

STUDY GUIDE

SPRING 2020





Contact information

FONTYS ACADEMY FOR CREATIVE INDUSTRIES

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A warm welcome

WE ARE EXCITED TO MEET YOU

“Finally you are here, reading our study guide. What an exciting time this must be for you! We have been looking forward to receiving you for quite some time.

At our academy, we actively look for creative thinkers who can develop beautiful and unique concepts, join lively debates and share their culture with us. In order to thank you for your participation and input, we would like to share our world, that is the Academy of Creative Industries, with you.

This world is filled with inspiring people in a moving and rousing environment. They want to work with you on digital business concepts, share knowledge and expertise from the event, music and entertainment industry and invite you to spot new trends and create lifestyle concepts which improve quality of life. Pick your own fascination and join us. We can't wait to meet you!”

ACI International Team

“Own only what you can carry;
know languages, know countries,
know people. Let your memory
be your travel bag“



STEP ONE

WHICH EXCHANGE PROGRAMME WILL YOU CHOOSE?

Let's get started with the first step towards your exchange.

Events, music and entertainment is everywhere. There is a global industry surrounding the world of entertainment. Economic and communicative aspects play a large roll surrounding creative products. With a focus on commerce and/or communication, Fontys ACI provides a wide variety of programmes where you can learn about working behind the scenes in international business, management, production, marketing, creative concept development and trend watching. Do you want to know more about our school and the Bachelor programmes we offer? Go to www.fontys.edu/aci

Fontys ACI offers four English taught exchange programmes open to students from partner universities. You can apply for the Spring or Fall semester, where you can achieve a minimum of 18 ECTS and a maximum of 30 ECTS in total per semester.

We offer:

Semester Programmes:

- Trend watching (this is a fixed programme)
- Transmedia Design for Creative Industries (this is a fixed programme)
- Dance Industry (this is a fixed programme)

Advanced Courses for Creative Industries:

A variety of subjects in the field of:

- Communication - IEMES*
- Marketing Management - IEMES*
- Marketing Management - DBC**
- Trend research and concept development - ILS***

Some general information about these programmes will be presented in the following pages.

Semester Programme' refers to a 'fixed programme' in which your courses have carefully been chosen for you, and there is no prior knowledge needed of the subject that is taught.

'Advanced Courses' refer to a personally compiled course programme by yourself. It is highly recommended to have prior knowledge on the subject taught.

*IEMES stands for International Event, Music and Entertainment Studies.

** DBC stands for Digital Business Concepts

*** ILS stands for International Lifestyle Studies



Three semester programmes

ENROLMENT IN SEMESTER PROGRAMMES

Semester programme - Trend Watching (30 ECTS)

Students at Fontys ACI take a short programme in their third year. The short programme 'Trend Watching' consists of three equal segments. The first segment deals with the nature of trends (what are the trends currently developing?) and an introduction to various methods of trend research used by a number of trend watchers.

The second segment is about learning how to appraise trends. Students research to what extent various trends influence our society, and what they signify for the target group(s) within their own professional environment.

In the final segment, students learn how to convert their knowledge of trends into substantial advice regarding new products and/or services or into useful ideas for other innovations for the benefit of companies/ organizations within their professional environment.

Semester programme - Transmedia Design for Creative Industries (30 ECTS)

This programme focuses on the research and design of transmedia productions, both in the world of entertainment and branding in general. Transmedia design means creating interactive stories and story worlds that unfold across various channels and platforms, engaging the audience deeply and encouraging them to participate.

In the entertainment industry the story is the product: designing transmedia here means expanding that story by enlarging the story world on multiple platforms. Transmedia marketing, however, involves the design of interactive content to fit the core values of a brand. It is focused on getting the right message to the right target group. A brand, then, can be a company but also a person or an NGO, using transmedia strategy as a tool to raise awareness on societal issues.

The main focus is on designing a real transmedia production as a teamwork effort for an actual client or as a self-contained production.

Before you start this minor you have to hand-in a motivation video. You might be invited for an extra Skype call afterwards.



STEP TWO

Semester programme - Dance Industry (30 ECTS)

The minor Dance Industry educates students who have an ambition in the dynamic, specialized branch of electronic dance music, focusing on communication and commercial economy.

Participants of the minor learn how to represent a dance music company and how to work within a corporate identity and the culture of the industry in general. Besides, based on comprehensive research, students learn to develop innovative, successful dance music products or artists, and to bring them into the market.

