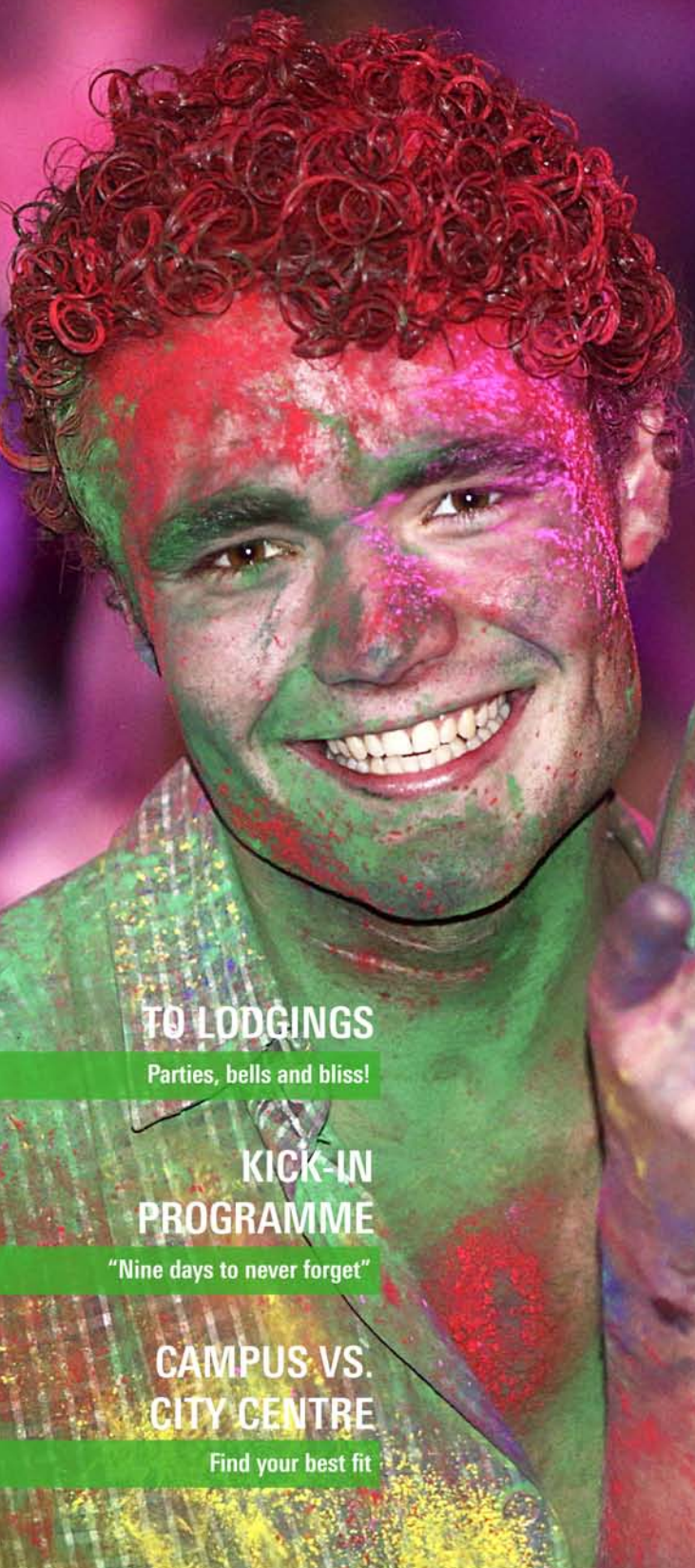




Magazine 2014



TO LODGINGS

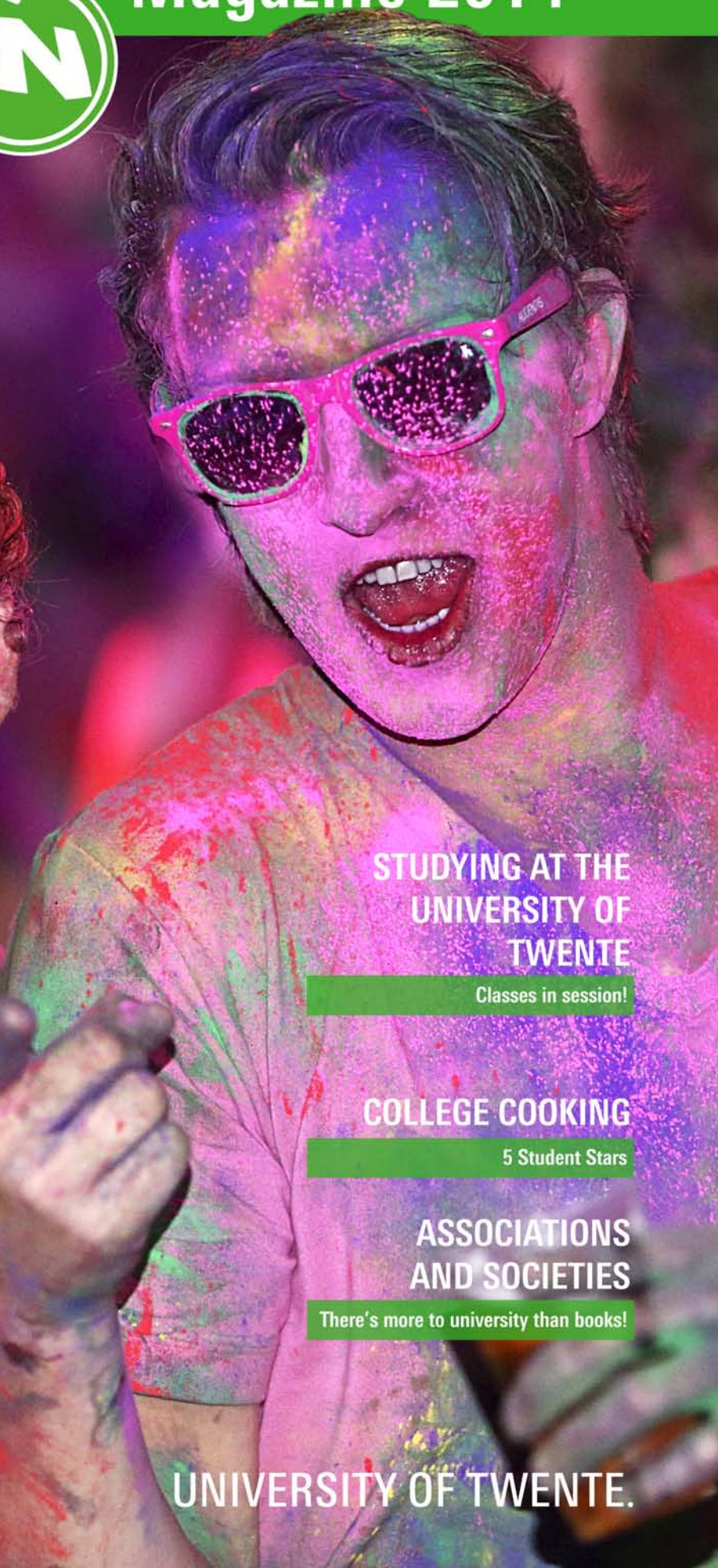
Parties, bells and bliss!

KICK-IN PROGRAMME

"Nine days to never forget"

CAMPUS VS. CITY CENTRE

Find your best fit



STUDYING AT THE UNIVERSITY OF TWENTE

Classes in session!

COLLEGE COOKING

5 Student Stars

ASSOCIATIONS AND SOCIETIES

There's more to university than books!

UNIVERSITY OF TWENTE.

BULLETIN BOARD

Men/women

The male/female ratio of Kick-In participants is 60/40.

Open mind UT

The theme of the Kick-In 2014!

More students

You are one of the 690.000 students who have enrolled at a Dutch university. Each year more high school students choose to go to college.

Plop!

Since 1615 Enschede has its own beer: Grolsch!

Twente in top 10

Twente is 6th of the 500 highest valued areas of the Netherlands (according to the 'Steden & Streken Merkenonderzoek')

Anniversary

This years Kick-In is the 50th edition! Also known as: the 10th lustrum.

Small is beautiful

Enschede is a very nice student city. All festivities take place on a relatively small surface, therefore this city makes people feel like they know everyone in it.

Unique Campus

The University of Twente is the only public university with a Campus (the oldest in the Netherlands) with a supermarket, hairdresser, employment agency and library.

Longest orientation period!

With nine days, the Kick-In is the longest orientation period of the Netherlands!

COLOPHON

The Kick-In magazine is published by the Kick-In Committee, part of the Student Union University of Twente

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General

Kick-In

Study

Enschede

Student life

Leaving home



General

KICK-IN COMMITTEE 2014

f.l.t.r.: Floor Beugels, Myrthe Lamme, Jelmer Verkleij, Mirtha van Erp, Jorinde Kortenbout, Esther Beekhof

Hello prospective student!

Perhaps, as you read this, you are taking a short break from slaving away at revision. Or maybe you are lying in the sun, revelling in the fact that you have finished all of your examinations and can now fully enjoy your extended summer holidays! Whatever the case may be, you have opted to enrol at the University of Twente. You have taken your first step towards becoming a student!

Once the summer is over, it will be time to take the next big step and for you to actually go to university. This will mean a big change in your life, whether you remain living at home or opt to move into lodgings. There will be a lot that will be new to you - lecture theatres, examinations, new friends, new buildings and a new city. This magazine, the Kick-In Magazine, will help you to familiarize yourself with your course, the University of Twente, the city of Enschede and student life in general. It's packed full of interesting information about university life.

We definitely recommend participating in the Kick-In, as this will prepare you well for starting your first academic year. The Kick-In is the orientation period for all new students. It starts on Wednesday, 20 August and lasts until

Thursday, 28 August. The nine-day Kick-In will provide you with all the facts you need to know! It will also give you the chance to make new friends; friends you will keep for the duration of your time at university, and maybe for the rest of your life, too.

A committee of six people has been working on the Kick-In for more than ten months. The advice that we would give you for it is that you should be open-minded! The Kick-In will introduce you to so much that is new. You will meet new people, but will also be introduced to all of the student associations and societies in Enschede. Take a look to see what you like and try out something new. Have an open attitude towards everything you come across over the nine days. We hope that this is an attitude you will retain for the rest of your time at university. Do not be afraid to deviate from the path you are expected to take from time to time! If you would like to receive all the latest news about the Kick-In, then follow us on Twitter or Facebook, or visit www.kick-in.nl.

We look forward to seeing you on Wednesday, 20 August at the Kick-In. We hope you enjoy it!



What is the STUDENT UNION?

In short, the Student Union (SU) is responsible for all student matters at the UT outside of education. The SU is an organization made up of students and bears many responsibilities. These include all of the sports and cultural facilities for students on campus, for example, and the organization of the Kick-In. The SU also works to promote the academic education of students, stimulating them, for example, to do more than just study. You can read more about this in the section entitled 'More than a Degree'.

Student entrepreneurship

Students can set up their own companies while studying and the SU offers support for student entrepreneurship in various ways (by supplying inexpensive office space or affordable loans, for example), often in cooperation with Kennispark.

Its place at the UT

The SU can be viewed as occupying a pivotal position between students, along with their associations, and the Executive Board. The SU participates in policy forming at the UT and therefore plays an important role at the university. Almost all associations and societies are also members of the Student Union and the SU does everything it can to promote the interests of its members.

WHAT DOES THE STUDENT UNION DO EXACTLY?

That all sounds great, but specific examples of what the Student Union does, or has done in the past, will make things clearer still.

The Student Union:

- Ensures that students can participate in sport and enjoy culture
- Manages student buildings (the Bastille, the Pakkerij and the Water Sports Complex)
- Manages the Union Shop
- Awards the P-activism prize (a prize for a student who, in addition to obtaining his or her 'propedeuse' certificate in his or her first year, was involved in a lot of extracurricular activities)
- Organizes the Student Union Forum (a platform that allows students to enter into discussion with each other regarding topical issues at the UT)
- Has set up a study area in Wallstreet in the city centre
- Has opened study areas in Bastille
- Organizes the world's largest student think tank (Create Tomorrow)
- Offers training courses to students and associations
- Offers the buddy programme (a programme that links up foreign students with Dutch students)

MORE THAN JUST STUDIES, GET MORE THAN A DEGREE!

The development of students is extremely important to the SU and that is why it has launched its 'More than a Degree' campaign. The campaign aims to promote the idea that it is important to do more than just study and that students should be active!

Why?

Why should you be active as a student? The main reason is that being active is great fun! And it also greatly enriches your life! But if you are active, you will also notice that you need to have good social and organizational skills, and you acquire these while being active. You also learn to deal with responsibilities and to come up with creative solutions. Being active means investing in yourself!

Improve your chances on the labour market

Employers view students who are active favourably. They know that you have the right qualifications, but have you got that something extra to offer? What makes you stand out from the crowd? Yes, you've guessed it: being active!

COMMITTEES

The Student Union organizes a range of fun, educational and innovative events, but is unable to do this all on its own. This is why the SU has five different committees. An overview of these committees and what they do/organize is given below.

Committee	What do they do?	More info?
KICK-IN	Organizing the Kick-In, the orientation period of the University of Twente	www.kick-in.nl
SKILLS CERTIFICATE	Facilitate trainings for students to develop themselves and broaden their horizons, guided by professional trainers.	www.skillscertificate.nl
CREATE TOMORROW	Organizing the world's biggest student think tank, biennially.	www.createtomorrow.nl
TEDX	Organizing the world famous TEDx, a conference dedicated to 'Ideas Worth Spreading'.	www.tedxtwenteu.nl
LUSTRUM	To celebrate the SU's 15th birthday, this committee organizes a large activity named 'On land, at sea and at the UT'!	www.su-lustrum.nl



Rector Magnificus University of Twente

WELCOME

at the University of Twente

Opting for an educational programme at the University of Twente was a good decision. Irrespective of the particular study programme you have chosen, you will notice that you will first acquire a broad basis from which you can then discover which specialization you are most interested in and which master's programme will best suit you later. Whether you have opted for a technical bachelor's programme or one of the social sciences, the UT will challenge you to look beyond the confines of your subject. To make the most of this, you will need to have an entrepreneurial, open minded attitude. 'Open mind-UT' is also the theme of the Kick-In orientation period. The attitude you develop, taking a wider view of things, may involve you learning to develop new technologies, for example, but may also mean that you think about consequences for society, or commercial opportunities. You will be given every opportunity for this. So my advice is this: start looking towards your future with an open mind. To start with, familiarize yourself with all of the different aspects of student life. The Kick-In has an attractive programme that will help you to prepare for this new phase in your life, because it does, after all, represent more than just the start of your educational programme. Use these days for exploring the many sporting and cultural possibilities offered by the UT Campus, and for discovering social life and the cities of Enschede and Hengelo. Meet new people and party. The Kick-In is an intensive nine days that will stay with you for a long time!

