

Erasmus Radiography Group

Student information

1. Institution



Inholland University of Applied Sciences, Faculty of Health, Sports and Social Works.
Department of Medical Imaging and Radiotherapy
Bijdorplan 15
2015 CE HAARLEM
Phone: 023 5412812 (front desk MIRT)
Website: www.inholland.com

2. Erasmus coordinator

Geert Plug
Email: geert.plug@inholland.nl
Phone: +31 (0) 615279617

3. Location

Haarlem, the Netherlands



Application

4. Inholland application

Application will be done through your home University. After nomination by your home institute you will receive all relevant information through email.

5. Travel information

The campus is situated near the railway station Overveen (3 minutes walk) and is easy to be reached by bus and train.

- Transportation

You will find that you can live very easily in the Netherlands without a car. The public transportation network extends to every remote corner and although train and bus fares are not cheap, they are still nowhere near as expensive as buying and running a car. The trains, especially in the western part of the country, run very frequently: four to six times an hour between the main cities.

Travel times are also short: Zandvoort-Haarlem, 10 minutes; Zandvoort-Amsterdam, 25 minutes; Amsterdam-The Hague, 40 minutes; Amsterdam-Rotterdam, 60 minutes. The train carriages are either first or second-class.



You need an OV chipkaart to travel by train or bus. "OV" stands for *Openbaar Vervoer* which simply means "public transport" in Dutch.

The smart card works using an embedded RFID chip and **passengers need to "check-in" and "check-out"** at the start and end of their respective journeys. This is done using the special free-standing card readers installed at platforms and on buses and trams. There will also be gate barriers in place at some metro and train stations. Similar systems are running in London (Oyster) and Hong Kong MTR (Octopus) - but the Dutch system is somewhat more complex as it covers the entire transport network of the country.

There are **3 types of OV chipkaart** available:

1. **"Personal"** - this is generally for **Dutch residents** who register their full details via a Dutch-only application form. The card costs €7.50 and lasts 5 years. Personal OV card holders will be the only travellers who can use discounts and special types of season ticket. Each personal card contains the holder's photograph and date of birth. Student OV cards (allowing free travel at certain periods) and NS train discount cards come embedded with the OV chipkaart.
 2. **"Anonymous"** - no registration is required, **discounted travel will not be possible**. The card also costs €7.50 and lasts 5 years.
 3. **"Disposable"** - a card which can be bought with a single travel product only. It is made from paper card and cannot be reused after expiry.
- Next to this, you can use the NS-app (Dutch railway app) for buying your ticket online.

There are a variety of ways to travel from the accommodation in Zandvoort to school. For travel to Amsterdam you can go by train or bus; there is also a night bus. For covering short distances or for exploring the country roads, no form of transportation is better than the one used by most Dutch themselves: the bicycle.



In a country of 16 million people, there are about 16 million bicycles. You will see a complete cross-section of the population getting around this way. The fact that a person rides a bicycle is not taken as a sign of relative poverty. In fact, social status has nothing to do with it; there are even members of parliament who go to work by bicycle. You will see women cycling with one child on the handlebars, one child on the back, and shopping bags hanging from the sides. You will see well-dressed businessmen with their attaché cases strapped over their back wheels; and on Sundays you see families out for recreational cycling. A new bicycle costs between about EUR 150 and EUR 500, but second-hand bikes cost a fraction of that price. Ask the accommodation-manager to suggest a shop, or inquire at the railway station ('fietsenstalling'). In fact it is better not to spend too much money on a bicycle. The incidence of violent crime in the Netherlands is low, but especially in the cities, two kinds of theft are almost a sport: stealing radios or mobile phones out of cars, and stealing bicycles. So when you buy your bicycle, buy a heavy steel chain and lock to go with it.

