



Erasmus Student Network
Groningen



ESN GRONINGEN

Information Package for Incoming Students
Semester I 2023-2024



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ABOUT ESN AISBL

WHAT IS ESN GRONINGEN?

ESN Groningen is part of the Erasmus Student Network - a non-profit student organisation founded in 1989. A fun fact about ESN Groningen is that it was established in 1987 under the name Wings.

ESN GRONINGEN'S MOTTO IS 'Students helping students'.

Next to helping each other, we at ESN Groningen want to make sure you have a great time as a student in Groningen. Through ESN, you will meet dozens of people and make friendships that will last a lifetime. You will build a network that transcends borders, culture, and nationality. To make your time as amazing as we can, our active members organise over 150 activities throughout the year, where you have the opportunity to meet international as well as Dutch students. At the beginning of each semester, the ESN Introduction Week also takes place to kickstart your (exchange) semester with lots of new friends who will help you, support you, and have fun with you. ESN Groningen is comprised of 10 Committees and a six-person student Board that works full-time to ensure that all members get the most out of ESN.



ESN Groningen's Active Members 2022-2023

WHAT'S IN IT FOR YOU



ESN INTRODUCTION WEEK

The ESN Introduction Week is the biggest Introduction Week for international and internationally-oriented Dutch students in Groningen! It is the best way to kickstart your life in your home away from home.

Throughout this week, you will be able to discover everything that Groningen and its student life have to offer, while also getting to know many other students!

You will be put in a group with approximately 15 other new students. Your group will be guided by two Dutch or international Introduction Guides: these are students who have already lived in Groningen for a while.

Learn more at www.esn-groningen.nl/esn-introduction-week/

150+ ACTIVITIES PER YEAR

ESN Groningen organises more than 150 activities per year that cover a wide range of interests. We organise:

- day and weekend excursions,
- international dinners,
- concerts,
- culturally-enriching activities,
- sports activities and mini-tournaments,
- weekly parties known as "ESN Wednesday",
- theme parties,
- pub quizzes,
- integration activities,
- social events and much more.

Visit www.esn-groningen.nl/esn-groningen.nl/events to learn more.



FRIDAY

Meet & Eat + Opening Party

SATURDAY

Culture Day & Comedy Show + Pub Crawl

SUNDAY

Sports Day + Full Moon Party

MONDAY

Dutch Language Lessons + Band Night

TUESDAY

Movie Night

WEDNESDAY

Final Party



Copas

there is my PALACE

*ESN
Erasmus Student Network
Groningen

HOW TO GET INVOLVED

GET AN ESN CARD

The ESNcard is your ESN membership card. A card that will carry the memories of your best times spent abroad with unforgettable experiences and lots of international friends. And a card that will grant you access to all ESN events and over 1,500 discounts all around Europe.

ESN has many deals with different companies in and outside of the city where you can get great discounts just by showing your card. You can find a list of all the ESNcard discounts at www.esn-groningen.nl/esn-card/discounts-in-groningen/.

All students enrolled at the University of Groningen or Hanze UAS can buy an ESNcard. The only thing you have to do is either sign up for the ESN Introduction Week, buy it online, or come to the ESN office located at Pelsterstraat 23 (card payments only).

JOIN AN EVENT

Sign up for one of our events at www.esn-groningen.nl/events and meet fellow ESN members, Committees, and the Board of ESN! This is a great way to socialize and explore Groningen and beyond! You just need an ESNcard to be able to purchase tickets for our events.

JOIN A COMMITTEE OR PROGRAMME

Do you want to make the most out of your life as a student here in Groningen? Joining one of our Committees (see p. 4) or Programmes (see p. 5) is the way to go. Not only will you meet the people who are most involved in ESN but you will also gain valuable experience and skills, and make friendships that last a lifetime!

For more information visit www.esn-groningen.nl/get-involved



**APPLICATIONS
OPEN**

COMMITTEE

INTERESTED? SEND YOUR CV &
MOTIVATION LETTER TO
INFO@ESN-GRONINGEN.NL
DEADLINE: SEPTEMBER 10TH

COMMITTEES

Active Members Committee

Buddy & Integration Committee

Culture Committee

Excursion Committee

Live Music Night Committee

Party & Pub Quiz Committee

PR & Graphics Committee

SocialErasmus Committee

Sports Committee

International Dinner Committee



PROGRAMMES

BUDDY PROGRAMME

Would you like to learn more about the Netherlands and Groningen? Would you like to have someone who can help you with your questions during your time in Groningen?

Having a Buddy is a nice way to get in touch with students who can introduce you to (student) life in Groningen. Your Buddy can give you some tips on how to get around, the cheapest ways to get groceries or anything else that you would like to know!

Of course, they can also help you with all the other questions that might arise during your stay in Groningen! Next to that, the Buddy & Integration Committee organises various activities throughout the semester for all Buddies.

DISPUTEN PROGRAMME

Are you ready to embark on an unforgettable journey filled with friendships, fun and amazing experiences? Look no further! ESN Groningen invites you to discover our new world of Disputen!

But what is a dispuut? Disputen are a very important part of the Dutch student culture; they are friendship groups that meet regularly to hang out, eat together, have drinks or do anything else you could possibly imagine. Of course, you can also visit one of the many activities or parties ESN organises together. The ideas are unlimited; under the umbrella of ESN, we give you the opportunity to join a dispuut, shape its identity and make friends that will feel like family soon!

