

Student introduction to Tilburg

February 2023

Dear new international student,

Welcome to the Netherlands! We hope you will have a wonderful time here in Tilburg!

You have probably heard about our windmills, wooden clogs, tulips, and weed. However, the Netherlands has so much more to offer! In this booklet, we will tell you everything about the Dutch culture, the city of Tilburg, and your future student life. We understand that aspects of life in the Netherlands might be different than what you are used to. With the information in this booklet, we hope to make your first months here easier and make you feel at home faster.

A quick note: this booklet has been made by Study Association Complex (Psychology), Study Association Flow (Communication- and Information Sciences, Cognitive Science & Artificial Intelligence and Data Science & Society), and Student Party SAM (Student Party in the University Council). Because it has been made by students, for students, information in this booklet might not be up-to-date or complete. If you come across such, please contact externalaffairs@svflow.nl, so that we can keep on improving this booklet. This might help out new students in the future!

If you have any questions, please feel welcome to stop by our office or send us an email!

Kind regards,

Jurre van der Mast
Study Association Flow

Mechteld Castel
Student Party SAM

Gino Jansen
Study Association Complex



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What is Flow?

Flow is the study association for all students who are studying Communication- and Information Sciences (CIS), Cognitive Sciences & Artificial Intelligence (CSAI) and Data Science & Society (DSS) at Tilburg University. As a study association, it is our goal to support you in three ways:

Educational support

Flow offers help on an educational level to all its members in terms of:

- Free summaries for all our members,
- 10% discount on your study books via INDEXBooks,
- Tutoring,
- Several activities to support you during your studies, such as Thesis Sessions and a Writing Marathon.



Professional support

Flow also supports your career development. We try to kickstart your career by organizing various activities together with our [partners](#). Also, we offer several internships and vacancies relevant for our studies on the internship and vacancy [page](#) on our website. Lastly, you can read about career experiences of our alumni on the [experiences platform](#).

Social support

Lastly, Flow supports you on a social level. By organizing a lot of fun, social activities, we try to bring students in contact with each other while having a good time. Examples of social activities we organize are:

- Monthly drinks,
- Cantuses,
- Sports & Games activities,
- City Trip, Ski Trip and Study Trip.



For only €15,- a year you can enjoy all these benefits and become a member of Flow!

But that is not everything! All our activities are organized by several committees consisting out of active members. You can also become an active member! By joining one of our [committees](#) you can help organizing activities. You will not only have an exciting and fun time, but it is also beneficial for your personal development. You learn to collaborate, to organize all kinds of events and you get the opportunity to expand your network. This is very useful, not only during your study, but also after you graduate.

Sign up now via [this link](#)!



1. Introduction to the Dutch

1.1 Dutch Culture

1.1.1 History of The Netherlands

Providing you with a detailed history of the Netherlands would require a whole series of books. Yet a brief history focused on the possible reasons for Dutch culture being the way it is, can be found here.

During the sixteenth and seventeenth centuries, the Netherlands became independent from catholic Spain after the *Eighty-year war* (which wasn't eighty years of war). After this, the protestant identity of the Netherlands was born, in which neither king nor God had such a strong influence in politics as trade had. The Netherlands rapidly grew to be one of the world's richest countries, resulting in the so-called Dutch Golden Age. With trade, industry, and sciences flourishing, the Dutch Empire became famous for their Dutch East India Company, nowadays looked upon with mixed emotions. At one point the Netherlands colonized New York, then known as New Amsterdam. Since the Dutch came in contact with a lot of countries and cultures through their trade, they had to have some level of tolerance, and to make deals as efficiently as possible they had to be direct. During the First World War, the Netherlands was neutral, and while trying to pull the same strategy during the Second World War, they were invaded and occupied by Nazi Germany. With the Dutch resistance increasing, the Nazis cut off the food supplies resulting in the "*Hongerswinter*" (Winter of Hunger) causing severe starvation. Later, most of the Dutch colonies became independent (e.g. Suriname), but still kept close ties to the Netherlands.



1.1.2 History of Tilburg

The first known mention of Tilburg originated in 709 AD under the name Tilliburgis. In the Middle Ages, they differentiated between West-Tilburg (present day Tilburg) and East-Tilburg (present day Oisterwijk). The whole area together was known as "Groot Tilburg" (Big Tilburg). In 1809, Tilburg was granted city status by the one and only Napoleon. In the 14th century, Jan van Haestrecht built a big castle in Tilburg, and this castle was deconstructed to make space for a new factory in 1858. You can still spot this in the logo of Tilburg. The soccer club of Tilburg got its name from the builder of our city hall: 'Willem II'. Willem II liked Tilburg so much that he built a palace on the edge of the city. Sadly, Willem II passed away before it was ever fully constructed. The place where the palace stood eventually became the city center since the city grew that much, and the family of Willem II gave the palace to the city, but only if it became a "hogere burgerschool" (higher civic school). The most famous student of this school is none other than Vincent van Gogh. During the 19th century, Tilburg was famous for its textile industry. Even though this industry collapsed, you can still see the history in the "TextielMuseum" (Textile Museum).