All this is embedded in a close and challenging collaboration with key players from diverse departments of electronic dance music's industry.

The programmes Trend Watching, Transmedia Design for Creative Industries and Dance Industry have fixed courses. If you have chosen a semester programme, you will be contacted by the short programme's coordinators shortly. All programmes are 30 ECTS and need to be completed fully. If you choose for a semester programme, skip step 2. Since these programmes are fixed, there's no need for you to choose courses.



EXPLORE COURSES (NOT WHEN YOU'VE CHOSEN A SEMESTER PROGRAMME)

When you've chosen for our exchange programme 'Advanced Courses' it will be up to you what your programme looks like. For a description of the courses, take a look at the 'Course Catalogue'. You may choose your own package from all these courses. Our semester consists of two periods, you're required to do a minimum of 3 courses per period (9 ECTS) and a maximum of 5 (15 ECTS). In total you can thus do a maximum of 10 different courses.

You will receive the course catalogue shortly after the registration deadline.

STEP THREE

AS SOON AS YOU'VE RECEIVED THE COURSE CATALOGUE

Create and submit Learning Agreement

Create and submit your Learning Agreement (LA) in Mobility Online (MO).

After you have chosen whether you will participate in a Semester Programme or an Advanced Course programme, you will create your Learning Agreement in Mobility Online. It is important to fill in every course that you will take.

Click on Learning Agreement: enter course, click on the left icon to add a course, fill in your first course, click on create, fill in your next course and repeat these steps until ALL your courses are filled in.

It is important to fill in every course that you'd like to attend. If you'll participate in a fixed programme, add the name of the programme as one course and make it worth 30 ECTS.

After filling in all your courses, click submit!

STEP FOUR

BEFORE DECEMBER 1: LEARNING AGREEMENT PART 1 + 2

Once approved, print out your Learning Agreement, sign it, have your school sign it, scan it into the computer and upload it in Mobility Online. We also allow digital signatures on the documents, in this case you can skip the printing step.

We will sign your documents digitally, if you need a hardcopy signature you can get this from us once you've arrived.

IMPORTANT: Exact course literature will be announced during the first class.



STEP FIVE

BEFORE DECEMBER 1: INSURANCE + ENROLMENT FORM

Enrolment

Print out your enrolment form, fill it in, sign it, scan it into the computer and upload it as a PDF file in Mobility Online. We allow digital signatures as well.

IMPORTANT FOR NON-EEA STUDENTS: you need to have finished this step for us to be able to start your visa process. Complete this step as soon as possible to avoid a delayed visa process and a late arrival in the Netherlands.

EEA = European Economic Area

Insurance

Everyone in the Netherlands is obligated to be insured for medical expenses by law. The type of health insurance cover that you require depends on your personal situation. It is very important to ensure you are properly insured during your stay at Fontys.

Fontys wants its students to be properly insured. Which insurance is applicable to you depends on your nationality, age, nature of residence, whether you have an additional job, etc. Fontys' policy towards insurance especially differentiates between students from EEA and non-EEA countries. Students from non-EEA countries, who need a visa to come to the Netherlands, are obliged to take out an insurance arranged by Fontys. If you are from an EEA country, it is up to you whether you take on our insurance or take care of your insurance yourself. Fontys ACI has arranged an option for a standard insurance for all exchange students (InsureToStudy). This insurance covers:

- Medical costs (including existing conditions, such as migraine/diabetes/etc.);
- Repatriation;
- Liability.

How to get this insurance?

EEA students can click on a link in Mobility Online to ask for Fontys insurance with discount. The application for the insurance for non-EEA students is obligatory and included in the visa application.

IMPORTANT: European (EEA) students opting to keep their own insurance policy should ask their own health insurance provider if the existing health insurance policy offers sufficient coverage for medical expenses in the Netherlands. You have to make sure your insurance package covers liability and repatriation. Students from Europe with an EHIC card have to check whether this insurance will be valid for the entire period of the stay abroad.



STEP SIX

BEFORE DECEMBER 8: HOUSING

Arranging accommodation on your own is NOT advised due to a lack of comfortable housing for international students and an overall shortage of student accommodation in the city of Tilburg.