6. Distance to

Schiphol Airport:	30 minutes from/to Haarlem / Zandvoort
Accommodation:	Zandvoort: 5 minutes (by train)
Hospitals:	depending where the clinical placement is situated from 30 minutes to 1,5 hour

7. Student accommodation:

- Accommodation

There are several options to choose from regarding accommodation. You can try to find your own accommodation through Airbnb or the following options:

Here you'll find several links with more information about accommodation options in Haarlem and surrounding area.

- <http://www.pararius.com/apartments/Haarlem/0-99999/furnished/>
- <http://www.housinganywhere.com/>
- <http://kamernet.nl/huren/kamer-haarlem?minprice=0&maxprice=1500&surface=2&pageno=1&itemsperpage=15&sortorder=1>
- <http://www.studentenkamers.nl/>
- <http://www.easykamer.nl/>

You can also find accommodations in Zandvoort, a village at the coast at a distance of about 10 kilometres from Inholland University of Applied Sciences Haarlem. For several years the Erasmus students did find themselves a room here.

You can contact the owners yourselves and we strongly advise you to arrange your accommodations as soon as possible.

See for further information (accommodations, rent, rooms, etc.) the websites:

- Pension Zandvoort aan Zee, www.zandvoortpension.nl
- "t Zomerhuis "(2 persons) en 't Loft"(1 person).
www.facebook.com/ebenvloedzandvoort or www.ebenvloedandvoort.nl
- Sound of the Sea, <http://www.homeaway.nl/vakantiewoning/p820399>
<http://www.homeaway.nl/vakantiewoning/p813222>
- de Kust, Zandvoort, <http://www.homeaway.co.uk/p476072>

All accommodation owners will offer special rates for students, which are not on their websites.

8. Meals

At the campus you can buy soup, rolls, fruit and drinks. In the pubs a simple Dutch dinner will cost you about € 10 to €15.

- Food



The traditional Dutch diet is healthy but utilitarian, consisting primarily of bread and vegetables: bread with cheese, thinly sliced cold meat, or jam for breakfast; much the same for lunch with the possible addition of soup, salad or fruit; and for the evening meal large quantities of potatoes and vegetables together with a relatively small serving of meat or fish. As you would expect, this traditional diet is also the most economical in Holland. Vegetables especially, are plentiful, of high quality and quite cheap.

Plenty of other foods are available as well, as a result of the historical link between the Netherlands and Indonesia, and the presence of different ethnic groups. Dutch tastes are becoming more international all the time; rice, pasta dishes and curry are

now almost standard fare in most Dutch homes. You will find imported tropical vegetables and fruit sold in many shops, and tropical cooking ingredients can be found at the special Indonesian grocery shop called a 'toko'. In the larger cities there are ritual butchers (Islamic, Hindu, and Jewish) and shops selling products from Turkey and North Africa.



You will save money if you do as much of your own cooking as you can, but convenience foods are increasingly available and a growing number of restaurants have a take-away service. The traditional Dutch convenience foods are French fries ('patat'), which, for a quick meal, are often eaten with a meat 'kroket'. These are bought at snack bars or special outdoor stalls.

The number and variety of restaurants is growing all the time. Since the Dutch themselves do not have a tradition of fine cooking, you will find many restaurants offering international cuisine, but not many that are simply Dutch. The most expensive restaurants offer French cooking. In general, you can pay anything from about EUR 10 to EUR 45 for a main meal in a restaurant.

9. Writing home, receiving post

- Computer and other facilities

All students have free access to the school computer network. A large variety of applications can be used in the special rooms with computer facilities. The help-desk assistants are there to answer students' questions.

Internal databases will give you information on all the books, magazines and papers, which are available in the online library.

Copy cards can be used to operate photocopiers and laser printers. You can buy these cards from vending machines in the school buildings.

- Keeping up with the news



Most international students will not be able to read Dutch newspapers. But you do not need to worry that while getting to know your host country, you will lose touch with the news back home. The Netherlands is very internationally oriented, and newspapers and magazines from many countries and in many languages are sold in the larger bookstores and at the railway stations. Because of Holland's central location in Europe, even the simplest radio can pick up international news broadcasts in English, French and other languages. The BBC World Service is especially good. The main international broadcasts from the United States (CNN), United Kingdom, Belgium, Germany, France and Italy can be watched.

