



Student Exchange Programme

In the Netherlands





Introduction

Welcome to the Netherlands! We are proud to receive you as one of our guests for the Student Exchange Programme of IPSF. Your host association is the Koninklijke Nederlandse Pharmaceutische Studenten Vereniging, K.N.P.S.V., which translates to Royal Dutch Pharmaceutical Students' association and is 116 years old and one of the founding associations of IPSF.

During your stay in the Netherlands our SEP Workgroup will be there for you to assist you when needed. The workgroup consists of:

Kimskie Tjong (SEP Weekend)
Rudolf Kloppenburg (Arrivals & Departures)
Floor de Jong
Imke Bruns (former IPSF CP & SEO)
Bram Wagner (current IPSF CP & SEO)



Bram's e-mail: [Redacted]
Workgroup e-mail: [Redacted]

Additionally, our SEP Helping Team is also there for you. The HT consists of about 20 K.N.P.S.V. members and you can contact them via the "SEP in the Netherlands" Facebook group. They can help you with general questions about the Netherlands and many of them will attend the SEP Weekend.

On behalf of the entire SEP Workgroup and Helping Team, I wish you a great and unforgettable experience during your SEP exchange in the Netherlands. Please don't hesitate to contact us if you have any questions.

Kind regards,

Bram Wagner





Index

About the Netherlands

General information	3
The people	4
Getting a simcard	5
Dutch snacks	5
Helpful application	6
Money	7
Things dutch people say	8

Travelling in the Netherlands	10
-------------------------------	----

SEP-weekend

General information	13
Programme	14



The Netherlands

The Netherlands is well known for how the Dutch handle water issues. The entire country is basically one big river delta. Over the centuries, the Dutch have learned how to control the water and how to use it to their advantage. Without this technology and engineering, about half of the country including Amsterdam would flood! Water is probably the most powerful element in the Netherlands and without it, the Netherlands would not be the same. For example the harbor of Rotterdam was the biggest harbor of the world for a long time, and still is the biggest and most important harbor of Europe. Waterways dominate the landscape, there is even a town with no roads and just canals called Giethoorn! Also, almost the entire province of Flevoland was created by the Dutch by reclaiming the land from the sea! Actually, about 20% of all the land of the Netherlands was reclaimed from the sea!

Although the Netherlands are known as “Holland” around the world, Southern and Northern Holland are actually two of the twelve provinces of the Netherlands. Admitted, since our official website for tourism is www.holland.com, we are not helping much to restore this misconception.

Amsterdam is the capital city. It is also the largest and acts as the economic hub of the country. It is also the home to the Royal Palace. Schiphol Airport is the 3rd busiest airport in Europe, with about 70 million passengers in 2017. The Hague (Den Haag) is the 3rd largest city and holds the Seat of Government as well as the International Court of Justice. The 2nd largest city is Rotterdam, home to the harbor mentioned earlier. The Netherlands ranks in the top 20 biggest economies of the world, usually around the 16th or 17th place, and rank in the top 5 of largest exporters on earth. The stock exchange market is the oldest one in the world, dating back to 1602. Although the Netherlands export about 80% of the world's tulips and over half of the world's cut flower exports, the economy is mostly driven by energy, electronics and tech innovations. Still though, they export about 65 billion euro's worth of vegetables, fruits, meats and dairy products. Did you know that the modern orange colored carrot was originally bred orange in the Netherlands to honor the King?



The people

Foreigners usually describe the Dutch as very direct, non-spontaneous people. This can be perceived as impolite, but for the Dutch it is quite normal to come out and say what they think. In the Netherlands, freedom of speech is a pretty much limitless right for everyone, regardless of how extreme an opinion may be. Also, they may explain something in the shortest and most efficient way possible without meaning to come off as impolite. Efficiency and planning are everything and they are very well organized. The Dutch stick to their schedule! Also, almost all Dutch people speak English, and pretty much all of them will immediately switch to English when you try to speak Dutch to them. Don't be offended by this, it is just natural for them and as I said before, efficiency is everything. In 99,9% of cases, they won't be offended if you address them directly in English.

However, these prejudices are only partly true! The Dutch are also considered to be absolute party BEASTS. This is most well reflected in King's Day, which takes place at the end of April. On this national holiday, the country celebrates the King's birthday. The streets are crowded by people dressed in orange clothing and there are festivities in the whole country that last through the night. The Dutch even have a word that doesn't translate into English to describe an atmosphere that is kind, social and comfortable. The word is "gezelligheid" and it might translate best to "cosiness", "conviviality" or "sociability". Ask anyone to explain the meaning of this word to you!



Getting a simcard

Many restaurants, bars, super markets etc. in the Netherlands have free WiFi, but it is still helpful to have a simcard with a data package. This way you can be online everywhere in the country to for instance, look up which train to take. At Schiphol airport you have the opportunity to buy a new sim card. You can buy a simcard at the store 'Airport Telecom' or at the small stands from 'Lebara'. Here you can buy simcards for your phone or tablet and they will help you install your new simcard.