A wholehearted welcome to the campus at the University of Twente and good luck at the Kick-In! I hope you enjoy it!

Prof .dr. Ed Brinksma
Rector Magnificus
University of Twente



Mayor of Enschede

WELCOME

in student city Enschede

Going to university in Enschede means that you will be studying right at the heart of the action in the East Netherlands. That's because Enschede is where it all happens. It is a city that continuously strives for further development and innovation.

Nowadays, it would be impossible to imagine Enschede without any students. Together, you all make an important contribution to bustling city life here. And that means both during your studies and in addition to them. You can continue to contribute once your student career has come to an end. You could, for example, use the knowledge you gain at university while working for one of the many companies in the city. Or you could demonstrate your entrepreneurship by setting up your own business, as many alumni have successfully done in Enschede. Through using their knowledge of the market for various spin-offs, they have managed to grow their businesses to become large companies. Taking this path means that you build on your career, help to develop the city of Enschede and contribute to innovation within your own specialism.

In addition to all of the facilities a student could ever want, Enschede also has plenty to offer in terms of shopping, nightlife, sports, culture and the natural environment. Accommodation is no problem. To sum up, Enschede is not only a great city to study in, but is also a great place to live and enjoy life. This magazine provides you with more-detailed information. The Kick-In Committee at the University of Twente has done its best to prepare the approximately 1800 new students for their future at the University as well as it can. And the results are great!

I wish you all the best for your time in the student city of Enschede.

Peter den Oudsten
Mayor of Enschede

CONTEST

Still looking for a bike when you start studying in Enschede?

Answer the question correctly and win a brand new bike!

‘HOW MANY DO-GROUPS PARTICIPATED IN THE KICK-IN 2013?’

Like our Facebook page (facebook.nl/KickIn.UT) and send us a personal message containing your name, e-mail address and answer to the question to compete for a bike!

Keep an eye on our Facebook page for more cool giveaways and contests!

Message 



Kick-In

PROGRAMME

Kick-In 2014

20 - 28 August 2014

www.kick-in.nl

Open Up

It all starts on Wednesday, 20 August. Once you have registered, you can take a look at the various associations and societies present at the opening market. All new students will then be called to the large, white tent where the general opening will take place at the appointed time. Once you have had your photograph taken with the new crop of students, it will be time for you and your fellow students to go to your various schools, which is where the do-group market will take place. In the evening, following a fantastic show, you will head into town with the City Tour. This is where the first day will be rounded off with a brilliant party in Enschede!

Great Minds Think Alike

Thursday will be dedicated to sports! Following a morning warm-up, you will be able to have a look at the various sports clubs and participate in the sports workshop. During the Storming of the Bastille you and your do-group will have the opportunity of showing that you have already started to form a close team. Will you succeed in being the fastest team to complete the obstacle course and climb the Bastille? A good meal is what is needed at the end of this sports-filled day, so various sports clubs will be laying on a barbecue! Later in the evening, why not take a dip in the swimming pool during the sports parties or be immersed in a true student atmosphere during the cantus?

Eye Opener

On Friday, you will have the opportunity of getting to know the various cultural associations. After a musical lunch, you will hopefully be ready for a lecture in the open-air theatre, where none other than Dennis Storm will be telling us what his connection to science is! A cultural festival will take place and we will also be attempting to set a new world record. This day will also provide you with the opportunity of finding out what the nightlife is like in Hengelo.

Hi Society

On Saturday, we will start off with the 'battle of the sexes' in the centre of Enschede. Go into battle against the opposite sex and get to know the Enschede's city centre! We will be staying in the centre of Enschede for the rest of the day and it is here that you will be introduced to the student societies of the city.

Relax, Set, Go!

On Sunday, you will have time to rest a little. You have the option of taking part in a variety of free activities during the day, or you could choose to relax in the sun with your do-group at the Rutbeek bathing lake. If you have come from abroad, then today is the day to make all of the official arrangements regarding your studies in the Netherlands at the Formality Market.

Mastermind, Exploration

Monday, Tuesday and Wednesday will focus on your educational programme. You will meet your fellow students and find out all there is to know about the place where you will be studying over the next few years.

Plug In

On Wednesday evening, a large concert will take place at the Oude Markt. Well-known artists will be joining you for a great party!

Blow your mind

On the last day of the Kick-In, enjoy all that student life has to offer during the Student Life Festival. A large number of companies will also be present at the festival, giving you the opportunity to have a chat with them or to take part in the fantastic activities they have on offer. The Kick-In will be completed in spectacular fashion that evening, and you will be ready to begin your student career!

WED / 20 'Open Up'	THU / 21 'Great Minds Think Alike'	FRI / 22 'Eye Opener'	SA / 23 'Hi Society'	SU / 24 'Relax, Set, Go!'	MON / 25 'Mastermind'	TUE / 26 'Exploration'	WED / 27 'Plug In'	THU / 28 'Blow Your Mind'	
Opening market Central registration	Warming Up Workshops + teambuilding activities Lunch	Musical brunch + activity World record attempt	Battle of the sexes Lunch	Free activities + activities at Rutbeek Formality market	Faculty day	Faculty day	Faculty day	Brunch	MORNING
Opening show + photo Dividing into do-groups & acquaintance + dinner	Workshops + teambuilding activities Storming of the Bastille Sports BBQ	Culture fest Running Dinner	Student society activities	Church service				Student Life Festival + Charity activity	AFTERNOON
Spectacle Cnødde City Tour City party	Cantus & sports parties & foam party	To Hengelo Discover Hengelo Party in Hengelo	Dinner at the Pakkerij Student society activities Pakkerij parties					Euros Paradise	EVENING
							Concert at the Oude Markt	Closing show Final party at the Campus	

The first day of the Kick-In

Wednesday, 20 August is the first day of the Kick-In! New students from all over the Netherlands will arrive on Campus to start something new: their student life. This is, of course, quite exciting because you have absolutely no idea what you will be confronted with. That's why we want to tell you a thing or two about the first day of the Kick-In here.

When you arrive on Campus that Wednesday, you will first of all be registered for the Kick-In. This will take place in a big tent, which is the first thing you will see as you arrive on Campus. There, you will also immediately receive a wristband granting you all kinds of privileges as a participant, as well as a Kick-In bag. Then it's time to look around the opening market! But how do you go about this? It's quite likely that you've come to the Kick-In on your own and have no idea where to go. Your study association will have its own stand on the grounds, which is likely to become a gathering ground for your new fellow students. Perhaps here there's someone to join up with for the festival! Eventually, the Kick-In will be officially opened. After that, all new participants will have their photo taken. Next, you and all the other new students on your educational programme will proceed to visit the 'do-group' market. Here, several senior students, your 'do-group parents', will present a short film. This film presents a range of activities for you to choose from. Together with between 8 and 12 new students who picked the same activity and your do-group parents, you form the do-group. The members of this group will be your companions for all further Kick-In activities, workshops and parties, and you'll likely make friends for your entire student career or even life!

Now that you know what do-group you're in, the Kick-In can really be kicked off! Enjoy these days and be open to everything you encounter!



A do-group

THAT'S...WHAT EXACTLY?

You will be coming to Enschede for the Kick-In with around 1800 other students. You will probably know very few of the other first-year students, and know even fewer students on the same educational programme as you. However, you will not be spending nine days with total strangers: you will be with your own "do-group".

A do-group is made up of approximately ten new students from the same educational programme. You will be taking part in all of the activities as a group and this allows you to make your first contact with the other first-year students on your programme. Older students act as leaders for the do-groups, showing you the ropes during the Kick-In and making sure you have a fantastic time.

You can generally recognise the individual do-groups by their clothing: each group has its own t-shirts or polo shirts to show that they belong together. Some groups have been wearing the same t-shirts for years, while certain groups have developed their own traditions. There is a certain amount of rivalry, too. The do-group t-shirts turn the crowds of people present during the Kick-In into a colourful whole. In order to indicate how important the individual do-groups are, we refer to them as if they were a family. The student leaders are called "do-group parents"; you are then called a "do-group child" or "kiddo", and the other members of your "do-group" are your brothers or sisters. In the case of those do-groups that have been taking part for many years now, there are now complete family trees, with grandparents, uncles and great-aunts.

Various groups of friends, 'jaarclubs', fraternities/sororities and associations make the effort every year to lead the do-groups in the best way they can, and this ensures that the different do-groups are very varied. You can choose to join a do-group from an association that interests you (sports clubs, cultural associations and other student associations are all represented), or opt for an independent group that you find appealing. There is something for everyone!

WHO WILL YOU ENCOUNTER DURING THE KICK-IN?

Kiddo's, do-group parents and crew members; three groups of people you can't miss during the Kick-In. Why? Because they're a major part of the event! These various groups are all present throughout the Kick-In and together contribute to nine unforgettable days! How did they experience last year's Kick-In? We asked them to share their stories.



KIDDO

Name: Sannah van der Heijden
Age: 18 years
Programme: Health Sciences

HOW DID YOU CHOOSE YOUR DO-GROUP DURING THE KICK-IN AND HOW DID YOU FIND IT?

Once the do-groups had presented themselves so enthusiastically, I chose the do-group that looked as if it carried on as long as possible each night and then stayed in bed for as long as possible the next day. That was good choice, I had a fantastic Kick-In!

DID THE KICK-IN LIVE UP TO YOUR EXPECTATIONS?

No, absolutely not! That's because I really didn't have any expectations at all, except for thinking that it would be embarrassing on the first Wednesday morning, walking around the market on your own without any friends. But that wasn't too bad at all! From the moment I chose a do-group, I just went along with everything as it happened. And I just got on and had a great time.

WHAT WAS YOUR FAVOURITE PART OF THE KICK-IN?

I enjoyed the whole of the Kick-In, of course, but the best part was the songfest that was organized. It was my very first cantus and I was a bit nervous about it, but it was really brilliant.

DO-GROUP PARENT

Name: Iris Eijbrink
Age: 20 years
Programme: Communication Studies

WHAT IS IT LIKE TO LEAD A DO-GROUP DURING THE KICK-IN?

It was my first time, but I really enjoyed it. We had a really nice group, and the relationship that develops between you and some of the kiddos is very special. For example, I can feel genuinely proud if one of them achieves something special, even though time has passed.

HOW IS THE KICK-IN DIFFERENT WHEN YOU ARE A DO-GROUP PARENT RATHER THAN A KIDDO?

You bear more responsibility for others, also in terms of the way the Kick-In progresses. You will sometimes need to be lucky with your kiddos, but it is perhaps much more important for do-group parents to show that they are having a good time and that they are active. Of course as a parent you've already been through a Kick-In, but even with less novelty it's still great fun!

WHAT SHOULD KIDDOS LOOK OUT FOR WHEN CHOOSING A DO-GROUP?

Do-groups present themselves using a short video. These videos often show what kind of group it is. The best thing for kiddos to do is to try and choose the do-group they think best fits their personality.

CREW MEMBER

Name: Ton Nguyen
Age: 20 years
Programme: Applied Physics

WHY DID YOU BECOME A CREW MEMBER FOR THE KICK-IN?

After having been a kiddo myself, and then a do-group parent, I wanted to experience the Kick-In in a new way. Deciding to become a crew member was therefore not difficult.

HOW DID YOU FIND BEING A CREW MEMBER?

Great! The Kick-In Committee takes really good care of you and it is interesting to see how everything works behind the scenes. You also get to meet a whole load of new people. It was quite funny to think about how I was once a kiddo who was helped by a crew member.

WHAT IS THE BEST THING ABOUT BEING A CREW MEMBER?

The best thing is meeting new people with different backgrounds to your own. And on a free day all of the crew members went lasergaming, that was brilliant!

