



university of
 groningen

2022

Road to
the UG

open academic community - since 1614

Part one: Before you arrive



We are delighted that you are considering to study at the University of Groningen. Studying abroad is an exciting experience and we know that you will have many questions about what to do next. This guide will hopefully answer some of these questions and help you plan your journey to the UG after you are admitted.

Please ensure that you read each section carefully and complete the checklists we have provided to help you. Links to key university services and other important information are included throughout the guide.

If you have any questions, you can check www.rug.nl/admitted or email us at study@rug.nl.

For more information and updates about the effects of the COVID-19 pandemic in the Netherlands and at the University of Groningen, please visit: www.rug.nl/corona

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Checklist

This checklist will help you to organise your arrival at the UG.

- 1 **Offer**
Receive an [offer](#) from the University of Groningen.
- 2 **Supporting documents**
Provide relevant documents to [meet the conditions](#) of your offer. See page 5
- 3 **Money**
 - Planning the finance for your studies and life in the Netherlands. See page 6
 - Travel and visa costs
 - [Tuition fees](#)
 - [Accommodation](#) costs
 - Living costs (food, clothing)
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 - Extras (unexpected expenses)
- 4 **Immigration**
Make sure you meet the [immigration](#) requirements (if relevant). See page 9
- 5 **Accommodation**
Apply for [accommodation](#) through the University partner SSH. See page 10.
- 6 **Health Insurance**
Arrange the correct health insurance to cover the duration of your studies. See page 15.
- 7 **Follow us on Facebook , and Instagram and Youtube**
 -  [University of Groningen](#)
 -  [universityofgroningen](#)
 -  [University of Groningen](#)
- 8 **Pack**
Follow a packing list to ensure you pack only what you need.
- 9 **Travel to the UG/Airport Meet and Greet**
Make [travel arrangements](#) that ensure your arrival during the recommended arrival period.

In my check-in luggage

- 1 Do not pack items that are prohibited in the Netherlands.
- 2 Pack something that reminds you of your family, friends and home country.
- 3 Essential items of clothing.
- 4 Electrical equipment:
 - laptop/tablet, charger
Laptops are often prohibited in check-in luggage.
 - mobile phone, charger
 - power adapter (if necessary).

In my carry-on

I have packed the following documents

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

About the offer

The offer you have received is based on the admission status that you currently hold. There are three types of offers: conditional offers, provisional offers and unconditional offers.

Conditional offers

These are for applicants who have yet to fulfil one or more of the admission requirements. In order to be fully admitted and receive an unconditional offer, you will have to satisfy the conditions for admission to your selected programme. This will need to be done before the deadline that is stated in your offer letter. For example, having a conditional offer pending receipt of a sufficient English proficiency test. Once you have successfully passed and achieved the required results for the test, you must contact the Admissions Team (the email address from which their offer letter was sent). The Admissions Office will subsequently change your admission status.

Provisional offers

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

Unconditional offers

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

Accepting your offer

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

Deferring your offer

If you are unable to start in the academic year that you have applied for, you are of course more than welcome to apply for the following academic year. We are formally not allowed to offer deferrals, seeing as it is possible that entry requirements might change from year to year. Assuming the entry requirements will stay the same as this year, you can rest assured that you will be admitted to the programme again. Please contact the [Admissions Office](#) for further information.

Status enrolment application

Applicants have the possibility to check their enrolment application status in real time! You can, as soon as you receive an account from us, monitor your application status in the [Progress Portal](#). If there are still tasks to be completed, the portal will show you how to complete your registration.

* not applicable for numerus fixus programmes.

Planning your finances

The cost of living in the north of the Netherlands is lower than in other parts of the country such as Utrecht and Amsterdam. It is essential that you make sure you have enough money to cover your study and living costs while at the UG. You should plan your finances well in advance of your arrival as it can be difficult to arrange funding after you have started your programme.

Some jobs will require communication in the Dutch language. There are, however, a number of shops, bars and cafes which hire non-Dutch speaking students. If you are a non-EU/EEA passport holder, you will need a permit sponsored by your employer before you can work legally.

If you are a non-EU/EEA student and wish to look for a student job in the Netherlands, there are a number of things you should know.

- If you hold a residence permit (VVR) as a student, you are only allowed to work in the Netherlands if your prospective employer requests a work permit (called TWV). It is the employer who makes the request at [UWV](#).

In addition, you are only allowed to work for a maximum of 16 hours per week or you may do seasonal labour during the months of June, July and August. In both cases, the employer must have applied for a work permit.

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

You will need to budget for

- Tuition fees
- Accommodation costs
- Living costs (e.g. food, clothing)
- Study costs (e.g. books, IT essentials)
- Travel and visa costs
- Extras (unexpected expenses)

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



Groceries €150



Rent, incl gas, water and electricity €350-650



Course materials (depending on your degree programme) €30



Insurance €110



Internet/Cable/Telephone €60



Shopping €60



Entertainment €80

Non-EU/EEA Fees

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

EU/EEA Fees

Tuition fees are the same for Dutch and European Union students (European Economic Area: all EU countries + Norway, Switzerland, Liechtenstein and Iceland). These annual tuition fees are valid for the duration of your programme of study but are always clarified on your Letter of Admission.

NOTE: The Dutch government has halved the statutory tuition fees for specific groups of first-year Bachelor's students starting their studies in 2022-2023 academic year. This will apply only to first-year EU/EEA passport holders. More information can be found [here](#).

If you have questions about your tuition fees, please find our contact details at rug.nl/sia
Physical location: First floor Academy Building
(building 1112, Broerstraat 5, 10.00 - 16.00 weekdays)

Payment of tuition fees

There are a number of different ways for you to pay your tuition fees and you can indicate your preferred payment method via Studielink. You need to make sure that you pay your tuition fees before the start of your degree programme, as you are not allowed to enrol if you have not met your financial obligations.

