

TIS GLOBAL OFFICE

Social Guide

The go-to guide for TIS exchange students: The Hague, Delft & surroundings, Dutch culture, Safety & Healthcare information, fun activities, tips & tricks & more!



Social Guide

WELCOME!

We look forward to receiving you at THUAS and at the faculty TIS (technology, innovation, and society). Going to another country is daunting and can be overwhelming, especially when everything is new. However, once you arrive this feeling will soon be fleeting. In the first couple of weeks, you will meet many new people that you will soon call your friends.

This guide is designed to help you navigate the social landscape of The Netherlands seamlessly. From language essentials to cultural insights, social outings and important information on laws and healthcare, we've got you covered. Embrace the diversity, explore the city's, and make connections that will last a lifetime. It will give some practical and hopefully useful information to survive your time at THUAS.

I look forward to meeting you this upcoming semester.

Leilani Korringa & Rianne van Zuylen

TIS Global Office

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1. The Hague University – basic information

The Hague, main campus The main campus of The Hague University of Applied Sciences is located in a modern building close to Den Haag Hollands Spoor railway station.

- Adres: Johanna Westerdijkplein 75
2521 EN The Hague.
- Virtual tour of the Hague Campus:
<https://www.thuas.com/about-thuas/contact/location-the-hague-main-campus>

Location Delft

The THUAS building is located at the campus of TU Delft. The Hague University of Applied Sciences in Delft has an excellent reputation in higher technical education and offers degree programmes in the field of technology, engineering and IT.

- Adres: Rotterdamseweg 137
2628 AL Delft
- Virtual tour of Delft: <https://www.thuas.com/about-thuas/contact/location-delft>

Apps and other services:

As a student you always need to know a lot of information. About your examination schedule, timetable changes, events at school, news and much more.

Student Portal

This is the intranet for students at The Hague University of Applied Sciences. Log in with the username and password that we have provided to you. Use the Student Portal to check your annual schedule and exam dates, read the charters and statutes and review the education plans and study guide. Under Services you will find all information on student services and support at THUAS, like the student counsellor, IT facilities and what to do in the event of an evacuation. Check 'Degree Programme News' to find out about class cancellations or timetable changes. The THUAS calendar provides a useful overview of all events in and around THUAS. Via the Student Portal you can conveniently access information services such as Brightspace and Osiris. [Student Portal \(Sharepoint\)](#)

Brightspace

Brightspace is the digital learning environment at THUAS. It contains information about your study assignments, block information, documents and more. Access Brightspace via the Student Portal homepage or directly: <https://brightspace.hhs.nl>.

Osiris

Osiris is where you register for exams, check your grades and see how your study is progressing. Here you will also find personal information, such as which class you are enrolled in and your student number.

Student app

Are you very attached to your phone and prefer to check timetables and grades on your device? Then download the [MyTHUAS student app \(mijnHHSstudentenapp\) for Android or iOS](#). All THUAS students receive their digital student card in the app.

2. Understanding Dutch culture- Dutch educational culture

Embrace the Dutch way of life!

Let's give you a quick rundown on Dutch culture. The Netherlands, known for its open-mindedness and progressive values, offers a unique social landscape that's both enriching and diverse. Understanding and appreciating Dutch customs will undoubtedly enhance your social experience in The Hague.

Social Etiquette:

- Direct Communication: Dutch people are known for their direct communication style. Don't be surprised by straightforwardness; it's a cultural norm and not meant to be rude.
- Punctuality: Being on time is highly valued in Dutch culture. Whether attending classes, meetings, or social gatherings, make an effort to be punctual.
- Equality: The Dutch believe in equality. Regardless of social or professional status, everyone is typically treated with the same level of respect.

Public Spaces:

- Biking Culture: The Netherlands is renowned for its biking culture. Consider renting a bike to explore the city and integrate into the local lifestyle.
- Personal Space: Respect for personal space is crucial. Give people a comfortable distance, especially in queues or public transport.

