



Information for UTRECHT SUMMER SCHOOL in GEOSCIENCE STUDENTS July 2011

Congratulations, you have been officially accepted in one of the Utrecht Summer Schools that are held under the auspices of the Graduate School of GeoSciences:

| Courses taught at the campus Uithof: |
|---|
| • Innovations for a Sustainable Future |
| • Hands on GIS |
| • Natural Hazards & Climate Change |

| Courses taught in the inner city of Utrecht: |
|---|
| • Contemporary Cities: Challenges & Opportunities |
| • Global Migration and Development |
| • Land Governance for Development |

Please read this document carefully. It will provide you with practical information on your arrival and stay in The Netherlands. This document contains information on:

1. Before you leave
2. Arrival in the Netherlands and public transport
3. Summer school accommodation and cancellation
4. Registration at the Summer School venue
5. Health services
6. Addresses and other information
7. Contact persons
8. Safety tips

1. Before you leave

What to bring

- Valid passport (an ID card is not valid unless you are an EU citizen)
- Travel insurance which covers medical costs, liability, et cetera
- Cash for meals, drinks, going out.
- If you bring electronic equipment: the voltage is 220 so you may need to bring a converter.
- Clothing: summer clothes, a sweater, a raincoat may be essential.
- Towels.

Visa

Please check if you require a visa, which can be obtained at the Dutch embassy or consulate in your country. If you are not only a summer school participant but also a student that has been officially admitted to one of our MSc programmes in an earlier stage this year, then please follow the visa instructions in your UFAH (Utrecht Feel At Home) packet and take care that you adjust your arrival date on the visa application form to your participation in the summer school.

Drugs

The laws concerning drugs are strict, and the penalties are heavy. If you have to bring drugs that have been prescribed by a doctor, you are advised to bring documentary proof of the nature of the drugs; otherwise they may be confiscated. Drugs such as cannabis, ecstasy, cocaine and heroin are prohibited and customs officers and the police have the right to search for illegal drugs.

Insurances

You should take out a travel insurance which covers medical costs, liability, accidents and expatriation to your home country in case of emergencies. If you need a doctor while being in the Netherlands you first have to pay the bill, that you can send to your insurance company afterwards to be reimbursed. (See also 5. Health Services.) In some countries it is not so easy to take out such an insurance. However you may use the following online possibility with <https://www.students-insurance.eu/> to purchase the Complete ICS insurance to be fully covered during your stay in the Netherlands. This insurance package covers Accidents, Extra expenses, Personal Liability, Personal belongings, Legal Assistance and ISOS Assistance as well as full medical cover. Click on 'I'm going to the Netherlands'.

Budget in Utrecht during the Summer school, chipknip cards, and use of credit cards

Lunches: price per lunch depends on your personal wishes, reckon with about € 5 per lunch. In the University restaurants you can only pay with a so-called chipknip card, that also can be used in vending machines, and in shops. You can buy cards of €10 or €20 via the automaton in the University Library, where the opening of the GEO Summerschools will take place.

Instructions for paying with your chipknip card in the University restaurants:

Put your card in the automat at the cashier's desk. On the display the amount to be paid appears. You pay by pressing on "JA" (=yes). The amount is written off automatically. At the same time you can check the balance of the card in the automat by pressing on "?".

Use of credit cards

In super markets, pharmacies, drugstores and small shops payment by credit card will in general not be accepted. But you can of course always use your credit card for withdrawal and pay cash.

Meals in the evening downtown: price depends on your personal wishes. But reckon with € 15 per meal. And take some extra cash for drinks, going out etc.

2. Arrival in the Netherlands and public transport

The Netherlands has a very good public transportation network, which makes it easy to get around. However, the most common means of transport within the city is a bicycle.

How to get to Utrecht from Schiphol Airport

By plane: Schiphol Airport – Utrecht Central Station

By train: Schiphol train station is situated directly below the airport. You can pick up a free baggage trolley from the platform. Via Schiphol Plaza you can walk straight to the departure or arrival hall. Train tickets are available from the yellow ticket machines near the platforms at Schiphol Plaza or from the ticket offices, which are situated close to the red/white-checked cube at Schiphol Plaza. Direct trains depart for Utrecht about every 15 minutes. Buy a one way ticket (enkele reis) to Utrecht Central Station (€7.70). When in doubt, you can always ask someone at the ticket office. You will soon notice that almost everyone in the Netherlands speaks English fairly well. For journey advises and time tables you can also check: www.ns.nl (Watch out for pickpockets on the platforms!)