The University of Groningen will notify you about paying your tuition fees. Please note that this notification does not mean that you are officially enrolled at the University as you will be notified of that separately.

Direct debit payment

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

Pay via Tikkie

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

PIN payment by bank debit card

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

PIN payment by credit card (Only non-EU)

If you wish to pay by Mastercard, VISA Card, JCB Card or CUP Card, you must go to the Central Student Administration and use your credit card in the pin-code reader to pay your tuition fee (only for the full amount). The administration fee for a credit card payment is € 50 (per transaction). Please note that payment by credit card is only possible if you are a non-EU/EEA student and you have to pay the higher university tuition fees.

Cash payment

You can also pay your tuition fees in cash at the University cashier's office. You can make an appointment [here](#). Cash should not be posted to us. Although you are able to pay by cash if there is no other method, we advise against carrying large amounts of money into the country for security reasons.

Direct bank transfer

You can pay your fees in full by transferring money from your bank directly into the University's bank account through an electronic transfer. It is important that you quote your Student Number or your name, initials and date of birth. For example, S1234567 and your name: Jones, S 01/02/1998. You need to make sure that additional costs (such as bank charges) are also paid.

Non-EU students will be contacted by the Central Student Administrations office with specific payment information.

Account name	Rijksuniversiteit Groningen
Bank name	ABN-AMRO
Account number	NL84ABNA0425600904
BIC/Swift code	ABNANL 2A
Reference	onderwijsgelden
Address	Grote Voort, P.O. Box 686, 8000 AR Zwolle

Start date 1st September

- the tuition fees must be on our account no later than 31 August, or for non EU/EAA students 1 June or 1 July. Check which date applies to you on our [website](#).

Start date 1st February

- the tuition fees must be on our account no later than 31 January.

Sponsored students

If you receive sponsorship for your studies, you must provide written confirmation of this so the UG can send an invoice to your sponsor. You will need to send this letter to the University at least six weeks before your date of registration. A sponsor's letter must be written in English, on formal letter headed paper, and must state both your name and your student/applicant number. It should also include reference to the amount in Euros for the duration of sponsorship (i.e. first year or full course), as well as an address for the invoice to be sent to.

Opening a bank account

If you wish to open a bank account in your home country which you can use in the Netherlands, you should look for a bank with global connections. Information about opening and running a bank account in the Netherlands is available on arrival at the University.

To open an account in the Netherlands you need to provide proof of the following (these may vary depending on the bank):

- Valid passport or ID;
- Proof of enrolment at the University of Groningen;
- Proof of residence for verification of your Dutch address, e.g. your rental contract;
- Proof of registration at the municipality (BSN-number).

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

Emergency Funds

You still need to have other funds and means of payment available when you initially arrive in Groningen. This is the case even if you intend to open a Dutch bank account.

We recommend that you bring:

- **A bank card** that will allow you to use an ATM (Automated Teller Machine) in the Netherlands. Maestro and Cirrus are available in many places but check with your bank at home to be sure;
- **A credit card** (Mastercard or Visa). It is worth noting that you cannot use a credit card in the vast majority of supermarkets and shops in Groningen, so until you get a Debit Card/Maestro card, you will need cash;
- **Traveler's cheques** need to be insured and cannot be used in shops. They will need to be exchanged for cash at a money changing bureau or bank.

Immigration advice

If you are a student from country group 2, 3 or 4, and you will be staying for longer than three months (90 days), you need an MVV visa (type D - long-term multiple entry visa and/or a residence permit card in order to study in the Netherlands). The University applies for your MVV visa and/or residence permit at the Dutch Immigration Services (IND). You cannot apply for this yourself.

The University will inform you about the procedure and the documents that are needed for the application. This happens once you have received an offer from the Admissions Office of the University of Groningen.

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

Country Group	Nationality	Immigration requirements
Group 1	Students from Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden and Switzerland	<ul style="list-style-type: none"> > Do not need an MVV > Do not need a residence permit (stay over 3 months) > Do not need a work permit (should you wish to work part-time) > Do need to register as a citizen of Groningen or Leeuwarden
Group 2	Australia, Canada, Japan, Monaco, New Zealand, South Korea, United States of America, Vatican City State and the United Kingdom	<ul style="list-style-type: none"> > Do not need an MVV > Do need a residence permit (stay over 3 months) > Do need a work permit (should you wish to work part-time) > Do need to register as a citizen of Groningen or Leeuwarden
Group 3	Students from Albania, Andorra, Antigua and Barbuda, Argentina, Bosnia and Herzegovina, Brazil, Brunei, Chile, Columbia, Costa Rica, Dominica, El Salvador, Georgia, Grenada, Guatemala, Honduras, Israel, Macedonia, Malaysia, Mauritius, Mexico, Moldova, Montenegro, Nicaragua, Palau, Panama, Paraguay, Perú, Samoa, San Marino, Serbia, Singapore, St Lucia, St Vincent and the Grenadines, Taiwan, Ukraine, United Arab Emirates, Uruguay, Vanuatu and Venezuela	<ul style="list-style-type: none"> > Do need an MVV (stay over 3 months) > Do need a residence permit (stay over 3 months) > Do need a work permit (should you wish to work part-time) > Do need to register as a citizen of Groningen or Leeuwarden
Group 4	Students from all other countries	<ul style="list-style-type: none"> > Do need an MVV > Do need a residence permit > Do need a work permit (should you wish to work part-time) > Do need to register as a citizen of Groningen or Leeuwarden > Do need to hand in proof of legal residence for school registration.