We advise you to apply for housing through Fontys. The deadline for the housing application is Dec 8. Please fill in the accommodation form you can access through Mobility Online to request housing **or click on this link**. The week after the deadline all of you who've applied for housing will be contacted by the accommodation service and you can book your room on-line with a password, first come first served. Please do take into account that you'll be asked to make a payment to book your room including booking costs, first two months of rent and deposit.

In the accommodation form you get to choose from:

- A basic room
- A more luxurious (hotel quality) room including services (airport pick-up, public transport card, sports card, a bike & bike service, an appointment to open a bank account, etc.)

Depending on your choice your housing will be arranged either by **Student Housing Holland** (including services) or by **Kamerbemiddeling Tilburg** (basic), as long as places with these agencies are available.

If you choose to arrange your accommodation on your own or choose to have the basic room, you also have to arrange all practical matters yourself. Please do take into account that arranging the practical matters yourself could be a hassle and time-consuming.



STEP SEVEN

DEADLINE VISA APPLICATION: DECEMBER 6

EEA students skip step 7, go to step 8

All students hailing from outside the EEA (EEA: the EU states, Liechtenstein, Iceland, Norway and Switzerland), will require Residence Permits. In addition to Residence Permits, students hailing from countries other than Australia, Canada, Japan, Monaco, New Zealand, Vatican City, United States of America or South Korea will also need Entry Visas. Students may not apply for their own Entry Visas and/or Residence Permits. Fontys (VisaCare) will secure these for you, and with you, and this process will automatically be started after you uploaded a complete Enrolment Form in Mobility Online.

- VisaCare will contact you
- Upload and send all documents asked for, before December 6
- Keep in mind that some things must be sent by post which will take longer
- After everything has been uploaded/send/received, receiving your visa will take two to four weeks minimum!

For more information check:

www.fontys.edu/Short-term-programmes/Practical-information/Visa-information

FINISH THE VISA STEPS BETWEEN NOW AND THE 6th OF DECEMBER

For any questions regarding your visa, contact: visacare@fontys.nl

THE SOONER, THE BETTER!



STEP EIGHT

IN YOUR FIRST WEEKS @ ACI: PAY FOR ACTIVITIES

You can pay for the Fontys activities during the Welcome Week with **cash** only.

14th March - Activity 1: Maastricht

30

Experience the beautiful old southern city Maastricht. Trip includes tasting some local food, a tour through the underground caves and more.

24th April - Activity 2: Efteling

15

Walk around in this fairy tale themepark (regular entrance fee 35,-) (nearby Tilburg, only entrance fee included)

17th May - Activity 3: Bowling and Laser Game

15

Have a fun Sunday afternoon relaxing with your friends playing some bowling and Laser tagging, in the largest indoor area of the Netherlands. Included in the price are also two consumptions of soft drinks or beer.

Total price (for all activities):

60



CHECKLIST

- ☐ Bring a valid passport and bring copies of your passport (including visa, if needed);
- ☐ Bring a copy of proof of registration/letter of acceptance at Fontys;
- ☐ Bring a copy of proof marital status (if needed);
- ☐ Bring enough cash money for your first groceries/rent/transactions.

Have you also thought about:

- ☐ Books: exact course literature will be announced during the first class;
- ☐ Medical, liability and repatriation insurance;
- ☐ Accommodation (contact us if you need help with finding housing!);
- ☐ Bike (part of the deal with Student Housing Holland); International drivers license if you wish to drive a car (if needed) check it at:
<https://www.rdw.nl/information-in-english>;
- ☐ Proof of sufficient financial means (for non-EEA);
- ☐ Complete your registration in Mobility Online;
- ☐ Write down all important phone numbers and share them with friends and relatives before you leave.





FIRST STEPS IN THE NL

YOUR FIRST STEPS IN THE NETHERLANDS

ONE

For your information, regarding the start and end of your semesters at your home university, we'd like to inform you that we expect you to arrive in Tilburg on the **3rd of February**. The 4th until the 7th of February you'll have an introduction week with all kind of arrangements regarding your first steps in Tilburg. More information about this week will follow once you've been accepted. Keep these dates in mind when applying. The introduction week is mandatory! The official start of the classes is the 10th of February.

Arrival Schiphol (AMS) or Eindhoven Airport

Your point of arrival in the Netherlands will most likely be Amsterdam Schiphol Airport or Eindhoven Airport. Student Housing Holland will pick you up from one of these arrival destinations, but this is only for free if you've arranged your housing with them.

