

Utrecht – The Practical Matters

This information should help you find your way around the shops in Utrecht.

Regular business hours for stores are on Monday-Saturday from 10 am. to 6 pm. Supermarkets stay open longer, usually until 8 pm. Monday mornings, most stores are closed

Each Thursday is "koopavond" in Utrecht; all stores in the city center remain open until 9 pm.

First Sunday of the Month is "koopzondag". Stores are open from noon until 5 pm.

Find the exact location of the stores on your Utrecht map or here:

<http://maps.google.nl/maps?hl=en&tab=w>

For further reference in the Dutch Yellow Pages: <http://www.goudengids.nl/> (also available in English)

1. Groceries

Supermarkets

"Albert Heijn" has probably the largest quantity of stores, other supermarket chains are "Super de Boer", Plus Supermarkt and "Spar".

Most supermarkets are open on Monday-Friday (8 am. – 8 pm.). On Saturday's opening times usually are from 8 am. – 6 pm. On Sunday most are closed, except the Albert Heijn To Go at Utrecht Centraal Station. Keep in mind that stores from the same chain may have different opening hours



Albert Heijn

Burgermeester Reigerstraat 57
Damstraat 58
Hamarskjoldhof 64
Nachtegaalstraat 55
Oudegracht 85
Voorstraat 38

Albert Heijn To Go: Utrecht Centraal Station arrival hall
(open until midnight)



Super de Boer

Adriaan van Ostadelaan 40 (closest to UCU campus)
Biltstraat 74



Plus Supermarkt

Hof van St. Jan 27 (near Voorstraat)



Spar supermarket (on UU campus Uithof)
Heidelberglaan 1b

Local Health Food Supermarket (vegetarian and unsprayed food)

De Groene Winkel – Zadelstraat 16-18
De Natuurwinkel – Nachtegaalstraat 51a

Fruit and vegetable market

All super markets sell a variety of fresh fruit and vegetables.
But the best and usually the cheapest place to buy these, as well as dairy products, is the market on the Vredenburg square.
Visit this market on: Wednesday, Friday and Saturday from 10.00 – 17.00 hrs.

2. Restaurants

If you don't feel like cooking your meals and would like to eat out, the best area to go is the Oudegracht area. Here you'll find dozens of restaurants; café's and bars serving food from all four corners of the world. It's advisable to make a reservation especially when dining in large groups.

For students, some restaurants give a discount or serve a relatively cheap dish (this is called "studentenhappen"). Some examples are:

The Florin	- Monday Tuesday	- €6	- Nobelstraat 2-4
Mick O'Connells	- Tuesday Wednesday	- €5,50	- Jansdam 3
Popocatepetl	- Monday to Wednesday	- €5,90	- Nobelstraat 163
Havana	- Sunday to Thursday	- €6,50	- Oudkerkhof 29
Stairway to Heaven	- Every day	- €8	- Mariaplaats 11/12

Websites like www.utrechtyourway.nl can also help you make a choice.

Ordering in:

Pizza delivery

- Il Forno, Jan van Scorelstraat 62, 030 254 57 75,
<http://www.pizzeriailforno.nl/>
- New York Pizza, Nobelstraat 6, 030 240 02 04,
<http://www.newyorkpizza.nl/>
- Pizzeria Pinocchio, Nobelstraat 26a, 030 240 01 92
<http://pizzeria-pinocchio.nl/>
- Domino's Pizza – Rijnlaan 6a, 030 288 87 12
<http://www.dominos.nl/web/dominos/home>

Mexican Food

- Taco Mundo, Voorstraat 83, 0900 123 82 26,
<http://www.tacomundo.com/>

Oriental Food

- Daily Wok, Nachtegaalstraat 68, 030 231 43 44
<http://www.dailywok.nl/> (no delivery)
- Wok To Go, Burgermeester Reigerstraat 27, 030 251 99 02
<http://www.woktogo.nl/>

Fast Food

- MacDonalds - Oudegracht 136
- Gildekwartier 204 (Hoog Catherijne shopping mall)
- Burger King - Stationshall 10 (Railway station arrival hall)

Snackbar

Here typically Dutch fast food is sold, as well as French fries.

Unlike the English we don't put vinegar on our fries but anything from mayonnaise to ketchup, onions, sate sauce, garlic sauce etc.

Examples of Dutch snacks:

Kroket: small deep fried roll: crunchy outside, minced meat on the inside.

Frikandel: a sort of deep fried minced meat hot dog.

Cheese Soufflé: deep fried cheese snack, crunchy outside, melted cheese on the inside.

- Snackbar "De Smurf", Jan van Scorelstraat 28
- Snackbar "De Reiger", Burgermeester Reigerstraat 56
- Manneken Pis (Belgian style fries), Vredenburgplein 144
Bakkerstraat 1
Steenweg 2

Sandwiches

Broodnodig op 't Spoor – Wagenstraat 50

Bagels en zo – Nachtegaalstraat 70 (open from 09.00-18.00 hrs)

Bagels & Beans – Biltstraat 60

Pizzakraam Mario - Oudegracht 130-132 (Famous among students for it's "broodje Mario")

Park Café – Prins Hendriklaan 2 (this is a restaurant near campus, prices are mid-range and you can take away sandwiches)

Vegetarian

Vegetarian restaurant "De Werfkring" – Oudegracht 123, 030 231 17 52

Vegan restaurant "ACU" – Voorstraat 71, 030 231 45 90

Cafeteria on campus

UCU campus:

James Boswell Restaurant - Kriekenpitplein 21-22 (open for breakfast and lunch).

UU campus (Uithof)

The Basket – Genevelaan 8, 030 251 67 83

<http://utrecht.thebasket.nl/>

3. Phones

Pre-paid cell phones are frequently on offer; underneath you'll find a list with stores. It's certainly worth shopping around for the best offer. Once you've bought one, ask the store employee to switch the phone language and the upgrade menu language into English.