By plane: Eindhoven airport – Utrecht Central Station

From the arrival hall at Eindhoven airport you can walk to the bus stop. With bus nr 401, starting at Eindhoven Airport, Eindhoven Central station is accessible in approximately 15 minutes. You can buy a ticket in the bus. Train tickets are available from the yellow ticket machines near the platforms at Eindhoven Central station or from the ticket offices in the central hall of the station. Buy a one way ticket (enkele reis) to Utrecht Central Station (€12.60). There is a direct train to Utrecht every 15 minutes. Travelling from Eindhoven Central Station to Utrecht Central station takes 50 minutes. For journey advises and time tables you can also check: www.ns.nl (Again: watch out for pickpockets!)

Travel within Utrecht

From Utrecht Central Station you can either take a bus or a taxi.

Door-to-door journey planner: <http://journeyplanner.9292.nl>

Maps of Utrecht University: www.uu.nl/maps

The OV-chipcard

The OV-chipkaart is the smart card that will soon replace all other public transport tickets in The Netherlands. The OV-chipkaart is a new means of payment for the public transport system. The smart card is the size of a bank card and contains an invisible chip. The OV-chipkaart can be loaded with credit in euros with which you can travel anywhere within The Netherlands, or with a travel product such as a single or season ticket.

There are personal, anonymous, and disposable cards.

The OV-chipcard is introduced in phases. At the moment you can use the OV-chipcard in many regions and at many travel companies. More information about the OV-chipcard: see

<http://www.ov-chipkaart.nl/allesoverdeov-chipkaart/?taal=en>.

Buses and 'strippenkaart' (= the Dutch busticket)

Utrecht Central Station – Utrecht University centre "De Uithof"

To pay for buses, trams and metro in the Netherlands (except for the town of Rotterdam) you need a strippenkaart (a ticket with strips on it) or an OV-chipcard (see the section above).

Each strip represents a zone, and each city and region is divided into travel zones. Every time you travel, you will use up one basic strip + the number of zones you are travelling in. So each ride amounts to a number of strips (strippen) depending on the distance. Within Utrecht-city you will need 2 strips, and to the Uithof Campus and the area Overvecht Noord you will need 3 strips.

When you enter the bus, you give your strippenkaart to the driver who will (again, depending on the zone) stamp two "strippen". When you stamp it yourself you will always have to skip one "strip": when you start a new card, you begin to stamp at number two.

Although you can buy a single ticket (2 or 3 strips) on the bus, it is cheaper to buy a blue strippenkaart at the city bus station (stadsbusstation), post office or supermarket. It costs €7.70 for 15 strips or €22.80 for 45 strips.

Validity & transfer

How long you can travel depends on the number of strips that you have stamped. 2-4 strips are valid for 1 hour from the time of stamping. Within this time you also have the right to change buses, as long as you stay within the same zone(s).

Week ticket for buses

You might consider buying a week ticket for the bus. If you travel often by bus it might be cheaper than using "strippenkaarten". At the city bus station you may ask for a "stamkaart" and hand in your passport. Show your passport. The bus zone is 5000. You have to buy a "2 sterrenkaart" (2 star card) at the price of €20.10. For the second week you again have to buy a 2 star card. So, if you expect to travel to and from the summer school only, it is cheaper to use a strippenkaart.

Taxi

There is a taxi platform on the Central Station, just follow the signs. Within the city there are several taxi platforms, for instance on the Neude and Janskerkhof.

Bicycle

Upon arrival in the Netherlands you will notice that almost everybody rides a bicycle. Special bicycle paths and traffic lights make it a safe and convenient mode of transportation. You can buy a second hand bike in several shops around town. Be sure to also invest in a good lock or two.



Travel to the Summerschool Opening - De Uithof

From Utrecht Central Station take bus 11 or 12 (bus stop 'Heidelberglaan') (3 strippen). Van Unnik building is the tallest building with the UU logo on the top. UU Library, is the black building opposite to this building. Enter the library and go to the first floor: Boothzaal.

