VU INTRODUCTION DAYS 2018
WEDNESDAY 22 - TUESDAY 28 AUGUST

TWO-DAY PROGRAMME:
MONDAY 27 AND TUESDAY 28 AUGUSTUS

PROGRAMME GUIDE
Voor hetzelfde geld word je een duurzame student

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DEAR FIRST-YEAR STUDENT,

Welcome to the next major step in your life: university! This guide contains the programme for the VU Amsterdam Introduction Days: an annual event for new students that is the ideal way to get to know the university, your classmates, the city of Amsterdam and all that studying entails. In short, it’s the perfect start to student life!

Starting university is a bit of leap into the unknown, but you’re not alone. Around 3,500 new students are joining you on this adventure. During the Introduction Days, you will be assigned to a group of fifteen classmates and two experienced mentors – senior students who already know their way around the university.

We have developed a comprehensive programme with something for everyone! Get to know the VU campus and come into contact with student associations in the fields of sport, culture, religion and socializing. There will also be activities to help you discover Amsterdam, such as museum visits, a comedy night, and sports at the Uilenstede Festival. It is also possible to opt for the shortened programme on Monday 27 and Tuesday 28 August which focuses on preparing you for your course of study. We will end the week together during the closing session at the VU and for everyone participating in the five-day programme, during the final party at De Melkweg and Paradiso. These are just some of the many activities on offer during the VU Introduction Days. A week packed with inspiration, new friends and fond memories!

See you on 22 or 27 August!
The Board of the VU Introduction Days 2018
Eleven VU students from different degree programmes, backed by three members of staff, have done everything they can to give you a fantastic introduction to VU Amsterdam. During the Introduction Days you can recognize the team by their eye-catching blue T-shirts with the VU Introduction Days logo. In addition to the team, another thirty crew members and 400 mentors will be hard at work to provide you with an unforgettable experience.
STANDING LEFT TO RIGHT:

**upper row** Eric-Jan Hartstra, Emma Romijn, Jelle Arendsen, Iris Grobben, Rosjin Nouri

**lower row** Roos Frens, Maaike Dirkse, Leonie Reus, Beer de Visser, Esmond Wesselink

**Not pictured:** Krystal-Marie Benjamins, Bregje Crum, Kitty van der Heijden-Lek and Manju Patil
DISCOVER, FEEL AND SHARE THE EXPERIENCE

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VISIT OUR STAND AT THE INFORMATION MARKET

studentexperience.nl
TWO PROGRAMMES
You can choose between two programmes. The full programme
is highly recommended. If, for whatever reason, you are unable
or unwilling to attend the extensive programme, opt instead
for the shortened programme on Monday 27 and Tuesday
28 August. In it, the focus will be on preparing for your degree
programme.

PROOF OF REGISTRATION
To participate in the VU Introduction Days, you need to register
in advance: www.vu.nl/introductiondays. Once you have
registered, you will receive proof of registration. Print this
out and bring it with you on Wednesday 22 August or Monday
27 August, when you can hand it in to your mentor in exchange
for your action pack. This is a folder that contains vouchers and
tickets for events and venues. Make sure you look after your
vouchers and tickets: without them you will not be allowed in.

COSTS
Participating in the VU Introduction Days costs € 62 for the
full programme. The two-day programme costs € 22. Some
bachelor’s programmes organize (optional) additional activities
which may raise the price of your ticket. A number of student
associations organize a weekend programme to give you
a chance to get to know other first-year students on your
programme and of course to promote the association itself.
If you want to participate in this weekend programme, you can purchase your ticket along with your proof of registration for the VU Introduction Days.

For your registration fee of € 22 for the short programme, you get a guided tour, a faculty-based programme, workshops, a study tour, the evening programme on Monday, and an evening meal during the closing session. The five-day programme also includes access to field trips in the city, a comedy night, access to the Uilenstede sport and culture festival, and various parties.

MENTOR AND MENTOR GROUP
During the Introduction Days you will be part of a group of 15 students from your own Bachelor’s programme. Each group is led by two experienced student mentors. These mentors are senior students who will guide your group throughout the week and are the first point of contact for all your questions. Even before the start of the Introduction Days, the mentors will set up a WhatsApp group, so that you can contact each other in advance.