1. Introduction to the Dutch

1.1.3 History of Tilburg University

Originally founded as the “*Roomsche Katholieke Handelshoogeschool*” (Catholic Business School), Tilburg University was the first academic institution in the southern part of the Netherlands. In 1963 it was renamed “*Katholieke Hogeschool Tilburg*” (KHT) with the establishment of the law and social sciences. In 1985, they were allowed to name themselves a University and changed their name to “*Katholieke Universiteit Brabant*” (KUB) because “*Katholieke Universiteit Tilburg*” would result in an abbreviation “KUT” which in Dutch means “Cunt”. In 2001, the name changed to “*Universiteit van Tilburg*” removing the catholic part of their name, but keeping their motto: “*Geïnspireerd vanuit de katholieke traditie*”, meaning: “*inspired by catholic tradition*”. Later they took even more distance from their Catholic heritage by changing their motto to: “*Understanding Society*”, and later in 2010 also their name changed to English, namely: “*Tilburg University*”. On the 28th of April 1969, students took over the university till the 6th of May. They wanted a bigger student vote in the decisions taken regarding their university. Months before the occupation, members of the “Left Front” hung a sign at the entrance of the university stating: “Karl Marx Universiteit”. The Left Front wanted more emphasis on the Marxist economy.

1.2 Money

The trading heritage can still be found in today's culture, in both a good and bad way. The Dutch are known for their tolerance, directness, punctuality, and their love for their own wallet. If you find yourself in a friend group with Dutch people, be prepared to receive “Tikkies”. “Tikkie” is an app that lets you send a payment request through WhatsApp (or other social media) and is widely used in the Netherlands.

If you happen to travel with these Dutch people or even live with them, be prepared for the next application: “Splitser” (also known as “Wie Betaald Wat”). “Splitser” is an app where you can share your group expenses so that eventually everyone gets back their money for groceries, nights out, etc. A quick tip: when you settle the debts, send a “Tikkie” of the amount, instead of paying through the app as suggested. They ask for a transaction fee and Dutch people are allergic to those.



Congratulations, by now you might have befriended this group of Dutch people and they even gave you a gift! But you do not really like the expensive gift they gave you? No worries, we have a site for that as well! www.marktplaats.nl is an online marketplace for (mostly used) goods. Why throw your old bike to the scrapyard when it can still result in an easy 15 bucks?

After reading about all this, it is no surprise that the Dutch are not big tippers. In the Netherlands, people tip if they think the service was good, but it is not a (social) obligation to do so. Mostly, people tip between 8-15%. If you ever receive a really good tip from a Dutch person, then the service must have been exquisite!

1. Introduction to the Dutch

1.3 Holidays

The Dutch are not that cheap though, there are certainly some places where you can see them secretly spend way more than they should. Namely, during certain holidays the Dutch can spend an enormous amount on presents and beer alone. We will quickly go over some of the most known holidays. Keep in mind that the exact way these holidays are celebrated can differ from household to household.

1.3.1 Birthdays

The Dutch celebrate birthdays slightly differently than what you might be used to. For example, they congratulate everyone they can see at a birthday, whether they know them or not, does not matter. A common thing the Dutch do at birthdays is sit in a circle, they pass snacks around and the more guests you have the bigger the circle. Don't look surprised if someone opens a gift in front of the guests, this is also quite a normal thing in the Netherlands. When students turn 21, they often give a 21-diner. The person gives a dinner at their parents' house and invites all his/her friends, so they can see where the person grew up. When someone turns 50 and is a male, friends, neighbors and your family will decorate your garden/house and will rename you Abraham, if the person is a female then they will call you Sarah. While you might think that the Dutch are not keen on sharing, it is quite common to bring some treats to your workplace on your birthday. Lastly, if you ever wonder which birthday is coming next, take a trip to the restroom and check. A lot of households hang their calendar in the toilet.

1.3.2 Carnival

Carnival ("Carnaval" in Dutch), takes place in February. It is a celebration mainly held in the Southern (Brabant and Limburg) and the Eastern part of the Netherlands. Carnival is a reversal holiday where social roles and norms are reversed. It originally came from a Christian festival but took elements of ancient pagan spring festivals. People dress up how they want, animals, the opposite sex, objects, etc. The costumes are often made to be funny. In many places, large carnival parades are held, created by carnival associations. The number eleven (the fool's number) plays a big part in the carnival. On 11 November (the 11th of the 11th) at 11:11 am, the first court meeting by the Council of Eleven (the carnival council) will be held in preparation for the upcoming carnival. Carnival songs are easy and catchy with sexual, vulgar language. Big cities also change their name during Carnival. Tilburg changes its name to Kruikenstad and their inhabitants are called "Kruikenzeikers", because of the textile business in Tilburg Urine was a very common product in Tilburg. Making a mockery of the inhabitants of Tilburg they named themselves "Kruikenzeikers" meaning people that piss in a jug. To sum it up: during carnival, you and your friends dress up, maybe drink a bit more than you wanted and have a good time.



