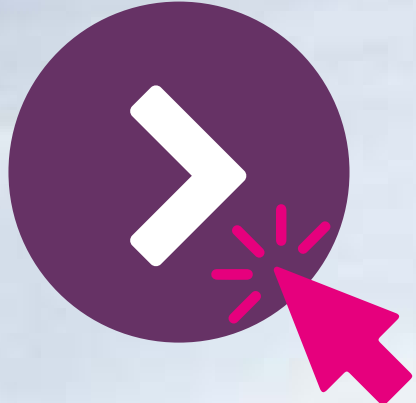


# STUDENT GUIDE 2023-2024

## FONTYS ALLIED HEALTH PROFESSIONS



► FOR SOCIETY



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# 1. WELCOME



We are very happy that you will become part of Fontys Allied Health Professions next academic year. It will be a new phase in your life and a new environment. We can imagine that you are really looking forward to it, but that there is also a lot to arrange. That is why we would like to help you with all the necessary information. In this student guide you will find all the information you need to get you started in this new chapter. Are you going to become the healthcare professional of the future?

## About Fontys Allied Health Professions

Fontys Allied Health Professions offers inspiring, challenging and high-quality education where education and research are in line with the current and future questions and needs of our students, the professional field and society.

Fontys Allied Health Professions is very ambitious. We contribute to social care issues in the region and we are (inter)nationally involved in improving care. Within Fontys Allied Health Professions, students develop into future-proof, enterprising

paramedical professionals who have an eye for quality, are prepared for rapid changes and have an affinity with care technology.

To achieve all this, Fontys Allied Health Professions wants to offer small-scale multidisciplinary high-quality education and valuable practice-oriented research for both education and the professional field. Furthermore, we want to be the preferred knowledge partner for health care education and the professional field in health care.



NEED TO  
KNOW

## 2. CONTACT



### Address Fontys Allied Health

#### Professions:

##### Building TF

Ds. Th. Fliednerstraat 2  
5631 BN Eindhoven  
The Netherlands

##### Building R10

Rachelsmolen 1  
5612 MA Eindhoven  
The Netherlands

Please note: In November 2023, Fontys Allied Health Professions will move to a new campus at Rachelsmolen 1.

**On this website**, you can find more information and you can get an impression of the new campus.

### Important information about the class location

1. Physiotherapy program: All classes for the Physiotherapy program will be at building R10, third floor, starting from the 1<sup>st</sup> of September.
2. MIRT program: Students starting the MIRT program will initially have classes at building TF. However, please note that there will be a relocation to the new campus in November.

Until the relocation in November, the student service desk is located at:  
**Ds. Th. Fliednerstraat 2.**





# 3. PRE-DEPARTURE CHECKLIST



Before you move to the Netherlands, there are some important things that you need to prepare in order to make sure that there are no surprises when you arrive in Eindhoven. After all, you want to start your new adventure as happily as possible.

Beside we have made a pre-departure checklist for you with everything you need to arrange before going to the Netherlands:



- Valid passport, including visa if needed
- Copy of proof of enrolment from Fontys (only for non-EEA students)
- Certified copies of your diploma and grade list both in the original language and a translation (only if you are not fully enrolled yet and haven't sent us your certified copies by regular post)
- Arrange health, liability and repatriation insurance
- Arrange accommodation
- Book your travel ticket to the Netherlands
- Finalize your enrolment procedure with Fontys, if necessary
- Medical records, if required
- Instructions on how to locate your country's embassy/consulate
- Be sure you have some cash money (Euros) with you

In addition, there are a number of things you need to take care of once you arrive in the Netherlands. You can find more information about those subjects in this student guide.

It is important to know that on average (depending on your lifestyle) a student living and studying in Eindhoven needs about €500 - €1000 euros per month to cover rent for housing and €600 for other living expenses like meals, insurance, public transportation, books, clothes and other general expenses. [This website](#) can help you plan your stay.