National holidays:

- King's Day: Celebrated in April, this national holiday is a vibrant display of Dutch culture, with street markets, live music, and a sea of orange everywhere. (27 April)
- Carnival: Though not as widespread as in the southern parts of the Netherlands, The Hague hosts lively Carnival celebrations with parades and festivities. (February)
- Sinterklaas, just like Santa Claus but a little bit earlier in December. Sinterklaas doesn't have Elves but Pieten. (5 December)
- Remembrance day, the day on which we commemorate all Dutch victims of war. At 20:00 hrs the official remembrance is held on different locations. Everybody in the Netherlands stays silent for 2 minutes. (4 May)
- Liberation day, we celebrate the liberation of The Netherlands from WWII in 1945 as well as the liberation of, then named, Nederlands-Indie. (5 May)



Sinterklaas: Peppernoten and chocolate letter

3. Survival Dutch Language essentials

One of the keys to a successful exchange experience in The Netherlands is to familiarize yourself with some basic Dutch phrases. While English is widely spoken, making an effort to communicate in the local language can help your interactions and cultural immersion.

Handy phrases

- Hello - Hallo
- Goodbye - Tot ziens
- Please - Alsjeblieft (informal), alstublieft (formal)
- Thank you - Dank je (informal), dank u (formal)
- Excuse me/Pardon - Pardon
- My name is... - Mijn naam is...
- I am from... - Ik kom uit...
- How are you? - Hoe gaat het met je?

Want to learn some more Dutch:

<https://www.youtube.com/watch?v=nE-lwiHkiEs>

Pronunciation Tips

- "G" Sound: The Dutch "g" is pronounced like the "ch" in the Scottish "loch" or the German "ich."
- "R" Sound: The Dutch "r" is a guttural sound similar to the French "r" but more pronounced.

Tongue twisters

- Wij smachten naar achtentachtig prachtige nachten bij achtentachtig prachtige grachten.
- Scheveningse scheve schoenen
- Zelden zagen wij zagende zagen zo zagen als wij onze zagende zagen zagen zagen



Tips for language learning:

1. Language Exchange: Engage in language exchange programs to practice Dutch with locals wanting to improve their English or another language. Tip: <https://dutchlanguagecafe.com/>
2. Language Apps: Utilize language learning apps like Duolingo, Babbel, or Rosetta Stone to build your vocabulary and language skills. Or [Flash Your Dutch!](#)
3. Immersive Learning: Watch Dutch movies, listen to Dutch music, and read simple Dutch texts to get familiar with the language.

4. Safety & Healthcare and other rules

This chapter covers information on healthcare services, emergency contacts, medications, legal regulations surrounding drugs, smoking and alcohol.

Emergency Numbers in the Netherlands

In case of emergencies, it's crucial to know the right numbers to call. The Dutch emergency numbers are as follows:

- 112: General emergency number for ambulance, fire, and police.
 - This number can be dialed for any urgent situation where immediate help is required.
- 0900-8844: Non-emergency police number.
 - For less urgent police issues that do not require immediate intervention, such as reporting crimes

Important to note: All over the Netherlands, the public warning sirens are tested at exactly 12 noon on the first Monday of every month. The sirens sound for 1 minute and 26 seconds without interruption. This is a test signal, so there is nothing to worry about.

In a medical emergency in the Netherlands, call 112 for life-threatening situations or if you need an ambulance. At the hospital, go to SEH (Spoedeisende Hulp) or EHBO (Eerste Hulp Bij Ongelukken) for first aid.

For less urgent issues, contact your GP before going to the emergency room. If your GP is unavailable, call the Huisartsenpost or the Central Doctor's Service for guidance. The Huisartsenpost can refer you to the hospital if necessary. Find your local Huisartsenpost by searching online with your city name. For more information: [click here](#)

Pharmacies and Medications

Pharmacies, or apotheken, are widely available in the Netherlands, and they are an important resource for both prescription and over-the-counter medications.