If you only plan to use your data for occasionally sending a message, some light web browsing or just looking up which bus/train to take, you don't need more than 1 or 2 GB of data. If you always want to be online, you should look at a bigger data package.

It is important to know that if you buy a simcard in the Netherlands, you can use it everywhere in Europe without paying extra. So if you are planning to visit another country after your SEP, you can use the same simcard.

Dutch snacks

Typical Dutch delicacies

Of course, the Netherlands are also well known for our culinary delicacies such as stamppot, poffertjes, appeltaart, bitterballen, split pea soup, rookworst, stroopwafels, many potato dishes, herring, hagelslag, and of course Gouda cheese. Also, the Netherlands used to be the biggest beer exporter in the world, with Heineken being the top brand until Mexico took over the number 1 spot in 2010. Many bars serve "special beers" which are generally stronger beers brewed by small brewing companies. If a bar serves these kind of beers, it is not uncommon in the larger cities that they have more than 100 different kinds in stock!



Helpful applications



Money in the Netherlands

Exchange money in the Netherlands

The Netherlands, like most of Europe uses the euro as its form of currency. There are eight different coins; 1, 2, 5, 10, 20 and 50 cent coins, and 1 and 2 euro coins. Then there are the bills of 5, 10, 20, 50, 100, 200 and 500 euro. However, not many places will accept the 500 euro bill. Most of the small shops, including supermarkets do also not accept the 100 and 200 euro bills.

When you arrive, you may need to exchange some of your money to Euros. There are several places where you can do this:

- The bank: This is the most common place to exchange money in the Netherlands. Some of the most popular and widely distributed banks in the Netherlands are: ABN AMRO, ING, and Rabobank
- GWK Exchange Office: you will be able to find these at railway stations, air ports, and other areas that are frequently visited by tourists.
- Another type of exchange office. You are most likely to find these in heavily touristed areas of the Netherlands. Their charges are mostly higher, so try to find a GWK or a bank if you can.

Buying items in Dutch stores

Using a bank card has become the most popular payment method in the Netherlands. If you are unsure whether you can use a bank card you could mention the words pin, pinpas or pinnen or in a full sentence "kan ik pinnen?". This is a way of asking whether you can pay by card. Having said this, many Dutch stores still do not accept credit cards.

Withdrawing from ATMs and paying in cash

The Dutch word for an ATM or a cash dispenser is geldautomaat. ATMs can be found at every bank, railway station or other public area where people are likely spending money. Nowadays, cash dispensers will accept almost any kind of card. To find out whether your card will work at an ATM in the Netherlands, check that both your card and the dispenser display the same logo.



Things dutch people say



Now the monkey comes out of the sleeve

Similar to the English expression “to let the cat out of the bag”; the moment that a hidden motive or the truth behind something is revealed. In the past, street artists would often perform tricks by hiding a monkey in their coats. At the end of the performance the monkey would “come out of the sleeve” and reveal the trick!



Alsof er een engeltje over je tong piest

(As if an angel is peeing on your tongue)

=
Someone who really enjoys his meal!



Haar op de tanden hebben

(To have hair on one's teeth)

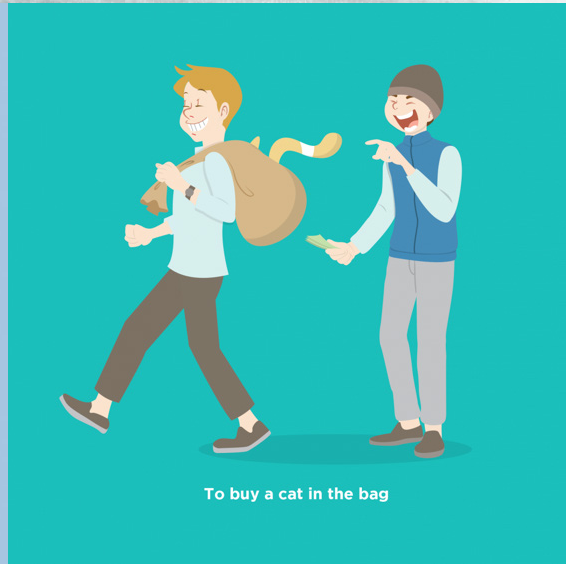
=
To be very sturdy/strong



Things dutch people say



Een slag van den molen weg hebben
(To have been hit by a windmill)
=
To act crazy/unintelligent



To buy a cat in the bag

(Een kat in de zak kopen)

To have been duped into buying something without inspecting it properly.

(Al draagt een aap een gouden ring, het is en blijft een lelijk ding)



**A monkey with a golden ring
is still an ugly thing**

Similar to the English expression “a pig in lipstick”; used to convey the message that superficial or cosmetic changes are futile at disguising the true nature of a person or thing.



Public transport in the Netherlands

The Netherlands are a small and densely populated country with an excellent public transport system. Wherever you want to go, you can get there easily and in comfort by train, bus, tram or ferry. Read up on the most important things to bear in mind, public transport traveling tips, and what types of tickets to use.

The Netherlands boasts a comprehensive and efficient public transport network. Virtually every location is accessible by public transport from the various airports. You will need an OV chipcard to use public transport.



