Herzegovina, Brazil, Brunei, Chile, Columbia, Costa Rica, Dominica, El Salvador, Georgia, Grenada, Guatemala, Honduras, Israel, Macedonia, Malaysia, Mauritius, Mexico, Moldova, Montenegro, Nicaragua, Palau, Panama, Paraguay, Peru, 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
- Do need a residence permit
- Do need a work permit (should you wish to work part-time)
- Do need to register as a citizen of Groningen

**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 hand in proof of legal residence for school registration.
Accommodation

Finding somewhere to live can be daunting, especially if you are moving to the Netherlands for the first time. We advise that you start looking for accommodation as early as possible as it can be difficult to secure somewhere to stay if you wait too long.

The University of Groningen does NOT provide accommodation for students and it is your responsibility to find somewhere to live. Please do not underestimate the challenge of finding accommodation, as it can be a long and stressful process.

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.

Please note that this is an external website and not monitored or administered by the University. If you have any questions, contact SSH. Tel: +31 (0) 88 730 4200

Groningen Life
www.groningenlife.nl/en/housing

SSH
www.sshxl.nl

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. It is normally done at the real estate agent office, with the organisation, or directly with the landlord. All rental contracts are provided in Dutch, and this is usually the only version.

Price and location
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 €350-€550 per month and the surface area can be a small yet cozy 12m², or a much larger 30m².

At Home in Groningen
www.athomeingroningen.com

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”. Please be aware that these are external sites which are not monitored by the University of Groningen. Therefore, you should exercise extreme caution when arranging accommodation - especially where money is involved.

Leeuwarden

The good news is that it is relatively easy to find accommodation in Leeuwarden. If you start your bachelor degree at Campus Fryslân, housing is guaranteed for the first year. Fellow 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.

Finding somewhere to live
There are numerous platforms advertising accommodation in the city with some being free to join and others asking for a registration or monthly fee. Student Stay is our accommodation partner in Leeuwarden and reserves accommodation for UG/ Campus Fryslân students with their locations being located close to the faculty.

Student Stay
Kamernet
Potvast

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

At Home in Leeuwarden
This is a website collaboration between The University of Groningen and Hanze University of Applied Sciences, and provides useful information about how it is to live in a young, vibrant city such as Groningen. There are a wide range of choices available when looking at accommodation in Groningen:
- types of accommodation: student rooms, containers, student houses, student flats, houseboats;
- diverse neighbourhoods: Quiet or lively; close to or far from the city centre and/or University; distance from parks;
- sharing an apartment with other internationals or with Dutch students.

Road to the University of Groningen 2020
Part one: Before you arrive
The academic calendar runs from 1st September to 30th July and all faculties follow a semester calendar with the first semester lasting from September to January and the second semester starting in February. You should check your faculty’s academic calendar for specific dates as these can differ.

Registering for your programme

You can register for courses through progress. You should receive information from your faculty detailing how and when you can register for your courses. Please ensure that you follow these instructions and if you have any questions, you should contact your faculty’s Education Desk.

You are also able to find out more about the courses you will study by visiting the course catalogue.

Binding Study Advice

First-year Bachelor’s students at research universities in the Netherlands have to earn a minimum of 3/4 of their 60 ECTS (credits) for the first year. This means 45 of the total 60 credits for that year (some programmes such as the BA/BSc Liberal Arts and Sciences require the full 60 credits). This is called Binding Study Advice (BSA) and you will be advised in January of your first year about your results and progress. If you are not able to achieve the 45 credits, you will have to discontinue your degree. Halfway through your first year, you will receive what is called preliminary advice and at the end of the study year you will receive the Binding Study Advice.

Summary:

- at the end of your first year you need to have earned a minimum of 45 ECTS, otherwise you will have to discontinue your studies
- a negative BSA stays for a period of two years, starting the first of September of the following academic year;
- a negative BSA for a degree may also count for a cluster of related degrees (providing there is at least a 70% overlap between the different first years).

All the rules regarding the BSA can be found in the BSA Manual, which also includes information on planning and procedures, study support and evaluation.
Student card

The University of Groningen student card (known as the ‘RUGpas’) is proof that you are a student at the University and it will be used throughout your time as a student at the UG. It will contain your name, ID number and will certify your student status. It is also used for a number of things including identification during exams, gaining access to the University Library (UB - Universiteitsbibliotheek), using printers and even buying coffee.