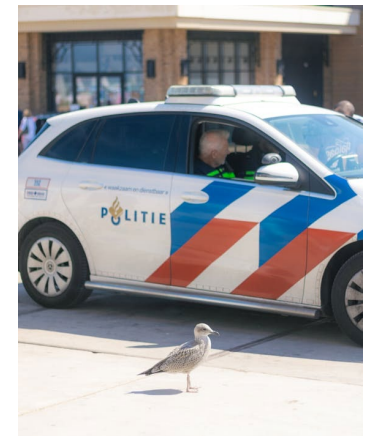
- Prescription Medication: For most prescription medications, you need a valid prescription from a Dutch doctor/ GP(huisarts). These medications are only available at pharmacies and will typically be covered by health insurance.
- Over-the-Counter Medications: Basic over-the-counter medications such as pain relievers, cold medications, and first aid supplies can be found in pharmacies (like Kruidvat and Etos)

Drugs

- Cannabis: In the Netherlands, the possession and sale of small quantities (less than 5 grams) of cannabis for personal use is decriminalized, and cannabis can be bought and consumed in licensed "coffeeshops." However, the production and sale of cannabis above this limit remains illegal, and the legal age for purchase is 18.
- Other Illegal Drugs: Hard drugs remain highly illegal in the Netherlands.

Smoking:

- Smoking is prohibited in enclosed public spaces, including restaurants, bars, and public transportation. In some places, designated smoking areas are provided.



The Dutch Police

5. Grocery stores in NL

Living in a new country means adapting to daily tasks like grocery shopping and other essentials. Here's what you need to know to make your everyday life easier in The Hague and Delft.

Grocery Shopping

Supermarkets are widely available, with Albert Heijn, Jumbo, and Lidl being the most common chains. Albert Heijn is known for its quality and convenience, while Lidl and Jumbo offer more affordable options. For fresh produce, visit local markets like The Hague's Haagse Markt, one of the largest outdoor markets in Europe, or the Delft Market on Thursdays and Saturdays. Most supermarkets close around 9-10 PM, and stores are generally closed or have reduced hours on Sundays.

Other Essentials

- Household Items: Stores like HEMA, Action, and Blokker offer affordable home essentials, from kitchen supplies to bedding.
- Pharmacies & Drugstores: Etos and Kruidvat are the go-to drugstores for toiletries and over-the-counter medicines.
- Banking & Payments: The Netherlands is largely cashless, so a Dutch bank account and debit card (Maestro or Mastercard Debit) can be useful. Mobile payment apps like [Tikkie](#) are popular for splitting bills.



6. Getting around: Biking rules, OV

In The Hague and Delft, getting around is easy and convenient, especially with cycling and public transport options. Here's what you need to know:

Getting a Bike

There are several ways to get a bike in The Hague and Delft:

- [Swapfiets](#): A popular option for students and expats! Swapfiets is a bike rental service where you can rent a bike on a monthly basis, and if it breaks, they'll fix or replace it at no extra cost.
- Second-hand bikes: You can also buy a second-hand bike from various shops or via Marktplaats.nl, which can be a more affordable option.
- Bike shops: If you prefer a new bike, there are plenty of bike shops where you can purchase one.

Biking in The Hague and Delft

- Biking is the most popular way to travel in both cities! The bike lanes are well-marked, and cyclists have priority in many areas.
- Always use a bike lock to secure your bike when you park it. Bike theft can be an issue, so make sure it's locked properly.
- Cycling rules to remember:
 - Cycle on the designated bike lanes.
 - Be cautious around tram tracks, avoid cycling directly on the tracks as it can be dangerous, especially when they're wet or slippery.
 - Stop at traffic lights, even if there are no cars.
 - Use hand signals when turning.
 - Be mindful of pedestrians and cars when crossing intersections.
 - For more information on the rules and signage: [click here](#)

Public Transport (OV)

In addition to biking, public transport is an easy way to get around:

- Trains and trams are the most common ways to travel between The Hague and Delft, with frequent connections.
- OV-chipkaart: To travel on trains, trams, and buses, you need an OV-chipkaart. There are three main types:

1. [Personal OV-chipkaart](#): This is linked to your name and can be topped up. The benefit of this card is that you can add a [discount subscription](#) for cheaper travel.
2. [Anonymous OV-chipkaart](#): This card is not linked to your name, and while it is still rechargeable, you cannot add any discount subscriptions to it. It's a good option for occasional users.
3. Paying with a debit card: You can also use your debit card (via contactless payment) to travel, but this option doesn't offer the benefits of a personal card, like the ability to add a discount.

Whether you prefer cycling or taking public transport, getting around The Hague and Delft is simple and efficient.



7. Exploring The Hague & Delft

Exploring The Hague

The Hague has a plethora of opportunities for cultural exploration, socializing, and creating memories. From lively cafes to historical landmarks, here are a few examples to navigating social outings in The Hague.

Eating out:

- Coffee Culture, Cafés & Restaurants: Dutch people love their coffee, and The Hague is full with cozy cafes,
 - *Koffie Verkeerd*: give this a try if you prefer a milder coffee. *koffie verkeerd*, translates to "coffee the wrong " and is essentially a Dutch-style latte or milk with a bit of coffee.
- Dutch Cuisine: The Netherlands is not really known for their cuisine. However, they do have great snacks. Try "stroopwafels" (sweet waffle cookies), "bitterballen" (deep-fried meat-based snacks), and, of course, "patat met" (fries with mayo).
- Diverse Restaurants: The Hague is a melting pot of cultures, so indulge in international cuisines. From Indonesian, Surinamese to Turkey or many others

Great places to visit:

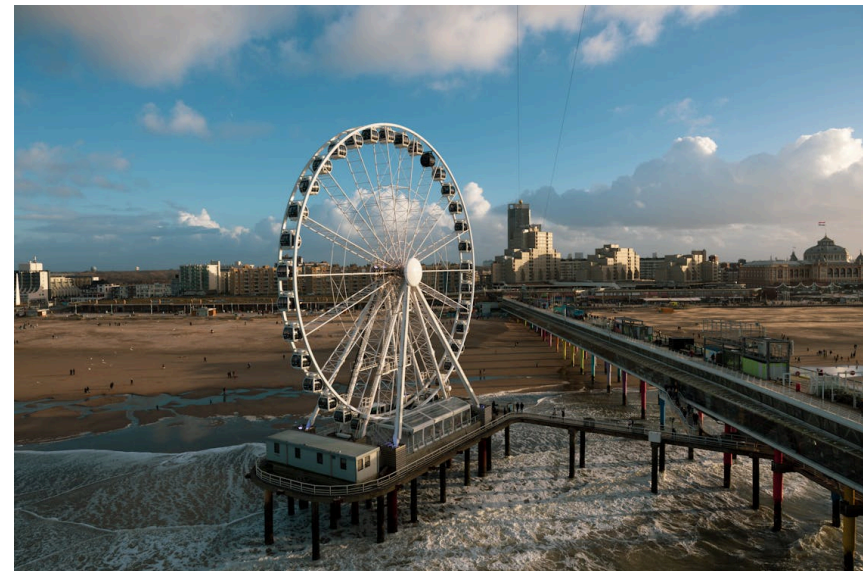
- Grote Markt and Het Plein: The heart of the city, Grote Markt & het Plein, are both lively squares surrounded by bars and cafes. It's an excellent spot for socializing and people-watching.
- Scheveningen Beach: Take a tram to Scheveningen Beach for a day of sun, sea, and sand. The beach bars are perfect for relaxing with friends.

Museums:

- Mauritshuis Museum: Immerse yourself in Dutch art at the Mauritshuis, home to works by Vermeer and Rembrandt.
- Panorama Mesdag is a cylindrical panoramic painting of approximately 14 meters high and with a circumference of 120 meters. The painting, which is one of the oldest still existing panoramas in the world, is a view of the North Sea, the dunes, The Hague and Scheveningen.