1. Introduction to the Dutch

1.3.3 King's Day (27th of April)

King's day was originally celebrated in honor of the Queen's birthday on the 30th of April ('Koninginnedag'). It is now celebrated on the 27th of April, to celebrate the birthday of King Willem Alexander ('Koningsdag'). The royal family usually visits one or more places around the country during this day, to celebrate it with its nation. In a lot of cities, jumble sales or flea markets are held in the streets of the city center (often by children). This is the only day where this is legal all across the country. People dress up in orange, as that is the nation's color. On King's Day itself, there are a lot of events such as music and dance performances, but the celebration already starts on King's Night, the evening before King's Day. A lot of people go out to party that night. Orange tompouces are a special traditional pastry that you can find everywhere in the country.

1.3.4 4th and 5th of May - commemorating of the death and celebrating freedom

On the 4th of May, the Dutch remember the casualties of the Kingdom of the Netherlands who have died in wars or peacekeeping missions since the beginning of the Second World War. At 20:00 two minutes of silence are held throughout the Netherlands. Public transport and general traffic are stopped, radio and TV broadcast the ceremonies, and flags are hung at half-staff. In many towns, people gather around a monument, to listen to speeches, and lay down flowers to commemorate the dead. The next day (the 5th of May) the Dutch celebrate Liberation Day. This day marks the end of the German occupation. Festivals are held throughout the Netherlands to celebrate the freedom that we have today. Wageningen is a specifically interesting city on this day, as the capitulation document was signed there.

1.3.5 Sint Maarten (11th of November)

Sint Maarten is mostly celebrated in the southern part of the Netherlands (Limburg). The day commemorates Saint Martin of Tours (a Christian bishop). The story goes as follows: Saint Martin was a soldier in the Roman army and one cold day he came across a beggar. He then cut his coat in half and shared it with the man in need. Little children walk together holding lamps to remember Saint Martin's generosity. They knock on doors and ask for candy. It sounds a little bit like 'Dutch Halloween'.

1.3.6 Sinterklaas (5th of December)

The Sinterklaas celebration already starts in November when Sinterklaas is believed to have arrived in the Netherlands on a boat from Spain full of presents. On his arrival in November, many people dress up as "Pieten" (Sinterklaas' helpers) who are told to deliver presents and prank/spy on the children.

Sinterklaas is celebrated on the evening before Sinterklaas' birthday, the "pakjesavond" (evening of presents). Children usually already receive gifts on this day, instead of Christmas Day, which is common in other Western countries. Poems are given which give hints about what the present is. Children leave a shoe out underneath the chimney or besides the door, because Sinterklaas is believed to come by on his white horse Ozosnel and leave sweets or presents.

1. Introduction to the Dutch

1.3.7 Christmas (25th & 26th of December)

Christmas is originally tied to Christianity, celebrating the birth of Jesus and going to church but it is not as religious anymore. Christmas is celebrated for at least two days. Celebrations start on the morning of the 25th, breakfast traditionally includes “kerststol” (Almond Paste Bread). There are traditionally no or few gifts, as those were already given on Sinterklaas. It is common to set the table as nicely as you can before eating. The Dutch traditionally set up a Christmas tree and sing Christmas songs.

1.3.8 New Year's (31st of December/1st of January)

New Year is traditionally celebrated with a lot of fireworks. At midnight everybody goes out on the street and either sets off fireworks or watches the fireworks. The last day of the former year is called “Oudjaarsdag”, and the first year of the new year is called “Nieuwjaarsdag”. During New Year's and the time before, people eat fried dough with raisins called “oliebollen”.



2. Cycling, Traffic & Transport

2.1 Rules about biking

The Netherlands is famous for their love for biking. There are more bikes in the Netherlands than there are people. Quite some Dutch people own multiple bikes: one normal bike, one mountain bike, and maybe even an electric bike. However, this is not very common among students. The big cities in the Netherlands have excellent bike paths and it is advisable to bike to most places, as you will definitely be faster by bike than by car and it will cost less money as well. If you want to join the Dutch in biking everywhere you go, there are some things to keep in mind:

- You are not allowed to hold a telephone or any other electronic device in your hand while riding your bicycle, this will result in a fine of €149,-.
- Having working lights on your bike is mandatory (during the day nobody will of course notice that they do not work). Not having lights will result in a fine of €69,-.
- You are allowed to bike next to each other but only in pairs of two.
- You always have to cycle (and drive) on the right side of the road.
- When you want to warn the person in front of you that you want to pass, you use your bicycle bell on your bike.
- You are allowed to park your bicycle on the sidewalk unless there is a sign that forbids it.
- If you see a blue board that says "rechtsaf voor fietsers vrij", you are allowed to turn right even though there might be a red light. Meaning that you do not even have to press the yellow button to turn the light green.

A quick tip: if you cannot find your bike in the spot where you parked it, it has probably been taken away by the municipality, because it was parked in a way that was not allowed or a hindrance for other people. You can see if this is the case at www.verlorenofgevonden.nl. If you type in "fiets Tilburg", the newly removed bicycles will pop up.