Once you have uploaded your photo and are completely enrolled in your study programme, your student card will automatically be created. This takes approximately two weeks and the address that you have provided in Studielink will determine where you will receive your student card.

If you have provided an address in the Netherlands, your student card will automatically be sent to your address. However, if you have not yet updated your information and Studielink only has your address abroad, your student card will be sent to, and can be picked up at the Student Information and Administration. If this is the case, the Student Information and Administration will contact you on how and when to pick it up.

Faculty introductions

All faculties will have an introduction programme to tell you more about what to expect when you start and to provide an insight into your programme. Details can be found here:
- Faculty of Economics and Business
- Faculty of Behavioural and Social Sciences
- Faculty of Theology and Religious Studies
- Bachelor’s students / Master’s students
- 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
- Campus Fryslân, Global Responsibility & Leadership

ESN

ESN Groningen and ESN Leeuwarden are student organisations which are part of the Erasmus Student Network (ESN). Both are focussed on the motto “students helping students” and this is achieved by organising over 150 activities for international students throughout the year, including a huge 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. Due to the Covid-19 crisis, the introduction week at the beginning of September 2020 is cancelled.

Health Insurance

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

EU/EEA students can use 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 AON.

This does not cover liability insurance. If you accidentally cause injury to someone else, you are liable. The other person or party can reclaim his or her financial loss from you. With a liability insurance, the insurer will reimburse the ‘victim’ for the costs of the damage caused.

Household contents insurance protects you against the financial consequences of fire, theft and storm. At AON student Insurance you will be able to take out this additional insurance package and we strongly recommend you do so.

You are obliged to take out Dutch basic health 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, you can find more information here.

Health Insurance overview
These tips will help you plan your journey to the Netherlands and hopefully make the experience more relaxed and enjoyable.

What to carry in your hand luggage

**Documents**

Non-EU/EEA nationals 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 to obtain a visa to come to the Netherlands but will need to present the following document:

- A passport or national identity card

**Climate**

The Netherlands has a moderate climate with mild winters, cool summers and a fair amount of rain. Temperatures throughout the year can range from -7 degrees Celsius (19.4F) in winter to 30 degrees Celsius (86F) in the summer but the weather is unpredictable. It is recommended to carry an umbrella or raincoat with you as the weather can change a great deal – even within a single day.

**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 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’re late!

It is worth knowing that these can also be bought when you arrive as there are a range of international chain stores as well as smaller, boutique or second-hand shops.

**Money**

Please do not bring large sums 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 change these in a bank when you arrive.

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 they have opened a Dutch bank account, they need to complete a form to request the living expenses from the university (which they already paid when they made their 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**

In the Netherlands, electrical sockets have two holes (types C and F). If it is different from your country, you will need to buy a power adapter sold at the airport or at a number of shops in the city.

**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 produce into the Netherlands.

**Sending luggage in advance**

If you are unable to bring all your personal items in your luggage, it is advised that you make sure your belongings arrive after you have checked into your accommodation as there is no space for storing luggage at the University.

**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

---

Road to the University of Groningen 2020

Part one: Before you arrive

What to pack
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.
**Arriving in the Netherlands**

**Schiphol Airport**
Should you be starting your programme in September or February, remember to arrange your travel to the Netherlands so that you can attend the Welcoming Ceremony and your faculty’s introduction programme.

**To Groningen**
The best way to get to Groningen is by train. The trains leave from platform 1-2 at 4 and 34 minutes past every hour. You can get train tickets at the yellow ticket machines. Please note that most machines take card payments only. A one-way ticket will cost €27.00.

**To Leeuwarden**
You can get from Schiphol Airport to Leeuwarden by a direct train which departs every hour and the journey from Schiphol Airport to Leeuwarden usually takes 2 hours. There are additional connections, but those involve a change of trains. When entering the train, make sure you board one of the carriages marked with the destination Leeuwarden, as the other part of the train travels to Groningen. See also the national railway timetables to plan your journey.