3. Summer school accomodation and collecting keys

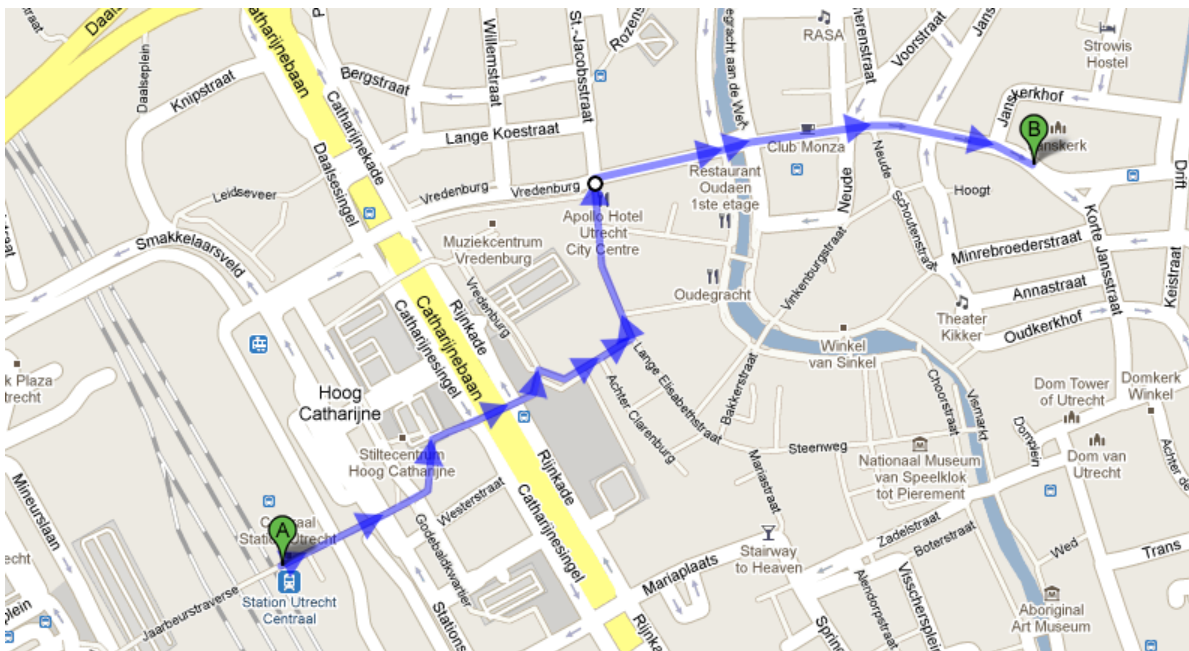
Accommodation:

Registration & key pick up address:
Janskerkhof 30A, Utrecht

On foot from Utrecht Central Station

The Utrecht Summer School is located in the centre of Utrecht, within walking distance of Utrecht Central Station.

- From the station, walk through the shopping mall 'Hoog Catharijne'
- Cross the Vredenburg market square (partly under construction)
- Turn right and follow the Lange Viestraat
- Continue past the Oude Gracht and Neude square to the Janskerkhof
- Janskerkhof 30A is located next to the church "Janskerk" in the centre of the square.



By bus from Utrecht Central Station

The following buses stop at the bus stop "Janskerkhof" :

- line 11 - Uithof/AZU
- line 3 - P+R Galgenwaard
- line 4 - Fockema Andreaalaan
- line 8 - Tuindorp Oost
- Janskerkhof 30A is located next to the church "Janskerk" in the centre of the square.

Housing: Your accommodation will be available from Sunday before the start of the course until the last Friday of the course. A room is booked for each one of you in a student dorm. The rooms **cannot** be shared with accompanying persons. You shall have to leave your room on Friday morning. You can pick up your key at the registration desk. In order to receive your keys, you will have to sign a contract confirming that you will leave your room clean and complete upon leaving Utrecht. **(For details and FAQ's see <http://www.utrechtsummerschool.nl/>)**

The two possibilities to pick up your key at Janskerkhof 30A, Utrecht are:
Sunday from 10.00 to 20.00 hrs

Monday, during the first day of the course. Only if you cannot make it on Sunday. Please inform the contact person of your summer school if you are planning to arrive on Monday!