Buy an 'anonymous OV-Chipcard' at a point of sale at the stations or in tobacco



The anonymous OV-Chipcard costs 7.50 euros and remains valid for five years



When traveling by train, make sure you have at least 20 euros worth of credit on your anonymous OV-chipcard

The OV-chipcard

Dutch public transport requires a so-called OV-Chipcard, a smart card that can be used for bus, tram, train and metro services. Since there is no specific OV-Chipcard for tourists, we recommend using either a single-use chipcard or an 'anonymous OV-Chipcard'. The single-use chipcard has limited validity and can be used to travel on bus/tram/metro



Public transport in the Netherlands

lines in a single city. If you want to travel by train, you can buy a different single-use chipcard that is valid on the train for your specified itinerary only. If you are staying in Holland for more than a few days and plan to travel by public transport more frequently, we recommend the anonymous OV-Chipcard as the best and most economic ticket for your trips since it can be used for all public means of transport in Holland.

Buying a chipcard

You can buy single-use chipcards or an anonymous OV-Chipcard at public transport service desks, from ticket vending machines in stations, at tobacco shops (such as Primera), and in several supermarkets. OV-Chipcard points of sale carry the pink OV-Chipcard logo.

Charging credit to your anonymous OV-chipcard

An anonymous OV-Chipcard costs 7.50 euros but comes without travel credit. You can charge credit to the anonymous OV-Chipcard at a service desk or a ticket vending machine at many stations. Please note that methods of payment may vary! Once charged, you can use the anonymous OV-Chipcard directly for your bus, tram and metro trips. It is not, however, suitable for use on the train yet!

Using an anonymous OV-Chipcard on the train

If you want to travel by train, you first have to activate your anonymous OV-Chipcard for railway travel at an NS ticket vending machine. Another important thing is to have at least 20 euros worth of credit on your anonymous OV-Chipcard when you plan to travel by train (not required for bus, tram or metro).

If you do not have an anonymous OV-Chipcard, you can also buy single-use chipcards from NS ticket vending machines or service desks, for instance for a one-way, return or day ticket. Please note that a single-use chipcard from an NS service desk costs 1 euro extra. Credit card payment is possible!



Public transport in the Netherlands

You can charge credit to your anonymous OV-Chipcard at a public transport service desk or a ticket vending machine at many stations. Methods of payment vary per machines but you can generally use your credit card or your PIN-pas (debit card), and in some cases cash.

Check in and out

When boarding a bus, tram, metro or train, hold your single-use chipcard or anonymous OV-chipcard in front of the ticket reader. The green light and beep signal indicate that your card has been read. When you get off, hold your card in front of the ticket reader once again to check out. The display shows the credit used and how much credit is left on the card. Please don't forget to check out since the meter will keep running if you don't!

Validity and credit

Your anonymous OV-Chipcard remains valid for five years. On virtually every anonymous OV-Chipcard, the expiration date is printed on the card. You can save your anonymous OV-Chipcard until you return to The Netherlands. Any credit on the card will remain valid as well. If you want to claim the credit remaining on the card (and there is less than 30 euros worth of credit on the card), you can go to a public transport service desk. There is a 2.50 euro administration fee. If you want to terminate the anonymous OV-Chipcard, request a form at one of the public transport service desks. Fill out the form, enclose the anonymous OV-Chipcard in the envelope and send your form and card to the address specified on the form.

Please note that you cannot block the anonymous OV-Chipcard in case of loss or theft, so don't put too much credit on the card!



The SEP-weekend

Den Haag

It is (ofcourse) important to have some fun during your SEP in The Netherlands. That is why we organized a weekend trip to a beautiful city called Den Haag for you. During this trip most of the SEP committee will join you. The perfect way to socialize with some dutch students and to built some friendships! So why Den Haag? Den Haag is an important city in The Netherlands because the government and most of the embassies are located here. Besides, it is a beautiful city and it has the most beautiful beach of the country called Scheveningen.

What will we visit?

As it is told, the government is located in this city. This is why we are going to visit the House of Representatives (Tweede Kamer) and the Peace Palace (Het Vredespaleis). The Peace Palace is the International Court of Justice. Also, we are going to visit the beach where we will hang out throughout the night. So don't forget your swimming clothes and towel!

House of representatives



Peace palace



The SEP-weekend: programme

Day	Time	What?
Friday (09/08)	17.00 p.m.	Meeting point at Den Haag Central Station in front of the Starbucks
	17.30 p.m.	Departure to Poetri Ajoe Restaurant
	19.00 p.m.	Diner
	22.00 p.m.	Drinks + partying
Saturday (10/08)	10.30 a.m.	Meeting point at Den Haag Central Station in front of the Starbucks
	11.00 a.m.	Brunch/picknick at Malieveld
	After brunch	Visit the House of Representatives
		Visit Peace Palace
		Visit Scheveningen Peace
Sunday (11/08)	19.00 p.m.	Diner at pancake house
	22.00 p.m.	Drinks + partying
	11.00 a.m.	Meeting point at Molen de Valk for brunch
	12.30 a.m.	Saying goodbye