**Bremen Airport**

**To Groningen**
The quickest way to get to Groningen from Bremen Airport is to take the Flixbus to Groningen Train Station. Flixbus takes you from Bremen to Groningen in 2.5 hours and the buses run about 8 times a day. The costs depend on the time you travel. You can book your Flixbus ticket online.

**To Leeuwarden**
Getting to Leeuwarden from Bremen Airport requires you to take the Flixbus to Groningen Train Station as above. Once you arrive in Groningen, you can take the direct train to Leeuwarden, which takes 34 minutes. You can buy your ticket at the station and traveling from Bremen to Leeuwarden takes around 3.5 to 4 hours in total.

National train information: [www.ns.nl](http://www.ns.nl)
Flixbus: [global.flixbus.com](http://global.flixbus.com)
Registrations

Now that you have arrived, it is important that you make sure you are officially registered with the various parties relevant to living and studying here.

Visa Arrangements

Students can make an online appointment to register at the municipality. They will receive their BSN immediately.

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.

If you have any questions regarding your visa/residence permit, please contact: Immigration Service Desk: isd@rug.nl
Tel: +31 50 363 8181

Registration at the municipality

Groningen

Once you move to Groningen, you will need to be legally registered at the municipality. You will need to make sure you have the following:
- a passport
- a registration form
- a rental agreement

Students can register at the municipality, and they need to make an appointment online before visiting the municipal office. They will receive their BSN immediately. You will need to bring your passport and a copy of your rental agreement.

Leeuwarden

Both non-EU/EEA and EU/EEA students will receive an appointment to register with the municipality and these appointments will take place at NHL Stenden in late August or early September. If you are studying a programme at Campus Fryslân, you will receive details directly from the faculty about your appointment.

Bank Account

We advise you to open a Dutch bank account after your arrival in the Netherlands since most common payment methods are with cash or PIN. More information about how you can open a Dutch bank account and what kind of Dutch banks are available in the Netherlands can be found here.

Tuition Fees

EU students: To be formally registered you will need to transfer your (partial) tuition fee payment to the university before 31st August. This is extremely important, because you will not be registered if your payment has been done after this date.

Non-EU/EEA students will need to transfer one academic year’s worth of tuition fees to the university’s Immigration Service Desk. You will receive more detailed information about this once you have received an offer.

Introduction weeks

The quickest way to get familiar with the city and meet fellow students is to sign up for the introduction weeks. Due to the COVID 19 crisis, the physical introduction weeks for the Fall semester starting in September have been cancelled. Please keep checking the website for updates. If you are starting in February please keep checking the relevant websites for updates.

Groningen

The KEI week is the official introduction week in Groningen where Dutch and International students become acquainted with the city. ESN Groningen, the international student society in Groningen and the biggest in the Netherlands, organises two introduction weeks per academic year. The ESN introduction week will start on Friday 30th August and will finish on Wednesday 4th September. During the week, you and your group will participate in a 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.

Leeuwarden

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

Studying at 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 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 30,000 students studying at the various colleges and universities 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.

The City of Groningen

Although considered a large city in the Netherlands, the city of Groningen has a population of 200,000, of which approximately 50,000 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, approximately 145 kilometres of bicycling lanes, making it one of the best cycling cities in the Netherlands and the world.
We know university life can present different concerns and questions, so if you need information, advice or support during your degree - we’ve got you covered.

Student Information and Administration

You can contact the Student Information and Administration by:
- Phone: +31 (0)50 363 8004
- Whatsapp: +31649230111
- Mail: study@rug.nl

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

Immigration Service Desk

In the event that you have any questions regarding your visa or immigration rules, you can visit the Immigration Service Desk. You can find this desk in the Academy building, Broerstraat 5, Groningen. More information here.

Faculty Student Desk

Each faculty has its 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.

Study advisors

You are not on your own. There is always a friendly face and listening ear nearby so if you are having problems studying, your first point of contact is your study advisor. You are able to make appointments with them at your faculty’s Student Desk.

Student Service Centre

We have a number of services available to support you if you are experiencing more complex problems such as those related to mental health. Your study advisor is able to forward you on to the Student Service Centre where study counsellors and psychologists can help and/or advise you on what to do next. This service is also aimed at students with learning difficulties (dyslexia, dyscalculia), or physical disabilities, hearing and visual impairment. More information is available here.