TWO

Non-arrival days and non-arrival places

In case you arrive at a different location or if you are not with Student Housing Holland, plan your trip to Tilburg carefully on www.9292.nl/en, or ask your buddy for help regarding the train/bus system, and your overall journey to Tilburg. Your buddy can help you to get settled as soon as you arrive in Tilburg, on or before 3rd of February.

TWO

Avoid delays at the immigration desk, keep close:

- Your passport;
- MVV, if applicable (better known as Provisional Residence Permit);
- Official acceptance papers by Fontys ACI;
- Proof of sufficient financial means to cover the expenses of your stay and your return ticket.

THREE

Sim card

Fontys can provide you with a Dutch simcard if needed. Please note that depending on the phone you have got, this card has to be cut smaller. When you receive a simcard from Student Housing Holland, they will cut it for you. You can cut the simcard in the city centre as well, though stores may ask for a payment for this service. We will be handing out the sim cards to students who would like one during the Welcome Week.

FOUR

Buddy

At Fontys we have a buddy system for all the exchange students to help you around and answer all your questions. Our buddies are students at Fontys Academy for Creative Industries and chose to be a buddy voluntarily.

FIVE

Arrival at housing

Your buddies can direct you to your accommodation, and assist you in signing documents, if necessary. Please ask them for help!



SIX

Transportation: your bike

When you live in The Netherlands, having a bike is a must! We would recommend getting a secondhand bike from a bikeshop or visiting Swap Fiets. This organisation can rent you a bike including services: <https://swapfiets.nl/en/>. If you have housing with Student Housing Holland then your own bike will be included. Student Housing Holland will pick you up at your house together with your house mates and will bring you to their partner Swap Fiets where you can choose your own bike.

SEVEN

Transportation: get an OV-chip card

The OV-chip card is a smart card the size of a debit card. You can top-up the OV-chip card with euros. The credit deducts every time you use it when travelling. Especially in the bigger cities, the OV-chip card is the only way to pay for public transport. This means it is strongly advised that you buy one. The card can be bought at a train station or go to www.ov-chipkaart.nl/purchase-an-ov-chipkaart.htm and purchase the card online. The card costs 7,50 euros. When housed by Student Housing Holland you'll receive an OV Chipcard from them. While travelling by public transport you will need to check-in and check-out. You do so by holding your card in front of the smart card reader in busses or at train stations. If you forget to checkout it affects your credit. So pay attention while travelling!

EIGHT

Go to the City Hall

You are obligated to register yourself at the city hall. We will make an appointment for you on the 27th or 28th of August. You need to bring a signed housing contract and your passport. Buddies will be there to guide you through this process.

Address: Spoorlaan 181, 5038 CB Tilburg



NINE

GGD: municipal health service

Students who are not from the EU or other countries for which exceptions have been made may be required to get a TBC-test (a lung-screening) at the GGD. We will make an appointment with the Municipal Health Service (GGD) for you to undergo this tuberculosis test, if applicable you will be informed about the time of the appointment by Fontys.

Address: Ringbaan West 227 5037 PC Tilburg

You have to bring your passport and the form "TBC test referral form" which is a part of your VVR application form. This form will be sent to you by Visa Care email. Please note to fill out your address in the Netherlands.

TEN

You need a residence permit

A Residence Permit looks like a credit card and proves that you are residing legally in the Netherlands. You will need to obtain a Residence Permit if you are a citizen of a country outside the European Union, European Economic Area or Switzerland and in case you will be staying here for a period of more than three months. You will receive a letter (this will be in Dutch, sorry!), stating that your residence permit is either ready to be picked up or that you need to have your picture and fingerprints taken in Eindhoven at the IND Office. You will also receive an email from the International Student team in Eindhoven, this one will be in English.

Address: Keizersgracht 5 5611 GB Eindhoven

Don't forget to show your Residence Permit at the information desk at school (P3, downstairs). Your Residence permit is needed to finalize your registration at Fontys!





ELEVEN

Open a bank account

Students are allowed to open a bank account at the bank of their choice. We advise all students to do this at the ING bank or SNS bank. At these banks all exchange students can open a bank account, even without a social security number. All other banks require this number.

Student Housing Holland will help you open a Dutch bank account by organizing a register day. The register day will be at the SNS bank and the documents for opening a bank account will be already prepared for you before your arrival, which will save you a lot of time and a long queue.