- Register with the municipality
- Get your BSN (Citizen Service Number)
- Get your DigiD
- Open a bank account

✓ checklist complete this list

## The Netherlands - Quick facts & figures

 Capital Amsterdam	 Language Dutch	 Population 17.59 million
 Area Size 41,850 km <sup>2</sup>	 International students 114,000	 Academic Year September - July
 Currency Euro (€)	 Calling Code +31	 Time Zone GMT+1

# 4. PREPARING YOUR STAY



## 4.1 Visa application (NON-EEA students)

### Valid travel documents

Because you will be studying in the Netherlands for a longer period of time, you must apply for a residence permit. Fontys will start the application procedure for you. The requirements are not the same for every nationality. It is therefore important to carefully read all the information you receive through the online system VisaCare+. Fontys will assist you in this procedure.

NON-EEA students will have to pay the amount of the tuition fee, visa costs and provide proof of sufficient financial resources before the visa application procedure is started. Detailed information can be found on [our website](#).

## 4.2 Residence permit (NON-EEA students)

You need a residence permit when:

- you are from a country outside the European Union, the European Economic Area or Switzerland;
- you will be staying in the Netherlands for more than three months.

A residence permit looks like a credit card with which you can prove that you are legally staying in the Netherlands.

You need your residence permit to finalize your enrollment at Fontys. As soon as your residence permit is ready, you will be informed by the IND about collecting your residence permit.

## 4.3 City Hall

You have to register at City Hall if you stay in the Netherlands for at least 4 months. Foreign students who are thus admitted to a program in Eindhoven are eligible for Dutch residence for the duration of their program and will have to register with the municipality. Please note that you need to make an appointment at City Hall of the place of your residence.

The information below is for City Hall in Eindhoven only, if you live in another city, please check the website of the municipality where you live.

### City Hall Eindhoven

You need to make your own appointment at City Hall once you have arrived in the Netherlands and sorted out your accommodation. You can make an appointment online. Once you have made an appointment, you can go to the Inwonersplein desk. An appointment can be made 6 weeks in advance.

- [Click here](#) if you want to make an appointment and you are a EEA-student
- [Click here](#) if you want to make an appointment and you are a non-EEA-student.

***If you would like to make an appointment by phone, call +31 40 2386000.***

The Inwonersplein (City Hall) can be found at the following address: ***Stadhuisplein 1, 5611 EM Eindhoven***

It is important to bring the right documents with you once you go to the city hall for registration. Therefore, do not forget:

1. A valid travel document (passport or identity card)
2. A birth certificate
3. Proof of an address where you will live (for example, a signed rental agreement)
4. For non-EU students only: A residence permit or the letter stating that the residence permit will be granted.
5. Proof of deregistration if you come from Belgium, Aruba, Bonaire, Curacao, Saba, St. Eustatius or St. Maarten



# 4. PREPARING YOUR STAY



## BSN

After you are registered at city hall, you will automatically receive a BSN number. BSN is a Dutch abbreviation for 'Burger Service Nummer', which stands for citizen service number. The BSN is similar to the social security number: a unique registration number for every citizen, which is used in contacts with all government services. Therefore, it may be more common for people to ask for your BSN. For example, your bank will ask for your BSN as soon as you open a bank account.

***Please note that your BSN is meant for communication between citizens and the government or organisations that are legally allowed to use the BSN, such as healthcare providers. Therefore, please note that you should not share your BSN with just anyone.***

## DigiD

After you have registered and received your BSN, you can apply for your DigiD. A DigiD is a digital identification. For example, you need your DigiD if you want to apply for the DUO grant. You also need it to login on websites of the Dutch government. You can apply for your DigiD through [this website](#).



## Deregistration City Hall

Once you are moving back home, it is important to also deregister before leaving the Netherlands. Do this within 5 days before departure. Make this appointment on time so that you do not have to stay in the Netherlands longer due to unexpected delays. Appointments can be made up to 4 weeks in advance. To deregister, you need to fill in the form 'Notification of moving abroad'.

- If you want to fill out the form online [click here](#). Please note, this is only possible if you have a DigiD.
- Would you like to send the form by post? Complete the form online by [clicking here](#), download and print the form, sign it and send it together with a copy of your identity document to the address indicated on the form. The proof of deregistration will then be sent to your new address.
- It is also possible to personally inform your de-registration at the Inwonersplein desk. In that case, make an appointment [here](#). Always bring valid proof of identity. Please note that your deregistration cannot be processed earlier than 5 days before departure.