MORE INFO ON THE WEBSITE
You can find more practical information at www.vu.nl/introductiondays. Topics covered include participating in the Introduction Days if you have a disability or chronic illness, religious aspects of the VU Introduction Days, places to sleep over, what you need to bring with you and much more.
PROGRAMME VU INTRODUCTION DAYS

Note: for some Bachelor programs the programme is slightly different from what is mentioned in this guide. Check your programme at www.vu.nl/introductiondays. Your mentor also knows the exact programme.
DAY 1: WEDNESDAY 22 AUGUST

Welcome to VU Amsterdam: reception and introductory meeting, information fair, exploring the university. Evening meal with student associations.
10.00 - 11.00h  Doors open and registration
11.00 - 11.15h  Welcome by Vinod Subramaniam, rector VU Amsterdam
12.00 - 17.00h  Get to know your fellow students and mentors, information fair, cabaret, film, discover VU Amsterdam
From 18.00h  Dinner with student associations

RECEPTION AND REGISTRATION
The first day of the programme starts on the VU Amsterdam campus, where you will be able to register in our Main Building from 10.00 in the morning. Please make sure you are on time and don’t forget to bring valid ID and proof of registration.

GRAND OPENING
The VU Introduction Days kicks off at 11.00 with a word of welcome. The Rector Magnificus will be there to give you a warm welcome.

GET TO KNOW YOUR FELLOW STUDENTS, INFORMATION FAIR, ENTERTAINMENT AND DISCOVER VU AMSTERDAM
Student life is not just about studying. It’s also the ideal time to explore your own potential and to develop as a person. In the afternoon you can visit the information fair on the central square at the VU Campus to obtain all kinds of interesting and useful information on every aspect of student life at and around the university. For example, what are your chances of studying abroad or finding a part-time job at the university? You can also talk to a whole range of organizations from political parties
and employment agencies to non-profit organizations, and get acquainted with a variety of student associations. Check out the stands to find out about clubs and associations in every field of human endeavour: from culture, sport, religion and social issues to the art of having a good time. There’s something for everyone!

On Wednesday you and your group will also explore the rest of the VU Campus, visiting the places that are very useful to know during your studies. You will also discover special locations you might not find on your own, like the roof garden and the Botanic garden. You will learn about safety on campus, the green side of VU Amsterdam and along the way you will encounter plenty of hotspots for good food and drinks. Fancy some time out to let all these new impressions sink in? Why not sit back and take in a show?

**DINNER WITH STUDENT ASSOCIATIONS**

From 18.00 on Wednesday evening, student associations will open their doors and invite you to dinner. You can purchase tickets for these meals at the information fair.
DAY 2: THURSDAY 23 AUGUST

A taste of city life and comedy night.
10.00 - 17.00h  A taste of city life
From 19.30h  Comedy night

A TASTE OF CITY LIFE
Over the next few years, Amsterdam will be the setting for your life as a student. It is a beautiful city with a great deal to offer. To give you the opportunity to get to know Amsterdam – or get to know it better – you will spend the whole day in the city, from 10.00 to 17.00. We have organized a range of excursions for you: from a cruise through Amsterdam’s canals to a visit to Artis, the city’s zoo. The student associations will also put on various activities, with ample opportunity for you and your group to sail through the canals, do battle in a laser
game or chill out in the Vondelpark. You can also look forward to an excursion specially designed to tie in with your study programme.

COMEDY NIGHT
There will be laughs galore on Thursday evening! From 19.30 you and your group will have the chance to attend a comedy show at one of Amsterdam’s top cultural venues. A number of the city’s theatres have agreed to open their doors especially for the VU Introduction Days, ready to entertain you with performances by big-name comedians and rising stars. Even Pathé Tuschinski, considered by many to be the most beautiful cinema in the Netherlands, will transform itself into a comedy venue for the night.
DAY 3: FRIDAY 24 AUGUST

Join in with our teambuilding event at the Uilenstede Festival, get a taste for all kinds of sports and take part in workshops. An active day with a trip to the VU Cinema or a Pool Party to round things off.
10.00 - 11.00h  Start at Uilenstede: Information fair and breakfast
11.00 - 17.00h  Uilenstede Festival
19.00 - 23.00h  Pool Party
From 19.00h  VU Cinema

UILENSTEDE FESTIVAL
You’re welcome at Campus Uilenstede from 10.00 on Friday. At 11.00 the Uilenstede Festival will take place. The day’s theme is team building. On Wednesday you and your mentor group can sign up for a multi-event sports competition with lots of cool prizes to be won. For those of you who can never get enough of sports, the VU Sports Centre has an additional line-up of fun activities in store, including yoga, kickboxing, kung fu and capoeira. Check out the full range of what they have to offer.

If you are looking for something other than sport, there’s a wealth of workshops to take part in at the university’s own theatre and cultural centre Griffioen. You can work on your percussion skills or see if you’re a born salsa dancer or work that body in a belly dance workshop.