To open a bank account, exchange students are required to bring the following documents: Fontys admission letter, Passport, Dutch address, Social security number (only if you have this, so opening a bank account can only be done after you've registered at the city hall). Students with a social security number will get their debit card within 2 days. Students without the social security number will receive their debit card after 5 working days. Receiving the pass is also the confirmation that your bank account is active.

With a Dutch bank account you can easily use internet banking to, for example, pay rent for your student room. Moreover, several shops in the Netherlands do not accept MasterCard or visa-cards, but only maestro-cards. Keep this in mind when arriving in the Netherlands.

Address ING bank: Spoorlaan 420, 5038 CG Tilburg
Address SNS bank: Westermarkt 21, 5042 MD Tilburg



TWELVE

Refund living expenses

Fill in the "refund form living expenses" as soon as you've received it from the visa-care office. Please notice that the form applies only to those who transferred an additional amount to the costs of visa, insurance and tuition fee. The additional amount is called "living expenses" and is shown on the payment letter and/or in the data of your Visa Care file. The refunded amount will be on your (preferably) Dutch bank account within 3 weeks.

THIRTEEN

Get to know your neighbourhood

Getting to know the city you live in is one of the first things you want to do. Your buddy can show you around in your neighbourhood so that you can find the nearest supermarket, ATM and other services needed.





CULTURE SHOCK

IT'S A NATURAL PHENOMENON!

By starting your studies at Fontys University of Applied Sciences, you have accepted the challenge of experiencing a new culture. New worlds are discovered, horizons broadened, challenges met. As well as exciting, an intercultural experience can at times be disorienting and stressful, with most people experiencing some degree of culture shock during their stay abroad.

It is important to know that a culture shock is a normal response to a sudden change, and that it passes as you adjust to a new culture. The way people react to a cultural transition varies from person to person, depending on their background, experiences and personality. Knowing that culture shock exists and that it might affect you, will make it easier to accept. Know that we will be here to help you if needed.

You are more than welcome to come and have a chat with us during the Q&A sessions (Question & Answer), which will take place every Monday, Tuesday and Thursday between 12.30h and 13.30h. You can find us in the International Corner (upstairs in the factory, opposite the world map) during these sessions. Team international will be happy to help you. Don't hesitate to talk to us about your experience, possible adjustment issues or anything else you may run into.

Know and recognize the three stages of culture shock:

- Excitement;
- Frustration;
- Recovery.

Know that you are not alone!

Q&A's: Monday, Tuesday and Thursday between 12.30h and 13.30h in the international corner!



FIRST STEPS AT FONTYS ACI

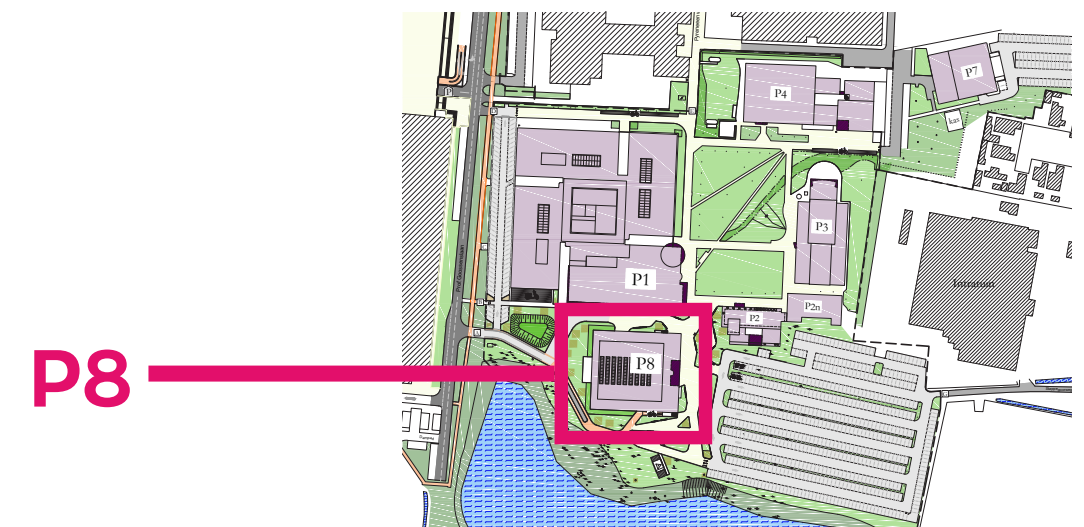
FIND YOUR WAY ROUND OUR CAMPUS!