Nature

- Relax in Haagse Bos: Escape the urban hustle in Haagse Bos, a beautiful forest within the city. Ideal for walks, picnics, and a break from city life.
- Biking in Westduinpark: Rent a bike and explore Westduinpark. This coastal nature reserve offers scenic trails and dune landscapes and of course the sea!



The pier in Scheveningen

Exploring Delft

Student city Delft has many museums, restaurants, cafes and shops. You just have no opportunities to get bored

Student hot spots:

- The Belgian beer Café Belvédère is located in the famous Beestenmarkt square. The café offers an assortment of over 15 Belgian beers on tap, as well as delicious food and drink. It is perfect spot for large and small gatherings with friends looking for a reason for a good time.
- For a more up-beat outing the Bebop jazz café located in an old 1876 National monument hosts a number of live music performances. The beautiful inner garden and the location's rich history add to its cosiness which can be enjoyed in the evening and during the day.
- For a good sundowner by the canals of Delft, De Gist offers a large open café area including a loft with beautiful views. There are also a number of more secluded rooms for private drinks or dinners and meetings.

Great places to visit:

- Beestenmarkt and the Market square: The hearts of the city. Both squares are lively and surrounded by bars and cafes.

Museums:

- Delft town is popularly known for its hand-crafted blue and white porcelain delftware, and so for pottery fans, or anyone looking for a souvenir or memento, the Royal Delft factory should be added to your list of must visit sites.
- Another famous Delft site is the Nieuwe Kerk directly translated New Church, which dates back to the 1300s and is famously known for being the tomb of William the Silent and the burial ground number of members of the Dutch Royal family.

Nature

- Relax in Delftse Hout: Escape the urban hustle in Delftse Hout, a beautiful nature park on the edge of the city. Ideal for walks, picnics, and a break from city life. Or rent a water bikes or kano!
- Wilhelmina park: The park was originally inspired by the English landscape style. It is a "viewing" park, with winding water features and views over rolling lawns. The park has a main structure of walking paths with a large pond in the center



City Hall

8. Exploring surroundings/other cities in NL – hidden treasures

While you may be based in Delft, The Hague or a neighbouring town, there's so much more to explore. In this chapter, we introduce you to other exciting Dutch cities, each with its own unique charm, culture, and history.

Gouda

Just a 20 minute train ride away from The Hague, you find the lovely city of Gouda. Famous for its cheese and stroopwafels (syrup waffles), but also one of the many Dutch cities with a rich history.

History

Gouda is over 750 years old and was a very important city in medieval times, for its location where the two rivers Gouwe and Hollandsche IJssel meet. Its most famous square (actually a triangle) is the Markt. Here you'll find the Town Hall. Dating from the fifteenth century, it's one of the oldest gothic town halls in the Netherlands.

On Thursdays from April to the end of August, the Markt is home to the Kaasmarkt (cheese market).

For centuries, this was the place where local farmers brought their cheese to be weighed (in the Waag building, which you can also visit), tested and sold. Nowadays the Kaasmarkt is reenacted to show tourist how this was done.

On Thursdays and Saturdays there's also a regular market on the Markt, all year long.

On the Markt you also find many café's and restaurants with big terraces outside for when you want to sit down for lunch or dinner or have a drink.

Another historic landmark is the Sint Janskerk (Saint John's Church) just outside of the Markt. This is the longest church (123 meters) of the Netherlands. You can visit the church to see its famous stained glass windows (the 'Goudse Glazen'), dating from the sixteenth century.

Stroopwafels

There's two producers of Goudse Stroopwafels, who have a different way of making them. People from Gouda are divided over which are the best:). There's Kamphuisen, who bake thin waffles and put two together with syrup in between. And there's Van Den Berg, who bake thicker waffles, slice them in half and put syrup in between. Doesn't seem like a big deal, but for some people, it is! You can visit both. Kamphuisen has the Stroopwafelfabriek on the Markt, where you can see the production process and of course taste their stroopwafel. Van den Berg has a tearoom and bakery on the Lange Groenendaal (just off the Markt). When you are with a group of at least 6 people, you can book a workshop in advance to learn to make stroopwafels yourself.