Accommodation

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

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

If you are planning to study in Groningen, please ensure that you have found a room before 1st August. If you decide to come to Groningen without pre-arranged housing, then you are highly likely to find yourself in hotels or hostels, if there is still space available. This will involve high costs, inconvenience, and stress. If you find accommodation outside of the city, make sure you consider the potential extra travel time and travel costs.

Groningen

SSH Housing

If you have arranged with SSH to move into your accommodation when you arrive in Groningen, you will be able to find more details in your accommodation offer document. For more information go to the [SSH website](#).

Please note that this is an external website and not monitored or administered by the University. If you have any questions, contact SSH. Tel: +31 (0) 88 730 4200. If you have not secured accommodation before the start of your programme, either with SSH or with a private sector provider, there are a number of options for short term accommodation. You need to be aware that it can be difficult to book last minute accommodation in August.

At Home in Groningen

This is a [website](#) collaboration between The University of Groningen, Hanze University of Applied Sciences and the Municipality of Groningen, and provides useful information about how it is to live in a young, vibrant city such as Groningen. There are a wide range of choices available when looking at accommodation in Groningen:

- types of accommodation: student rooms, containers, student houses, student flats, houseboats;
- diverse neighbourhoods: Quiet or lively; close to or far from the city centre and/or University; distance from parks;
- sharing an apartment with other internationals or with Dutch students.

Private rentals

Should you wish to live alone, there are also several property rental agencies (makelaar) in Groningen as well as the large property search website [funda.nl](#). Properties offered are likely to be a great deal more expensive than student housing. Please be aware that rental accommodation is mostly unfurnished.

When you finally find a home you like, you must sign a rental agreement. It is normally done at the real estate agent office, with the organisation, or directly with the landlord. All rental contracts are provided in Dutch, and this is usually the only version.

Price and location

The price of a room depends on the location (distance to the city centre) and the size. It is wise to budget for rent between €350-€650 per month and the surface area can be a small yet cozy 12m², or a much larger 30m².

You can also consider other towns and cities in the north of the Netherlands that are easily accessible by public transport, such as Assen or Leeuwarden.

Beware of persons attempting to take advantage of your need of housing. Always check if the websites you use can be trusted, and thoroughly read any contract you are presented with.

Housing on UG website

www.rug.nl/accommodation

At Home in Groningen

www.athomeingroningen.com

Groningen Life

www.groningenlife.nl/en/housing

SSH

www.sshxl.nl

Facebook pages

Facebook pages may be a good place to connect with other students looking for accommodation or to find out about any private rentals. Some of the most popular Facebook groups are “Student rooms Groningen”, “Groningen rooms”, “Free housing announcements in Groningen”, and “Student Housing Groningen”. For Leeuwarden, you can try “Leeuwarden Housing Market” and “Kamer Leeuwarden”. Please be aware that these are external sites which are not monitored by the University of Groningen. Therefore, you should exercise extreme caution when arranging accommodation - especially where money is involved.

Further information

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

Leeuwarden

The good news is that it is relatively easy to find accommodation in Leeuwarden. If you start your bachelor degree at University College Fryslân, housing is guaranteed for the first year. For other programmes hosted at Campus Fryslân, students often rent a room in a shared house or an apartment or there is the opportunity to opt for a one-bedroom or studio apartment. There are a number of real estate agents or private landlords who advertise their rooms on different platforms.

Finding somewhere to live

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

[Student Stay](#)

[Kamernet](#)

[Rotsvast](#)

[Maxx Rentals](#)

[Markt058](#)



Studying at the University of Groningen



The academic year at the UG runs from the first Monday of September to July and all faculties follow a semester calendar with the first semester lasting from September to January and the second semester starting in February. You should check your faculty's academic calendar for specific dates as these can differ.

Registering for your programme

You can register for courses through [Progress](#). You should receive information from your faculty detailing how and when you can register for your courses. Please ensure that you follow these instructions and if you have any questions, you should contact your Faculty Student Desk.

You are also able to find out more about the courses you will study by visiting the [course catalogue](#).

Binding Study Advice

At the UG, first-year Bachelor's students have to earn a minimum of 3/4 of their 60 ECTS (credits) for the first year. This means 45 of the total 60 credits for that year (some programmes such as the BA/BSc Liberal Arts and Sciences require the full 60 credits). This is called Binding Study Advice (BSA) and you will be advised in January of your first year about your results and progress. If you are not able to achieve the 45 credits, you will have to

discontinue your degree. Halfway through your first year, you will receive what is called preliminary advice and at the end of the study year you will receive the Binding Study Advice.

Summary:

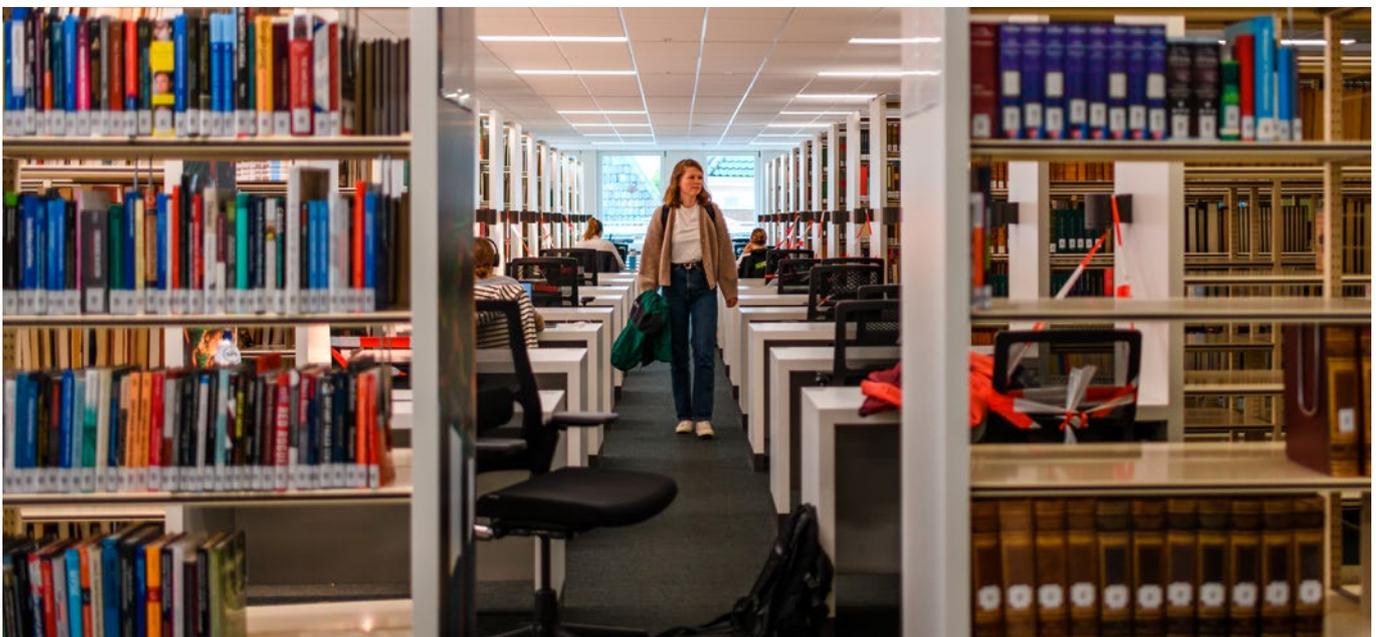
- at the end of your first year you need to have earned a minimum of 45 ECTS, otherwise you will have to discontinue your studies
- a negative BSA stays for a period of two years, starting the first of September of the following academic year;
- a negative BSA for a degree may also count for a cluster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

All the rules regarding the BSA can be found in the [BSA Manual](#), which also includes information on planning and procedures, study support and evaluation.

MoMi

MoMi is short for Modern Migration Policy. It is Dutch legislation that only applies to non-EU/EEA students with a Dutch residence permit with the purpose 'Study'.

MoMi requires students to obtain a minimum amount of ECTS (in most cases 30 ECTS) in every academic year in order to keep their residence permit for the next academic year. More information regarding the MoMi-legislation can be found on: www.rug.nl/momi





Student card

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

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

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

Faculty introductions

All faculties will have an introduction programme to tell you more about what to expect when you start and to provide an insight into your programme. Details can be found here:

- Faculty of [Economics and Business](#)
- Faculty of [Behavioural and Social Sciences](#)
- Faculty of [Theology and Religious Studies](#)
[Bachelor's students](#) / [Master's students](#)
- Faculty of [Arts](#)
- Faculty of [Medical Sciences](#)
- Faculty of [Law](#)
- Faculty of [Spatial Sciences](#)
- Faculty of [Science and Engineering](#)
- Faculty of [Philosophy](#)
- UCG: [University College Groningen](#)
- [Campus Fryslân](#)

Insurance

Everyone residing in the Netherlands is required by law to have valid health insurance, so you will need to be properly insured by an internationally recognized insurance agency. International students are not automatically insured. There are various types of health insurance: the kind of health insurance that applies to you depends on various factors, including your country of origin, age, whether you are employed in the Netherlands and the duration of your stay. Check the information provided by NUFFIC on [healthcare insurance for international students in the Netherlands](#) which health insurance you most likely need.

Dutch Public Health Care Insurance

You are obligated to take out Dutch public healthcare insurance if you:

- Are over 30 years old and your stay in the Netherlands is not temporary, or
- Have a (part-time) job or paid internship in the Netherlands, or
- Are a PhD Scholarship student, participating in the [PhD Scholarship Programme](#).

If you're required to take out Dutch public health insurance, you may also be eligible for 'zorgtoeslag' (health care benefits). Check the [Belastingdienst](#) page for more information.

Consult [Zorgwijzer](#) for an overview of the different basic health insurances available. The website compares different insurances, including what they cover and what they cost.

Please note: Dutch healthcare insurance covers the cost of basic medical care (the so-called basisverzekering). It does not include liability insurance (also mandatory in the Netherlands!), home insurance, or travel insurance.

You can take out an additional insurance package at [AON](#) for these.

EU Health Insurance Card (EHIC)

If you don't qualify for Dutch Health Insurance and you come from somewhere in the EU, you can use an [EU Health Insurance Card](#). You can get the EHIC from your own insurance company in your home country if you are insured under a national health service. With the EHIC, you will not have to pay for treatments that are free for local residents in the Netherlands, and you may be eligible for [reimbursements](#). This insurance does not, however, cover liability insurance (also mandatory in the Netherlands!), home insurance, or travel insurance. You can take out an additional insurance package at [AON](#) for these.

Private Health Care Insurance

If you are a non-EU/EEA student, you will need to take out Private Health Care insurance. Please check what your insurance company covers, and how much coverage you have during your time in the Netherlands. If your health insurance doesn't cover your stay in the Netherlands, you can apply for [private health](#) care insurance online. These insurances do include liability-, home insurance and travel insurance.

What to pack

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

What to carry in your hand luggage

Documents

Non-EU/EEA nationals will need to carry the following items in your hand luggage:

- your University of Groningen letter showing you have been admitted
- details of your permanent or provisional accommodation (if relevant)
- any relevant medical certificates showing recent vaccinations
- A passport or national identity card

Make sure to keep these original documents safe. We strongly advise you to keep these with you in your hand luggage.