Doctors and Health Services

Dentists

Should you need a dentist and not have one already, you can contact the Department of Dentistry (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. 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. If you require emergency dental care, however, you will be given an appointment immediately.

**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.**

**General Practitioners**

In the Netherlands, a general practitioner (GP) or family doctor is called a ‘huisarts’ and we strongly advise you to register with a GP as soon as possible. GPs can be visited during consultation hours after making an appointment by telephone and, in some cases, by email.

**Groningen**

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

**Studentenarts location Zernike**

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

**Studentenarts location Hanzeplein**

Hanzeplein 121 (across UMCG) 9713 GW Groningen

Phone: +31 (0)50 211 16 66
Emergency weekend number: 0900 – 9229

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

- **Huisarts praktijk Groningen**
  - (site available only in Dutch)
- **Huisarts Groningen**
- **Huisartsen Boterdiep**
- **De Stads Huisarts praktijkinfo**
  - (site available only in Dutch)
- **Huisartsen Ossenmarkt**

**Leeuwarden**

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: +31 (0)900 215 31 11 (after opening hours only)

**Tandartsen Verlegdeschrans**
Verlegdeschrans 52, 8932NP Leeuwarden

Opening hours:
- Monday to Thursday 8.00 to 17.00;
- Friday 8.00 to 12.00
- Appointments by tel: +31 (0)58 212 44 54
- Emergency telephone: +31 (0)900 215 31 11 (after opening hours only)

**Student Service Desk**

You can contact the Student Information and Administration by:
- Phone: +31 (0)50 363 8004
- Whatsapp: +31649230111
- Mail: study@rug.nl

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

**Part two: Welcome to the UG**

More information here

the Academy building, Broerstraat 5, Groningen.

Immigration Service Desk. You can find this desk in your visa or immigration rules, you can visit the Immigration Service Desk.

In the event that you have any questions regarding immigration or advise you on what to do next. This service is also aimed at students with learning difficulties (dyslexia, dyscalculia), or physical disabilities, hearing and visual impairment. More information is available here.

**Road to the University of Groningen 2020**
Choosing to come and study at the UG is a great choice, as beyond the University, you will find that there is a vibrant city life - whether you are in Leeuwarden or Groningen.

You will have access to cultural events, festivals and nature - not to mention events held by the various student societies. Here is an overview of what the cities have to offer.

**Student Life**

**Sports**

Groningen has the ACLO as the overarching student sports organisation of the University of Groningen and the Hanze University of Applied Sciences and home to 49 sports clubs. 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 €9.90 per year, you will join 19,000 others paying 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 Studiestad for a small yearly fee. There is a choice of different sports, including basketball, futsal, swimming and kickboxing.

**Cycling**

Owning a bicycle 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 don’t have working lights the fine will be €90. Please also be aware that there is also a 95€ fine for cycling with your phone in your hands.

It is also advisable to lock your bicycle with two locks - the wheel lock and the 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 chip card**

Public transport 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 an OV chip card online as well as at supermarkets, kiosks and train stations for €7.50. You will then need to top it up with credit at the locations above.
Identification

As a resident of Groningen and Leeuwarden, 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 organize fun events like movie nights, pub quizzes, city trips and parties. You can find an overview of the international student societies here.

If you are studying in Leeuwarden these student associations will ensure you get to know students at Campus Fryslân as well as others in the city.

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 - resulting in some of the best, most reasonably priced supermarkets in the world. Most supermarkets also offer ingredients from different cuisines, so your time at the university might provide a great opportunity to expand your cooking skills.

Night Life

Groningen

Groningen has a great deal to offer when it comes to nightlife. 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, Poolestraat 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. In the past, these have included Nirvana, Joy Division, Pearl Jam and U2 who all performed at the club at the start of their careers. 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. With a 5th of the population being students, you have a variety of options from themed music nights to sports cafes and more traditional bars dating back to the early 1900s.
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 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, with supermarket chains like Albert Heijn, Jumbo, Aldi 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 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 Uitloper Leeuwarden gives you an idea of the different festivals and events in the city.

Due to the Corona measures it is unlikely that major festivals and events will take place in 2020.