## 4.4 GGD: Municipal health service



Non-EEA students may have to take a TB test (a lung screening) at the GGD. On [the website of the GGD](#) you can see which countries are exempt from taking the TB test.

For this test you have to make an appointment at the GGD. You can do this online by filling out [this form](#) on the GGD website. The GGD will then contact you via email. Do not forget to bring your ID and the [completed Referral form TBC test](#) (you will receive this by email). Do not forget to fill in your Dutch address on this form. This form will be completed by the GGD after the test and sent to the IND. The cost of the TBC test (X-ray) is €54.50 (subject to change) and can only be paid by card.

The address of the GGD in Eindhoven is:  
**Clausplein 10, 5611XP Eindhoven**

# 4. PREPARING YOUR STAY



## 4.5 Insurance

As soon as you live in the Netherlands, you are required by law to have health insurance. The third party liability insurance (with global coverage of up to €1,250,000) is strongly recommended, as well as the repatriation insurance cover. Fontys cannot be held liable if a student is not adequately insured. Every student at Fontys is expected to have fulfilled his/her insurance obligations. Please note that you have to extend your insurance after 1 year.

### Health insurance

According to Dutch law, everyone in the Netherlands must have health insurance. Which health insurance you need depends on your personal situation. It is very important that you are properly insured during your stay at Fontys.

### Information about InsureToStudy

When you need an entry visa and/or residence permit, taking out insurance is a mandatory part of the study visa process. If you do not need a residence permit, you are free to choose your own insurance.

Fontys recommends an affordable customized insurance called **InsureToStudy**. As a Fontys student, you will receive a discount.

The Masterplan+ package has the most extensive coverage InsureToStudy has to offer and has no mandatory deductible. With this insurance you are insured for all medical costs, accidents, emergencies, personal liability, legal assistance, your luggage, valuables and even while traveling.

When using [this link](#), you will be redirected to an application portal. As soon as you enter the institution code here, you will automatically receive the Fontys discount. The code is: FONTYSITS. Please note that you have to use your Fontys email address, i.e. [@student.fontys.nl](mailto:@student.fontys.nl).

If you want to apply for Master Plan+ coverage, which covers care including pre-existing conditions, you must contact [internationalstudents@fontys.nl](mailto:internationalstudents@fontys.nl). You cannot apply for this coverage yourself.

Please note: If you only have an EHIC card, you are not adequately insured. The EHIC card is only valid for a short time and offers limited coverage.



### Important information about health insurance and a job

As soon as you decide to take a student job, you are obliged to have (public) Dutch Basic Insurance. If you don't have health insurance, you risk a fine. You can obtain the Dutch Basic Insurance from any insurance company, including InsureToStudy.

If you already have a private health insurance, you can easily change it. To do this, take a look at [this website](#).

If you pay for the Dutch Basic Insurance, you can apply to the government for an allowance with which you can pay for it. You can apply for this allowance at [Mijn Toeslagen](#).

It is not allowed to take out a (public) Dutch Basic health Insurance if you are only in the Netherlands for study purposes.



# 4. PREPARING YOUR STAY



## 4.6 Housing

Every year many new Dutch and International students start their studies in Eindhoven. Currently, the Netherlands has a housing crisis. As a result, there are not enough student houses available this year making it very difficult to find suitable housing.

Would you like to be considered for housing at Fontys? Then be sure to complete your registration and housing form as soon as possible and before the deadline of the 15th of June. Please note that you are only eligible for housing when you are fully enrolled by June 15<sup>th</sup> and you are not already living in the Netherlands at the moment. For more information about housing, please take a look at [this website](#). Unfortunately, we cannot guarantee that you will actually get housing due to the large shortages. Therefore, we strongly recommend that you start looking for housing as early as possible. Keep in mind that finding housing is your own responsibility.

On [this website](#) you will find a large number of housing agencies in Eindhoven such as The Social Hub, Holland2Stay and Hospi Housing. You can also find some tips on [this website](#) when looking for housing.

Important points to look for in a rental contract are:

- Correct rental price. Check if it includes service charges and energy bills.
- Correct deposit (1 to 2 months of rent is normal)
- Correct date of entry
- The duration of the contract.
- The person responsible for maintenance and repairs.