In case you cannot make it on time for any of the registration timeslots on Sunday, you will need to stay in a youth hostel and wait till the next day to register. (See some addresses below.)

- Try to avoid arriving in Utrecht after office hours. Housing officers and contact persons will not be available to hand over the keys.

You shall have to leave your room the last Friday of the course in the morning before the closure meeting.

Late arrival and departure

For alternative accommodation before / after the course you should book a hostel at your own costs. No exceptions of this rule will be made.

Cheap options are¹:

Low budget hostel *Strowis* - www.strowis.nl
(Bus number 11 direction De Uithof.)

Hostel *B&B Utrecht*- www.bolwerkhof.nl
(Bus number 11 direction De Uithof.)

Hostel Stay Okay in *Rhijnauwen* in the suburb Bunnik - www.stayokay.nl.
Choose English and click on the map in the centre at Bunnik.
(Bus number 41 direction Wijk bij Duurstede (ask the driver where to get off for the hostel.))

About your accommodation

All rooms are furnished and have shared facilities, such as kitchen and bathroom.

The beds are supplied with only a mattress. You will receive a duvet plus pillow and sheets, pillow cases and a duvet cover. You may take the duvet cover home afterwards. There are no towels, so bring your own. Please take care that nothing of the inventory is missing on your leave.

Residence behaviour

There are few rules concerning behaviour in the residences, but all students are expected to behave with due consideration for their neighbours, and respect for property. During the week it is expected that the hours between 24:00-07:00 are reasonably quiet, and that you respond to the requests of neighbours to turn down loud music, etc. There is no curfew, but for security reasons the buildings should be locked at night and you should not admit visitors unknown to you. Please take care of your keys, and never leave them in your door. Please keep communal areas tidy, wash up after meals, and keep the bathrooms as you would like to find them. Since the rooms are student rooms, no hotel rooms, you have to take care of cleaning it yourself and also put your garbage in the garbage can!!

Cancellation: see <http://www.utrechtsummerschool.nl/index.php?type=content&page=regulations>.

¹ Utrecht Summer School head office provides an overview of hostels in Utrecht, we are not responsible for the quality of the accommodations mentioned.

4. Registration at the Summer School venue (welcome and farewell lunch, start of classes, departure, computer and library access, botanical gardens)

Geo Sciences participants are expected to register on Monday morning, the start of their respective courses in the UU Library building at the Uithof Campus. For directions, see page 1. Here you will receive a welcome package and a short introduction about the Faculty of GeoSciences.

The contact persons of the summer schools of the Faculty of GeoSciences as well as the GeoScience summer school coordinator at the International Office take care of practical and administrative matters related to your stay in Utrecht. Feel free to contact them if you have any questions or if you need their assistance during your stay. See point 7. Contact persons.

Departure: You are obliged to deliver the keys of your accommodation on Friday before the closure meeting starts. Please return your keys at the start of this meeting.

Farewell lunch and Certificate of Attendance

The last Friday of your course all students will be invited to have lunch with their fellow students and some of the staff members of the summer schools. This Farewell lunch will take place at 12:00h (check your program!), after which the summer school 2010 formally ends. During the lunch (or just before it) you will receive your Certificate of Attendance.

Lunches on other days

You have to use your chipknip card for payment in the University restaurants.

Social event and summer school BBQ

During evenings and weekends, an optional social programme is provided by Utrecht Summerschool. More information about these programmes can be found at:

<http://www.utrechtsummerschool.nl/index.php?type=content&page=socialprogramme>.

On Friday, 8 July from 18h onwards, the Faculty of GeoSciences offers a Summer School Drink & BBQ to all summer school students, lecturers and contact persons. The Drink & BBQ will take place at the Cambrigdelaan (Uithof). In case of bad weather, it will take place at the Cambridgebar (Uithof).

University Library Uithof (in Dutch: Universiteitsbibliotheek)

<http://www.uu.nl/EN/library/Pages/utrechtuniversitylibrary.aspx>

Address: Heidelberglaan 3, Utrecht, Tel.: +31 (0)30 2536601, e-mail: info@library.uu.nl. You have free entrance to the library, but you need your temporal Solis ID computer account to be able to log on to the pc's. You will receive this ID in the last week before your arrival. Opening hours University Library building: Mon-Fri: 8.30 a.m. to 6 p.m.