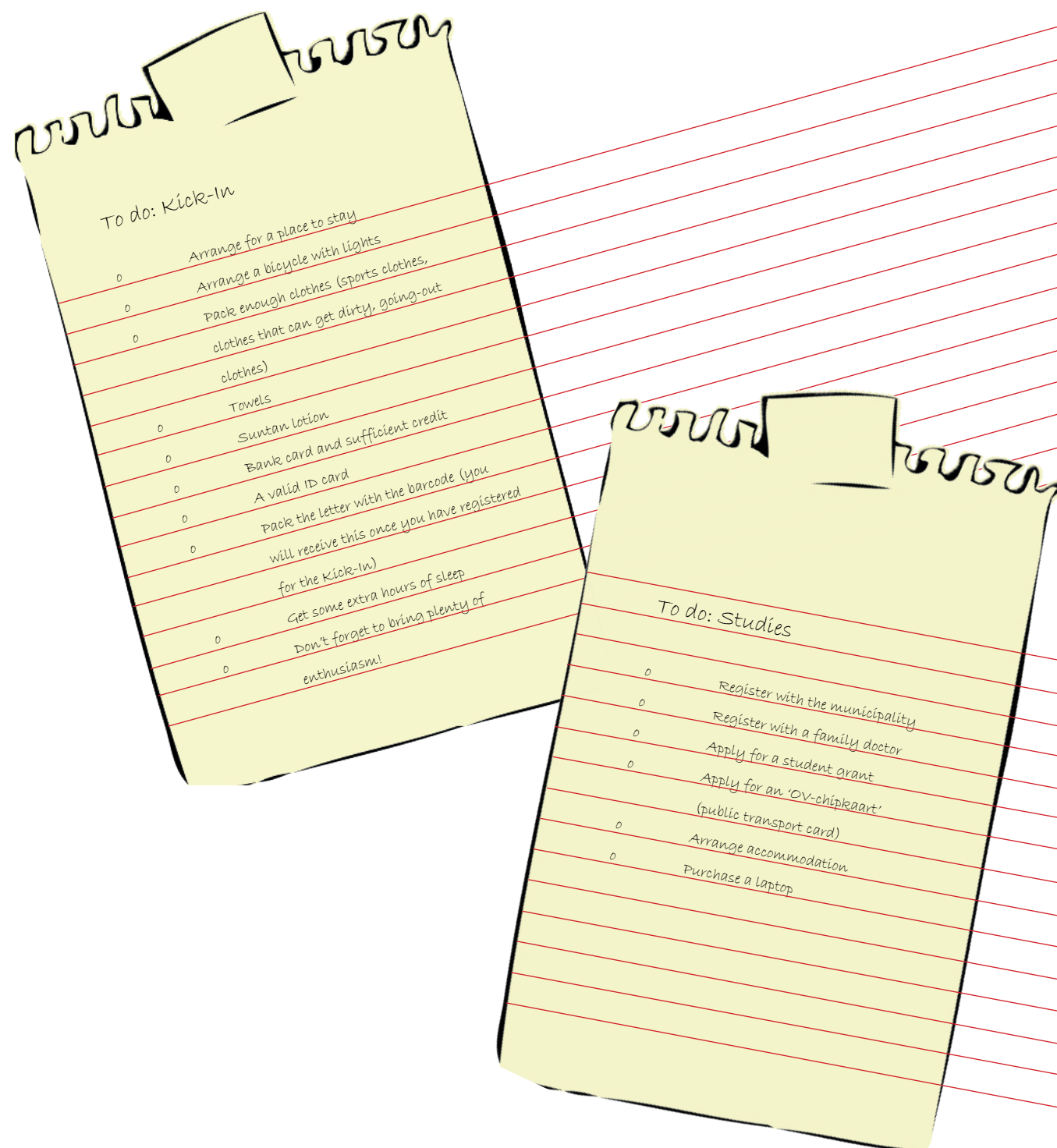
ARE YOU PLANNING TO BE A CREW MEMBER FOR THIS YEAR'S KICK-IN TOO?

Unfortunately I have other commitments while the Kick-In is taking place this year, but I am sure I will be a crew member again one day!



TO-DO LIST

It is a good idea to prepare thoroughly before starting your life at university. This magazine will provide you with plenty of tips regarding student life. Your time at the University of Twente will start off with the Kick-In. Use the to-do list below to help you to make all of the necessary arrangements for the Kick-In and for starting your studies. Are you totally prepared?



CHARITY

This year the Kick-In also supports charity: Fight Cancer.

LOVE IT...
MET AL JE VRIENDEN
IN ACTIE KOMEN

KOM OOK IN ACTIE
CHECK FIGHTCANCER.NL



Love life. Fight cancer.

Love life. Fight cancer.

Iedereen kent iemand met kanker. Dat is ook niet gek als je bedenkt dat 1 op de 3 mensen de diagnose kanker krijgt in zijn leven; ruim 100.000 mensen per jaar. Dat zijn er veel te veel! Fight cancer houdt van het leven en daarom komen wij in actie tegen kanker. Wij willen deze aantallen drastisch naar beneden brengen en kanker onder controle krijgen.

Fight cancer is de organisatie die op een eigentijdse, flitsende manier awareness creëert en fondsen werft voor KWF Kankerbestrijding. Door kankeronderzoek te doen maken we belangrijke progressie in de strijd tegen kanker. Daarnaast zetten we ons in voor voorlichting en patiënten ondersteuning.

Jij kan het verschil maken

De strijd tegen kanker is niet zomaar gewonnen. De resultaten zijn gelukkig hoopgevend maar er is nog altijd veel geld nodig voor onderzoek. Jij kunt hier aan bijdragen. Help mee, vecht mee. Samen staan we sterker!

Join the fight!
Check www.fightcancer.nl

LADIES KICK-IN

Are you a female student who will be taking what is seen as a 'course for men' next year? Then you may be a little nervous about this, but don't worry: Many women have gone before you!



To make the transition to this new world easier, we organize a Ladies Kick-In (LKI). This is especially for women who will be taking a real 'course for men'. As it's easy to get lost amongst all the men, it's a good idea to meet the other women on your course, and on other courses, in advance. This often results in new friendships being formed straight away, something that can sometimes be difficult within a course.

The programme starts two days before the general Kick-In. Over the course of the two days, we take part in course-related activities, such as practicals, but also in social activities, such as playing pool or swimming. We also do really ladylike things, such as enjoying afternoon tea. The programme has not yet been finalized, but the basis will be formed by a sociable atmosphere and the opportunity for getting to know each other.

So, if you are a woman embarking on a 'course for men' with fewer than 10% female students, do register now! Currently, the LKI is organized for the following educational programmes: Business and Information Technology, Electrical Engineering, Computer Science, Applied Physics, Chemical Engineering and Mechanical Engineering. Once you have enrolled for one of these educational programmes, you will receive a letter with instructions for registering.



Excited to come and study in Enschede?

Register now for the KICK-IN!



Sign up at
www.kick-in.nl



HIGH TECH HUMAN TOUCH

DESIGNING ROBOTS WITH CARE

"Cyberbullying, or online bullying, is a major problem.

In my PhD research, I am developing software to detect and, ultimately, prevent it."

PHD STUDENT MARAL DADVAR: ERADICATING CYBERBULLYING

"Research has shown that as many as 18% of teenagers in Europe have, at some time or other, fallen prey to online bullying. While cyberbullying affects people of all ages, my research shows that it peaks in the 13 to 18 age group. Girls and boys use very different types of bullying. Boys are very direct, they use explicit language to express their opinion of someone. Girls are more cunning, they make greater use of implication. They also exclude their victims, who are no longer allowed to 'join in'. One frequently proposed 'solution' to cyberbullying is to delete the bullying message in question. In my view, this is not entirely effective. The message will just pop up again somewhere else. I think it is more important to focus on the victims themselves. How can we make them stronger, and how can they best respond to a bullying message? Of particular relevance in this connection are the special help centres for victims. The subject of cyberbullying is something that resonates with me personally. The measures currently being taken to address this type of bullying are not fully effective. They're just not good enough. I hope that my research will make a major contribution towards eradicating cyberbullying once and for all."



WHAT IS YOUR TOUCH?

BIG OR SMALL, FOR THE PRESENT OR THE FUTURE: AT THE UNIVERSITY OF TWENTE A LOT OF THINGS HAPPEN THAT ARE MEANINGFUL TO PEOPLE AND SOCIETY. THAT FACT IS WORTH TALKING ABOUT AND SO WE DO, WITH PERSONAL TOUCH STORIES.

At www.utwente.nl/touch/en you'll find dozens of enthusiastic (video)stories of students and employees at the University of Twente. What is their passion? What are their research goals? What's their personal motivation? These unique stories give you a good impression of what is happening on our campus. The 'High Tech Human Touch' comes to life!

YOUR TOUCH STORY

Do you want to inspire others with a story about your programme, research or another activity? Mail us at touch@utwente.nl and share your personal TOUCH STORY.

WWW.UTWENTE.NL/TOUCH/EN



CREATING A LAB ON A CHIP

Fertility is a very sensitive subject. Especially if you are experiencing, or suspecting, problems. You soon end up in the medical circuit, which includes hospital tests that can be unpleasant for women and embarrassing for men. Surely, there must be some other way?

LOES SEGERINK RESEARCHER LAB-ON-A-CHIP

"That's how I came up with the 'fertility chip': a chip that can count sperm cells, whilst establishing their quality at the same time. The chip not only eliminates the need for men to go to a laboratory with a little tube containing their sperm cells, but it is also cheap and the chances of getting the right diagnosis are increasing all the time. To determine a man's fertility, you need to know whether the concentration of sperm cells is high enough. One millilitre of ejaculate must contain at least 20 million sperm cells. Moreover, the sperm cells need to be strong enough to be able to swim properly. It works as follows: on the chip sperm cells flow through a minuscule liquid duct above which electrodes are located, like a kind of bridge. If a cell moves under the bridge, the electrical resistance changes just for a moment and the chip counts the sperm cells. With a little adjustment it is possible to separate moving and inert sperm cells on the chip and to count these separately."

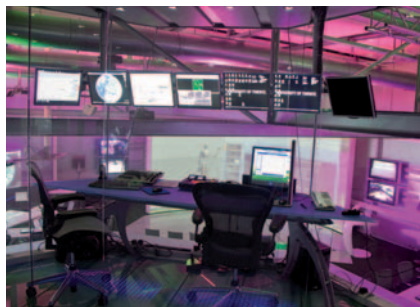


ENGAGE ALL YOUR SENSES!

The Virtual Reality Lab (VR Lab) is a unique research environment at our on-campus Horst Complex. Here you can experience simulations of reality with all your senses. Light, images, sound and touch merge into a single experience. Really high tech!

ROY DAMGRAVE ASSISTANT PROFESSOR AT THE VIRTUAL REALITY LAB

"At the Virtual Reality Lab, virtual reality feels as if it is for real. Just about anything is possible here. For instance, we conduct research by visualising new products or simulating events with all kinds of audio and video techniques as well as new modes of interaction, such as touch screens, haptic interaction, holograms and Motion Capturing. The lab has been set up to encourage collaboration between the Industrial Design and Mechanical Engineering programmes as well as other disciplines. Students and researchers come here to study issues from a variety of angles and to hatch new ideas. I love supporting them in this and seeing the amazing results! By conducting research together, we gain insight into the consequences of certain choices. Right now, for example, we're doing research for a dairy producer: the aim is to optimise product design to create the right look and feel on the shelf."



WE WANT YOUR TOUCH



UNIVERSITY OF TWENTE.



Study

PLAN OF THE CAMPUS







UNIVERSITY OF TWENTE

coop Campus U.T. 20

The Coop Compact is the only supermarket at the Campus and is located at the Boulevard. It offers products aimed at students: from bike parts and prepaid phone card to instant dinners and a large variety of pizza and beer. There is a special promotion during the Kick-In: 3 croissants for €1.00.

De Vestingbar 21

The Vestingbar is the only (real) Campus pub of the University of Twente. The pub is located in the Bastille building and opens every night at 9 PM. Because it is completely run by students, all drinks (including special beers) are offered at student rates. Always wanted to run your own pub? Join the VB and help out as a barman, DJ, bouncer or help organize events such as a Cocktail Party, a Tirolerfest and band nights.

-  Buildings
-  Roads
-  Paths/ squares
-  Sports fields
-  Grass
-  Water








0 25 50 75 100 150 200 mtr

- 1 Bastille
- 2 Meander
- 3 Carré
- 4 Nanolab
- 5 Waaier
- 6 Ravelijn
- 7 Zilverling

- 8 Horst
- 9 Citadel
- 10 Vrijhof
- 11 Spiegel
- 12 Cubicus
- 13 O&O square
- 14 Hall B

- 15 The Gallery
- 16 Sports centre
- 17 Mall / Apartments Sky
- 18 Open air theatre
- 19 Swimming pool
- 20 Coop Supermarket
- 21 Vestingbar

-  Student housing
-  Bus stop
-  Parking area
-  Barrier
-  Closed road

Hengelo

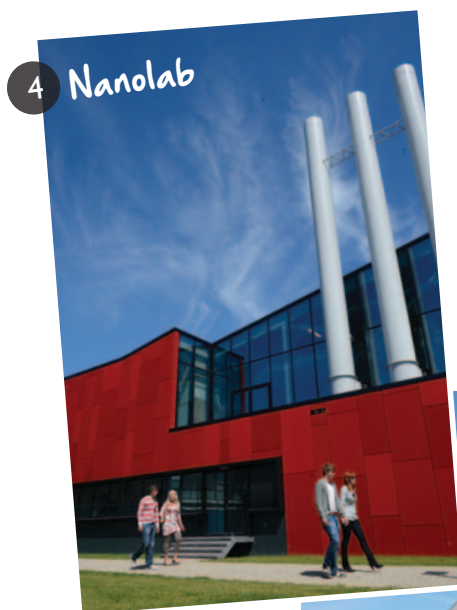
Station Drienerlo

Watersportcomplex

A35

ITC

Enschede



THE CAMPUS AND ITS BUILDINGS



HISTORY OF THE

UNIVERSITY OF TWENTE

The Lower House agrees to the establishment of the Technische Hogeschool Twente (THT - University of Applied Sciences) in Enschede

The first study association is established: 'Chemotecnisch Studenten Genootschap' (now known as Alembic)

The first 247 students start their 14-day orientation period

The senate holds its first meeting; the appointed professors are sworn in

The minister agrees to three new departments: Applied Mathematics, Business Administration and Applied Physics

Building work is started on the Bastille (which includes a university refectory)

The first day of teaching at the THT takes place

The Applied Mathematics, Applied Physics, and Industrial Engineering and Management bachelor's programmes start

The name is changed to 'TH Twente: hogeschool voor technische en maatschappijwetenschappen' (university of applied and social sciences). The change is required as the university no longer offers only technical programmes

An end is put to tea ladies making coffee and tea rounds through the buildings

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'63

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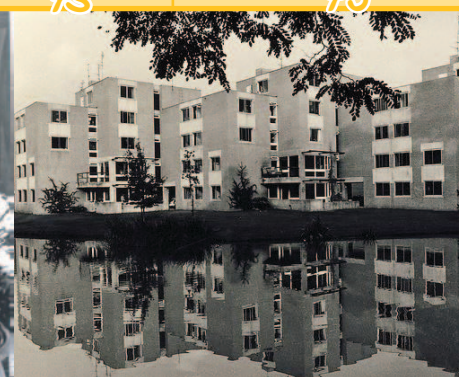
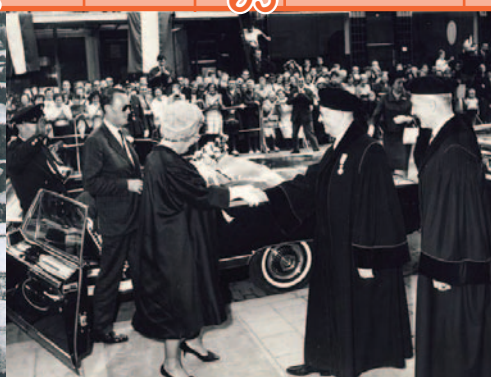
'71

'73

'75

'77

'79



Work is started on building the Campus; the first sod is turned

Four departments are established: General Sciences, Mechanical Engineering, Electrical Engineering and Chemical Engineering

The THT is officially opened by Queen Juliana and Prince Bernhard

The Carillon is presented: it is the first work of art on the Campus

The first computer is purchased

The first baccalaureate certificates are awarded

The first Bachelor of Engineering/Bachelor of Science graduate completes his studies at the THT. Other students who had previously studied in Delft had already graduated

Tuition fees are increased from 10 to 100 Dutch guilders. Also known as the 'thousand guilder act'

The orientation committee (now called the Kick-In Committee) introduces the 'do-group' phenomenon

The Public Administration bachelor's programme starts

Rector Van den Kroonenberg comes up with 'The entrepreneurial university' as Twente's motto in order to create a distinctive identity for the University

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'74

'76

'78

'80

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Start of the Industrial Design, Health Sciences and Biomedical Technology bachelor's programmes

Introduction of the Twente Educational Model for all educational programmes at the UT

Start of the Psychology bachelor's programme

Founding of Kennispark Twente

The orientation period is called the 'Kick-In' for the first time

Electrical Engineering starts using the Twente Educational Model

Biomedical Technology is the first educational programme to use the Twente Educational Model

The university updates its corporate identity

Start of the Advanced Technology bachelor's programme

STUDY ASSOCIATIONS

Each study programme has its own study association. First-year students immediately come into contact with the study association, which ensures, for example, that you know your way around your faculty and that you are able to buy your textbooks for the first quarter.