Fontys ACI hosts a staff of approximately one hundred (teachers plus supportstaff) as well as about fifty regular visiting lecturers and 2700 students.

We offer 2 English Bachelor programmes, which accommodate students from all over the world and receive a minimum of about 60 exchange students each semester.

We are located in the P8 building, the newest in the campus and modern design.





WELCOME WEEK

WELCOME TO OUR COUNTRY, CITY AND CAMPUS

The week of the 3rd of February is considered the week that you'll be fully introduced to your exchange semester at Fontys ACI. This includes: signing in at the city hall in Tilburg and opening a bank account, as well as getting to know the Fontys ACI campus and anything that regards your studies, discovering the city of Tilburg, and immersing in the student life.



#CLUBACI, I*ESN & I.S.A.T.

GET TO KNOW PEOPLE THROUGH THE STUDENT CLUBS

Within Fontys ACI and Tilburg, two student/study associations stand out from the crowd. We'll provide you with some additional information below about these associations to make your choice easier to join one (or both) on arrival. We'll also provide you with some information about sport possibilities in Tilburg below.

#CLUBACI

First one of the two is our own Fontys ACI pride. You've done well by choosing to come to Fontys ACI for your exchange, because of your opportunity to sign up at #CLUBACI. #CLUBACI is the study association representing all study programmes at ACI. Their yearly changing board organises great activities and creates amazing deals for all members, such as:

- Organizing the best parties for Fontys ACI students;
- A 15% discount on your drinks at STUDIO (the 'go-to' bar for ACI students);
- Up to 25% discount on study books;
- Arranging cheap trips to Berlin, Manchester or Copenhagen (among others).
- And arranging a yearly Winter sport trip.

Get informed about the study association by going to their Facebook page or website: <https://www.clubaci.nl>. You'll get the chance to sign up during the Welcome Week.

I*ESN

I*ESN Tilburg is a non-profit student association that organizes activities for all foreign and Dutch internationally minded students. They aim to enrich the international student life in Tilburg by organizing various activities. Many of these great activities are hosted in their own bar and international meeting point 'Carpe Noctem' in the city centre.

Joining I*ESN Tilburg means making lots of new international and Dutch friends, learning about other cultures by having dinners together, going on trips and of course a lot of partying. Find more information about I*ESN: www.iesntilburg.nl

I.S.A.T.

ISAT is an international student association based in Tilburg. Focus on fun activities that make you get to know Tilburg.

Check out their Facebookpage: <https://www.facebook.com/ISAT-364902647644250/>

Student sport associations

Apart from study and student associations, there are many student sport associations available for international students and semester exchange students at the Tilburg University Sports Centre. As a Fontys student you have the possibility to get a membership at the sport centre and can join any student sport association you'd like (soccer, basketball, handball, volleyball, or swimming courses are just some of the possibilities). These teams organize fun activities for their members, such as tournaments, trips, or parties: <http://bit.ly/2rfaqPp>



PORTAL/CONNECT

FIND YOUR WAY AROUND IN THE PLATFORM

Portal/connect

The portal/connect is the online environment (intranet) of Fontys where you can find your Fontys e-mail, schedule, course information and study related material per course (course information, assignments, formats, lecture powerpoint slides, and more).

What can you find on the portal? Facilities:

- Questions & answers
- Student Service Desk
- IT & Computers
- Multi Media Centre (MMC) - Cafetaria
- Lounge and workplace
- Student card
- ClubACI - student association
- Exams and grading
- EXTRA

To change the standard language (English) to your own language click on your personal menu [your name on top of the page]:

- In this menu, go to [about me];
- Click on [over mij] in the side menu;
- Click on [uw profiel bewerken];
- Look for the dots next to [details];
- Click on the dots and then on [taal en regio].

How does this work?