Cheese

Did you know Gouda cheese can be made anywhere in the world? It's a way of making cheese, not specifically cheese that's made in Gouda. However, there's still much cheese made around Gouda these days. Besides the traditional Cheese Market, you can visit the Gouda Cheese Experience. This interactive museum will teach you everything about the history of Gouda Cheese and the production of Gouda Cheese nowadays. It ends with a cheese tasting, so don't miss this if you're into cheese.

If you want to buy cheese, don't buy it at the Cheese Experience Shop or the cheese shops aimed at tourists. Instead, go to one of the cheese stalls at the regular market on Thursday or Saturday and ask for local farmer's cheese. When you have a bit more time, rent a bike and take a tour around the 'polders' that surround Gouda. There's some farms that sell their cheese directly from the farm, for example Kaasboerderij De Twee Hoeven in Haastrecht (a 25 min. bike ride from the train station).

Food and drinks

Besides the many restaurants and cafés on the Markt, here are some tips from a local

- If I need to pick one of the restaurants on the Markt, its 'Gouds Glas'
- Keck: just opposite the train station. Good coffee, really good (vegetarian) lunch menu, great atmosphere
- Miss Nice Banana or Curcuma when you're looking for a vegan lunch
- Restaurant Koeien en Kaas if you're more of a meat and dairy type
- Restaurant De Kleischuur if you're into a more fancy (vegetarian) dinner
- Kruim: Coffee, lunch and dinner amongst the books in the public library.
- David's Gelato for....gelato.

Shopping

The Kleiweg (on the route from the train station tot the Markt) has all the well-known shopping brands.If you're looking for more local and boutique shops, Lange Groenendaal, Zeugstraat, Lange Tiendeweg and Korte Tiendeweg are the place to go.

Haarlem

Near Amsterdam, you find the charming city of Haarlem. Known for its beautiful historic center, vibrant cultural scene, and great shopping streets, Haarlem is often referred to as a smaller and cozier version of the Dutch capital.

History

Haarlem is over 775 years old and was an important trade city in medieval times, known for its brewing industry and artistic heritage. The heart of the city is the Grote Markt (Great Market Square), where you'll find the St. Bavokerk (St. Bavo Church), an impressive Gothic church famous for its massive Müller organ, once played by Mozart. The square is also home to the City Hall, dating back to the 14th century, and is surrounded by cafés and restaurants with lovely terraces. On Saturdays, a lively market is held here.

Another must-visit historic site is the Teylers Museum, the oldest museum in the Netherlands, featuring art, natural history, and scientific instruments. The Frans Hals Museum, named after the famous Dutch Golden Age painter, showcases stunning portraits and other masterpieces from the era.

Haarlem is also known for its hidden hofjes, small courtyards surrounded by historic houses. These peaceful spots, originally built for elderly women, are open to visitors and offer a glimpse into Haarlem's past.



Food and drinks

Haarlem has a thriving culinary scene with plenty of options for food lovers.

- Frenchie: A stylish spot for brunch and Instagram-worthy dishes.
- Native: A cozy café perfect for specialty coffee and homemade cakes.
- Jopenkerk: A former church turned brewery where you can try locally brewed craft beers.
- Hofje zonder Zorgen: A great place to have lunch in a historic hofje.
- DeDAKKAS: A rooftop restaurant with stunning views over the city.

Shopping

Haarlem is known as one of the best shopping cities in the Netherlands. The Grote Houtstraat has all the well-known brands, while the Golden Streets (Gouden Straatjes) like Kleine Houtstraat and Warmoesstraat are home to boutique shops, concept stores, and local artisan stores.