Study associations are primarily concerned with matters related to studies. Examples include arranging lectures and excursions to companies and institutions that are of interest to your discipline. The study association also keeps an eye on the quality of educational programmes, and you can approach them if you have any questions or comments about your educational programme.

In addition to these objectives, the study associations also aim to offer opportunities for socializing. They all regularly organize drinks, providing you with the chance to chat to fellow students. They also organize activities for members and arrange galas and parties. You will always be welcome to pop into the study association room for a rest following a lecture, or to have a well-earned cup of tea or coffee between study sessions.

Abacus
Alembic
Arago
Astatine
Atlantis
Communiqué
ConcepT
Daedalus
Dimensie
Inter-Actief
Isaac Newton
Paradoks

Applied Mathematics
Chemical Engineering
Applied Physics
Advanced Technology
ATLAS University College
Communication Science
Civil Engineering
Industrial Design Engineering
Psychology
Computer Science and Business & IT
Mechanical Engineering
Technical Medicine and Biomedical Technology
Creative Technology
Electrical Engineering
European Public Administration and Health Sciences
Industrial Engineering and Management and International Business Administration

Proto
Scintilla
Sirius
Stress

'01

'03

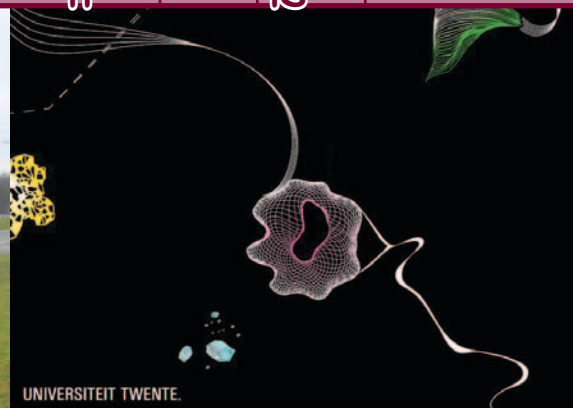
'05

'07

'09

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'02

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'12

'14

Sting performs in celebration of the UT's 40th anniversary

Opening of the Virtual Reality Lab

'High Tech Human Touch' becomes the UT's new motto

The UT Campus has the fastest internet connection in the world (one gigabit per second)

Start of the Creative Technology bachelor's programme

The Public Administration and European Studies schools merge to form one school: European Public Administration

Foundation of the ATLAS University College

Start of the Technical Medicine and European Studies bachelor's programmes

FIND YOUR WAY BETWEEN EDUCATIONAL SYSTEMS AND HELPDESKS

As a student, you will soon have access to a range of university websites and systems. You will be able to look at your grades, sign up for subjects and send email messages using your student email account. There are quite a few websites and systems that offer these possibilities. Below is an overview of where you can find what.



BLACKBOARD (blackboard.utwente.nl)

At the University, Blackboard is used for curricular matters. Information about the curriculum, assignments and any files you may need are posted on Blackboard. Each subject and each module has its own Blackboard page. As soon as you know which subjects or modules you will be taking in a particular period, you can register for the Blackboard page for that particular subject in the system so that you have access to all of the information you need.

OSIRIS (osiris.utwente.nl/student)

Osiris is the system that makes all of your grades available to you. Just as with Blackboard, you need to register for subjects or modules in Osiris, and in this case it is for the purposes of the grading records so that you are able to take an examination or carry out a final assignment.

TIMETABLES (rooster.utwente.nl)

A digital timetable is available for every subject and every module. The timetable is empty to begin with; you fill it in by adding subjects and modules. You can then consult the timetable through the website, export it to Outlook or Google Calendar, or make it available to you on your smartphone.

MY UTWENTE (my.utwente.nl)

The University uses many more websites and systems in addition to Osiris, Blackboard and the timetable. There is one central website with an overview of everything. This is called the My Utwente portal. The website consists of widgets, hyperlinks and news articles, bringing together all of the important information for you.

MANUALS (www.snt.utwente.nl/handleidingen)

How do you transfer your timetable to Google Calendar? How do you make your smartphone connect with the wireless network? Can my student email messages be forwarded to my own email address? All of these are possible. Instructions are available from Studenten Net Twente (SNT) to help with all of the above questions. You can find all help- en servicedesks for IT-related problems in building 'Citadel'.

SNT HELPDESK

The SNT Helpdesk is run by students and offers help with any problems relating to internet, email and VPN. SNT is an association which, in addition to running the Helpdesk, is involved in all kinds of activities relating to IT, such as hosting its own cloud platform for societies and associations.

ICTS HELPDESK

The SNT Helpdesk offers support to students, whereas the ICTS Service Desk helps staff. The ICT Service Centre (ICTS) is the department at the university that handles everything to do with IT. Its staff are not only responsible for staff facilities, such as workstations and email, but also for maintaining Blackboard and Osiris.

NOTEBOOK SERVICE CENTRE (NSC)

You will most probably need a laptop for your studies. Each year, the University has a number of laptops on offer at very attractive prices. Students can purchase a laptop through the University through the NSC notebook project. The laptops are specially designed for university use and are offered at special student prices. The NSC also has a helpdesk that you can use if you have any problems with UT notebooks (such as hardware or driver problems) or with the software it supplies.

STUDENT SERVICES

Student Services is where to go if you have any questions about enrolling for an educational programme, module or subject. They will help you with any questions you have regarding transferring to a master's or pre-master's programme, taking a minor, or registering for a subsidiary subject, for example. You can also request proof of enrolment and an official list of grades from Student Services. In addition to providing help regarding matters relating to educational programmes, Student Services also provides answers to questions regarding the use of Studielink, the payment of tuition fees and applying for student grants.



ICTS





Twente Educational Model

WHAT IS TEM?

In 2013, the new educational model, TEM, was introduced to the University of Twente for all bachelor's programmes. The key elements of the TEM are module-based education and project work. What does this mean? It means that each bachelor's programme is divided up into 12 educational parts, called modules. The first six to eight modules form a good basis for your educational programme. Once those have been completed, you can then specialize, or even widen the scope of your studies, through taking a module belonging to a different educational programme, or by spending some time studying abroad, for example.

Each module lasts for ten weeks and is worth 15 course credits. Each module relates to a specific subject and project. Each module is made up of a number of interconnected subjects and an umbrella project. The projects allow you to discover and develop yourself and your own strengths. Are you a researcher, a designer, or more of an organizer?

By taking the various subjects within a module and particularly through looking for more information yourself, you work towards a final presentation, cooperating with fellow students in the project. The presentation may include a slideshow, be based on a poster, or include a discussion held between project groups. The first module of 2013 was rounded off with all of the first-year project groups participating in a large, concluding conference held in the Grolsch Veste stadium! This method allows you to learn more than just the subject matter introduced during lectures and to develop many skills related to cooperation, research and presentation. These are all skills that will come in very useful for your master's programme and in your future career.

These days it is not always the case that you will work in the same field that your educational programme covered. By focusing on a different theme in each module and by allowing you to explore that theme, the University of Twente educates you to become someone who can be deployed within a large number of different disciplines. At the University of Twente, we call such people 'T-shaped professionals'. The vertical bar on the T stands for the in-depth knowledge of a field, while the horizontal bar indicates that you can be deployed across a wide range of fields.

IS THE TEM FOR ME?

- ✓ I like working within a group and find it educational
- ✓ I like to be challenged in my studies
- ✓ I like my university to encourage me to do more than just sit with my nose in a book
- ✓ I like finding out things for myself and digging deeper
- ✓ I think that education can be made up of more than just lectures and examinations

Visit www.utwente.nl for more information

TIME FOR...

EXAMINATIONS!

The time of school exams and written tests is over! And taking their place are university examinations...Almost every subject is concluded with an examination. This means that you will have plenty of these over the coming years. Thorough preparation is required if you want to get good grades for your examinations. Below are a number of tips for revision and taking examinations, take advantage of them!

REVISION TIPS

1. Draw up a revision timetable well in advance

Ensure that you draw up a timetable for all of your subjects and examinations and the subject matter you need to learn.

2. Look for a study buddy

A study buddy can revise and take breaks with you at agreed times. Your buddy also provides social control and motivation. And it makes the day more fun!

3. Do not allow yourself to become too distracted!

You will be able to revise more effectively in a quiet, tidy working environment than in a busy and cluttered student house. You can find both group and individual study rooms that are light and spacious in the University Library and in other locations on Campus. A further advantage of using a study area at the UT is that other people will be studying nearby and this stimulates you to study, too.

4. Take enough breaks

Revising for many hours in a row will not help you. Divide your day into several revision blocks and take enough breaks. During breaks, eat a little, drink, move around and get some fresh air.

5. Set to work actively

Take an active approach to the subject matter by using highlighters, making summaries and glossaries, doing exercises, etc. If you only sit and read long passages of text, then you will end up falling asleep.

6. Sleep!

Make sure that you get enough sleep and go to bed on time so that you are well rested for your revision and for taking your examinations.

EXAMINATION TIPS

1. Make sure that you have noted the correct date, time and location of the examination in your diary and check the details the day before.
2. Go to bed on time on the evening before your examination. It is also not a good idea to drink any alcohol, or at least any large amounts, the evening before.
3. Get up in time. It's not cool to have to rush to get to an examination.
4. Breakfast! If you don't have a good breakfast, you will not have enough energy for taking your examination!
5. Make sure you get there on time. This means that you have plenty of time to find somewhere to sit, take out your things and start the examination in a relaxed way.
6. Before starting, take a look at all of the pages of the examination to see how it is made up. This will ensure that there are no surprises later on.
7. Take a short break every now and then; sit up straight, put your pen down and have something to eat or drink.
8. At the end of the examination, read through all of your answers again and check that you have not made any mistakes or forgotten anything.
9. Write neatly! It's a shame if your tutor is unable to decipher your answers.
10. If you do not pass an examination, take advantage of the opportunity to take a look at your paper to see where you went wrong. This will ensure that you know which areas to pay attention to in the future.

Interview with Deirdre Brandwagt

STUDY ADVISER FOR TECHNICAL MEDICINE

WHAT DO STUDY ADVISERS DO?

Study advisers primarily talk a lot with students, particularly about their study progress. So, for example, we discuss with students the best ways for them to study. Making the transfer from pre-university education at secondary school to a university setting is quite difficult from some students as it requires them to study in a different way. We help them to develop their study skills.

We also help students who are dealing with specific conditions, such as dyslexia, or arm, neck and/or shoulder complaints. One solution is to allow them to take examinations using speech recognition, for example.

Students can also approach us to discuss their specialization. You may sometimes discover that the educational programme you are on is not quite for you. In such cases, we help you to look for a different programme that would suit you better. You can also come to use for help when choosing a master's programme or an additional programme. We also provide information about regulations and the like.

Study advisers also play a role in policymaking. We provide feedback based on what we hear from students with the aim of improving the education on offer. We take everything that students tell us seriously.

WHAT IS THE DIFFERENCE BETWEEN A STUDY ADVISER AND A STUDENT PSYCHOLOGIST?

Study advisers have a lot of specific knowledge about the

educational programmes and are primarily concerned with the studying side of things. If any particular psychological circumstances that may have an effect on study progress become apparent, such as a crippling fear of failure, then we can refer students to the student psychologist. Often, students come to us first and we refer them to the psychologist, but students can of course also contact a student psychologist directly.

WHAT IS THE WEIRDEST OR FUNNIEST QUESTION YOU WERE EVER ASKED?

I can't remember any particularly weird or funny questions. But I do remember having very upbeat conversations, often with students who want to get more out of their time at university. They plan to do so by taking extra subjects or by doing an internship abroad, or by combining their studies with committee work. Such conversations often result in a lot of positive energy that makes everyone feel cheerful.

WHAT DO YOU LIKE BEST ABOUT YOUR JOB AS A STUDY ADVISER?

What I like best is having contact with students. I enjoy offering support to people when they are making choices and helping them in this way. Every student undergoes a huge amount of personal development while at university. That is a great thing to witness.



FACILITIES ON CAMPUS

The University of Twente is unique. This is because it is the only Campus university in the Netherlands. The beautifully situated campus, which is sometimes referred to as the 'campsite' or 'Center Parcs', boasts a large number of facilities, including a hairdressers, medical services, sports facilities, swimming pools, a supermarket, a theatre cafe, a bookshop and a cultural centre.

EATING AND DRINKING

Theater Cafe

A cup of tea or coffee and/or something to eat is just what students need when they are studying hard. One location serving refreshments is the Theater Cafe, which is found in the same building as the University Library (the Vrijhof). The Theater Cafe is the perfect place for relaxing with a delicious cappuccino or a speciality beer, inside or outside on the terrace.