Our Disputen are based on different interests, so the rules are easy: You tell us what you care for, and we make sure to deliver you the dispuut that suits you the best!

AMBASSADOR PROGRAMME

As you are experiencing it right now, studying abroad requires some preparation! It can be a bit challenging, but you'll quickly see that this is the experience of a lifetime!

What about helping out a prospective exchange student? In order to promote international mobility and help students go on exchange, ESN Groningen created the Ambassador Programme. In this programme, you will be paired up with one or numerous local students (Dutch or international), interested in going on exchange to the region you are from. This local student will seek out some tips and tricks and will be eager to hear about your experience. It is also a great opportunity for you to meet a local student.

LANGUAGE EXCHANGE PROGRAMME

Are you interested in learning a new language in a fun and easy way? Or are you going abroad and want to have a little practice before you go? Or maybe you want to brush up on your fading knowledge? The Language Exchange Programme is a great way to practice a foreign language!

The goal of the programme is for students to learn each other's language and meet new people. You will be paired with another student to practice or teach one of the following languages: English, Dutch, Spanish, Italian, German, and French. However, you can always indicate that you are interested in languages other than the ones mentioned. You can meet as many times as you want and nothing is compulsory!



**Are you new in Groningen or
are you arriving soon?**



APPLY FOR A BUDDY!

www.esn-groningen.nl/apply-for-a-buddy/

USEFUL INFORMATION

ESN Groningen Office

The office of ESN Groningen is located on Pelstersraat 23, 9711KH Groningen. It is where ESN's Executive Board works but also where you can pick up your ESNcard should you decide to become a member. It is open from Monday to Friday.

Opening hours:

Monday 13:00-16:00

Tuesday 13:00 - 16:00

Wednesday 13:00 -16:00

Thursday 13:00 - 19:00

Friday 13:00 - 16:00

Website

At www.esn-groningen.nl you can find everything you need to know about ESN - the organisation's structure and members, committees, events, podcast, blog, biannual magazine, and useful information regarding housing, the UG and Hanze UAS, and also a look into other student organisations such as ACLO or Usva. Additionally, it also includes a section about the ESN Introduction Week and a page with opportunities to get involved.

- **ESN Introduction Week:** www.esn-groningen.nl/esn-introduction-week
- **Events:** www.esn-groningen.nl/events
- **Student info:** www.esn-groningen.nl/student-information
- **Get involved:** www.esn-groningen.nl/get-involved

Social Media

To stay in the loop about all events ESN Groningen organises:

- **Instagram:** @esn_groningen
- **Facebook:** @groningen.esn
- **Facebook Group:** ESN Groningen 2023/2024
- **YouTube:** @esn_groningen

ESN Care

Students and especially international students can experience a lot of difficulties while coming to a new student city by themselves. ESN Groningen aims to help incoming (international) students with every aspect of their student life. This includes, next to all our fun activities, also informing and providing students with the available options, if help in any way is needed.

At www.esn-groningen.nl/esn-care you can find:

- Confidential Advisors
- Information about Going to the Doctor & Healthcare in the Netherlands
- Information about Student Psychologists
- Open Consultation Hours & Coaching
- Emergency Services regarding Addiction and Suicide Prevention

App

The ESN Groningen App is a mobile-friendly version of the website, which is easy to navigate and always keeps you logged in so signing up for events is easier than ever. Available for iOS and Android.



MEET THE 36TH BOARD



L-R: Douwe Kreeftenberg, Ruan ten Brink, Ewan Brett, Linda Zeitz, Oskar Peitz, Elli Winetsdorfer

ESN Groningen's Executive Board consists of six students from academic backgrounds who work full-time for a year. They are the faces and contact points of ESN and are responsible for the organisation's day-to-day tasks, policies, committees, activities, and Introduction Weeks. They are constituted as follows:

President - Linda Zeitz
Secretary - Douwe Kreeftenberg
Treasurer - Ewan Brett
External Relations Coordinator - Ruan ten Brink
Public Relations Coordinator - Oskar Peitz
Integration Coordinator - Elli Winetsdorfer

ESN Groningen's Board is one of the most international student boards in the city with a mix of five nationalities. They work hard every day to ensure inclusivity, diversity, safety, and unity within ESN. Read more about their stories, personal missions, and daily tasks at www.esn-groningen.nl/the-executive-board/.

ABOUT ESN AISBL

The Erasmus Student Network is a student organisation that spreads all over Europe with 533 sections in 43 different countries. This makes it the biggest student organisation in Europe. Established on October 16, 1989, ESN is focused on supporting and developing student exchange. ESN offers services to around 350,000 students a year, organised by around 15,000 active members. The organisation tries to make the European educational environment more mobile and flexible. We do this by representing the rights of (international) students, providing information about mobility programmes, motivating students to go abroad and much more. ESN offers help to full-degree and exchange students in the academic, social and practical integration process, mainly through activities.

OUR MISSION: The enrichment of society through international students.

ESN has multiple values that all members stand and work for. A key one is 'Unity in diversity, diversity in unity.' It shows how all ESN members are different and have different backgrounds, but are also alike. We all share the same goal: an international community in the educational environment. Besides these two, there are a few other important values: fun in friendship and respect, the international dimension of life, love for Europe as an area of peace and cultural exchange, openness with tolerance, and cooperation in integration. ESN helps students in creating international bonds and networks, finding new friends and developing love and respect for different cultures.



Dutch ESN Sections