Rotterdam

A short train journey away from The Hague or Delft is Rotterdam. This is a dynamic, modern city with impressive architecture, a bustling port, and a vibrant cultural scene. Often called the 'Manhattan on the Maas,' Rotterdam stands out with its skyline and innovative design.

History & Architecture

Unlike most Dutch cities, Rotterdam has a modern look due to the extensive bombings during World War II, which led to innovative post-war reconstruction. The city is famous for landmarks like the Erasmus Bridge, the Cube Houses, and the striking Markthal, a food hall with a stunning ceiling mural. The Euromast observation tower provides panoramic views of the city. For history lovers, Delfshaven is a must-visit. This old harbor area survived the bombings and features charming canals, historic buildings, and cozy cafés. It's also where the Pilgrims set sail for America in 1620.

Food and drinks

Rotterdam has a diverse food scene, from high-end dining to international street food. Some highlights include:

- Markthal: A foodie paradise with numerous food stalls offering Dutch and international treats.
- Fenix Food Factory: A hip food hall with artisanal products and great coffee.
- Hotel New York: A historic building with a lively restaurant and great seafood.
- De Matroos en Het Meisje: A cozy restaurant offering a surprise menu concept.
- Op Het Dak: A rooftop café with organic dishes and a relaxing vibe.
- Café de Witte Aap: A legendary bar, once named the best bar in the world by Lonely Planet.

Shopping

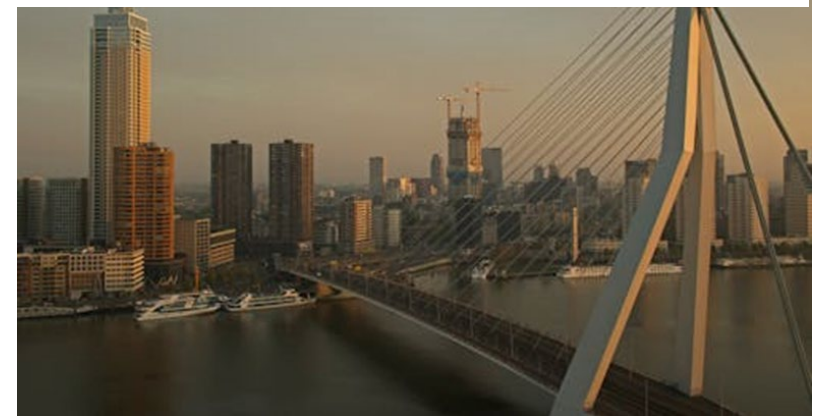
Rotterdam is great for shopping, with the Lijnbaan and Beurstraverse (Koopgoot) for big-name brands. For more unique finds, head to the Witte de Withstraat for independent boutiques and art galleries, or visit the Van Oldenbarneveltstraat for high-end fashion.

Version 0.1

The Hague University of Applied Sciences, 2024



Markthal



Erasmus bridge

9. Housing

The Hague is the international city of Peace and Justice and home to numerous embassies, multinationals and institutions of higher education. Because of this the housing market is very tight. Looking for a place to live in The Hague or one of its satellite cities can be a challenging experience, so it pays to start house hunting early. Especially for students it can be challenging to find a place to live. And having a legitimate address is a prerequisite for obtaining a residence permit.

The demand for student accommodation in The Hague is exceeding its supply. Finding a suitable room in The Hague can be difficult and time-consuming. Accommodation providers have a limited number of rooms available; therefore, we recommend you to start looking for a room as soon as possible, even before you are fully admitted!

Beware of scammers

Before agreeing to anything, follow the advice below to make sure you don't fall victim to a rental scam.

- Make sure the accommodation is being rented out via an official website or company.
- Check out the address on Google maps to make sure it really exists.
- Scammers often use stolen identities. Search for their photo online, make an appointment to meet in person through Skype for example. Make sure the landlord is the person he/she/they claims to be.
- Never send a copy of your passport or credit/debit card to strangers.
- As housing is scarce, you might receive unwanted e-mails from scammers trying to rent out non-existing accommodation. Be aware of unsolicited e-mails.
- Never sign a housing contract without having first read it carefully. Be sure you fully understand and agree with the terms and conditions. Get someone to translate it for you if necessary.