Mensa

If you are looking for an inexpensive and quick evening meal, then the Mensa student restaurant is the place to go. Mensa is located in the Waaier building. The menu changes each week and every day there are three different meals to choose from. Mensa is, of course, also open for lunches and snacks.

Vestingbar

The student bar at the Campus is called the Vestingbar. A fresh draft beer costs just € 1.50 here. The Vestingbar is famous for its big, legendary parties, its fun pub quizzes held on the terrace, its karaoke facilities and for serving more than 50 different speciality beers.

STUDY AREAS

University Library (UB)

The University Library at the UT can be found in the Vrij-

hof building and has 565 study areas, 44 project rooms and 30 workstations equipped with a PC. This is the place to go for quiet study on your own or with your project group. The library holds a large quantity of scientific literature for you to consult.

The Library is open on weekdays from 08:30 to 22:00 and at weekends from 09:00 to 20:00.

Other study areas

In addition to the UB, there are plenty of other locations for studying on Campus. You can reserve study areas in the Bastille (old Mensa), Horstoren, Ravelijn, Spiegel and Vrijhof buildings by going to wrb.utwente.nl and using your student account.

Wallstreet

Living in the city of Enschede and finding the Campus too far to cycle to? Then studying at Walstraat 47 is the solution. This is where you will find the Wallstreet study area, which has 35 study spaces.

MEDICAL SERVICES

If you are going to move to Enschede, then it is a good idea to register with medical services close to your new residence. The campus offers medical services including a family doctor's practice, a dentist and a physiotherapist. For more information, visit www.zorgkaartnederland.nl.



Linda gives advice

Time spent at university is often remembered as being a fantastic period in anyone's life. However, you may encounter problems. You can discuss a wide-ranging number of issues or problems that you may run into while at university with one of the student psychologists at the UT. A couple of the situations you could encounter are described below. Which option(s) would you choose? And what would student psychologist Linda advise? Read to see whether your answers match the advice Linda gives!

Situation 1: When you were at secondary school, you never had to work very hard. You obtained your qualifications pretty easily. But now that you are at university, the pace is a little faster. There are also plenty of things to distract you: you are living in a new house, there are lots of great parties during the week and suddenly you are at liberty to decide for yourself whether you attend a lecture or not. So you have not been working hard or obtaining your course credits. What now?

- A) You arrange to go to lectures/study with a friend.
- B) You ask the UT for counselling.
- C) You wait for while. Once the novelty of everything has worn off and you have got used to things, everything will start to feel more normal and you will automatically be more motivated to study.

Linda: "It is important to get used to your new study rhythm first. So try to find a balance between study assignments (attending lectures and independent study) and the things that help you to relax (sports, hobbies, etc.). Arranging to study with a friend may certainly be a good solution. If you have tried to start studying many times and have failed each time, then it may be a good idea to think about discussing your problem with one of the student psychologists. We will then talk with you to find out exactly what the study problems are. We will then discuss whether it would be useful for you to take a self-management course or to join a study encouragement group, or whether individual discussions would be the best option."

Situation 2: Things aren't going so well in your personal life. This means that you often feel down and that you are not able to concentrate on the things that are really important. As this is reflected in your course results, you go to the study adviser for advice. But the study adviser refers you to the student psychologist. You absolutely do not want to have to share the details and you think that bringing in a psychologist is over the top.

- A) You pour your heart out to a friend and decide not to go to the student psychologist.
- B) You make some calls to obtain some information. This means that you will have a clearer idea of what a student psychologist does.
- C) You decide to go to the student psychologist anyway, it won't hurt to try.

Linda: "Any student who would like to do discuss something can go to the student psychologists for advice. Perhaps you want to talk about your educational programme or your specialization, or maybe you have a personal problem, such as a problem with your relationship with your parents, friends, boyfriend or girlfriend, or fellow students. It is totally normal to get in contact - as many as 600-700 students make use of our services every year. It's very easy to make an appointment yourself, and there are no obligations and no charges. What we often hear from students after their first consultation is that they very much appreciate the service and that it helps them to see everything more clearly."

Situation 3: You have been absent for a long time due to long-term illness or other circumstances over which you had little control. This has resulted in study delay. In addition, you have not acquired enough course credits to continue your course. What now?

- A) You talk to all of the tutors of the subjects you have missed in order to discuss the best way to catch up.
- B) You approach your study adviser to find out whether the rules can be relaxed in your unusual case.
- C) You make an appointment with a student psychologist. They should be able to help you.

Linda: "If you have valid reasons for your study delay, then it is best to go to your counsellor. The counsellor will help you look into whether you qualify for financial support or a different scheme for helping you to acquire your course credits. It is also a good idea to enter into discussions with your study adviser regarding future study timetables. You can approach a counsellor yourself. There is no need to go to a student psychologist first. However, it is important to let your study adviser know about your situation in good time. It is always a good idea to inform your tutors about your situation too, of course. A counsellor may recommend that you visit the psychologists if he or she thinks that you might benefit from more talks or a more in-depth discussion."

Situation 4: You have been studying at the UT for some time now, but all of the subjects are less interesting than you expected they would be. What would be the best thing to do?

- A) You approach your study adviser and look at the options for following other educational programmes. Maybe you will then discover what you really like.
- B) As long as you are sufficiently motivated to obtain good grades, you just carry on studying. If you stopped, it would be a waste of the time you have already dedicated to the course.
- C) You decide to wait for a while longer. Maybe you just need to get used to things and maybe the subjects will prove to be more interesting once the new quarter starts.

Linda: "If you have only just started your course, then it is a good idea to wait before taking any action. However, you should try to talk to about this with those around you as much as possible. Talking about it or sharing can also help you to work out what it is exactly that you are missing and what you can expect further on in the curriculum (perhaps the more interesting subjects are yet to come). If you continue to question your choice, then you could discuss your doubts with your study adviser. Another option is to sign up for the psychologists' specialization consulting sessions. During these sessions you not only discuss your choices, but can also take specialization tests. At a follow-up

appointment, you can then look at the options for courses that would suit you."

Situation 5: You are worried about disappointing your parents with your grades and are therefore working extremely hard to obtain high grades. However, this means that you have little time to do fun things outside of your studies. You often cancel arrangements to go out with friends, although you would really like to go. What would be the best thing to do?

- A) You schedule times that you really don't use for study. If you then notice that you are still getting good grades, then it will become easier to do this.
- B) You ask your friends or housemates for advice.
- C) You ask your student counsellor for advice.

Linda: "In this situation, too, you could first discuss things with your study adviser. You can look together to see if there are any options for reducing the study pressure a little. If the discussions with your study adviser reveal that the problems are related to deeper-seated issues (situations at home, for example) then the study adviser will probably refer you to a student psychologist. Over the course of one or more sessions, you can then talk to the psychologist about what effect the pressure from home has on you, why parents do what they do, and how you feel about this. It is often the case that parents do not have an accurate impression of university or the educational programme and in such cases it can help to tell them more about it, or show them. During counselling, we primarily look at where the fear of disappointing parents comes from and what it is related to. In exploring this, people often see for themselves what their options are for doing things in a different way."

The student psychologists are
part of the office
Student Counseling
Vrijhof building, third floor
Phone: 053 489 2035
Dean consultations:
Tuesday 14.00h - 15.30h
Thursday 12.30h - 14.00h

MORE THAN JUST A DUTCH UNIVERSITY

Whether you are a Dutch student wanting to gain experience abroad, a foreign student who has come to study in the Netherlands, or someone who wants to stay in the Netherlands but wants to make sure that international students feel at home, there are possibilities for you! Various organizations make efforts to ensure that all of these options are open to you. Come and be surprised by what there is to learn about different cultures!



INTERNATIONAL OFFICE

As an international prospective student, you are at the doorstep of a new and exciting chapter in your life. However, being a 'newbie' could go along with a lot of questions and you might experience some difficulties in finding your way at the University of Twente or in the Netherlands in general. That is why there is an International Office, working closely together with all UT faculties. On our website, we provide information for students who come from all over the world to live and study in the Netherlands. Our dedicated staff can assist our international students when arranging visa formalities, their insurance, and when setting up a bank account. Moreover, we offer a mediation service for international students looking for furnished accommodation and we provide information about scholarships. However, International Office is not only here for international students. On the contrary: with a network consisting of more than 300 partners worldwide, the door to an exciting study or internship abroad as part of your UT programme can be opened. An experience which will both be a valuable academic asset as well as an enriching experience on personal level.

International Office is devoted to facilitating intercultural exchange and providing university-level students with the opportunity to discover, learn, and enjoy an (academic) culture other than their own. On www.utwente.nl/internationaloffice you can find more information as well as the 'International Student Handbook' which provides international students with all the information they need when coming to the Netherlands. Additionally, you can connect with the international UT community by joining our Facebook group: www.facebook.com/groups/UTinternational.

AIESEC

AIESEC believes in the fact that your study time can be more than reading books and making tests. We believe that to be the future generation that dares to do things differently, that students need more. We develop the leadership potential of young people so they will be better able to make decision for themselves as well as for an organisation so they can make a positive impact on society. In AIESEC you learn more about who you are and what you want as well as develop a set of professional skills. We do this by facilitating internships (voluntarily and professionally) all over the world, organising career events and of course having board positions in which you are being challenged to learn. This has made us the largest student organisation in the world! Nowadays present in 124 countries! By exchanging students to these countries, and by working in an international team we enlarge the understanding between cultures all over the world. With a globalising world more and more companies nowadays see this experience as an addition to their business.

So you should come find us when...

- ... you are looking for a professional, paid internship with a company in a foreign country (for three months to a year)
- ... you are still looking around to see what you want to do in the future. In that case, come to one of our 'Make a Move' events.
- ... you want or have to stay in the Netherlands for a while, but want to develop professionally and personally. In that case, join the committee (part-time and full-time positions available).

AN INTERNATIONAL STUDENT AT THE UNIVERSITY OF TWENTE

Lila Solis Andrade
Master Communication Science, Corporate Communication
Comes from Mexico

Hello there! My name is Lila Solis Andrade, and I come from Querétaro, México. I am a student at the University of Twente working towards my master's degree in Communication Science specializing in Corporate Communication. Studying at UT has been one of the best decisions I have ever made. It is the right place to increase academic knowledge, and further develop skills and abilities.

As an international student, my life has been full of all kind of experiences. The first six months were challenging times. Getting adjusted to a new educational system, riding bikes as the main transportation system, the almost never-ending rainy season, the absence of sunlight for long periods, and most importantly, the complexity of Dutch language.

Even though I knew that most Dutch people speak English, I also knew that speaking a few words in Dutch would make my life easier, so, I started taking night classes at the Municipality for a year and a half. Thanks to this, I have a part time job in a marketing company that allows me to continue with my studies and find my place in the society.

Another aspect that helped me to have an enjoyable experience at UT and the Netherlands was becoming a member of LA VOZ the Latin American Student Association. Currently, I am president of this association and I am sur-

rounded by a wonderful group of talented students who are very positive and help foster a great team atmosphere. This has enabled me to receive and provide very valuable feedback to accomplish our mission and it's been exciting to have my suggestions and ideas become a reality. At LA VOZ, we strive to enhance the communication between Latin American and Dutch cultures.

During the time I've been here there have been ups and downs. Thankfully, my friends and family, in Mexico as well as in the Netherlands, have been the support I needed to overcome those difficult times, and they have also been the ones with whom I've shared the good times. Also the support I get from my husband is priceless. I couldn't be happier where I am today!

Would I recommend anybody to come to the Netherlands and study at UT? Absolutely. The University of Twente is a highly recognized institution around the world, and where students are encouraged to participate and to expand their potential. Of course, there are challenges along the way; however, the whole experience is definitely worth it.

Here is the right place to learn. No matter the obstacles, goals can be achieved even when you ride your bike under the rain.



ESN

ESN Twente is a member of Erasmus Student Network (ESN), one of the biggest student associations in Europe. Most of student cities in the Netherlands and Europe have an ESN-section. Together, we take care of the mobility of the international students in the Netherlands and Europe. ESN Twente will try to make sure you have the time of your life here at the University of Twente in the Netherlands. ESN Twente mission is to create a great atmosphere, by organizing fun events, in order for you to meet new people, acquire new contacts and of course have fun.

Twice per year, ESN Twente welcomes new Erasmus and International students with the Kick-in (introduction period). During the Kick-In a mentoring system is put in place. A mentor is a student who will guide you during your first days in Enschede, the Kick-In introduction and orientation period. The mentor will be responsible to show you the Campus, help you in formalities needed at the beginning of your study time and of course make sure you have fun. Moreover, ESN Twente organizes a pick-up service from Schiphol airport in order for you to get help in joining Enschede by train. Finally, make sure to join our socializing activities during the kick-in in order for you to meet new people while having fun.

Once you've settled in, you can enjoy the activities ESN Twente organises for you through the year. ESN Twente organises all different types of activities like sport activities with football tournament, cultural activities with country presentation, fun activities with bowling or laser tag and trips to the main cities in the Netherlands. Moreover, every Tuesday there is an ESN Twente Weekly socializing drink, called Thirsty Tuesday, at the Vestingbar (Campus bar). Besides that, ESN Twente organises a European city trip per semester, which consists of a 3 days-trip to a city from Europe with a really low price. Finally, if you are interested in making international friends while learning something new, you can join the Language Exchange Programme, to

teach another student your language and vice-versa. So just check our Facebook page "Esn Twente" for our activities and if you have questions or if you just feel like chatting with one of the board members, come by the ESN Twente office (Bastille room 319), every weekday at lunch time (12.35-13.35) or send us an email at info@esntwente.nl.

BUDDY PROJECT

Gerda Dedden
Master Biomedical Engineering

The Buddy project, a new project aimed at internationalization, started up in September 2013. The project involves Dutch students offering guidance to one or more international students during the first quarter. On three scheduled dates, the Buddy project arranges a fun activity for all the buddies. This enables them to get to know the other Dutch and international buddies. Buddies can also use a specified amount of money for arranging an activity, such as a trip to Amsterdam, a meal out, or a get-together at an outdoor cafe.