Step 1: Go to connect.fontys.nl

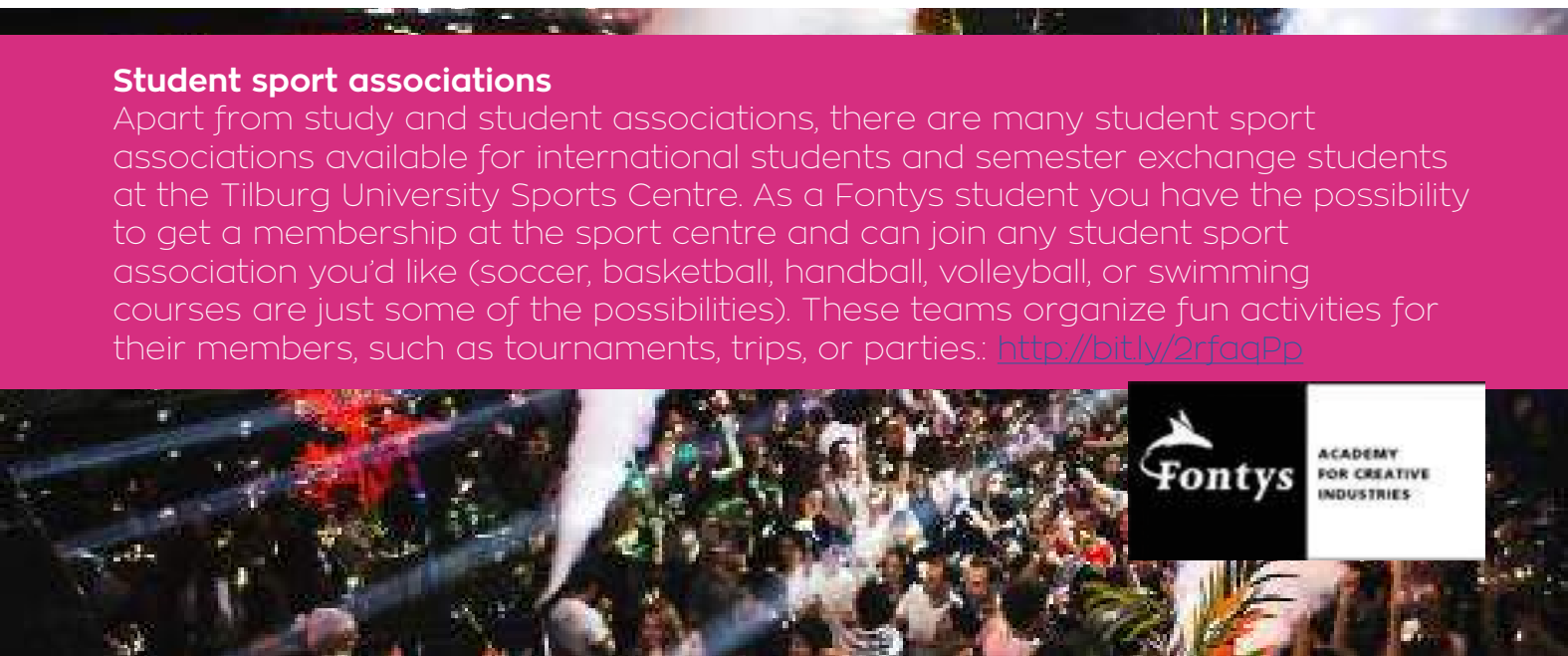
Step 2: Log in with your PCN-number@student.fontys.nl and your password.

Step 3: To go to the Portal for course information, click on [ACI Portal]; go to studies and choose [CO-IEMES], [CE-IEMES] or [DBC] for Advanced Courses; or [Minors] for Trend Watching, Transmedia Design for Creative Industries and Dance Industry. Here you will find powerpoints, articles and other material you will use or have used in class.

Step 4: To go to your e-mail click on [my mail & agenda]. Check your e-mail regularly, both teachers and the International team will e-mail on your Fontys e-mail.

Step 5: To go to your schedule click on [Schedule] in the side menu; choose the class that you're in [Class] Check your schedule regularly, classes or rooms might change weekly.

Now you're able to add a language.



YEAR OVERVIEW

IMPORTANT DATES FOR IN YOUR AGENDA!

February

3: Arrival date
4 - 7: Orientation program
10: Start classes
24-28: Carneval Holiday

March

April

14: Advanced Courses hand in date 1
13 - 24: Exam period
27: Kings day
28 - 1(May): Holiday

May

5: Liberation Day
21: Ascension day
22: Holiday

June

1: Whitmonday
22: Advanced Courses hand in date 2
22 - 10(July): Exam period

July

13 - 17: Retake exam period

August

24: Advanced Courses retake hand in date

Presence during your classes is very important: if you want to travel or plan family visits, please stick to the holidays!