10. Health and other insurance

Health Care insurance:

You are required by Dutch law to have health insurance. Therefore you will have to take out (additional) health insurance if you are insufficiently insured or if you have no health insurance. In Holland University of Applied Sciences Haarlem can offer you an insurance policy, which costs approximately EUR 37 per month. The policy in Holland

University of Applied Sciences Haarlem offers (Insurance Passport for Students, IPS), covers medical expenses, extraordinary costs, legal aid, accidents, liability, baggage and household goods. Only if you prove to the International Office before your arrival that you have sufficient health insurance the above ruling can be waived. Suitable proof must be sent together with your application form. This proof must consist of:

- International Health insurance card if you are from an EU country and fall under the state health scheme. Apply to the appropriate authority in your country before departure for exact information.

Inholland University of Applied Sciences Haarlem will take out health insurance (IPS) for you:

- if you require a visa;
- if you fail to send a copy of your International Health insurance card together with your application form.

Do not cancel your existing health insurance or you may experience acceptance problems on your return. Please take out sufficient travel insurance.

The health insurance Inholland University of Applied Sciences Haarlem offers will not cover costs resulting from a health condition that dates from before the policy period. This includes both disease and pregnancy.

Liability insurance:

Under Dutch law persons are liable for damage done to other people's belongings. You are strongly advised to take out liability insurance. On arrival you can purchase an Insurance Passport for Students (IPS), which covers both health insurance and liability insurance.

11. Health certificate/ required vaccination e.o.

As there will be (almost) no clinical placement, proof of vaccinations is not required.

12. Own equipment and books to bring

All necessary literature is available in the library of Inholland University of Applied Sciences Haarlem, which is since 2015 a "digital library". Internal databases will give you information about availability of books, magazines, papers, etc. in the library. Readers for the program are provided.

13. City and country information

- The country



On a world map, the Netherlands is very small indeed. The longest distance you can drive from north to south will take about four hours. To the east the Netherlands borders Germany, to the south Belgium, and to the north and west the North Sea.

Several features of the landscape will strike you immediately. To start with, it is extremely flat. There are a few hills in the southeast corner of the country, but even they barely infringe on the broad, unbroken expanse of sky that is so characteristic of Dutch landscape painting. The wind is an almost constant feature. Water is everywhere - lakes, rivers, and canals of many types, ranging from the large transport arteries for barge traffic to the

narrow drainage ditches that criss-cross the fields where Holland's millions of cows graze. Some 16 million people live in an area of some 41,000 square kilometres. This means an average density of 377 people per square kilometre. This is indeed just an average if you realize that 60 per cent of the population lives in an area that covers one-sixth of the country. This is the West Holland conurbation known as the Randstad, which is defined by drawing a line connecting Amsterdam, The Hague, Rotterdam and Utrecht. The Randstad has a density of more than 1000 people per square kilometre.

- The city of Haarlem



Haarlem is one of Holland's most interesting ancient towns, with many beautiful architectural features, a romantic river and a great variety of historic façades and quiet courtyards surrounded by almshouses.

In the year 1245 Haarlem was given privileges by Count Willem II. His former castle became the beautiful town hall of the city. Nowadays Haarlem, with a population of about 150,000 people, is the capital of the province of Noord-Holland. Among other things, Haarlem is the city where the famous painter Frans Hals lived and where bank notes are printed.

- The village of Zandvoort



The village of Zandvoort is a modern seaside resort. Its miles of broad, sandy beaches and its quiet dunes - large parts of which are open to the public - have a unique and varied fauna and flora. You will also find general facilities you need there: supermarkets, cafes, discos etc.

- The three most important cities

The three largest cities in the Netherlands are Amsterdam, Rotterdam and The Hague; each has its own special flavour.