If you have questions about your contract, housing permits or disputes with your landlord you can contact the [Rent Desk from the municipality of The Hague](#). They can guide you or help you get in touch with the right authorities.

THUAS accommodation services

THUAS cooperates with accommodation providers who offer student rooms to our exchange students. With this service, THUAS can assist approximately 50% of the incoming students. The rooms that are offered are both self-contained as shared-facilities and are fully furnished. You are informed about this services during your application

Housing agencies, companies and platforms

If you are not able to find housing via our THUAS accommodation services there are some other agencies that you can make use of. Please note that THUAS does not have any affiliations with the below mentioned agencies and platform, this is just a referral service.

- [De Bloois Vastgoed](#)
- [GO Apartments The Hague](#)
- [Hospi Housing](#)
- [MB275](#)
- [Ministerie van Marine](#)
- [Pararius](#)
- [RentSlam](#)
- [Room to Rent](#)
- [SimpleStay](#)
- [Stay at 7](#)
- [StudentCity Leiderdorp](#)
- [Woonzeker](#)
- [Huure](#)
- [Renthunter](#)
- [Uprent](#)



For more information check out our [housing page](#).

10. Sport

The main campus of THUAS has a Fitness Centre where you can work out and a gym for group classes (yoga, boxing, Zumba, bodypump).

In the sportshalls at Zuiderpark you can play various indoor sports (basketball, football, volleyball, badminton). A sports & fitness pass gives you unlimited access to all these studentsports activities. More benefits with the sports & fitness pass for students: free clinics (for example pole dance, bouldering and swimming! More info about the Sports & Fitness pass: [Sports | The Hague University of Applied Sciences](#)



But there are also a lot of sports clubs in The Hague and Delft, for example:

Sports	Sports club	Website
Athletics	Haag Atletiek	haagatletiek.nl
Basketball (students only)	HSB Nobles	Hsbnobles@gmail.com
Capoeira	Capoeira Den Haag	capoeiradenhaag.nl
Cheerleading	Inclusive Cheer and Dance	inclusivecheerleading.nl
Hockey	HCKZ	kleinzwitserland.nl
Korfbal	GKV Den Haag	gkvdenhaag.nl
Lacrosse	Den Haag Lacrosse	denhaaglacrosse.com
Rowing (students only)	H.S.R.V. Pelargos	pelargos.nl/roeien
Roller Derby	The Hague Roller Derby	The Parliament of Pain
Rugby (students only)	The Hague Hornets	haguehornets.nl
Softball	Haagse Softbalvereniging Power '66	power66.nl
Table Tennis	HTTV-070	HTTV-070.nl

Sports	Sports club	Website
Tennis	H.L.T.C. Leimonias	leimonias.nl
Triathlon	Residentie Triathlon Club	rtc-den Haag.nl
Ultimate Frisbee	Ultimus Prime	Ultimus Prime (UP)
Soccer (students only)	HVV Football Factory	hvvfootballfactory.nl
Volleyball/Beach Volleyball	Sovicos Volleybal Vereniging	sovicos.nl
Swimming	Blue Marlins	www.blue-marlins.nl

11. Student jobs

Although it is not something we encourage, as your study program will be fulltime. However, if you want to work alongside your studies while staying in the Netherlands, there are some things to keep in mind.

Discover the benefits of having a side-job alongside your studies in the Netherlands. Learn where to find part-time jobs and understand the specific restrictions for students in the Netherlands by watching the video below. Or check out the flyer [Working while studying in the Netherlands](#) of the Dutch Ministry of Social Affairs and Employment.

Social security number

If you have a job, your employer will need to know your so-called social security number, your BSN. Insurance companies may also ask for your BSN. When registering with your local council, you are automatically issued a BSN.

[Preparations to make when you want to work and study](#)