Botanical Gardens

You have free entrance on showing your blue summer school key cord. Valid also in the weekend. Address: Budapestlaan, De Uithof. Opening hours from 9:00-17:00h.

Office hours: 08:30-18:00h

Please note that you are not allowed to stay in the University buildings after office hours and in weekends.

Forum: You might want to join the Utrecht Summer School Facebook Community. Go to the Utrecht Summer School Facebook Page using the link at: <http://www.utrechtsummerschool.nl/>

5. Health Services

Emergency Service

In case of accidents or sudden illness requiring immediate action, call the general emergency number, tel. **112** (24 hours a day) or the Emergency Service at the hospital nearest to your home. (See 6. Addresses and other information.) Campus security number: while being on the campus you can call **4444** (24 hours, 7 days a week); campus security will then call out emergency services, if necessary. For less urgent matters you call the police at **0900 8844**. During day time you can ask your contact person for advice. See Ch. 7.

General Practitioner (in Dutch: huisarts)

Please visit <http://www.huisartsdeuithof.nl/en/contact/> in case you need a general practitioner (Huisarts). Further you can find a General Practitioner (Huisarts) by looking in the Yellow Pages (In Dutch: Gouden Gids) under Artsen-Huisartsen or check www.utrecht.nl. The General Practitioner can be consulted after you have made an appointment by telephone or during their consulting hours. Approximately ten minutes are allowed per appointment but you may sometimes have to wait if the doctor spends more time than normal with previous patients. It is possible to ask for a longer appointment in advance if you feel this will be necessary. House calls (in Dutch: visite) are kept to a minimum as they are more expensive. You will need to pay cash, unless you have a European Health Insurance Card. (Note: The eye-specialist can be visited without a reference from your General Practitioner.)

Weekend and night services

A group of GPs usually share these duties and take turns being on call. If you phone your General Practitioner after hours you will probably hear a recorded message, in Dutch, telling you where the GP on call can be reached. You can find this information on the website of the GP as well if they have one. The local newspaper provides the names and addresses of General Practitioners, dentists and pharmacies on call.

Prescriptions

Prescriptions should be taken to the nearest pharmacy (in Dutch: apotheek). Insurance companies refund most of the costs of medicines prescribed by a doctor, in which case the bills should be sent to them. You can also buy non-prescription medication such as painkillers and cough medicine at a drugstore (in Dutch: drogist) or pharmacy.

Dentist

In general, dental treatment is not covered by health insurance, but you can get special coverage. Check this with your travel insurance company. A dentist will always give you a cost-estimate on your first visit. You will need to pay in cash. Finding a dentist in Utrecht can be difficult. You can look in the Yellow Pages (in Dutch: Gouden Gids) under Tandartsen.

6. Addresses and other information

Hospitals (In Dutch: ziekenhuizen) in Utrecht

UMC-Utrecht, Heidelberglaan 100 (De Uithof), tel. (030) 250 9111

Diakonessenhuis Utrecht, Bosboomstraat 1, tel. (030) 256 6566

Mesos Medisch Centrum Ouderijn, Van Heuven Goedhartlaan 1. tel. (030) 295 3953

Tourist Information Centre: VVV

Domplein 10, Utrecht. T: (0900) 128 87 32 (50 Eurocent p/m)

www.utrechtstad.com ; www.12utrecht.nl ; E-mail info@vvvutrecht.nl

Banks in Utrecht are opened from Mon until Fri 10-18h. Some banks are also opened on Thu evening till 20h.

Post Offices: in the course of this year most of the Post Offices will be closed and post office services will be taken care of by the service desks of the larger super markets.

Supermarkets

Opening hours: from 8-20h, but not on Saturday evening. Closed on Sundays, except for some "AH" supermarkets. Look at www.ah.nl for updated opening hours on Sundays.

Restaurants

By clicking on the English flag in www.utrechtyourway.nl and next on Eating & drinking you'll find an English description of delightful little restaurants and cosy pubs and bars. Utrecht offers lots of places to eat out, e.g. Spanish, Italian, Greek, Moroccan, African, Chinese, Japanese, Indian, Tai, Indonesian and Dutch kitchen, that offer fish, meat, chicken. There are also special vegetarian restaurants. Smoking is not allowed in restaurants, pubs and official buildings.