## 4.7 Dutch bank account

A Dutch bank account will help you with your financial needs in the Netherlands. You will certainly need a Maestro card to pay in many places, such as the supermarket or at the Fontys cafeteria.

With a Dutch bank account, you can:

- Use ATMs and make payments anywhere in the world;
- Pay the rent for your room each month automatically;
- Easy internet banking, this is included in your bank account application.

A Dutch bank account is therefore very practical. But how do you open a Dutch bank account? Go to a bank of your choice (a few will be mentioned below) and submit the following documents:

- Your valid passport. The bank will make a copy of this.
- Proof of enrolment or registration at Fontys.
- If applicable, your residence permit for the Netherlands (or the approval letter of the Dutch Immigration Service (IND) in case you do not have your residence permit card yet).
- Your citizen service number (BSN).
- Proof of your address (copy of your rental contract).

Please note: If you are a minor (<18), opening a bank account is not easy. The Rabobank in Eindhoven has made special arrangements for underage international students. In this case, you need to bring your parents' personal information, a home address and an email address. Bringing a birth certificate will also help. Besides the Rabobank in Eindhoven, other banks may be willing to make an exception for you as a minor.

Below you will find some details of banks in Eindhoven. But you can choose any bank you like or open a bank account online.

- Rabobank Eindhoven: Fellenoord 17, 5612AA Eindhoven
- ABN AMRO Eindhoven: Vestdijk 18, 5611CC Eindhoven
- ING bank Eindhoven: Nieuwstraat 1-5, 5611DA Eindhoven



# 4. PREPARING YOUR STAY



## 4.8 Student Financing

### Student finance by DUO

Student financing is a right for which Dutch and European full-time students at institutions of higher education (such as Fontys) are eligible.

Please always check if you meet the requirements to apply for student finance with **DUO** (The Dutch education authority).

## 4.9 Medical information

### Emergency situations

In emergency situations (ambulance, fire and police); call 112. If your life is in danger, someone is seriously injured and needs immediate medical attention, or you witness a serious crime such as an assault, murder, robbery or burglary call 112 immediately. When you call 112, tell immediately what has happened, what help is needed and what type of emergency service you think is required: the police, the fire brigade or the ambulance service. The emergency operator will then connect you directly to the appropriate emergency service in your area.

### What to do when you feel ill?

If you are not feeling well or have medical problems and it's not an emergency, the first thing you should do is see your general practitioner (GP).

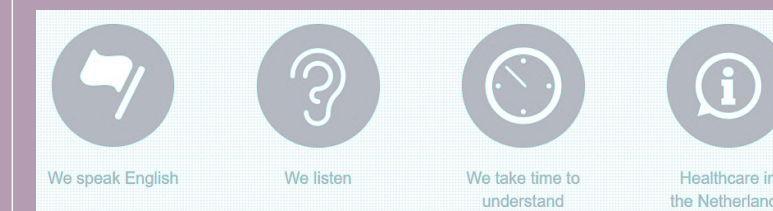
The GP decides whether to refer you to a specialist and, if necessary, to the hospital. If you need medicine, you will get a prescription from the GP. With this prescription you can pick up the medicine at the pharmacy.

In the evening, at night, during the weekend or on holidays you can contact the **huisartsenpost Oost-Brabant** via 088 876 5151. You should not call if your situation can wait until your doctor's next available hours. You may have to pay for this medical care up front, even if your insurance will later cover it.

## General practitioners in the area of Fontys Allied Health Professions

### SGE de ring international

Dominee Theodor  
Fliednerstraat 133  
5631 MD Eindhoven  
Tel.: 040 711 6100



*This GP is specialized in helping non-Dutch people with understanding the Dutch healthcare system.*

### Huisartspraktijk AJM Dekkers

Orpheuslaan 21  
5631BP Eindhoven  
Tel.: 040 243 0001

### Huisartsenparktijk Hoefnagel & Malyhina

Barrierweg 3C  
5622JT Eindhoven  
Tel.: 040 243 3300

### Praktijk Rapenland

Generaal Coenderslaan 51B  
5623LV Eindhoven  
Tel.: 040 243 1242

### Huisartsenpraktijk N. Georgis

Frankrijkstraat 13  
5622AD Eindhoven  
Tel.: 040 296 1190

### Huisartsenpraktijk Boschdijk

Douglashout 32  
5621DE Eindhoven  
Tel.: 040 243 0560

### Huisartsen Woensel Centrum




Mathys de Layenslaan 1-A  
5622BM Eindhoven  
Tel.: 040 243 0176



# 4. PREPARING YOUR STAY



Ideally, a general practitioner should be found within 15 minutes of your address. However, due to the shortage of GPs, it may not be easy to find a GP in your area who accepts new patients. Therefore, start looking for a GP right away and always ask if it is possible to be placed on a waiting list.