This is my second time I have been involved with the Buddy project. The first batch of students came in September and the second batch in February. I had three buddies the first time - one from China and two from India. This time I have one buddy from China. You make contact for the first time when the students are still in their home country. If they have any problems, such as arranging somewhere to stay for the first couple of days, then you help them. They then come to the Netherlands. It's best if you can pick them up from Schiphol, but I wasn't able to do so in each case. As they are inexpensive in other countries, international students tend to order a taxi. But this is the Netherlands, so I first had to convince them that it would be better to travel by train instead of taxi. I was then there to welcome



them when they arrived at the main station in Enschede and I gave them a packed Dutch breakfast.

I took my first three buddies on a day trip to Zwolle and we went out for a meal together a few times. Naturally, I also attended the organized events, but not all of my buddies could be there each time. I have already been out for a meal with my current buddy twice and we have plans to go out for a third time. We both attended the first two activities and the third one is yet to be scheduled.

I have to say that I have had a lot of fun with all of my buddies while participating in the project, but you do notice that the way my buddies approach the Buddy project varies enormously according to the individual and their culture. You learn a lot about other cultures, but also about your own. For example, my buddies were very surprised about how clean the Netherlands is, and about the number of bicycles there are in the country. To sum up, it's a great project to be involved with as an extracurricular activity.

A DUTCH STUDENT ABROAD

Mitchel Noijen
Master Chemical Engineering,
Chemical & Process Engineering
Staying in South Africa for 14 weeks

I wake up at six o'clock due to the sun, and start work two hours later. That is a typical day for me in the African jungle they call Cape Town. My name is Mitchel Noijen and I am on an internship for my master's degree at a small institute in Cape Town, South Africa.

It all started a few years ago when I started on my bachelor's programme in Chemical Engineering at the University of Twente. I met a number of older students at a party and they were all boasting about their travels and their internship options. You just had to mention a country and one of them had been there! I have always been more



attracted to two countries in particular: South Africa and India.

I had spent my whole life in the Netherlands, with all of the comforts the country offers. I was used to things being organized the way I wanted them to be organized and at the time I wanted them to be organized. And if they weren't, then something could always be sorted out. That was why South Africa and India intrigued me so much. Living in either of these countries would take me right outside my comfort zone and would therefore certainly be a good lesson in life. Once I had weighed up all of the advantages and disadvantages, I decided to go to South Africa as there was an option open and in terms of way of life, it has more similarities with Western Europe/America than India.

The objective of my internship is to reduce sulphur dioxide emissions from coal-fired power stations in South Africa. The biggest difference between the Netherlands and South Africa is definitely the way in which the system works. I always thought that the Dutch were very much into forms and rules, but in the Netherlands, at least, it is all done in an organized way and based on a kind of trust. In South Africa, on the other hand, everything has to be done using documents and you shouldn't be surprised if you have to wait weeks for a response to your form. Anyhow, it is also a country full of wonderful people and a fantastic culture. Once you have got used to the relaxed way of doing things here, then it's a nice place to be. They do not assume that everyone is constantly working and no one expects you to succeed, as they do in Europe. It will all get done, and if it doesn't, then there's always tomorrow!

Although I have been here for just a short time, I can already say that it has changed me. For example, it has changed the way I look at my diary. Going abroad is something all students should do while at university. It not only broadens your horizons, but also gives you a different view of the world.

(UN)RESTRAINED STUDYING

If you will be starting your study programme at the University of Twente this coming academic year and have a disability or a chronic condition, then the “(on)beperkt studeren” (unrestrained studying) orientation programme may be suited for you. All new students have a lot to cope with during their first academic year. You need to familiarize yourself with your study programme, a new environment and life at university. Making the change to university is often more demanding for students with an impairment or a chronic condition. That is why the University of Twente organizes a special programme for such students in advance of the Kick-In. Parents are also more than welcome to attend!

Over the course of the morning, we provide information about obstacles and possible solutions for those students going to university with an impairment or chronic condition. The programme will also provide you with a clearer idea of what help is available at the University. In addition, there is a workshop for students and their parents. Naturally, there will also be the opportunity for getting to know each other and enjoying each other's company.

For more information and to register, visit the University of Twente website:

www.utwente.nl/ces/studentenbegeleiding/studievertraging/handicap/

Open nu een SNS Betaal- en Spaarrekening en krijg een JBL speaker

t.w.v.
€99

Kom op 20 augustus naar de Mobiele Winkel van SNS Bank op de campus in Enschede en stap over naar SNS Betalen en Sparen. Overstappen is nu extra aantrekkelijk, want je krijgt die dag een JBL speakerset cadeau t.w.v. €99*.

En wist je dat je op je SNS Betaalrekening zelfs rente krijgt?*** Wil je overstappen of heb je nog vragen? Kom dan op 20 augustus naar de Mobiele Winkel van SNS Bank op de campus.

* Vraag in de SNS Mobiele Winkel naar de actievoorwaarden.

** Tot een saldo van € 5.000.



SNS  Bank

Enschede



WHAT DO YOU KNOW ABOUT TWENTE, THE CITY ENSCHEDE AND THE UNIVERSITY OF TWENTE?

Test your knowledge!

1. **What's the name of the University of Twente's rector magnificus?**
 - A. Ed Brinkma
 - B. Eb Drinkma
 - C. Peter den Oudsten
 - D. Sander Schelberg
2. **How many inhabitants does the municipality of Enschede have?**
 - A. 10.000
 - B. 100.000
 - C. 180.000
 - D. 159.000
3. **When was the University of Twente founded?**
 - A. 1980
 - B. 1964
 - C. 1977
 - D. 1961
4. **In what year did the fireworks disaster take place?**
 - A. 1996
 - B. 1998
 - C. 2000
 - D. 2002
5. **What is Enschede's oldest student society?**
 - A. Alpha
 - B. Taste
 - C. AEGEE
 - D. Audentis et Virtutis
6. **What is the city's central bar square called?**
 - A. Volkspark
 - B. Van Heekplein
 - C. Grote Markt
 - D. Oude Markt

7. **If someone says to you: "Goa ie met brommers kiek'n?", what does he or she mean?**
 - A. Will you help me clean up?
 - B. Do you want to join me watching scooters?
 - C. Do you want a ride on my scooter?
 - D. Want to come and make out?
8. **Why do Twente's locals have the nickname 'Tukkers'?**
 - A. Because the locals sleep a lot
 - B. Because the locals love Tucs and eat them a lot
 - C. Because the locals keep their hands tucked in their jeans
 - D. Because the original locals came from the village of Tuk
9. **In what year was the University of Twente's first orientation period organized?**
 - A. 2002
 - B. 1993
 - C. 1928
 - D. 1964
10. **What is the capacity of the Grolsch Veste?**
 - A. 29174
 - B. 30205
 - C. 10030
 - D. 30000
13. **How many bachelor programmes does the University of Twente offer?**
 - A. 15
 - B. 20
 - C. 24
 - D. 19
12. **What is the distance between the city centre and the University of Twente?**
 - A. 3,7 km
 - B. 4,3 km
 - C. 4,9 km
 - D. 5,5 km
11. **What is a typical Twente delicacy?**
 - A. Bossche bolle
 - B. Krentenwegge
 - C. Currant buns
 - D. Chocolate

Answers: 1A, 2D, 3D, 4C, 5A, 6C, 7D, 8C, 9D, 10B, 11B, 12D, 13B

DISCOVER THE HOTSPOTS OF ENSCHEDE

Just like any other city, Enschede is made up of buildings, districts and monuments that make it unique and give it its own character. During your time as a student, you will visit some spots often, while you will be familiar with others only by name. Here we provide some advance information about the places and buildings you should really try to see in Enschede.



ALPHATOREN

The Alphatoren is a tower that is 101 metres high, making it the highest building in the province of Overijssel. As it sticks out above everything else, it serves as a good orientation point for many people. The tower contains various apartments.

DE PAKKERIJ

De Pakkerij is a large, white building situated on the Oude Markt. Textile manufacturer Van Heek used to use the building for storage, which is how it got its name (pakkerij means 'packing department'). Currently it houses the four student societies in Enschede: AEGEE, Alpha, Audentis and Taste.



OUDE MARKT

The Oude Markt is the main square with catering outlets in the centre of Enschede. The Grote Kerk (the main church) is located in the centre of the Oude Markt, with lots of little pubs and restaurants surrounding it. The square is also used for small-scale festivals and concerts. For many years now, it has been the location for the Kick-In concert and in 2012 radio station 3FM positioned its Glazen Huis (Glass House) on the square for its annual Serious Request charity drive. It is always busy here in the summer, with people sitting in the many pavement cafes and enjoying the atmosphere. This all goes to make the Oude Markt the bustling heart of Enschede.



VAN HEEKPLEIN

Another large square in the centre of Enschede is called the Van Heekplein. All around the square are shops, making the Van Heekplein the centre of the shopping area. A market is held on the square every Tuesday and Saturday. A huge car park with space for 1650 cars can be found underneath the square.

VOLKSPARK

Head to the Volkspark (people's park) for beautiful green surroundings. Measuring 15 hectares, the park boasts various varieties of plant, works of art, fountains, lakes and streams. On the first hot day of the year, many students head off to the Volkspark to enjoy the sun, perhaps taking a picnic along with them.



GROLSCH VESTE

If you think of Enschede, then you think of Grolsch, or FC Twente. Combine the two and you end up with Grolsch Veste, FC Twente's football stadium. The Grolsch Veste stadium is located next to Enschede Drienerlo station, close to the Kennispark and the University.



EIVAN KO

The Ei van Ko (Ko's Egg) is a work of art in the centre of Enschede and can be found in front of the city hall, which is an L-shaped building with a tower. The Ei van Ko is a well-known site in Enschede and in the summer, in particular, it is where many people come together.

The work of art is made up of a number of ovals, hence its egg shape. It incorporates a water feature and statues of a family and a dog. The name of the work of art is derived from Ko Wieringa, who was mayor of Enschede at the time it was commissioned.

What also makes the Ei van Ko special is the fact that it can be admired 24 hours per day, as a webcam is constantly trained on it, broadcasting live images.

ROOMBEEK DISTRICT

Due to its recent history, the Roombeek district of the city is a very special part of Enschede. This is because this district contains an area that suffered very badly from the effects of a fireworks disaster and needed to be rebuilt. The disaster took place on 13 May 2000 in the Roombeek district. Following the disaster, the area was rebuilt, with the preservation of traces of the district's past. It is now a mix of old and new, the daring and the traditional, and architecture both on a large and more intimate scale, making the Roombeek district unique.





OUT! IN ENSCHEDE

Fancy a day trip, or an evening out with friends? Enschede offers plenty of options for entertainment! Below are a few examples.

ENTERTAINMENT

Films

If you fancy watching a film, then there are various cinemas in Enschede. The small Wolff Cineast cinema in the city centre has three screens. Wolff CineStar is located near to the campus, next to the Grolsch Veste stadium. This is a large cinema with no fewer than ten screens. Both cinemas show the latest films for you to enjoy with a box of popcorn. Concordia is on the Oude Markt. It has two screens and shows many international films that have had good reviews. Every third Wednesday, the Concordia also has its 'Huiskamer' event, which is when it shows sneak previews. There is always a good atmosphere.

Go Planet

Go Planet is a large entertainment boulevard in the north of Enschede, opposite the campus. It is located between the Grolsch Veste stadium and the Twente Ice-Skating Rink. The boulevard offers a full range of entertainment options and houses the Wolff CineStar cinema, a bowling alley, a go-karting centre, a diving centre and a variety of restaurants and pubs.

THEATRE AND MUSIC

Head to Concordia for theatre, cabaret and music, too. The auditorium seats 160 people and puts on great shows for your entertainment.

The Wilminktheater and the Muziekcentrum Enschede combine to form the theatre in Enschede, hosting theatrical performances, concerts, musicals and many more types of show. For an authentic musical experience, head to the Atak pop venue. Atak stages concerts and live music performed by both well-known and less well-known artists. Pop, rock, techno, hip hop and a whole range of other styles of music can be found here.

Check the websites of the various venues for programmes and more information.

SPORTING DAYS OUT

The Twente Ice-Skating Rink is next to Go Planet. The ice rink is covered and is open from October to March. It has a 400-metre rink and an indoor rink.

The Aquadrome is Enschede's recreational swimming pool and has both an indoor and outdoor pool. More competitive swimmers can also head to the Het Slagman pool, where you can swim lengths.

EATING OUT

Looking for an inexpensive place to eat in Enschede? No problem! There are plenty of restaurants in Enschede offering a 'daghap', or dish of the day. This is a main course costing between €7 and €11 that changes each day or each week. So dining out one evening need not cost too much at all. At www.hapdedag.nl you can check to see what the various restaurants with a 'daghap' have on offer that day.

A couple of restaurants that offer a 'daghap':

Restaurant	Kitchen type	Price daghap
Rhodos	Greek	8,75
Ons Eten&Drinken	Dutch	9,00
Atrium	Bistro	6,95
Poco Mucho	Argentine	9,50-10,50
Central Park	Bistro	8,50
Fellini	Italian	9,80
Copa Cabana	Spanish	8,50
De Kater	Bistro	9,50
De Pannenkoek	Pancakes	9,50
De Ouwe Compagnie	Fusion	8,50
Bambul	Turkish	9,00-13,50
Cuvée	Fusion	9,50
SamSam	Bistro	6,80

EDUCATIONAL AND CULTURAL

Rijksmuseum Twenthe

This museum houses a range of exhibits, ranging from medieval masterpieces to modern art. The museum's extensive collection illustrates the development of visual and applied arts from the Middle Ages right up to and including the 20th century. Students pay just €7 for admission.

Museum TwentseWelle

The TwentseWelle is a museum in the Roombeek district and brings together cultural heritage and natural heritage. Here you can also discover what Twente looked like during the Ice Age and follow the region's development towards how it is today. The museum also allows you to discover 19th-century technology and holds temporary exhibitions relating to science, industry and the landscape. You can also take a guided tour or attend a lecture at the museum.

Het Paradijs

Het Paradijs is a restaurant in an enclosed garden, just outside the centre of Enschede. It is a unique environment created from recycled materials. You can dine on organic food at Het Paradijs, but it is also a good place for drinks, afternoon tea, meetings or parties. Enjoy the atmosphere among the turtles, trees and plants.