EU/EEA nationals do not need to obtain a visa to come to the Netherlands but will need to present the following document:

- A passport or national identity card

Climate

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

Essential items of clothing

- Winter coat – one that should keep you dry and warm in all weather
- Winter accessories such as gloves, a scarf and warm hat
- Waterproof shoes

- Jeans
- Sweatshirts, sweaters or cardigans
- A smart outfit for formal occasions (shirt, trousers, skirt and/or dress with smart shoes.)
- Summer wear (shorts, t-shirts, flip flops, swimwear)
- Gloves, Sportswear
- Trainers (sneakers), or any shoes comfortable enough for running to class if you're late!

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

Money

Please do not bring large sums of cash with you. We suggest that you carry enough money to cover your first four weeks here to pay for expenses such as phone cards, transportation, toiletries and food. When exchanging your money, ask for lower denominations of currency: for example, €5, €10 or €20 notes. If you are unable to get smaller notes, you can change these in a bank when you arrive.

Non-EU visa students are advised to bring enough cash with them for the first few weeks, or have another way of withdrawing cash in the city. Once they have opened a Dutch bank account, they need to complete a form to request the living expenses from the university (which they already paid when they made their visa application). Transfers are ONLY made into Dutch bank accounts.

Electrical equipment

- Your computer/laptop (and/or tablet) with a charger
- Mobile phone with a charger
- If your phone is carrier locked, you will not be able to use it with any of the Dutch mobile phone operators. Make sure it is unlocked.

Please note that appliances purchased outside the EU may not be safe to use in the Netherlands because of the higher voltage supply (230V, 50Hz).

Power adapter

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

Things to consider

Items of bedding and kitchen equipment can be bought cheaply when you arrive – either new or second hand, so it is not necessary to bring these when you come. This is also the case for sports equipment unless you have special equipment that you wish to bring.

For information on what you are allowed to bring into the Netherlands, check the Dutch [customs](#) site. If you are a non-EU/EEA student, you are prohibited from bringing food and plant produce into the Netherlands.

Sending luggage in advance

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

Safety tips

- Do not bring large amounts of cash
- Pack your own luggage
- Do not put cash in your suitcase
- Throughout your journey, do not accept help with your luggage from people that you do not know
- Do not leave your luggage unattended at any time
- Do not accept requests to carry items for other people



Part two: Welcome to the UG



At the moment, you probably are settling in or have finished doing so. Moving to a new city is something you do not do every day and this guide will help you find your way around your new home and answer some of the questions you might have.

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Arriving in the Netherlands



Schiphol Airport

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

To Groningen

The best way to get to Groningen is by train and the trains leave from platform 1-2 at 5 and 35 minutes past every hour. If you get the 35 minutes past train which goes to Leeuwarden, you need to change at Zwolle for the Groningen train. You can get train tickets at the yellow ticket machines. Please note that most machines take card payments only. A one-way ticket will cost €27,00.

To Leeuwarden

You can get from Schiphol Airport to Leeuwarden by a direct train which departs every hour at 35 minutes. The journey from Schiphol Airport to Leeuwarden usually takes 2 hours. You can also take the train at 4 minutes past every hour but you need to change at Zwolle for the Leeuwarden train.

Schiphol Airport welcome service

The UG offers a welcome service at Schiphol Airport for new arrivals on 30 and 31 August 2022, from 08:00 to 20:00. The [Movin' to the UG Team](#) will be on hand at those times to meet new students in the arrivals hall and guide them to the correct train. Please let the team know what time you will be arriving in advance through the [sign up form](#) on our website. The welcome service may be changed or cancelled in order to meet COVID-19 rules in the future.

Bremen Airport

To Groningen

The quickest way to get to Groningen from Bremen Airport is to take the Flixbus to Groningen Train Station. Flixbus takes you from Bremen to Groningen in 2,5 hours and the buses run about 8 times a day. The costs depend on the time you travel. You can book your Flixbus ticket online.

To Leeuwarden

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

National train information: www.ns.nl

Flixbus: global.flixbus.com



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

Visa Arrangements

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

There are some situations where your visa or residence permit is not ready for pick up yet. In those individual cases, you will be informed about what to do.

If you have any questions regarding your visa/residence permit, please contact:

[Immigration Service Desk](#)

Tel: +31 50 363 8004

Registration at the municipality

Groningen

Once you move to Groningen, you will need to be legally registered at the municipality. You will need to make sure you have the following:

- a passport
- a registration form
- a rental agreement

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

Leeuwarden

The same procedure applies to students moving to Leeuwarden, you will need to be legally registered at the municipality. You will need to make sure you have the following:

- a passport
- a registration form
- a rental agreement

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

If you are studying a programme at Campus Fryslân, you will receive details directly from the faculty's Student Service Desk on how to plan your appointment.

Bank Account

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

Tuition Fees

EU students: To be definitively enrolled you will need to transfer your tuition fee payment to the university before 31st August. This is very important, because you can not be enrolled if we receive your payment after this date.

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

Registering for Courses/Exams

Registering for courses and exams takes place through [Progress](#). You can log in using your student number and password. You can also go to the student desk at your faculty if you need help with your registration.

Wi-Fi

The university uses the eduroam network and you can sign up with your student account. You can find more information about how to set up your devices in the [student portal](#).



Introduction weeks

The quickest way to get familiar with the city and meet fellow students is to sign up for the introduction weeks. Please keep checking the website for updates.

Groningen

The [KEI week](#) is the official introduction week in Groningen where Dutch and International students become acquainted with the city.

[ESN Groningen](#) is a student organisation which is part of the Erasmus Student Network (ESN). [ESN Leeuwarden](#) have the motto “students helping students” and this is achieved by organising over 150 activities for international students throughout the year. This includes an introduction week at the beginning of each semester to ensure that new international students have the best possible start that they can in Groningen and Leeuwarden. Due to the Covid-19 crisis, the introduction

weeks have taken on a different format with smaller events and some activities online. Please visit the KEI and ESN websites updates on the introduction weeks.