On working days from 8.00 AM to 5.00 PM	For emergency care on working days from 5.00 PM to 8.00 AM	For emergency care on public holidays and at the weekend (the whole day)
You call your own GP	You call the GP Medical Post	You call the GP Medical Post
		

## Public warning Sirens

In the Netherlands, the public warning sirens are tested every first Monday of the month exactly at noon. The siren goes off for 1 minute and 26 seconds. This is a test, so there is nothing to worry about. The sirens are tested to make sure that it is working in an emergency situation. If you do hear the sirens at any other time, go inside immediately and close all windows and doors. Then turn on the radio or TV for more information.

## NL-ALERT

The NL-alert warns you when something bad is happening in your area, such as a big fire with toxic chemicals or extremely



heavy weather. You also receive this alert on your mobile phone. It always tells you what is going on and what to do. If you bought a phone from a Dutch provider your phone is automatically set up to receive a NL-alert.

Every year the government also sends a test NL-alert to your phone. As soon as you receive a (test) NL-alert your phone will make a loud and penetrating alarm sound.

## 4.10 Important addresses and phone numbers

On [this website](#) you can find all information about Eindhoven. Would you like to know something about education, care, voluntary work, entrepreneurship, safety or sustainability, then you will find all the useful information on this website.

In order to always be prepared while on the go, it is useful to remember certain phone numbers. In any case, it is important to have these with you:

- **Emergency phone number: 112 (ambulance, fire & rescue service and the police)**
- **Non-emergency phone number of the police: 0900 8844**
- **Gas and electrical emergencies (e.g. gas leak or power problem): 0800 9009, remember, for serious cases, always call 112**

Besides that, it is always helpful to have important phone numbers of your insurance policies with you. The same applies to your bank's phone number. In this way you can always quickly block your debit card in case of loss or theft.

It is also recommended to make a copy of important documents such as your passport, debit card or insurance papers. In case you lose something, you will always have a copy. You could also store important files in an additional place such as your mailbox.

If you need to contact Fontys, you can call this phone number on weekdays.

- **Fontys Allied Health Professions phone number: 088 507 7011**

Other useful resources:

- **IND** – Immigration and Naturalization Service
- **Nuffic** – Dutch organization for internationalization in education
- **Study in Holland** – Extensive information about studying in the Netherlands



# 5. LIVING IN THE NETHERLANDS



NICE TO KNOW

## 5.1 Getting a mobile phone or Dutch sim card

There is a good chance that your smartphone will still function well in the Netherlands, but if not, you can always buy a Dutch SIM card or phone. There are numerous mobile providers in the Netherlands, for example KPN, Vodafone, T-Mobile, Simpel, Ben.nl or Tele2. Sometimes they offer discounts for students as well.

In the Netherlands, it is easy to sign a deal online or in a store. Once you order it online, your sim card/phone will be sent to your address within a week. To sign up you need a proof of identity, a Dutch address and a Dutch bank account.

## 5.2 Finding a side job

Working next to your study may affect your study performance. Nevertheless many Dutch students do it in order to pay for their monthly expenses. To find a job next to your studies, it is recommended that you register with an employment agency. You can easily apply for vacancies. Some employment agencies in Eindhoven are:

- **Recruit a Student Eindhoven:**  
Bergstraat 11, 5611 JX Eindhoven
- **Uitzendbureau Eindhoven Centrum YoungCapital:**  
Emmasingel 19, 5611AZ Eindhoven
- **Uitzendbureau Eindhoven Timing:**  
Fellenoord 310, 5611ZD Eindhoven
- **XL Studenten Uitzendbureau Eindhoven:**  
Sint Antoniusstraat 9, 5616 RT Eindhoven

You can also take a look at the websites below:

- [goingabroad.nl](https://goingabroad.nl): This website focuses mainly on jobs in English for international students.
- [Indeed.nl](https://indeed.nl)
- [Glassdoor.nl](https://glassdoor.nl)
- [undutchables.nl](https://undutchables.nl)

### Work permit for NON-EEA students

For EU/EEA and Swiss nationals, there are no work restrictions. For all other nationalities, your student visa allows you to work up to a maximum of 16 hours per week, but a work permit is required.