2. Cycling, Traffic & Transport

2.2 Getting a bike

There are two companies in Tilburg where you can rent a bike for a longer amount of time for a fixed amount per month: Unibike and Swapfiets. You can rent a bike for different periods of time and there are different bikes to choose from. You can also rent an e-bike at both companies. Both sites are available in Dutch, English and German.

If you are looking for a bike for just a couple of days, an OV bike might be more suitable for you. It costs €4,15 per bike for 24 hours. After 72 hours, you pay €5,- extra per 24 hours that you rent the bike. You can get it at train station Tilburg and train station Tilburg University. A disadvantage of an OV bike is that you need an OV card to get an OV bike and for longer periods of time they are quite expensive. If you do not want to rent a bike, but get your own, you can always check www.marktplaats.nl or Facebook Marketplace and see if there are second-hand bikes on offer in Tilburg. You can also buy second-hand bikes in bike stores all throughout Tilburg, they will probably be more expensive than Marktplaats, but the quality will likely be better.

2.3 Public transport

You can buy a ticket for Dutch public transport or use an OV-chipcard. You can buy a train ticket at the big yellow machines at every station. If you are planning to use public transport quite often, then an OV-chipcard might be interesting for you. An OV-chipcard is like a debit card for public transport; you deposit money on the card (at the big yellow machines) and then use it all throughout the Netherlands (for buses, trains etc.). You can request one via ov-chipkaart.nl (this site is available in English). You will need a digital photo and be able to pay via iDEAL, the costs for this card are €7.50,-. You can put memberships and discounts on this card and it will automatically withdraw the right amount from your balance. Keep in mind that you will need a minimum of €20,- on your OV-chipcard to travel with it. You can use either the ticket or the OV-chipcard to check in and go through the gates upon entering the station.

The only tricky part about using public transport in the Netherlands is that there are multiple transport companies in the Netherlands, the biggest ones are Arriva and NS. If you leave an NS train and travel further with an Arriva train you have to check out at a yellow NS device and check in at a red Arriva device. These devices can be found next to each other on the platform. You can see the name of the transport company in your travel planner.



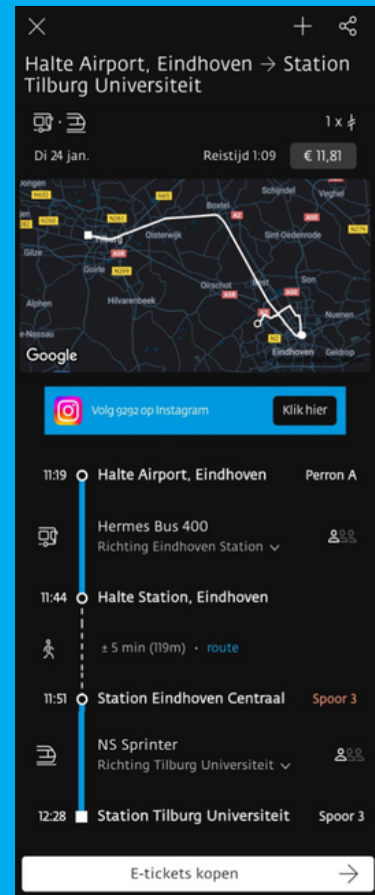
2. Cycling, Traffic & Transport

There are multiple apps to plan your travels, the most common and clear ones are called '9292' and 'NS'. In these applications, you can plan your route, for example from Eindhoven airport to Tilburg University station. On the right you can see a picture of this route given by 9292. The Dutch being Dutch, you are of course allowed to take your bike on the train. However, it can cost money depending on the time of travel.

Regarding taking the bus, there are a few things to keep in mind. First of all, in order to stop a bus, you need to stand on the sidewalk and raise your hand when the bus approaches. This is a sign to the driver that you want to enter the bus. You can either buy a ticket from the bus driver when you enter the bus or use your OV-chipcard to check in, which can be done in the bus itself as well. When you want to exit a bus, there are red buttons on chairs and walls that say "stop" in white letters, which you have to press in order to make the bus stop at the nearest stop so you can get off the bus.

When taking the tram, you need to either check in on the platform or in the tram. This depends on the city and place. For the metro, you need to check in upon entering the station.

Since you study at a University in the Netherlands you will probably be able to apply for a free or discounted student travel card. You can apply via the 'Dienst Uitvoering Onderwijs' better known as DUO. Free or discounted travel is part of your so-called 'student finance', which is a loan converted into a gift if you graduate within 10 years. Your eligibility for student finance depends on multiple factors (e.g. citizenship, age, residency status, etc.), you can find more information on this [governmental website](#). If you already know that you can apply for student finance then you can check if you can apply for student travel [here](#). For students not eligible for DUO, [NS flex subscriptions](#) are useful to help reduce the cost of train travel.



3. Housing

3.1 How to arrange accommodation?

The most important thing to arrange before you come to Tilburg is accommodation. There is a big shortage of housing everywhere in the Netherlands, and thus also in Tilburg. It is therefore extremely important to make this your priority, as it can take a long time before you find something. The university cannot provide accommodation for you, but they work with a number of preferred suppliers for housing who offer fully furnished rooms and apartments specifically for international students. A lot of answers to questions that you might have can be found [here](#). If you have any questions, you can contact the Housing Office of the university via studenthousing@tilburguniversity.edu or 0031 (0) 13-466 3744 (available on Tuesdays and Thursdays from 1 pm until 3 pm).