Leeuwarden

[Leeuwarden Studiestad](#) also organises an introduction event for all students in Leeuwarden called LEIP!. This runs from 15th - 18th August.

Welcoming Ceremony

All new international students will be invited to attend a Welcoming Ceremony which will be held on Thursday 1 September. More information about the format of the ceremony will be published on the [welcoming pages](#) soon. You will receive an invitation for the Welcoming Ceremony about a month in advance. If you have not received an invitation or additional information by Monday 29 August, [contact the UG](#).



The City of Groningen

Although considered a large city in the Netherlands, the city of Groningen has a population of 233,000, of which approximately 60,000 are students. This means that Groningen is the youngest city in the Netherlands with an average age of 36. It is the economic and cultural capital of the north, culturally diverse, with a safe community character. Groningen is also a typical bicycle city with clean air and approximately 145 kilometres of bicycling lanes, making it one of the best cycling cities in the Netherlands and the world.





The City of Leeuwarden

Studying at Campus Fryslân will mean that you are fortunate enough to be based in Leeuwarden located in the north-west Dutch province of Friesland. The city has been described as being like Amsterdam but without the crowds, and lives up to this with a continuous flow of cyclists riding on canal paths – with tunnels lit up in purple at night.

You will be joining the other 30,000 students studying at the various colleges and universities in the city. Furthermore, there is the chance to explore the Wadden Sea and the Wadden Islands – one of Europe's most important 'wet land' nature reserves.





Student Services

We know university life can present different concerns and questions, so if you need information, advice or support during your degree - we've got you covered.

Student Information and Administration

SIA is responsible for everything from your initial application in Studielink to your enrolment as a student at the UG. This includes issues like tuition fee payment, visa application and verification of documents. More information can be found on www.rug.nl/sia.

You can contact the Student Information and Administration by:

- Phone: +31 (0)50 363 8004
- [Contact form](#)

Immigration Service Desk

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

Faculty Student Desk

Each faculty has their own Student Desk, where you can ask questions about grades, your courses, registrations for courses and exams etc. During your introduction week, you will be shown where these desks are located within your faculty.

If you are based in Leeuwarden, you can visit the Student Service Desk on the second floor at the Beurs (Wirdumerdijk 34, 8911CE Leeuwarden). You can also email: cf-sec@rug.nl

Study advisors

Each study programme has one or more study advisors who act as your first point of contact for questions or problems before and during the study programme. You can go there if there are extraordinary circumstances, in case of disability or illness, for information about the binding study advice (BSA) and your study planning. They can also help you with questions about your programme, such as the study programme and the choices you can make within it. But also if you just need a listening ear, the study advisor's door is open for you. Conversations with a study advisor are always confidential. Contact details can be found on www.rug.nl/studyadvisor.

Student Service Centre

The Student Service Centre (SSC) is the centre of expertise in student counselling at the University of Groningen. The student counsellors of the SSC work from an independent position of trust and are in most cases the contact point where you can request educational and examination facilities. For example, if you experience barriers because of an illness or a functional impairment. If, during your studies, you have study-related complaints (such as stress) or psychological complaints (such as anxiety or depression), you can contact one of the psychologists at the SSC. Courses and training programmes related to study skills development, stress management, personal development and more are organized by the trainers of the SSC. More information (including contact details) is available on www.rug.nl/ssc.

Educational and exam facilities

The University of Groningen aims to be an inclusive university. We therefore provide educational and examination facilities for students with a chronic illness or functional impairment (e.g. ASD, AD(H)D, dyslexia, a physical or sensory impairment). If you would like to make use of these facilities, we recommend that you apply for them before or during the summer vacation. In some cases, this can be arranged quickly online, but sometimes a personal appointment with a study advisor and/or student counsellor is needed first. In particular, if you experience significant obstacles due to your specific circumstances, we recommend that you contact your study advisor well before the summer vacation. They will be able to give you a realistic idea of the problems that you may face during your study and the options available to you in terms of educational and examination facilities.

More information on this topic is available on www.rug.nl/extraordinarycircumstances.

Information about how to apply for support facilities can be found in the [online information tool](#).

Contact details of study advisors are available on www.rug.nl/studyadvisor.

Please note: In our experience, the offer in educational and/or examination facilities in Dutch universities may differ from what students are used to in other countries. In some countries these facilities may be more extensive, while in other countries they may be less extensive or similar. We believe that differences arise because of (for example) a different role of the university in health care, private/public status and accompanying tuition fees, and interpretation of the terms 'reasonableness' and 'feasibility'. Moreover, the University of Groningen handles all requests for facilities on a case-by-case basis. Facilities granted at other educational institutions are not taken over by default. We advise you to take these possible differences into account. If you would like to receive more information about our facilities before arriving in Groningen, please contact us at ssc-info@rug.nl. One of our student counsellors will be happy to advise you on this matter, thereby taking your personal circumstances into account.



Student Life



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

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

Sports

Groningen has the [ACLO](#) as the overarching student sports organisation of the University of Groningen and the Hanze University of Applied Sciences and home to 49 sports clubs. The ACLO (founded in 1945) is the largest student sports organisation of the Netherlands and represents the Groningen students' sporting interests at a national level. For a fee of just 59,90 per year, you will join 19,000 others who have access to sports and activities including water polo, African dance, bouldering, basketball and rugby.

Students in Leeuwarden can use the sports facilities offered by [Leeuwarden Stadiestad](#) for a small yearly fee. There is a choice of different sports, including basketball, futsal, swimming and kickboxing.