You employer must then apply for a work permit. This can be done via [the UWV website](https://www.uvw.nl). This process is often quite quick, but can take up to 5 weeks. This work permit is valid for the same period as the university registration. Students do not need a work permit for an internship.





# 5. LIVING IN THE NETHERLANDS



## 5.3 Transport in the Netherlands

### Public transport and OV-chipkaart

Are you planning to use the train and the bus a lot? Then you might need an OV-chipkaart. This is a smart card that is the size of a credit card and contains an invisible chip. This allows you to travel and to enter the railway stations. It is therefore advisable to purchase your own OV-chipkaart.

With the OV-chipkaart you pay for Dutch public transportation. The OV-chipkaart can be recharged with credit in euros. You can also add travel products such as a one-way ticket or a subscription. On [this website](#) you will find all information about the ov-chipkaart.



Please note: Since January 2023, it is also possible to travel with your [debit card, credit card or mobile](#). This is perfect if you only travel by public transport occasionally. You use it in the same way as the OV-chipkaart. When you check in with your debit card, you travel 2nd class and without a discount. You can't use travel products either.

You can apply for the OV-chipkaart in different ways:

- At the OV-service desk at the station
- At a ticket machine at the station
- At tobacco shops or convenience stores

You can choose from three types of OV-chip cards:

1. The anonymous OV-chipkaart
2. The disposable OV-chipkaart. This is suitable for one-time use or for a short period of time.
3. The personal OV-chipkaart. This can only be requested online via [this website](#) and costs €7.50 (subject to change). This cost must be paid with a Dutch bank account.

[This website](#) tells you exactly how to use the OV-chipkaart and that you shouldn't forget to check in and check out via the card reader.

Useful websites for public transport timetables:

- [The official NS website](#) (Dutch Railways – Nederlandse Spoorwegen)
- [9292.nl](#). Here it is also possible to buy E-tickets for train, bus, tram and metro.

Both websites also have a helpful App.

On [this website](#) you will find even more information about public transportation in the Netherlands.





# 5. LIVING IN THE NETHERLANDS



## Trains & Buses

The Netherlands has a modern and extensive railroad network. Intercities and local trains regularly run between major and intermediate stations. Railroad stations are almost always centrally located. The trains consist of a first class and a second class part. Seats cannot be reserved.

For all the information about Dutch Railways, you can take a look at [this website](#). You can also contact them at 0900 9292 (EUR 0.70 per minute). This number can only be called from the Netherlands.

## Voordeelkaart

The Voordeelkaart is a special discount from the NS. Only if you have a personal OV-chipkaart you can subscribe for a Voordeelkaart. This is a travel product that gives you a 40% discount on a train ticket during off-peak hours, on weekends and public holidays.

Off-peak hours: on weekdays from 6.30am to 9am and 4pm to 6.30pm, on weekends and public holidays.

On [this website](#) you can order the Voordeelkaart for only €5.60 per month (subject to change).

## Buses

Similar to trains, bus transportation in the Netherlands has an extensive urban and regional transportation system. All cities and towns in the Netherlands are connected by

bus services. These bus services do not have separate travel classes like trains. There are no trams or metros in Eindhoven.

Once you travel by bus, you have to check in and out with your OV-chip card when getting on and off the bus. You can also buy a day pass or disposable chip card in the bus. Please note that you can only pay contactless or by debit card on the bus.

## Student travel product via DUO

If you qualify for student finance via DUO (Dutch Ministry for Education), you can also choose the student travel product, which will allow you to travel for free on buses, trains or trams within The Netherlands. You can check via the [website of DUO](#) if you meet the conditions.