Cultural Sunday

Cultural Sunday takes place in Enschede a couple of times each year. On these days, professionals and amateurs from the world of art and culture demonstrate their skills to the general public at unusual locations throughout the city. The event allows artists, dancers, singers, performers and musicians to demonstrate how wide-ranging and exciting cultural life in Enschede is.



PUBS

Enschede is a real student city and therefore has plenty of pubs. Many of the pubs frequented by students are located on the Oude Markt, but elsewhere there are many more where students come together to enjoy a drink.

Disco

- Poppodium Atak
- Fellini

Brown café

- Café Bolwerk
- Eet- en Bierencafé De Beiaard
- Biercafé De Vluchte

Café

- Café Friends Backstage
- Café Jansen en Jansen
- Danscafé Aspen Valley
- Eetcafé De Kater
- Eetcafé Central Park
- Café De Pimpelaar
- Café met eetgelegenheid SamSam

Bar:

- Molly Malone
- Paddy's
- Shooters
- San Remo
- Proeflokaal België
- 't Gat in de Markt

Places you simply have to visit at least once

- Café de Wigwam
If you want to spend an evening singing your heart out, then head for the Wigwam! Here, they serve the beer in small bottles and the regulars have such strong regional accents that they are difficult to understand.
- Café Rocks
If you have had enough of chart music, then head here for something harder. The pub is no larger than the average student room, so the rock and heavy metal played here soon fills the space.



Interview with publican

WILLEM - SAN REMO

It is a warm Monday afternoon when we meet publican Willem at a pavement cafe in the city. Willem has been the landlord of the San Remo student bar in Enschede for more than 30 years. While enjoying a drink, we asked Willem a few questions about life as a publican.

HOW WOULD YOU DESCRIBE THE STUDENTS IN ENSCHEDE?

If I compare them to students in the past, then they are now much more open and worldly-wise. They occupy a more central position in society. This is because student life used to be concentrated on the Campus; the students hardly ever left it. They do these days. Students have found their place in the city. Take a look around and see how many students there are here at the moment!

WHAT'S IT LIKE BEING A PUBLICAN?

I wouldn't want to be anything else. My background is not at all related to catering and hospitality - I used to work in electrical engineering. I ended up in this world by accident and now happily devote myself to it. I used to take the woes of my customers home with me, but I don't do that any more. I've developed more of a suit of armour. Back in those days I used to regard my customers more like family.

I still enjoy being a landlord very much! The whole of my life just sort of happened to me - I didn't plan any of it.

WHERE DID THE SAN REMO GET ITS NAME?

In the old days a lot of cities such as Antwerp and Luxembourg had a 'San Remo'. Enschede's first student bar opened in 1967 and its owners decided to name it after those San Remos. I've been the owner since 1982. It's always gotten positive reviews and officially the oldest student bar of Enschede.

HOW DO YOU GET ON WITH THE STUDENTS?

Students are great as customers. I get on with them very well. They are easy to keep under control. They may sometimes manipulate me, and otherwise it is me who manipulates them! The relationship is a good one and I enjoy the contact I have with them.

WHAT HAVE YOU LEARNED FROM STUDENTS?

That you need to be patient. Students always know where to find me if they need anything, it's a very straight road to my door. When they need to bring something back, the road always seems to be more difficult to navigate: it has many twists and turns, bridges are open, barriers are down, and so on.

WHAT MAKES THE SAN REMO WHAT IT IS?

I think that it is the interaction between the landlord, the staff and the customers; Willem and his team. Also, the pub is made by students for students. Students are extremely creative. Evidence of the craziness of the fraternities and sororities can be seen hanging on the walls. This means that you go out to the San Remo, but at the same time it feels like coming home.

WHAT ADVICE DO YOU HAVE FOR ALL THE NEW STUDENTS?

Be yourself and don't allow yourself to be pressured by a group into doing things you don't want to do. You show strength of character if you refuse to carry on drinking when you really don't want to.

Prejudices about Enschede

REVEALED!

You will soon be going to university in Enschede, and maybe it will be the first time you have ever been to the city. Nevertheless, you have probably heard about it in terms of it being a student city, and about the University of Twente. Perhaps you have also heard from other people that Enschede is a boring university city, full of nerds who are socially awkward when speaking to women. And that there are very few lovely ladies in the city. What you also hear sometimes is that Grolsch is the only thing you are allowed to drink and the only thing that is available. Anything else tastes like horse urine, is apparently what they say. And finally, they also say that Enschede is just a backwater full of nothing but farmers. Is what they say about Enschede true?

We asked students from other cities. We found that the prejudices regarding male nerds and a shortage of women in particular were common. We wanted to check whether this is true and to do so we first went back in time to when the UT was still called the Technische Hogeschool Twente. The THT was an institute that offered exclusively technical study programmes and the Campus was set up for men only. However, it was not long before the first women came here to follow technical programmes. Over time, there have been many changes to our university in all kinds of respects. Currently, the UT is one of the few universities in the Netherlands offering a healthy mix of technical and non-technical educational programmes, and therefore also has a mix of male and female students.

People often think that the inhabitants of Enschede drink only Grolsch and that everyone endorses this. It is true that the headquarters of Grolsch are in Enschede and, let's be honest, Grolsch beer is delicious! And while it is also true that Enschede is located in the far east of the country, in the out-of-the-way region of Twente, you really don't need to have any concerns about the down-to-earth farmers of the area and their accent. The Twente no-nonsense attitude means everyone is open-hearted and kind, without making a fuss about the little things. The city might still seem a bit small, but that's a good thing: everyone gets to know each other quickly and that makes you feel more of a person than a number.

There also seems to be some confusion regarding the existence of student societies in Enschede. Are there actually any in Twente? Well, of course there are! This student city wouldn't be complete without them and you should certainly give them a go. They may be smaller than in other student cities, but that does not mean they are not as much fun! And what makes the four large student societies in Enschede so unusual is that they are all housed in the same building, something that is unique in the Netherlands!

In short, you really don't need to worry about the things people say about Enschede. It is a great student city and the common sense nature of the people of Twente means that the surroundings have a relaxed atmosphere.

We look forward to seeing you in Enschede!



VISITING...

JOOP MUNSTERMAN

Chairman FC Twente since 2004



Joop Munsterman studied economics at the University of Amsterdam. He is pleasantly surprised to find that the two women opposite him are in the technical sector, involved in Industrial Design, using 3D printers. Munsterman is impressed by the possibilities offered by this technology and by the work that it may be able to take over in the future - building work, for example. Soon we are onto other topics, with Munsterman recounting a series of anecdotes and lessons learned from life. He tells the story of a large conference held in 1898 to discuss the huge problems caused by the sharp increases in the number of horses and carts on the road. The horse droppings and urine on the roads were making them impassable. What was the solution? There didn't seem to be one. Five years later the roads began to fill with cars and no solution to that particular problem was needed any more. Munsterman laughs about the story going around that he started out as a cleaner at Wegener, the publishing company behind the Tubantia newspaper. Yes, it is true. While at university he did do cleaning work at the company one day a week, cleaning the stairs, the corridors, but certainly not the boardroom. "You weren't allowed in there because cleaners, by definition, are not to be trusted." What he thinks of this view is clear from his face. "Everyone in a company is important, including the cleaners.

They all make your company what it is. You need them all." Since joining FC Twente, this has been Munsterman's line of approach, with the three priorities being football, atmosphere and solidarity. "Football is an obvious one. The atmosphere is created by this," he says, gesturing to our surroundings. "The Grolsch Veste stadium." The solidarity is reflected in so many things. Munsterman thinks that women's football, for example, is of paramount importance. Another good example is the executive box for people with terminal illnesses who would like to see one more match at the club. Munsterman is a man with a big heart when it comes to his staff, the club and its supporters.

In his position as the CEO of Wegener, he initiated a drastic reorganization of the company, as he had done when he was the director of the Tubantia newspaper and of the free local paper division. "It's not nice to get rid of jobs; those are always the most difficult decisions to take. It really is not a nice thing to do. It not only affects the employees, but also their families." So reorganization plans really have to work, and they did at Wegener. Once the changes had been made, the company once again achieved good financial results. At that time, FC Twente also petitioned for liquidation. This also called for drastic reorganization, and this was carried out extremely well. The reorganization plan, which centred on extending the stadium, was a success. FC Twente once again prospered to become a financially successful club, built the Grolsch Veste and became national champions.

Munsterman has felt at home at the club since becoming chairman in 2004 and wants everyone else to feel at home there, too. FC Twente uses the inverted pyramid organizational structure, in which people are of central importance. The model promotes the independence of all individuals. "People need to feel happy at work, and they take that feeling home with them. This then creates a balanced home situation, which is beneficial for the working environment, completing the circle." Munsterman brings Desmond Tutu into the conversation more than once. "I am, because of you. A person is a person through other persons." He continues: "Suffering can either embitter or enoble us. We are made to be one family." But Munsterman then immediately follows this up with a warning: "Ladies, be careful. Before you know it you may have turned into arrogant women, just the types you used to hate. Stay the way you are now," he says, maintaining eye contact.

In response to our question about the way to success, Munsterman identifies two things: "Treat your people the way that you would want to be treated, and put a lot of time and energy into your work." Could that be the secret recipe for getting to the very top, as Munsterman has? It could very well be.

EVENT CALENDAR

ACADEMIC YEAR 2014-2015

This event calendar lists all events that take place in and around Enschede during the upcoming academic year. All dates are prospective and may change.

JUNE

- 4** Room-search day
City
- 6** Night of Hengelo
City centre Hengelo
- 7** Grolsch International
Jazz Festival
Oude Markt
- 8** Freshtival
Rutbeek
- 23**
+/-m
4 Completion quartile 4
University

JULY

- 3** Closing Academic Year
Faculty Club University
- 4** UT Final party
Campus
- 7** Start summer holiday
University
- 12** Tropical Night
City centre Hengelo

AUGUST

- 1**
+/-m
2 Geuzenpop
Rutbeek
- 7** Grolsch Summer Sounds
Oude Markt
- 13** Aquathlon
Campus
- 20**
+/-m
28 Kick-In
Campus and city

DECEMBER

- 20**
+/-m
21 Winter Wonderland
Oude Markt
- 22**
+/-m
4 Christmas holidays
- 24** Christmas afternoon
Oude markt

JANUARY

- 5** New year's meeting
Waaier
- 15** Carnaval
City
- 19**
+/-m
30 Completion quartile 2
University

FEBRUARY

- 10** Theme presentation
Kick-In 2015
Vrijhof, Agora
- 18** StudentenKamerFestival
City centre
- 23**
+/-m
1 Spring holidays

MARCH

- 4**
+/-m
5 Information market
Bedrijvendagen
Campus
- 5**
+/-m
7 Bachelor open days
Campus
- 11** Master open day
Campus
- 28** Sparqs
Grote Kerk

APRIL

- 7**
+/-m
17 Completion quartile 3
University
- 22** Create Tomorrow
Campus
- 25** Batavierenrace + party
Campus
- 26**
+/-m
27 Orange days + King's
night
City centre
- 27** Hardfest
Campus

MAY

- 5** Absolutely Fresh
Campus
- 5** Victory in Europe festival
Oude Markt
- 14** Green Vibrations
Campus
- 23** Fantasy Island
Rutbeek
- 24** Freshtival
Rutbeek

SEPTEMBER

- 1** Opening Academic year
Muziekcentrum
- 6,7** Proef-Eet
City centre
- 11**
+/-m
14 GOGBOT festival
Oude Markt
- 20** Uitfestival
Oude Markt
- 20** Concert ENorm
Campus

OCTOBER

- 9**
+/-m
12 Military
Boekelo
- 10** TEDx
Campus
- 11**
+/-m
19 Fall fair
Volkspark
- 27**
+/-m
7 Completion quartile 1
University

NOVEMBER

- 13**
+/-m
15 Bachelor open days
Campus
- 14**
+/-m
16 Skills certificate
- 19** Master open day
Campus
- 28** UT Dies celebration
Waaier
- 29** Høtspot
Campus

JUNE

- 5** Night of Hengelo
City centre Hengelo
- 14** Art at the Volkspark
Volkspark
- 22**
+/-m
26 Completion quartile 4
University
- 29**
+/-m
3 Summer resits
University

JULY

- 6** Start summer holidays
Universiteit
- 11** Tropical Night
Centrum Hengelo
- 20**
+/-m
24 Summer resits
University

AUGUST

- 6** Grolsch Summer Sounds
Oude Markt
- 7**
+/-m
8 Geuzenpop
Rutbeek
- 19**
+/-m
27 Kick-In
Campus and city

CHOOSE INTERESTING



DON'T DRINK AND DRIVE

www.talkingalcohol.com



Student life

CULTURAL ASSOCIATIONS

Culture is all around us, and culture plays an important role at the UT, too. There are no fewer than 20 cultural student associations dedicated to theatre, cabaret, music and dance. You can often find these associations in the Vrijhof Culture Centre, where rehearsals, performances and concerts are held. In addition to approximately 60 productions annually, around 50 cultural courses and workshops are held throughout the year. The Vrijhof Culture Centre belongs to the UT and is housed in the Vrijhof building. It boasts three multifunctional auditoriums for theatre and music: the Agora, the Amphitheater and the Audiozaal. You will also find music studios, ateliers and workshops here, along with the lively Theater Cafe.

4 happy feet	Ballroom dancing
Arabesque	Modern dance
Bellettrie	Library, cinema and konnichiwa
Break-Even	Breakdance
CatchUp	Juggling
Chasse	Jazz dance
Contramime	Cabaret
Fanaat	Games
Foton	Photography
Musica Silvestra Orkest (MSO)	Symphony orchestra
Musilon	Choir
Nest	Theater
Pro Deo	Theater sports
SHOT	Harmony orchestra
Stubiba	Big band
Stukafest	Students chamber festival
Swing Out Loud	Lindy hop
Twents Studenten Koor	Choir
Vereniging Campusomroep Drienerlo	Radio en television

SPORTS ASSOCIATIONS

The UT has excellent sports facilities and a wide range of sports associations. The Sports Centre is on the Campus and comprises large sports halls, a gym, a weights room, an indoor pool, a dojo and a climbing wall. Outside there is also an outdoor climbing wall, an outdoor pool, a cinder track, hockey fields, tennis courts, baseball fields, beach volleyball courts and football pitches. A riding school, an ice-skating rink and an aquatic complex with facilities for rowing, canoeing and sailing are all within cycling distance of the Campus. Most of the sports associations hold introductory training sessions at the beginning of the academic year and in addition to sport, also organize other activities, such as drinks parties and club weekends. You can often join in training sessions later in the year, too. A number of sports associations have their own bars, where you can go to enjoy a drink after training. A large sports bar is also located in the Sports Centre. The committees of the sports associations, which are made up entirely of students, organize the activities and tournaments.