Amsterdam, the official capital, is the social and cultural centre, and its theatres, concert halls, museums and cafes are famous. The city's liveliness and its live-and-let-live attitude give it an international reputation. Amsterdam is the place for having fun. The rest of the country looks to Amsterdam as the innovator - the 'radical cutting edge'. Amsterdam is also affected by the fact that it is always full of visitors from many other countries.



Rotterdam, with its huge international port (the world's biggest, in fact) is the industrial centre and the country's commercial capital. Bombs flattened much of Rotterdam in the Second World War, so that its modern buildings contrast sharply with the 17th-century centre of Amsterdam.



The Hague, which is the seat of government and diplomacy and the residence of the Queen, has a relatively reserved and dignified atmosphere recalling the colonial past. Like Rotterdam, however, it is gradually becoming livelier culturally.

The busy life of these cities, which form the backbone of the Randstad, is especially evident during rush hour, when the streets and motorways fill up with a sea of cars. This is in contrast to the rest of the Netherlands, which has regions where you can sometimes walk or cycle for hours in relative quiet. People who live in the Randstad have a reputation for being harder, more aggressive and more in a hurry than people in the rest of the country. The southern provinces especially are known for being more jovial, and

many people in the Randstad try to get away at least once a year to enjoy the more relaxed and peaceful atmosphere and the natural beauty of one of the other provinces.

- The population

The ethnic Dutch tend to be tall and fair; statistically they are the largest people in the world. But Dutch society is becoming increasingly multicultural, so you will see many other physical types as well, especially in the larger cities. There are people of Indonesian, Surinamese and Caribbean descent because of Holland's colonial past in these regions. When the Dutch were forced out of Indonesia in 1948, many of the local people who had worked with them immigrated to the Netherlands and became Dutch citizens. With a few exceptions, these groups have been assimilated.



People from Surinam have ancestors that came from Africa, India, Indonesia, China and/or Europe. Surinam was part of the Kingdom of the Netherlands until it became independent in 1975. Just before then, many of its inhabitants took advantage of their Dutch citizenship and immigrated to the Netherlands. The Netherlands Antilles (these are the Caribbean islands of Aruba, Bonaire, Curacao, Saba, St. Maarten, and St. Eustatius) is still part of the Kingdom of

the Netherlands. People from these islands are therefore free to settle in the Netherlands. Dutch citizenship also entitles them to regular Dutch student grants. You will also see many people living in the Netherlands who originate from the Mediterranean region. In the 1950s and 1960s Dutch industry was growing fast and there was a shortage of cheap, unskilled labour. Workers were recruited from Turkey, Morocco, Yugoslavia, Italy, Spain and Tunisia. Many of these people have now brought their families to Holland and settled permanently.

14. Weather and clothes



Cool summers, mild winters. This is typical of the marine climate one would predict for Holland on looking at a map and seeing its position in relation to the North Sea. Nothing could be less predictable than the Dutch weather, however. In the morning there may be bright sunshine, but within a few hours the wind can change direction and all of a sudden a cold gale is blowing in from the west. (Of course days can also start out badly and end well.)

In the winter (December-March) there are not too many days below freezing, and although you will probably see snow, there is seldom a lot of it. The winter cold is penetrating, however, because it is often wet and very windy, so you will need a warm winter coat and woollen sweaters.

15. Money (national currency is the Euro)



Milk (1 lt)	€ 1,00	1 ½ lt of Coca Cola	€ 1,50
Rice (1Kg)	€ 2,00	1 lt Orange Juice 100%	€ 1,50
Sugar (1Kg)	€ 1,10	Newspaper	€ 1,00
6 eggs	€ 1,20	Music CD	€ 20,00
Butter (250g)	€ 1,00	DVD	€ 30,00
1 Menu BigMac	€ 5,50	Cinema	€ 10,00
1 espresso	€ 2,00	Bus (1 month 2 zones)	€ 50,00