## Bikes

The Netherlands is a true cycling country. There are more bicycles to be found than people. There are 35,000 kilometers of bike paths throughout the country. Because of the good and safe biking conditions, many people use bicycles to go shopping, to go to work or to go to school. So in case you live near Fontys, going by bike is also an option.

There are plenty of places in the city center of Eindhoven where you can park your bike unattended or guarded.

Sometimes the guarded bike parking facilities charge a fee. On [this website](#) you will find an overview of large (guarded) bicycle parking facilities in Eindhoven. Make sure you always park your bike properly, otherwise the municipal service may remove your bike. Use a bike parking, make sure your bike is not in the way and pay attention to the signs.

If you have decided to purchase a bicycle, keep in mind that prices vary. A new bicycle costs between €150 and €500. Second-hand bikes can be purchased for lower prices. Useful second-hand websites for bikes are Facebook Marketplace and [Marktplaats](#). In addition, always make sure you have a solid lock.

Another option is [Swapfiets](#). This is a company where you can rent a bicycle or e-bike for a fixed amount per month. This includes free service and repair, in case something is wrong with your bike.



# 5. LIVING IN THE NETHERLANDS



## 5.4 Dutch culture

You have chosen to study at Fontys in Eindhoven. This is probably a whole new environment for you where you will face new challenges and broaden your horizon. Despite being a very exciting adventure, you may experience a culture shock. This is a normal reaction to a significant change. That's why we want to help you with some information about the Dutch culture and to introduce you to the enjoyable activities that can be found in Eindhoven.

### Special events

In addition to studying in Eindhoven, it is nice to get a taste of Dutch culture regarding events.

Below you can find a number of events in Eindhoven (and the Netherlands) that happen every year.

- **Carnaval (10-13 February 2024).** One of the most popular events in Eindhoven. The whole region dresses up in crazy costumes and celebrates in a festival of music and color.
- **Koningsdag (King's Day).** On 27th of April we celebrate King Willem-Alexander's birthday. The whole country turns orange as everyone wears orange clothing. During this day there are many festivities throughout the country, like flea markets in the city centres.

- **GLOW (11-18 November 2023).** This is a light art festival in the public space of Eindhoven. 35 famous national and international light artists create artwork through the city center of Eindhoven
- **Sinterklaas (5 December 2023).** This is **a children's festival**. From November till the 5th of December children put their shoes near the chimney and sing songs hoping to receive a present in their shoes. On December 5th, Sinterklaas visits many children in their house and the children get a lot of candy and presents.

On [this website](#) you can find the event agenda of Eindhoven for more fun activities.



### School holidays in the Netherlands

Because the Netherlands has a Christian background, certain Christian days are celebrated. On these days, schools and offices are closed.

### National holidays in the Netherlands 2023:

- New Year's Day: 1 January
- Good Friday: 7 April
- Easter & Second Day of Easter: 9-10 April
- King's Day: 27 April
- Liberation Day: 5 May
- Ascension Day: 18 May
- Whitsun and Second Day of Whitsun: 28-29 May
- Christmas and Second Day of Christmas: 25-26 Dec.

### School holidays in Eindhoven 2023-2024:

- Autumn Holiday: 14-22 October
- Christmas Holiday: 23 December – 7 January
- Spring Holiday: 10-18 February
- May Holiday: 27 April – 5 May
- Summer Holiday: 27 July – 31 August





# 5. LIVING IN THE NETHERLANDS



## Cultural organizations

Below you will find a brief overview of cultural organizations in Eindhoven. Obviously, there is much more to experience. If you want more information about that, check out the Tourist Office.

Music	Theatre & Ballet	Cinema	Museums
<ul style="list-style-type: none"><li>• Muziekgebouw Frits Philips Eindhoven</li><li>• De Effenaar</li><li>• POPEI</li></ul>	<ul style="list-style-type: none"><li>• Parktheater Eindhoven</li><li>• International Theatre Collective Eindhoven</li></ul>	<ul style="list-style-type: none"><li>• Pathé Eindhoven</li><li>• Vue Eindhoven</li></ul>	<ul style="list-style-type: none"><li>• The Van Abbemuseum</li><li>• Philips Museum</li><li>• DAF museum</li></ul>

## Tourist office

The tourist office in Eindhoven can give you more information about everything that is happening in Eindhoven (for example: touristic attractions, events and bicycle routes). The address of the Tourist Office (VVV) in Eindhoven is:

**Stationsplein 17, 5611AC Eindhoven** (next to the Central Railway Station).

On [this website](#) you will find more information and the opening hours of the Tourist Office.