The university already gives tips about places to look. However, if these do not work, you can always check on Facebook. A very well-known Facebook group is "[Students looking for a room in Tilburg / Homeless students in Tilburg](#)". This group is more tailored to international students, as a lot of the offers in other Facebook groups have a "Dutch (speaking) only" policy.

3.2 Student Housing in Tilburg (SHT)

If you come to Tilburg and have not found anything yet and are in need of a roof over your head, there is an emergency platform that wants to help you. Student Party SAM has helped some people to set up "Student Housing in Tilburg" (SHT) to provide temporary emergency accommodation for up to three months. This gives you the option to look further for accommodation while having a roof over your head. Via the website of [Student Housing in Tilburg](#), both students in need and hosts with a spare room/couch/air mattress can apply, after which they are matched, based on availability. But beware, applying does not guarantee temporary accommodation, as it is dependent on the number of hosts that apply. And mind you: this is only in case of a real emergency.

A big problem when finding housing is getting scammed. [Huurteam Tilburg](#) is the advice center for all residents of the municipality of Tilburg regarding all of your questions about renting. They have created a page with [tips to avoid being scammed](#).



4. Insurance

4.1 Insurances in The Netherlands

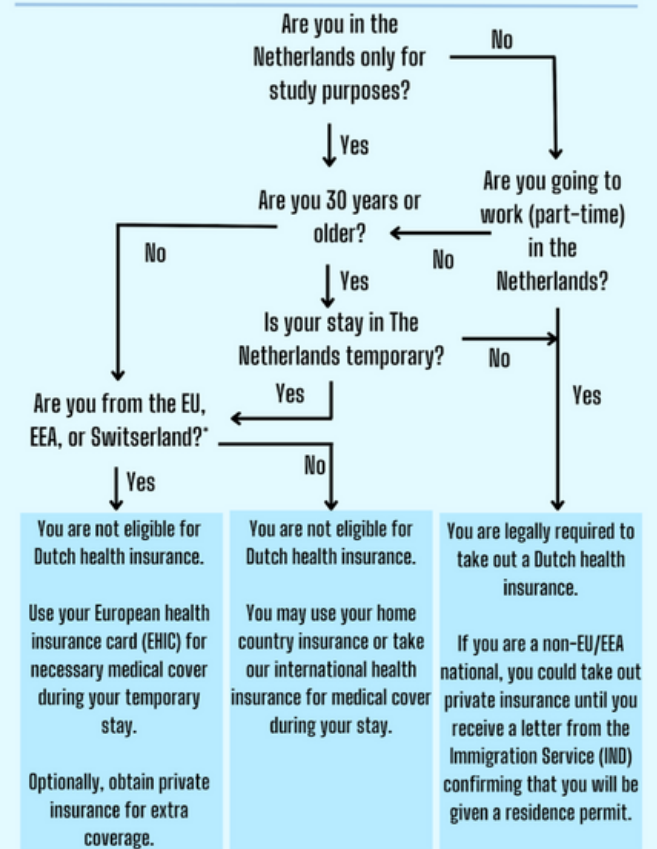
It is mandatory in the Netherlands to have emergency health insurance. If you live in the EU you can ask your health insurance at home to provide you with a European Health Insurance Card (EHIC), which will provide you with emergency health insurance. Be aware that (depending on your own insurance) an EHIC might only cover emergency healthcare, but not basic healthcare. If you are not from the EU, you can only apply for Dutch health insurance when you are (part-time) working. If you are not from the EU and not working, you cannot apply for Dutch health insurance and you need to get private health insurance.

The Netherlands does provide you with a healthcare benefit ("zorgtoeslag") which in some cases allows you to get the money back that you paid for your Dutch health insurance. You can apply for a healthcare benefit via this [link](#), if you have the nationality of an EU country, Liechtenstein, Norway, Iceland, or Switzerland. If you are from another country, you need a valid residence permit or work permit to apply for a healthcare benefit.

Besides health insurance, it is advised to take liability insurance which covers the cost of accidents which you are being held responsible for. It is even mandatory to have liability insurance when you own a car, motorcycle, scooter, or moped. Next to health insurance and liability insurance, there are a lot of other insurances in the Netherlands. The Dutch really like to insure a lot of their belongings! Some examples of other insurances can be found [here](#).

On the right, you can see an overview about information for Dutch health insurances for international students.

Dutch health insurance for international students



For more information see: zorgwijzer.nl

5. Finances

5.1 Maestro card

It is important to have a Maestro card in order to pay in shops and supermarkets. If you use other cards, your payment might get declined.

5.2 Applying for a Dutch bank account

One of the most important things to manage after coming to the Netherlands is having a Dutch bank account, as it makes life in the Netherlands a lot easier. If you have been awarded a scholarship, it will be transferred to your SEPA bank account. Make sure you have one, otherwise you might not be able to receive your grant.