Public transportation (see also under Arrival in the Netherlands)

Many destinations can be easily reached by bus. For information about Utrecht city buses, go to GVV Information Kiosk at the city bus station or telephone OV Travel information: 0900-9292 or visit www.9292ov.nl.

Information about other public services is also available through this number. For bus and tram a 'strippenkaart' is required. Buy them at the Central Railroad Station, GVV, Bruna bookshop or tobacco shop. For information on **trains**: please visit www.ns.nl.

Taxi ranks

Utrechtse Taxi Centrale

T: (030) 230 04 00 www.utc.nl

Taxi Midden Nederland

T: (030) 299 25 08

Mobinet

T: (030) 287 90 00

Note that taxi services tend to be quite expensive in the Netherlands.

Bicycles

Practically everyone in the Netherlands owns a bike. Because of the flat landscape, a bicycle is an ideal means of transportation. Within the city it is by far the best and cheapest way to travel.

Second hand bikes are available for instance at Hei Bike, Jansveld 35 in the city centre (030 - 230 29 16). There is also an auction for bikes at Pieterskerkhof 2 every 2 weeks on Monday. For more information phone 030-2310190.

Be sure to invest in a good lock as well, otherwise your bike may be stolen...

Cycling alone at night can be dangerous in some parts of the city and at The Uithof, especially for women. Find a companion if you have to cycle late at night.

Attention! Don't buy a bike in the street. Sometimes it will be offered to foreigners at 10 or 20 euro. It's a certainty that it is a stolen bike!

Shops: Types of shops (in Dutch: winkels)

Here is a short guide to Dutch words for different types of shops:

| | |
|-----------------------------|--------------------------|
| barber / hairdresser | Kapper / kapsalon |
| bicycle (repair) shop | Fietsen(maker) / -winkel |
| bookshop | Boekenwinkel |
| butcher | slager |
| clothes shop | kledingzaak |
| drugstore (no prescription) | drogisterij |
| florist | bloemist |
| furniture shop | meubelzaak |
| greengrocer | groenteboer |
| pharmacy (prescription) | apotheek |
| record shop | platenzaak, cd-winkel |
| shoe shop | schoenenwinkel |

Weather

The Netherlands has four seasons: winter (January - March), spring (April - June), summer (July – September) and autumn (October - December). The weather is best characterized by its instability: what looks like a rainy day in the morning might turn out to be a warm and sunny day and the other way around. Extreme weather (snow, tropical temperatures) is rare and usually does not last long. You will notice that the Dutch love to talk about the weather.

| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|----------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Average maximum temperature (°C) | 5 | 6 | 10 | 13 | 18 | 20 | 22 | 22 | 19 | 14 | 9 | 6 |
| Average rainfall (mm) | 67 | 48 | 65 | 45 | 62 | 72 | 70 | 58 | 72 | 77 | 81 | 77 |
| Average hours of sun per day | 2 | 3 | 4 | 5 | 7 | 6 | 6 | 6 | 4 | 3 | 2 | 1 |

Useful internet websites

- Student facilities at UU: go to www.uu.nl/english; choose: studying -> study facilities
- FAQ at: www.qdesk.uu.nl (choose: English)
- Information about the Netherlands: www.studyin.nl/ or www.holland.com/global
- Dutch Higher Education: www.nuffic.nl
- Information about visa procedures: www.nuffic.nl/immigration/

Should you have further questions, do not hesitate to contact us. Please also carefully read the **Safety tips** at the end of this document!

We are looking forward to meeting you this summer!

7. Contact Persons

Utrecht Summer school GeoSciences Coordinator – Main contactperson

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Utrecht Summer school in Contemporary Cities: Challenges & Opportunities

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Utrecht Summer school in Land Governance for Development

Femke van Noorloos

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Utrecht Summer school in Land Governance for Development

Maggi Leung

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Utrecht Summer school in Hands-on GIS

Maarten Zeylmans

Department of Physical Geography
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The Netherlands
T: +31 (0)30 253 1237, E: m.zeylmans@geo.uu.nl

Utrecht Summer School in Innovations for a Sustainable Future

Simona Negro

Department of Innovation and Environmental Sciences
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Heidelberglaan 2
3584 CS Utrecht, the Uithof
The Netherlands
T: +31 (0)30 253 7166, E: s.negro@geo.uu.nl

Natural Hazards & Climate Change

Hans de Bresser / ???