FIRST STEPS IN TILBURG

LET'S GO EXPLORE!

Weather

The Netherlands has a maritime climate that consists of cool winters and mild summers. Be prepared for changeable weather. Wind and rain are a year-round factor; March being the driest, July and August the wettest but also the warmest. If you want to stay prepared, check the weather forecast by using: <http://www.buienradar.nl/>

Food & groceries

The traditional Dutch cuisine is famous for being quite sober. However, today the traditional way of cooking is practiced less and less. This means that eating in the Netherlands is not at all a bland affair. A hot meal used to consist of mostly potatoes, vegetables and meat or fish. Nowadays dishes from all over the world, from Italian and Mexican to Greek and Thai delicacies, have found their way into Dutch kitchens. To try typical Dutch food, check out: <http://bit.ly/1OgJtxw>

Costs in the Netherlands are not too high in comparison to other European countries. Like in any country going out for dinner is more expensive than eating in. Like other members of the EU, the Netherlands currency is the euro. ATMs can be found outside most banks and most train stations. Credit cards are widely accepted.

Sports, Culture & Social Life

With 013 as the second largest pop stage in the Netherlands, there are a lot of concerts to see in Tilburg. The cultural life is highly active. You can visit various museums and students get discounts for a lot of activities. Almost 30.000 students live in Tilburg, which turns it into a college town. This makes Tilburg truly a student city. The city centre bolsters various bars and cafés. A lot of student associations are also open for exchange students.

Dutch people find sports very important in their life. As a student you have various possibilities to enter a sports centre. At the university, you may use the facilities at a student price. Ask your buddy about how to get this sport membership. You can find more information at: <http://bit.ly/2rfaqPp>

If you want to know what else is going on in a life of a student that lives in Tilburg, you can check out this website: <https://www.studentintilburg.com/en>
This website provides information about things to do for students in Tilburg. If you wants a heads up about Tilburg, don't hesitate to visit this page.

There are several options to entertain yourself in The Netherlands. One of our teachers, Piet van Beurden, created a 'BuckeT'list. The capital 'T' stands for Tilburg. Everything you can do in Tilburg is projected on a map where you can click on the map to see what you can do there.

Discover Tilburg by visiting: <http://bit.ly/2sgNAGJ>

Want to go a little bit further? Here is the ultimate top 50 of 'things to do' in The Netherlands: <http://bit.ly/2s9bkNq>

Want to travel outside of The Netherlands?

Visit: <http://www.weflycheap.nl>

Here you will find cheap tickets to destinations throughout Europe.

Health & Happiness

Health and happiness for our students are crucial aspects of a great exchange experience for everyone. Our Fontys mobility coordinators are available to talk to you in case you are coping with something, are experiencing problems, or would just like to have a little chat. Within Fontys ACI we always have sufficient people you can talk to and we encourage you not to hesitate to talk to us, especially in case it regards something that is (or could possibly get) in the way of your positive exchange experience.

In case of medical issues, we have some addresses for you in case you'd like to visit a general practitioner (GP) or a dentist in Tilburg who is used to treat both internationals as well as Dutch citizens.

The Student+ contactperson can help you in case you have any special educational needs. She can be assigned to you as a study coach so that she can help you as much as possible if necessary. More information on maintaining your health and reaching out for help within the Netherlands will be discussed in the Welcome Week

For more information about doctors you can visit:

<https://www.iesntilburg.nl/arriving-students/safety-emergency/>

LEAVING THE NETHERLANDS

DON'T FORGET THIS BEFORE YOU LEAVE!

What are you actually expected to do when it's time to go?

- Deregister from the university. Make sure that you have all the documents signed and completed. If you have completed the full period (semester or year) your registration will be terminated automatically;
- Pay your last month of rent. Make sure to pay your last month of rent on time. Always leave your room exactly the same as you had entered it at the start of your exchange in order to receive your deposit back. Don't forget to return your keys.
- Deregister at the city hall. Send the form you've received from the city hall at the start of your exchange to terminate your registration in the Netherlands. Forgetting this step could lead to negative financial consequences for you.
- Close your bank account. Visit the bank's office to terminate your Dutch bank account.
- Last but not least, don't forget to say goodbye to the international team and the buddies!