5.3 Tilburg University and ABN Amro

Tilburg University has a deal with ABN AMRO. The package offered by the bank to students is called 'The ABN AMRO Student Package'. A lot of information about it is present on the Tilburg University website.

Some of the key points of this package include:

- A Dutch bank account and a debit card that can be used in every store in the Netherlands and in the University
- A card reader (E.identifier) and access to internet banking and mobile banking
- Free savings account

Unfortunately, it is not possible for international students to apply for a credit card.

Important Terms and Conditions to open a student bank account at ABN AMRO:

- You must be staying in the Netherlands for more than 6 months (more than a semester)
- You should be younger than 30 years of age
- You must have a BSN (Dutch citizen service number).

For more information about ABN AMRO and Tilburg University you can click [here](#).



5.4 Geldmaat

"Geldmaat" is the name of the ATMs in the Netherlands, it is a cooperation between ABN AMRO, ING, and Rabobank, three major banks in the Netherlands. It guarantees the availability and accessibility of cash for consumers. You can find the ATMs of Geldmaat at quite a few important locations in your city. Details of the important banks and Geldmaat can be found via [Geldmaat](#), [ABN AMRO](#), [ING](#) or [Rabobank](#).

6. Safety & Emergency

6.1 Health facilities

In the Netherlands, there are many different health facilities. The most important are described below:

- **General practitioner**

For all health problems, you should first contact a general practitioner. The practitioner treats patients for common and minor health problems and can answer most of your general health questions. Also, a general practitioner can refer you to other specialists. You have to sign up at a general practitioner before you can make an appointment. More information about general practitioners can be found [here](#).

- **Physiotherapist**

Physiotherapists help people affected by injury, illness, or disability through movement and exercise, manual therapy, education, and advice. They maintain health for people of all ages, helping patients to manage pain and prevent disease. If you experience any complaints regarding either your muscles or physical or mental health, the physiotherapist is the place to go. You can either first visit a general practitioner who will refer you to a physiotherapist if it is a specific complaint, or you can just make an appointment with a physiotherapist directly. If you want to visit a physiotherapist in Tilburg you can visit this [link](#).

- **Optician**

For all eye-related problems, you can go to an optician. Opticians test eyes, and eyesight, and diagnose abnormalities. Examples of opticians are [Pearle](#), [Specsavers](#), and [Eyewish](#). Often, you can make an appointment for free, but check with the optician beforehand, because this differs per optician.

- **Dentist**

Dental health is of course just as important as general health, so if you experience anything which does not feel right regarding your dental health you should go to a dentist. Dentists in the Netherlands work kind of the same as general practitioners. You have to sign up at a local dentist before you are able to make an appointment. If you need more information regarding dentists in Tilburg, or if you want to sign up for a dentist you can for example follow this [link](#).

- **Orthodontist**

An orthodontist is a type of dentist with additional training in correcting misaligned teeth, bite issues, and jaw irregularities. In other words, those in this profession are responsible for helping children, teens, and adults achieve their best smiles. If you want to visit an orthodontist you can do this by visiting this [link](#).

6. Safety & Emergency

- **Psychologist**

For all problems related to mental health, you can reach out to a psychologist. If you want to visit a psychologist, you should first go to a general practitioner. The general practitioner can refer you to a psychologist, or some other form of help. Unfortunately, there are big waiting lists at psychology practices at this moment, so the current waiting time before making an appointment with a psychologist is 8 to 16 weeks at this moment.

6.2 Hospital information

In case of an emergency, you should always call 112. This is the Dutch helpline for emergency services. If there is an emergency, such as a car accident, you can call 112. However, 112 is the emergency number, so if there is no real emergency, you should not call 112. It is even punishable to call 112 if there is no reason to call this number! After calling 112, an ambulance will be sent to help you out with the emergency.

If you have an emergency, you will be brought to the Emergency Room (ER). In the ER you will be treated for life-threatening sickness, wounds, and such or situations where immediate help is required such as with a broken bone.

Normal hospital visits which aren't an emergency will go via the general practitioner first. The general practitioner will refer you to specialized help or give you the right medicinal help.

6.3 Police information

In case of an emergency you should always call 112.

If you have any questions or problems which are not urgent, you can call the general telephone number of the Dutch police (0900-8844). If you want to make a declaration of any of your stolen belongings, you can call this number to make an appointment. The police station in Tilburg is located at Stationsstraat 22, 5038 ED Tilburg.



6.4 Fire department information

In case of an emergency you should always call 112.

If you have any questions or problems which are not urgent, you can call the general telephone number of the Dutch fire department (0900-0904). Furthermore, [here](#) you can find some tips to prevent fire in your house.

6. Safety & Emergency

6.5 Medicine

Should you require any form of medication, you often have to visit your general practitioner so that they can prescribe you the right kind of medicine. Once you have received your prescription, you can visit a [pharmacist](#) and there you can pick up your medicine. General medicine like ibuprofen for example can also be found at a drugstore like [Kruidvat](#) or [Etos](#), only for prescribed heavier medicinal goods you need to go to the general practitioner and pharmacist.