Eindhoven also has many cultural associations like student associations, sports associations or religion associations. Scala is the umbrella association for the cultural student associations in Eindhoven. Check [their website](#) to see what they offer.

## Dutch language

Although as an international student in Eindhoven you can get along very well with the English language, it is nice to understand a little Dutch and learn more about the Dutch culture. There is a wide choice of commercial language courses on offer to suit individual needs and budgets, with courses ranging from 'Dutch for au Pairs' to more intensive NT2 classes.

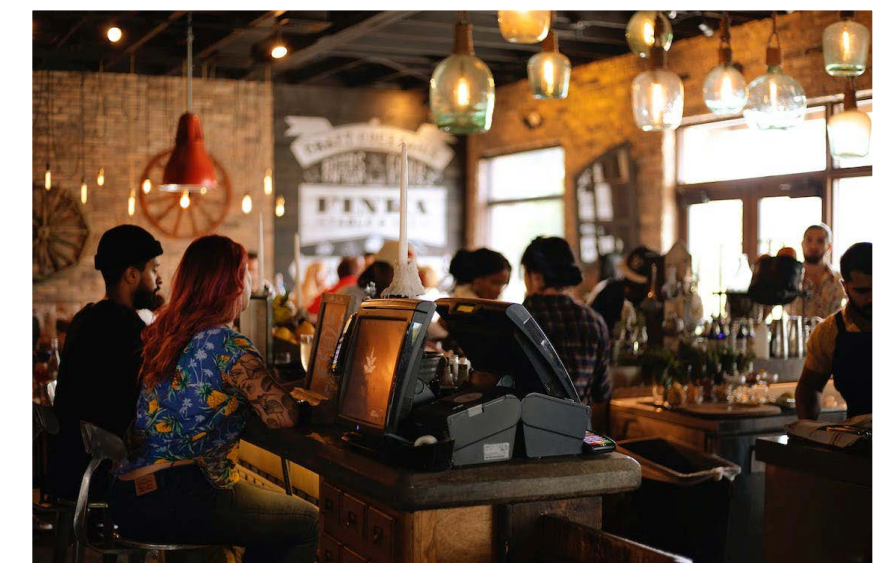
Some tips for learning Dutch:

- Read with attention: Start with the Dutch newspaper headlines and try to figure out what they mean.
- Listen with attention: Watch Dutch TV or movies with Dutch subtitles.
- Learn new words: Write new words on post-its and place them strategically around your space.
- Practice whenever you can: Whatsapp, emails or spoken conversations.
- Use the internet or apps like DuoLingo.

## Language Café at the Eindhoven Library

At the language café you can learn Dutch in a fun way. In small groups you will talk about various topics in Dutch, from subjects about a birthday party to going for groceries. Everything is possible. Please note, you must be 18 years or older to participate.

Every Thursday from 10.30-12.00h at De Witte Dame in Eindhoven (Emmasingel 2, 5611AZ). Registration is not needed. See [this website](#) for more information.



## The Hub Eindhoven

The Hub Eindhoven is a meet up to improve socialization and integration of international workers and students in Eindhoven. Many Fontys students take part and enjoy the organized activities. There is a meet up nearly every night of the week with activities like a Dutch language class, music- and game nights or a comedy night. Check [this website](#) for more information. It is located at Vestdijk 25 in Eindhoven.



# 5. LIVING IN THE NETHERLANDS



## Sports

If you are interested in Sport then Student Sport Center Eindhoven (SSC) might be the place for you. Sport is central in Eindhoven and at the university. SSC is a comprehensive sports center for all students and employees of TU/e and Fontys Eindhoven. They offer more than 70 sports. For a low rate you can apply for a sports card online. For more information visit [this website](#).

In addition, Eindhoven has 270 non-commercial sports clubs. These clubs are for young and old and from amateur to top athlete. Think about cricket, field hockey, football, volleyball, tennis, gymnastics and so on. You can sign up for a club at any time. Check [this website](#) for all possibilities.