Telecom providers



shopping mall)

vodafone

· · T · · Mobile ·

Telfort.

- Achter Clarenburg 22 (near entrance Hoog Catherijne shopping mall)
- Lange Elisabethstraat 26, 030 236 87 51, www.vodaphone.nl
- Lange Elisabethstraat 23
- Lange Elisabethstraat 34

Stores that sell phones

BELCOMPANY

www.belcompany.nl

- Achter Clarenburg 23, 030 230 01 00,

Dixons

<http://www.dixons.nl/>

- Vredeburg 151, 030 231 16 82,

The Phone House

<http://www.phonehouse.nl/>

- Vredeburg 156, 030 231 78 36,

gsm-shop

<http://www.gsm-shop.nl/>

- Vredeburg 152-153, 030 239 30 00,

t for telecom

<http://www.tfortelecom.nl/>

- Achter Clarenburg 37, 030 234 50 50

MediaMarkt

www.mediamarkt.nl

- Gildekwartier 181, 030 233 71 00,

V&D

http://electronica.vd.nl/Telefonie/Mobiele_Telefoon

- Rijnkade 5 (Hoog Catherijne shopping mall)

BLOKKER

- Nachtegaalstraat 55 or Achter Clarenburg 46

There are several stores which offer cell phones, supermarkets like Albert Heijn frequently have offers. Website: <http://telecom.ah.nl/ahm/mcsmambo.p>

4. Bikes

Bikes are the easiest way to get around Dutch cities, everybody has at least one. An average price for a second-hand bike is about € 60,- depending on the state of maintenance. This price usually doesn't include locks.

Since bikes are stolen quite frequently, it is advisable to have a bike with two locks, one ring shaped lock attached to the frame and one additional U-shaped or chain lock.

Make sure you use the second lock to attach your bike to something that can't be removed so easily, for example a fence! Use the lock in such a way that the wheel is locked to the frame, because otherwise you may only recover your front wheel whilst the rest is stolen.

Some addresses:

- Fietspunt – Nobelstraat 293, 030 230 08 49, www.fietspunt.net
- Hei-Bike – Nachtegaalstraat 1, 030 230 29 16
- Wheels – Nobelsstraat 3-5, 030 232 82 21
<http://www.wheelstweewielers.nl/default.asp>
- Laag Catherijne – Catherijensingel 34, 030 231 67 80
<http://www.laagcatharijne.nl/index.html>

If you lose the keys of your bike lock, call Fietspunt (030 230 08 49) to make an appointment for cutting the locks.

5. Public Transport

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. This website will tell you exactly how to travel from destination A to destination B.

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.

Important! A new paying system for public transport is being implemented. In Utrecht you can use it, but you are not obliged to, a 'strippenkaart' is still valid. If you go to Rotterdam or Amsterdam, however, you will need an 'OV Chip Card'. You can buy one at the Central Station and put money on it.

For information on trains: please visit ww.ns.nl.

Taxi

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.

6. Money**ATM**

Utrecht city center has quite a large number of ATM's. Most of these will accept your bank card. In case of doubt, compare the pictographs on the back of your card with those published on the ATM.

The ATM closest to UCU campus:

ABN AMRO: Adriaan van Ostadelaan 22

ATM on UU campus (Uithof)

ING: Coimbrapad 1b

Chip card

A non-rechargeable chipcard work on university vending machines, ticket machines at the railway station etc. If you're running low on credit, here are some addresses where you can purchase a new one.

Uithof (UU campus)

Marinus Ruppert Building – Leuvenlaan 21

University Library – Heidelberglaan 2

City center:

Humanities Department – 't Hoogt 13

University Library – Drift 27

Credit Card

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.

International payments or sending money to an recipient in the Netherlands

If you need to send money abroad or have a large bill to pay in the Netherlands, for a small fee *Grenswisselkantoor (GWK)* offices take care of this for you. The GWK is also an exchange office.

Most large cities have a branch office located at the central railway station.

To make a payment, withdraw the amount from a local ATM and bring the money, passport and banking details of the recipient to the GWK near you. After submitting the money, you'll receive a proof of payment.

7. Useful stores

Hoog Catherijne (Utrecht railway station) – Shopping mall attached to Utrecht Centraal Railway station.

Department stores



– **Hoog Catherijne shopping mall:** a Dutch chain of department stores which sell designer clothing & shoes, jewelry, cosmetics, a wide selection of books, CD & DVD home entertainment, electrical goods, stationery, cards & posters, furniture, home wares and a selection of delicatessen. The average V&D store also features one or more restaurants, a travel agent and an ING ATM.



– **Steenweg 59:** a Dutch department store chain. The chain is characterized by relative low pricing of generic house wares, which are mostly made by and for the chain itself. Almost every town in the Netherlands has a HEMA. Locations carry a wide variety of goods, including clothing, food, bicycle equipment, gardening tools, and office supplies.



– **Nachtegalstraat 55 or Achter Clarenburg 46:** Blokker is a chain of stores which sell a variety of household goods – kitchen utensils, lamps, cleaning equipment etc. Blokker also has cell phone offers



– **Achter Clarenburg 20-22:** Comparable to Blokker with a little more focus on interior design items.



– **Burgermeester Reigerstraat 42, Nachtegalstraat 82, Steenweg 72** – A chain of stores which sells non-prescription medicines such as cold medicine, aspirin, etc. as well as a large variety of personal care products.



– **Adriaan van Ostadelaan 18, Nachtegalstraat 20** – Comparable to ETOS but often cheaper.



– **Domplein 9/10** – Utrecht tourist information desk and one of Utrecht's souvenirs sales points.