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 essentials such as duvet, pillows, sheet and pans.

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

Every Tuesday, Friday and Saturday (9:00 - 17:00) the squares of the Grote Markt and Vismarkt are filled with vegetable, fruit, cheese and fish stands as well as numerous other produce. In front or nearby A-Kerkhof is where you will find the flower and plants stalls.

There are a number of thrift stores for clothes and second hand furniture shops where you can find those quirky one-of-a-kind items. The most famous thrift stores are called ‘Mamamini’ which are second-hand shops selling furniture, kitchen items and clothes.

Entertainment / Festivals

The website Uit Groningen gives a comprehensive 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.

Due to the Corona measures it is unlikely that major festivals and events will take place in 2020.

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!

Social Media

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, a singer-songwriter contest (Nootuitgang), clothing swap (O-Swap), mini festival (Usva at the Park) and a monthly Quiz Night. 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.
Contacts

Emergency number 112

Police stations
Rademarket 12, 9711 CV Groningen
Korreweg 3, 9714 AA Groningen
Tel: +31 (0)900 8844 (non-emergency number)

Police station Leeuwarden-Holstmeerweg
Holstmeerweg 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
martinziekenhuis

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
hanzeplein
Monday to Saturday 8:00 to 20:00
After 8:00 and during the weekend:
Tel: +31 (0)900 111 50 20 (€0.20 p/m)

Alphega Apotheek Centraal
Voorstrek 58, 8911 JS Leeuwarden
Tel: +31 (0)58 213 52 55
Monday- Friday 8.30 to 18.00

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

Public Health Department (GGD)
Hanzeplein 120, 9713 GW Groningen
Tel: +31 (0)50 367 40 00
Monday to Friday 8.00 to 17.00

Psychological Counselling
Uurwerkergang 10, 9712 EJ Groningen
Tel: +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
Tel: +31 (0)88 229 92 22
Monday to Friday 8.00 to 17.00

Student Information and Administration
First floor of the west wing of the Academy Building
Tel: +31 (0)50 363 8004
Whatsapp: +31649230111
Info: www.rug.nl/SIA
Post:
University of Groningen
Student Information & Administration
PO Box 72
9700 AB Groningen
The Netherlands

Student Service Centre
Uurwerkergang 10, 9712 EJ Groningen
Tel: +31 (0)50 363 80 66
Monday to Thursday 9.00 to 16.30
Friday from 9.00 to 13.00.

University confidential advisor
(Vertrouwenspersoon)
Visserstraat 47-49, 9712 CT Groningen
Tel: +31 (0)50 363 54 35
Monday to Friday 9.00 to 17.00 (after having made an appointment by phone or mail)

University Medical Centre Groningen (UMCG)
(Universitair Medisch Centrum Groningen)
Hanzeplein 1, 9713 GZ Groningen
Tel: +31 (0)50 361 61 61
umcg.nl

Admissions Office
First floor Academy Building
Broerstraat 5
Tel: +31 (0)50 363 8976
admission@rug.nl

General enquiries
Prospective students: International
prospectives@rug.nl

Accommodation:
Groningen
SSH
Tel: +31 (0) 88 730 4200
groningen@ssh.nl

Leeuwarden
Student Stay
Tel: +31 (0)58 844 21 00
www.studentstay.roomeo.com/#/information

Visa and immigration related questions:
Imigration Service Desk
First floor academy building
Broerstraat 5
Tel: +31 (0)50 363 8181
isd@rug.nl

Exchange and Erasmus
First floor academy building
Broerstraat 5
Tel: +31 (0)50 363 3962/5972
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
Whatsapp +31649230111

Online course catalogue
www.rug.nl/ocasys

Progress Portal
www.progresswww.nl/rug

Groningen Life
www.groningenlife.com

Student City, Leeuwarden
https://www.leeuwardenstudentcity.nl

Useful links

Course-related enquiries
Please contact your faculty
Whatsapp +31649230111
All information published in this brochure is subject to change. No legal rights may be derived from this brochure. While the University of Groningen makes every endeavour to ensure the accuracy of the information presented in this brochure, it cannot be held liable for any errors or inaccuracies you may find.

For more information and updates about the Corona crisis, please visit:
www.rug.nl/corona