Cycling

Owning a bicycle is usually the quickest and cheapest way to get anywhere in both Leeuwarden and Groningen. In Groningen, most of the city centre has been closed off to cars, so 70% of all transport in the city takes place by bicycle.

As a bike owner, make sure you carry bicycle lights with you (white light in the front, red light at the back) that you either attach to your bicycle or your clothes. Throughout the year, but particularly during the winter, the police regularly check cyclists for these lights and if you don't have working lights the fine will be €90. Please also be aware that there is also a 95€ fine for cycling with your phone in your hands.

It is also advisable to lock your bicycle with two locks - the wheel lock and the chain lock. The best protection for bicycle theft is to lock your bike to something, like a lamp post. However, check local rules because sometimes that is not allowed and the municipality will remove your bicycle.

OV chip card

Public transport in the Netherlands is increasingly more dependent on the [OV chip card](#), a pass that you top up with credit. It is still possible to buy paper tickets, but they are more expensive than using the OV card. You can buy an OV chip card online as well as at supermarkets, kiosks and train stations for €7.50. You will then need to top up it with credit at the same locations.



Identification

As a resident of the Netherlands, it is required by law that you always carry identification with you in case the police want to check who you are. You will also need to bring your [student card](#) with you for most university exams.

Student Societies

Joining a student society is one of the best ways to meet fellow students and discover what the university has to offer. Student societies often organize fun events like movie nights, pub quizzes, city trips and parties. You can find an overview of the international student societies [on our website](#).

If you are studying in Leeuwarden, there are [student associations](#) that will ensure you get to know students at Campus Fryslan as well as others in the city. Visit leeuwardenstudentcity.nl for more information.

Food

Dutch cuisine is most likely different from what you are used to at home, and the Dutch do not have a strong “eating out” culture. It is common for people to share a meal at home with friends - resulting in some of the best, most reasonably priced supermarkets in the world. Most supermarkets also offer ingredients from different cuisines, so your time at the university might provide a great opportunity to expand your cooking skills.



Nightlife

Groningen

Groningen has a great deal to offer when it comes to nightlife. As it is the only city that has no closing times for its bars and cafes, there is always something going on at night. The Grote Markt, Poelestraat and Peperstraat are the centre of Groningen's nightlife with several venues featuring live music throughout the city centre. [VERA](#) is our most famous underground music venue and has hosted several little known bands on the verge of breaking through. In the past, these have included Nirvana, Joy Division, Pearl Jam and U2 who all performed at the club at the start of their careers. [Simplon](#) is also a great place if you are looking for alternative music.

Leeuwarden

Leeuwarden has a great nightlife with a range of music played in the different bars and clubs throughout the city. With a 5th of the population being students, you have a variety of options from themed music nights to sports cafes and more traditional bars dating back to the early 1900s.

Tips and Tricks

Leeuwarden

Shopping

For essentials such as duvets, sheets, pillows, pans etc. shops like HEMA, Action and Xenos have got you covered. If you are looking for a bargain, you need to head to Vorstreek where there are several second-hand shops.

Most shops in Leeuwarden are located around the Nieuwestad or the Verlegdeschrans. Amongst others, you can find Etos, Kruidvat and Trekpleister for your health and beauty needs, with supermarket chains like Albert Heijn, Jumbo, Aldi, Lidl and Spar, and Zara, H&M and Vero Moda available for a bit of retail therapy.

Every Friday (9.00 - 17.00) there is a large market at Wilheminaplein which is full of stalls selling fresh fruit and vegetables, fish, meat and cheese. There are also many flower and clothes stalls.

Entertainment / Festivals

The website [Uitloper Leeuwarden](#) gives you an idea of the different festivals and events in the city.

Neushoorn

[The Neushoorn](#) is Leeuwarden's creative hub. As well as a music, comedy and dance venue, it also hosts events for talent development.

Groningen

Shopping

Groningen has an IKEA which is great for your regular interior needs alongside other stores such as Primark or HEMA which offer essentials such as duvets, pillows, sheet and pans.

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

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

There are a number of thrift stores for clothes and second hand furniture shops where you can find those quirky one-of-a-kind items. A well know chain of thrift stores is called [Mamamini](#). These shops are located on multiple locations in Groningen and sell everything from furniture to kitchen items and clothing.

Entertainment / Festivals

The website [Uit Groningen](#) gives a comprehensive overview of what is happening in Groningen city and province. Although it is in Dutch, you can still get a sense of fun events or places to visit.

Eurosonic

[Eurosonic](#) is the biggest showcase music festival in Europe and takes place in the second week of January. Make sure you get tickets quickly because they sell out fast!



Social Media

There are a couple of good Facebook groups where you can buy second-hand items (including furniture, home essential, bikes and clothing). The most popular ones are: For sale in Groningen and For sale in Groningen for everyone.

USVA

Student Culture Centre, [Usva](#) is the cultural facility of the University of Groningen which strives to encourage students to develop themselves in arts and culture. Usva provides an artistic platform in Groningen where you have the opportunity to discover and engage with the arts.

There are various courses available in artistic disciplines, such as film, improv comedy, dance, and drawing with the chance to also learn how to sew or play the piano.

Throughout the year, Usva hosts many events such as the Flicks Film Festival, a singer-songwriter contest (Nootuitgang), clothing swap (O-Swap), mini festival (Usva at the Park) and a monthly Quiz Night. Student organisations also receive support for artistic projects from the venue in the form of grants, facilities and practical knowledge. Rooms and the theatre are available for students to rent.

Doctors and Health Services

In the Netherlands, the General Practitioner (GP) or family doctor is your first point of contact. Registration with a GP is mandatory for all residents in the Netherlands, including international students. Be sure to sign up with a GP as soon as possible – don't wait until you are ill - because you need to be registered with a GP before you can make an appointment.