Department of Earth Sciences
EARTH, ROOM
Budapestlaan 4
3584 CD Utrecht, the Uithof
The Netherlands
T: +31 (0)30 253 XXXX, E: h.debresser@geo.uu.nl

8. Safety Tips

Utrecht (and most of the Netherlands) is generally safe, provided that you use the same common sense that you would at home.

Remember to:

- Keep a copy of the essential telephone numbers on you for emergencies.
- Do not carry around lots of unnecessary cash on you as it only makes you a more attractive target for thieves.
- If you mislay credit cards, or have them stolen, cancel them at once. Make sure you know how to do this.
- Watch your wallet/mobile phone and other valuables. Keep them out of sight and in a secure pocket on your person. Unfortunately, thieves go for unsuspecting tourists, especially in the summer months.
- In the Netherlands you are **obliged** to have your passport on you – then do just that – keep it **on you**, in a secure pocket, bum bag or safely at the back of a rucksack for example. Keep it in something that is fastened to you and cannot be snatched. Above all, do not get your passport out unless you absolutely **have** to, as this only increases the risk of misplacing/losing it or **having it stolen**.
- It is always a good idea to have a photocopy of your passport, plane tickets and ID with you, kept somewhere separate from the real things as back-up should anything go wrong.

- Wherever you are travelling never leave your bags unattended – not even for a moment. Apart from the possibility that they might be stolen, this is a serious security risk to you and everyone around you. Do not ask strangers to look after them while you go for a coffee or into a shop. Bags left unattended in any public space in the Netherlands will be rapidly removed by security, and are often destroyed.

Having a safe night out

We recommend that you:

- Walk in a group.
- Keep to main streets and well-lit areas.
- Keep your bag, money and personal belongings on your person, preferably out of sight.
- Look out for your friends.
- If for any reason you do go out alone anywhere, tell someone where you are going and when you plan to be back. Let your friends know when you are leaving. Decide on a place to meet at the end of the night.
- If you see a friend leaving with someone new, see if they are OK.
- It could be unsafe to go home alone or with someone you have just met, or to invite them back to your place, no matter how innocent your intentions – theirs might not be.
- Carry friends' mobile numbers, or in your mobile phone address book.
- Always have a spare € 15 and taxi number on you in case of emergencies to get you home – and don't spend it for any other reason.
- Never get in an unlicensed vehicle, feel free to ask taxi drivers for a look at their ID before you get into a cab – if they are genuine then they will not be offended.
- If for any reason you feel uncomfortable while out – then leave. Trust your gut feeling and play safe. Take out that spare € 15 you kept in your wallet for such times, dial the taxi number, part with your money and get home safely.

Alcohol and safety

Alcohol is very available in the Netherlands and it would be naïve to pretend that illegal drugs are not. Look after yourself – you need to stay in a fit state to stay safe, call a taxi, and get home. Note that most **health insurance plans WILL NOT COVER YOU** if you injure yourself due to intoxication.

Drink spiking is when substances are added to your drink to make you very drunk or completely out of it. A spiked drink may seem normal, but possible effects you should be very vigilant for a dizziness, faintness, feeling unwell, feeling less inhibited, being unsteady and generally and unexpectedly very drunk.

Drink-spiking is becoming an increasing problem worldwide, and this also applies to the Netherlands. Use common sense and these tips to help you.

- Always be careful and vigilant with your drinks.
- Never accept drinks from strangers or leave drinks unattended.
- If someone offers you a drink, go to the bar with them or go to the bar with their money to get the drinks so you can watch the drink being poured or opened. If you are unsure about you or your friend's drink **don't drink it** and tell them to do the same.
- If a friend is drunk, feeling sick, stumbling, confused, or faint – their drink may have been spiked. Stay with them and take them to a safe place, tell a friend or bar/security staff.
- If they collapse **ring an ambulance on 112 immediately**.
- If you or they feel drowsy or suddenly out of it don't wait and hope it'll pass. Phone 112 or go to the hospital emergency department.

Last update by Jeroen van Pelt, GeoSciences Summer School coordinator, 25 May 2011

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