6.6 Covid vaccines

With the current covid situation in the Netherlands, and the high availability of covid vaccines, it is not necessary to make an appointment if you want your covid vaccine. You can visit [one of the vaccination locations](#) in Tilburg to get your covid vaccine for free. If you wish to make an appointment, you can call 0800-7070. It is possible that you will experience some side effects after getting the covid vaccine, such as fatigue and fever.

Tilburg University provides students with 2 free covid self-tests per week. You can get these at the desk at the Academia Building and at the Post office in Koopmans. More info can be found [here](#).

7. Information about Tilburg University

7.1 Facilities at Tilburg University

There are many facilities at the campus of Tilburg University. The most important facilities are described below:

- **Study rooms & meeting rooms**

In various Tilburg University buildings, there are study and meeting rooms available for students. You can see the availability of these rooms and make a reservation for a room via [Libcal](#). After making a reservation, you will receive a confirmation via your Tilburg University email address. Every study room or study place has a QR code that needs to be scanned in order to check in and check out for your reservation. More information about the study and meeting rooms can be found on [this](#) page. In several buildings on campus, it is also possible to use study places that are not bookable.

- **Library**

Tilburg University's library has a huge collection of online and offline information. These include scientific papers, books, and databases. The library is open daily, and there are also study places that can be reserved via Libcal. More information about the library can be found on [this](#) page.

- **Food and drinks**

On the Tilburg University campus, there are several opportunities to enjoy food or drinks. In almost every building, there is a (small) restaurant or an opportunity to get some food or drinks. Some of the highlights on the campus are the Mensa (a big restaurant in the center of the campus), Grand Café Esplanade, Starbucks, and the AH to go (a small supermarket on campus). Close to the campus, there is also a Subway, a Taco Mundo, a snack bar, and a bigger supermarket.

- **Student Centre (Esplanade Building)**

The Student Centre of Tilburg University is located at the Esplanade building. In this building, you can find Study Association Flow's offices (E.203 and E.204). If you have any questions or if you just want a free coffee and some free time, make sure to visit us! Next to the offices of a couple of associations, there is much more to find in the Esplanade building. You can for example find a theater (Black Box), a ballet room, and a multipurpose room ('Cultuurtuin') which can be used for presentations, workshops, meetings, and much more.



7. Information about Tilburg University

- **Tilburg University Sports Center**

The sports center of Tilburg University offers more than 50 sports to practice. The sports center is close to the campus, has wide opening hours and will give you a lot of fun for sure! In order to practice sports at the sports center, you have to become a member. You can view the membership options via [this](#) link. More information about the sports center can be found via [this](#) link.

- **Print, copy and scan options**

There are 90 multi-functional printers on campus. With these printers, you can print, copy or scan documents in black and white or color. You can send a print job from a student desktop, your own laptop/notebook, or your smartphone. You sign up at a printer using your Tilburg University card or with the QR code scanner in the Canon Campus Print app on your smartphone. The printers have an instruction sticker on top, which enables you to get started quickly. In order to print, copy or scan, you have to top up print credit to your Tilburg University account. You can do this via [this](#) link.

- **Center for reflection and prayer (Zwijzen Building)**

The Zwijzen Building on campus offers a free opportunity for prayer and contemplation for all students. You can find more information about the Zwijzen Building via [this](#) link.

7.2 What does the university offer?

7.2.1 Study Associations

Tilburg University has many associations that offer many different benefits and activities. There are over 25 study associations, 23 student sports associations, and many more to choose from, see which one fits you and your preferences via [this](#) link. For more information, see "Socializing" down below.

7.2.2 Additional Education

Tilburg University offers a lot of extracurricular programs such as partaking in the [Summer Schools](#), the [Outreaching Honors Program](#), receiving at least two [language courses for free](#), [talent programs](#), an [Extended Master's traineeship](#), numerous [individual training](#), [courses](#), and [workshops](#).

7.2.3 Advice and Counseling

If you need help, the university provides many different types of tutoring and support, like help with your [writing and information skills](#), [Study counseling](#), Career counseling, courses and support for [starting entrepreneurs](#), facilities and support for [top-level athletes](#), short-term assistance with study and personal problems by [student advisors](#), [student psychologists](#), and [pastoral care](#).



8. Student life in Tilburg

Tilburg offers several opportunities for a student to live his/her student life to the fullest. It is very nice to engage in student life and get involved in something besides studying, such as joining social gatherings, partying, playing sports, etc. Tilburg University offers a wide variety of ways that help a student to learn and enjoy his university years to the fullest. Let's talk about a few of them.

8.1 Socializing

There are numerous opportunities to socialize and build a strong network during your studies. Mentioned below are some of the best ways to build a strong network both in- and outside the university:

- Joining a study association like Flow,
- Joining a sports association for sports like hockey, tennis, swimming, or e-sports,
- Joining volunteering associations,
- Joining cultural associations that engages in activities such as debating, music, dance, etc.
- Becoming an active member of any other association. For a list of all the associations, [click here](#),
- If your visa allows it: work a part-time job or volunteer for Poppodium 013 and get various vouchers for different international events around the Netherlands as well as make similar acquaintances!
- Joining students and teachers in their research.