Below you'll find a few possible GP's in Groningen, but you are at liberty to choose any other GP.

[Academische huisartsenpraktijk Groningen](#)
[Gezondheidscentrum Hoendiep](#)
[Huisartsenpraktijk Radesingel](#)

Through these websites you'll find an extensive list with GP's in [Groningen](#) and [Leeuwarden](#).

If you urgently need the help of a GP at night, during the weekend or on a public holiday, you should call the Out-of-hours Medical Services:

Groningen

[Huisartsen spoedpost Groningen](#)

With a Dutch phone number: 0900 - 9229 and with a non-Dutch phone number: +31 88 - 330 1300.
(Out-of-hours: 17:00 - 08:00 hrs and during the weekend).

Leeuwarden

[Dokterswacht Friesland](#)

With a Dutch phone number: 0900 - 112 7 112 and with a non-Dutch phone number: 088 - 112 7 112
(Out-of-hours: 17.00-8.00 hrs, during the weekends between Friday 17.00 and Monday 8.00 and on holidays from 8.00 till 8.00 the next working day).

Dentist ('Tandarts')

You are free to choose any dentist ('tandarts'). A referral is not needed. You will find dentists in your local area on Google Maps under 'Tandarts'. Alternatively, you may fill in your postal code on this [website](#), or ask a Dutch friend, colleague or neighbor for assistance. Should you need a dentist and not have one already, you can contact the Department of Dentistry (based in Groningen) for an appointment. If it is an emergency, you should ask for a receipt in order to get a refund from your insurance company.

Hospitals and Emergencies

In the Netherlands, hospital visits are reserved for emergency situations and specialist care. Unless you need emergency care, always contact your GP first. Your GP will refer you to a specialist if required. Emergency rooms are expensive, and hospitals will send you back to your GP if your situation is not life-threatening.

If there is an emergency or a life-threatening situation, call 112, the emergency services number. The operator will contact the police, fire station, or hospital for you. Every hospital has an EHBO or Eerste Hulp (First Aid) area for accidents and emergencies. Always remember to take your health insurance card with you.

Groningen has two hospitals:

[University Medical Center Groningen \(UMCG\)](#)
[Martini Hospital](#)

Leeuwarden has one hospital:

[Medisch Centrum Leeuwarden](#)

Contacts

Emergency number 112

Police station Groningen

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

Police station Leeuwarden-Holstmeerweg

Holstmeerweg 3, 8936 AS Leeuwarden
 Tel: +31 (0)900 8844 (non-emergency number)

Martini Hospital

(Martini Ziekenhuis)
 Van Swietenplein 1, 9728 NT Groningen
 Tel: +31 (0)50 524 52 45
martiniziekenhuis

Medical Centre Leeuwarden

Henri Dunantweg 2, 8934 AD Leeuwarden
 Tel: +31 (0)58 286 6666

Pharmacy Hanzeplein

(Apotheek Hanzeplein)
 Hanzeplein 122, 9713 GW Groningen
 Tel: +31 (0)50 311 50 20 (during office hours)
info@hanzeplein.nl
www.serviceapothek.nl/hanzeplein
 Monday to Saturday 8.00 to 20.00
 After 8.00 and during the weekend:
 Tel: +31 (0)900 111 50 20 (€ 0.20 p/m)

Alphega Apotheek Centraal

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

Apotheek Sonnega

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

Public Health Department (GGD)

Hanzeplein 120, 9713 GW Groningen
 Tel: +31 (0)50 367 40 00
 Monday to Friday 8.00 to 17.00
[GGD Groningen](#) / [GGD Fryslân](#)

Psychological Counselling

Uurwerkersgang 10, 9712 EJ Groningen
 Tel: +31 (0)50 363 80 66

Harlingertrekweg 58, 8913 HR Leeuwarden

Tel: + 31 (0)88 229 92 22

Info: www.rug.nl/ssc

Student Information and Administration

First floor of the west wing of the Academy Building
 Tel: +31 (0)50 363 8004
 Whatsapp: +31649230111
 Info: www.rug.nl/SIA

Post:

University of Groningen
 Student Information & Administration
 PO Box 72
 9700 AB Groningen
 The Netherlands

Student Service Centre

Uurwerkersgang 10, 9712 EJ Groningen
 Tel: +31 (0)50 363 80 66
www.rug.nl/ssc

University confidential advisor

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

University Medical Centre Groningen (UMCG)

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

Useful links

General enquiries

Prospective students: International
prospectives@rug.nl

Accommodation:

Groningen

SSH
Tel: +31 (0) 88 730 4200
[groningen@sshxl.nl](mailto: groningen@sshxl.nl)

Leeuwarden

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

Visa and immigration related questions:

Immigration Service Desk

First floor academy building
Broerstraat 5
Tel: +31 (0)50 363 8181
rug.nl/sia

Exchange and Erasmus

First floor academy building
Broerstraat 5
Tel: +31 (0)50 363 3962/5972
msd@rug.nl

Payment of tuition fees

Student Information and Administration
Tel: +31 (0)50 363 8004
[payment-possibilities](#)

Course-related enquiries

Please contact your [faculty](#)

Online course catalogue

www.rug.nl/ocasys

Progress Portal

www.progresswww.nl/rug

Groningen Life

www.groningenlife.com

Student City, Leeuwarden

www.leeuwardenstudentcity.nl

Housing

www.athomeingroningen.com

COVID-19 updates, University of Groningen

www.rug.nl/corona

COVID-19 updates, The Netherlands Government

www.government.nl

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For more information and updates about the affects of the COVID-19 pandemic in the Netherlands and at the University of Groningen, please visit: www.rug.nl/corona