Tip: It will be a day full of activities so comfortable clothing is recommended. You may also get wet, so be sure to bring swimwear or a change of clothes.
POOL PARTY
On Friday evening, it’s time for the most popular part of the introduction week programme: the swimming pool party! From 19.00 you are welcome at the swimming pool. If you are in the mood for even more action, several water sports associations will be on hand with a range of activities. The location will be published on our website.

VU CINEMA
If you don’t fancy a swim but you’re not ready to call it a day just yet, visit a cinema in the centre of Amsterdam for a film starting at 19.00. The location will be published on our website.
DAY 4: MONDAY 27 AUGUSTUS

The ideal preparation for your study programme: Tour and campus activities, Study tour or Faculty programme and a relaxing evening at Dok.

START two-day programme
TOUR
Where are the best places to study and what can the Student Desk do for you? Monday is all about getting to know the VU Campus. You will learn about the systems where you can find your timetable and your exam grades. You will find out about the various buildings that make up the VU Campus and how the signposting works. By the end of the morning you will know VU Amsterdam like the back of your hand.

STUDY TOUR OR FACULTY PROGRAMME

Study tour
On Monday or Tuesday afternoon, your degree programme will be temporarily transported from the VU Campus to the heart of the city. Our academic staff will be waiting for you at all kinds of locations, ready to deliver inspiring mini-lectures. You could find yourself on a working visit to an alumnus or tackling challenging group assignments relating to your studies and the city where you will be studying. A very different way to get to know Amsterdam!
Faculty programme
During the faculty introduction afternoon, you will encounter a host of practical and academic matters directly related to your studies. Information on timetables, the structure of your programme and supervision and support during your studies will be readily available. You will also meet members of the faculty.

The [www.vu.nl/introductiondays](http://www.vu.nl/introductiondays) website gives the exact programme for each faculty for Monday and Tuesday and shows what you will be doing on which day. The evening programme is the same for everyone.

RELAXING EVENING AT DOK
On Monday evening from 17.00, you can relax at Dok. Lie back in a hammock with a drink, and just enjoy the sun. Or maybe you’d rather go dancing at the silent disco. And if you have not yet eaten, you can get a meal for just € 6.50. Whether your feet are in the sand or on the dance floor, the evening is all about enjoying yourself.

**The address for Dok is:** Moermanskade 71, 1013 BC Amsterdam. It’s about 35 minutes by bike from VU Amsterdam, but you can also take the 51 metro line to Centraal Station, from where you can get a bus to Dok.
DAG 5: TUESDAY 28 AUGUST

The ideal preparation for your study programme: Training sessions and workshops, Study Tour or Faculty programme, Closing session and Final party*
10.00 - 13.00h Training sessions and workshops
13.00 - 17.00h Study tour or Faculty programme
17.00 - 20.00h Closing session
22.00 - 04.00h Final party*

TRAINING SESSIONS AND WORKSHOPS
This is your chance to get a head start by developing useful skills for an international environment. Learn the basics of the Dutch language in an interactive crash course or take a mini-lecture on cultural differences. Or would you rather prepare for your future career in the workshop 21st century skills? Check www.vu.nl/introductiondays for an overview of the English training sessions and workshops.

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OPEN FEESTEN
22 T/M 24 AUGUSTUS
27 T/M 31 AUGUSTUS
4,6 EN 7 SEPTEMBER
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Closing session
All good things come to an end, so too the 2018 VU Introduction Days. But of course, we plan to go out with a bang, not a whimper! A mega vegetarian meal will be served up on the VU Campus square. An event not to be missed!

Final party*
What would the introduction week be without a fantastic celebration to round things off? Tuesday night is all about dancing. In De Melkweg and Paradiso the DJs are ready to get a legendary party started: be there!

* The final party is only included in the five-day ticket, participants of the two-day programme can purchase a ticket at the helpdesk on Monday and Tuesday.
Do you have any questions regarding the VU Introduction days before 22 August? Please send an email to vu.introductiedagen@vu.nl or call one of the following phone numbers: 0031 20 5985 076 or 0031 20 5985 077.

If you have any questions during the VU Introduction Days, you can contact our helpdesk. This is a mobile stand, which will be set up at a different location each day:

**Wednesday**  Campus square VU, de Boelelaan 1105  
**Thursday**   Studentendok Main Building VU, de Boelelaan 1105  
**Friday**    Hall Cultural Centre Griffioen, Uilenstede 106  
**Monday**   Hall Main Building VU, de Boelelaan 1105  
**Tuesday**  Hall Main Building VU, de Boelelaan 1105

You can also contact the helpdesk by telephone: 0031 6 472 407 58

www.vu.nl/introductiondays

**COLOPHON**  
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