8.2 International Centre

Since 2018, Tilburg has been graced with the presence of the [International Center Tilburg](#). This organization can be found at the heart of the city center. ICT helps students by reducing the language barrier, helping with getting access to the job market, and combating loneliness among students. They do this by hosting a variety of events such as stand-up comedy nights, Dutch courses, game nights, and dinners. Their doors are open from Tuesdays to Thursdays between 13.00 and 17.30 o'clock. The address is IJzerstraat 21, 5038 BN Tilburg.



8.3 PortAgora

As soon as you find your new room or apartment, you will need furniture and utensils for your new life in Tilburg. The best way to save a lot of money is by shopping at the thrift store [PortAgora](#). Here, you might find yourself a couch, a microwave, some chairs, and even a bed for an affordable price.

They have a delivery service to bring your purchases straight to your door for a small fee. When you're moving out again they will also help you to get rid of your stuff by picking it up from your home. By shopping at PortAgora we are all reducing waste by recycling used goods and making living more affordable for students.

The best part is that all students get a 10% discount on everything upon showing their student card, so be sure to check them out!

Their address is Daniël Josephus
Jittastraat 6, 5042 MX Tilburg.



9. Working in the Netherlands

Finding a job might be something you want to do whilst studying here in the Netherlands. Below you can find how it works and what you should be aware of.

9.1 When are you allowed to work and what do you need?

When applying for a job, there are a couple of things you need:

- A Curriculum Vitae (CV),
- Possibly a 'Verklaring Omtrent het Gedrag' (Statement of Conduct). The necessity for this may vary per job,
- A Dutch bank account, so that you can receive your salary,
- Dutch health insurance is required from the day you arrive and you will also need this for your job,
- When you are a resident from outside the EU, your employer needs to apply for an employment permit. An employment permit is only valid for the specific employer; if you change jobs, you will need a new employment permit.

If you reside in the Netherlands on a student residence permit, you are allowed to work up to a maximum of 16 hours per week throughout the year, or full-time in the summer months (June to August). More information on minimum wage and requirements from the government can be found [here](#) and via this [info sheet](#). When you go to apply for a job you should always bring or send the right aforementioned documentation in advance. If you want to learn more about the exact process you can click this [link](#).

9.2 How to find a job?

Study Association Flow offers its students the possibility to find jobs easily. On our website, you can find the [internship and vacancies page](#) on which we regularly post new vacancies, internships, and traineeships from our partners. These are highly relevant to your studies, so make sure to take a look at them!

Next to that, we organize various formal activities such as workshops or company visits together with our [partners](#). These activities enable you to see what it

is like to work in a professional environment, to network and speak to employees of the companies and possibly get a job. We organize these activities on a regular basis, so make sure to check our socials and our website!



9. Working in the Netherlands

9.3 Taxes

In the Netherlands, you have to pay tax on your income. In general, your employer will do this for you, so you will not notice this. However, when you are working in the Netherlands, you will have to fill in a tax return file every year. This is some kind of overview in which the Dutch tax agency can check if your employer has paid enough tax on your salary in the past year. If you have paid too much tax, you will get back the surplus of tax you have paid. If you have paid too little tax, you have to pay the remaining amount. Filling in the tax return is mandatory in the Netherlands. You can find more information about this topic via [this link](#).

10. Dictionary

When you come to the Netherlands, there is a big chance you do not speak or understand Dutch. To help you out, here are some of the most commonly used words and phrases:

English	Dutch
Hey	Hoi
Good morning	Goedemorgen
My name is	Mijn naam is
What is your name?	Hoe heet je?
I am ... years old	Ik ben ... jaar oud
I am from (country)	Ik kom uit (land)
See you tomorrow!	Tot morgen!
How are you?	Hoe is / gaat het?
I am fine	Het gaat goed
Where is ...?	Waar is ...?
Could you tell me where? (asking for directions)	Kunt u mij vertellen waar?
Excuse me, can I ask you something?	Pardon, mag ik u iets vragen?
Could you tell me where the bus stop is?	Kunt u mij vertellen waar de bushalte is?
Could you tell me where the closest supermarket is?	Kunt u mij vertellen waar de dichtstbijzijnde supermarkt is?
Could you tell me where the train station is?	Kunt u mij vertellen waar het treinstation is?
Closest	Dichtstbijzijnde
I am a student	Ik ben student
I study	Ik studeer
Study association	Studievereniging
Student association	Studentenvereniging
Library	Bibliotheek
Lecture	College
I live in a student dorm	Ik woon op kamers

10. Dictionary

Some Dutch words regarding student life that you might hear often, are translated/explained down below:

Dutch	English
Stuko (studentikoos)	Studenty
Rietadt	Chugging your beer bottle with a straw
Trek een bak	Chug your beer
Dispuut	Sorority/fraternity
Hospiteren	An evening during which you and other invited students, visit a student house with a spare room to see if there is a match
Lustrum	A period of 5 years. Associations and sororities/fraternities celebrate this with a week of festivities.