A la Kart	Karting
Aloha	Triathlon
Arashi	Asian martial arts
Arriba	Basketball
Buitenwesten	Boxing
Cabezota	Handball
DIOK	Badminton
DHC Drienerlo	Hockey
v.v. Drienerlo	Soccer
D.K.V. Euros	Canoe
D.R.V. Euros	Rowing
D.Z. Euros	Sailing
Gascogne	Fencing
Harambee	Volleyball
Hardboard	Surfing
Hercules	Crossfit
High Tech Hitters	Base- and softball
Hippocampus	Horse riding
Klein Verzet	Cycle racing, mountainbiken
Kronos	Athletics
Linea Recta	Gymnastics
Ludica	Tennis
Messed Up	Unihockey/floorball
MotorSportGroep	Motor sports
Piranha	Swimming, water polo, diving, underwater hockey
Sagittarius	Archery
de Skeuvel	Ice speed skating, roller blading
Slagvaardig	Knotsbal
Slapping Studs	Ice hockey
de Stoottroepen	Billiards, pooling, snooker
de Stretchers	Multi sports
Tartaros	Survival
Thibats	Table tennis
TSAC	Climbing
Vakgericht	Korfball
Vleugellam	Sky-gliding

STUDENT SOCIETIES

The focus for the student societies in the city is De Pakkerij on the Oude Markt. Here you will find the four large student societies, each with their own pub that opens on a few evenings throughout the week. In addition to pub evenings, the societies also organize numerous parties. The student societies provide students with the opportunity of taking a seat on a committee. Joining a student society provides you with activities outside of your educational programme and ensures that your time at university is enjoyable. It also allows you to build a network that may be very important to your studies when it comes to project subjects and studying for examinations, for instance. Some student societies are also located outside of De Pakkerij, such as the Christian societies and the student pub on Campus, which is in the Bastille.

AEGEE-Enschede
CVS Alpha
Audentis et Virtutis
ASV Taste

Navigators Studentenvereniging Enschede
Reformatorische StudentenKring
Vestingbar

Student society with European network
Christian society
Traditional society
General society

Christian society
Protestant society
Student pub

ADDITIONAL ASSOCIATIONS

A number of associations do not fall under the categories already mentioned. These are very varied associations, each with their own field of expertise. Examples are associations with an international flavour, entrepreneurial associations, or associations focusing on facilities for students. Some associations are involved with international internships, while others concentrate on integrating international students into student life in Twente. Other examples are organizations that are responsible for the television signal and internet for accommodation on Campus.

ACSSNL

AIESEC Twente
Bedrijvendagen

Centrale Bewonersraad Drienerlo

Duitenberg

ESN Twente

Event Support Drienerlo

IAPC

Integrand Twente

ISA

Kivi Niria

L.A. Voz

Ockham

PPIE

PSA

SNT

Solar Team Twente

TUNA

TUSAT

Twente Debating Society

Unipartners

Vereniging Campus Kabel

WOT

Association of Chinese Students and Scholars in the Netherlands

International internships and exchanges

Career events

Campus residents' council

Investment club

Erasmus Student Network

Event Support

ICT shop

Internship mediation

Indian Students Association

Future Engineers

Latin American Student Association

Honours association

Indonesia Student Association

Pakistani Student Association

ICT services and representation

Team World Solar Challenge

United Nations Association

Turkish Student Association at Twente

Debating association

Academic consultancy

Television network Campus

Workgroup development techniques

LIVING DOWNTOWN

When you go to university, the logical step is to find lodgings. Fortunately, Enschede has a wide range of lodgings for students and there is no shortage of rooms. However, the wide range of accommodation on offer does make it more difficult to make a choice. You want to find a nice house that suits your needs, but where should you look? You can find many student houses both in the centre and on Campus (and in between, too). The divide between the city and the Campus in Enschede may seem big, but you can be sure of one thing: you will always be able to find a place where you feel at home! The options have their advantages and their disadvantages, but what are the differences between living in the city and on Campus exactly?

First of all, there is the distance into town, or to the Campus, of course. What would you prefer? Being able to crawl home after an evening out, or being able to be in the lecture theatre within five minutes the next morning?

In the city, you can choose a different supermarket in which to do your shopping for dinner every evening. On Campus, you go to the regular place.

If you live in the city, you may have problems with an angry neighbour who thinks that your party has lasted too long. In contrast, accommodation on Campus consists of student residences only, let the good times roll! This does, of course, also mean that those same students may keep you awake the night before your interim examination.

In addition, many students indicate that the atmosphere on the Campus is just different. Nobody can really describe it, it's just something you will need to experience for yourself. In order to help you with your decision, a number of houses have allowed us to take a peek inside.

Halfaf



Number of housemates:	9
Number of men:	0,000000
Number of woman:	9
Cycling minutes to UT:	10
Cycling minutes to Oude Markt:	3
Common living room:	yes a big one
Common kitchen:	yes!
House evening:	yes
Garden:	yes
Balcony:	yes
Number of toilets:	2
Number of bathrooms:	2
Bike rack:	yes

Hello prospective UT students,

We, a group of nine women, live in the Halfaf student house. On Monday evenings we hold our house evening, when we are always all together. We eat together and often then sit and chat on the sofa with a cup of tea. Otherwise we go into town for a drink and sometimes stay there till late, partying. We also go to drinks parties at other houses, organize dinners, celebrate Sinterklaas, and each year we have a do-it-yourself weekend. We still have regular contact with ex-house residents, sometimes swapping houses with them for the weekend.

On the first Monday of the academic year, we hold a drinks party for all the students in Enschede. The garden and the living room are then packed with around 200 people. We serve pizzas, our legendary egg salad and beer, and have a great time.

All nine of us are active in student life and are members of various student associations and sororities. This means we always have something to talk about and are always up to date with the latest gossip. Despite the fact that we are all quite different, we all have one thing in common and that is that we live in the BEST house in Enschede, Halfaf.

A toast to a great student life!

The Halfaf ladies

Het Riagg



Number of housemates:	6
Number of men:	6
Number of woman:	0
Cycling minutes to UT:	15
Cycling minutes to Oude Markt:	0
Common living room:	yes
Common kitchen:	yes
House evening:	yes
Garden:	yes, a roof terrace
Balcony:	no
Number of toilets:	1
Number of bathrooms:	1
Bike rack:	yes

In the very centre of Enschede, just a 19-second walk away from everything a student's heart (and liver) could desire, is the best student house in the northern hemisphere. Six decent young men live in the Riagg student house and they are always ready to have a good discussion with you, while enjoying a strong cup of coffee or a beer on the roof terrace.

The Riagg student house offers plenty of time and space for studies, but it is also a house in which participation in student life is even more important. All of the occupants of the house are members of ASV Taste and of other student clubs, but within the house being active is also stimulated. On Monday evening, for example, we traditionally get together for our house evening, and we also go on holiday with each other and hold house dinners every so often, to which ex-house occupants are invited. After all, once a Riagg housemate, you will always be a Riagg housemate.

If, after a while, the company offered by your male housemates is not enough for you, then there are always the Venusian neighbours: Riagg shares a front door with the DADA student house, which is all female and is always a fun place to be. Inevitably, this leads to regular drinks parties and joint barbecues every so often, held on our fantastic roof terrace.

While there is plenty going on, there is also space for you to be yourself, though the weekends during which you will be alone in the house will be few and far between. The Riagg house is a perfect example of why it is so great to live in an association house.

Vacuum!

Huize CasaNova



Number of housemates:	10
Number of men:	5
Number of woman:	5
Cycling minutes to UT:	15
Cycling minutes to Oude Markt:	0,5
Common living room:	no
Common kitchen:	yes
House evening:	yes
Garden:	yes, a roof terrace
Balcony:	yes
Number of toilets:	4
Number of bathrooms:	2
Bike rack:	yes

The CasaNova house lies less than 200 metres from the Oude Markt, as the crow flies. With five men and five women in the house, representing various societies, fraternities and sororities, we can describe the house as very varied. Despite our large rooms and the differences between us, our home is a happy one!

We regularly watch films together, and also follow a few series very closely. We drag each other to different drinks parties or the Library. In the summer, we hold barbecues on our roof terrace and, if there is a heatwave during the summer, we even stay up there for the night. And in case you're wondering whether we have space to sleep ten house occupants up there, actually there is space for 30!

Once a fortnight we hold a house evening, after which we regularly end up in the Gat pub. Each year we have a house weekend, and at the beginning of each year we host the CasaNova Christmas dinner, for which we prepare a nine- or ten-course meal for ourselves and for ex-housemates. What we also do each year is make crazy outfits that we then wear to the 'Hubertusfeest'.

We also eat together every day, of course, that's quality time! No telephones are allowed at the table. If one of us decides that they do need it after all, then they have to wear a big hat. Well, it keeps us out of trouble... Let's see, what other traditions do we have? Even though all of our housemates are lovely and friendly, we are secretly quite pleased if four housemates are unable to make it to dinner. This is because precisely six desserts fit into a box of Mars ice creams; this is the six-dessert rule!

LIVING ON **CAMPUS**

Huize **Sarijopen**



Number of housemates:	16
Number of men:	12
Number of woman:	4
Cycling minutes to UT:	5-10
Cycling minutes to Oude Markt:	15-20
Common living room:	yes
Common kitchen:	yes
House evening:	yes
Garden:	yes
Balcony:	2
Number of toilets:	1 very large one!
Number of bathrooms:	yes
Bike rack:	yes

House Sarijopen is currently home to four women and twelve men. So in total we are a happy bunch of 16 individuals of various ages. Another occupant of the house is an extremely wild cat, who goes by the name of Boots. Boots is a killing machine and regularly takes care of his own food.

We enjoy a lot of activities at the flats. The main one is called "a beer at the bar" as the Sarijopen house has its own BAR, made by the occupants! Other activities that regularly take place include film evenings, men's evenings, women's evenings and teeth-cleaning time. But the occupants of Sarijopen can also be found at parties in flats on the Campus, at house parties in the city or at any other parties. We also entertain ourselves by celebrating the "Sari-barlakfeest" (the Sari bar varnish party), an annual event at which the bar is given a new layer of varnish, the "SariKerstiner", a Christmas dinner during which housemates, ex-housemates and their partners are welcomed to the living room for an unforgettable party, "Sari-Sinterklaas", to celebrate the Dutch festival of Sinterklaas with traditional home-made pepernoten (small spicy biscuits) and other treats, and also the "Sari-Flatweekend", which is always a surprise. The flats also have their own student relay race team and when the team comes together it is often like a mini reunion for current and ex-housemates. Generally, the cooking is done by two cooking teams, each consisting of eight people. Via the website we work out who will be around and who will be cooking and who will be washing up.

So to sum up, there is always something going on at the Sarijopen house. Allow us to end with the house salutation, which is always shouted at the top of our voices: 1, 2, 3, SARIJOPEN!

Bikini 2990



Number of housemates:	6 (1 room available!)
Number of men:	6
Number of woman:	0
Cycling minutes to UT:	2
Cycling minutes to Oude Markt:	15
Common living room:	yes
Common kitchen:	yes
House evening:	yes
Garden:	a whole forest!
Balcony:	yes, a roof terrace
Number of toilets:	7
Number of bathrooms:	7
Bike rack:	yes

Bikini 2990 is definitely one of the best houses in Enschede and certainly on the Campus. You can find the house on the Witbreuksweg and it used to be well known through the party website, Bikini2990. Three Business Administration students, two Public Administration and Technology students and a couple of Technical Medicine students live in the house. As indicated by the party website, we all love to party. Having said that, we are a no-obligations house. Being active is appreciated, but it is certainly not a must. Despite this fact (and despite busy student life, of course), we do all get together regularly for an activity or to go to a party together. We hold a house weekend, and occasionally we also go to a gala as a group. Each year we hold a Christmas dinner for ex-housemates. Over the years the housemates form close ties with each other. For a few years we had our own 'do-group' as part of the Stress study society. However, this year it is likely that you will see us representing the house at the bar during the Kick-In. Bikini, Bikini, Bikini!



Exceptional accommodation

on the one and only **campus** of the Netherlands?

Choose a room of **Acasa**,
the student housing corporation of Enschede!

Acasa rents 2100 rooms and apartments on the campus of the University of Twente.

The offer consist of:

- Rooms in a group accommodation unit with shared sanitary
- Rooms in a group accommodation unit that have their own sanitary
- Self-contained rooms that have their own sanitary and kitchen
- Apartments that have their own sanitary and kitchen
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For furnished rooms student have to contact International Office of the University.

The group accommodation units range in size from 4 to 17 students. Furnished rooms are generally reserved for foreign students. Rooms in accommodation groups are allocated on the basis of cooptation. This means that if you want to apply for a room in one of the accommodation groups, you have to go and meet the members of the accommodation group. The other students living in the accommodation group will decide whether they want you to join them. Self-contained rooms and apartments are allocated on a 'first come, first served' basis.

How do I search for a room?

See the rooms currently available at www.acasa.nl

Prefer a self-contained room or an apartment?

- To apply for a self-contained room or apartment, you have to reserve the room or apartment online and pay the first rent bill via the online payment system. To secure the room or apartment you have to go to the Acasa counter to sign the Tenancy Agreement and pick up the keys.

Prefer a room in a group accommodation?

- Contact the members of the accommodation group?
- Accepted by the accommodation group?
- If you are accepted by the accommodation group, the contact person for the group will send you a unique registration link by email so you can secure the room online. You pay the first rent bill via the online payment system then go to the Acasa counter to sign the Tenancy Agreement and pick up the keys.

More information about finding a room you can find on www.acasa.nl

Acasa is a brand of Woningstichting de Veste. www.veste.nl



the Box



the Sky



Campuslaan laag

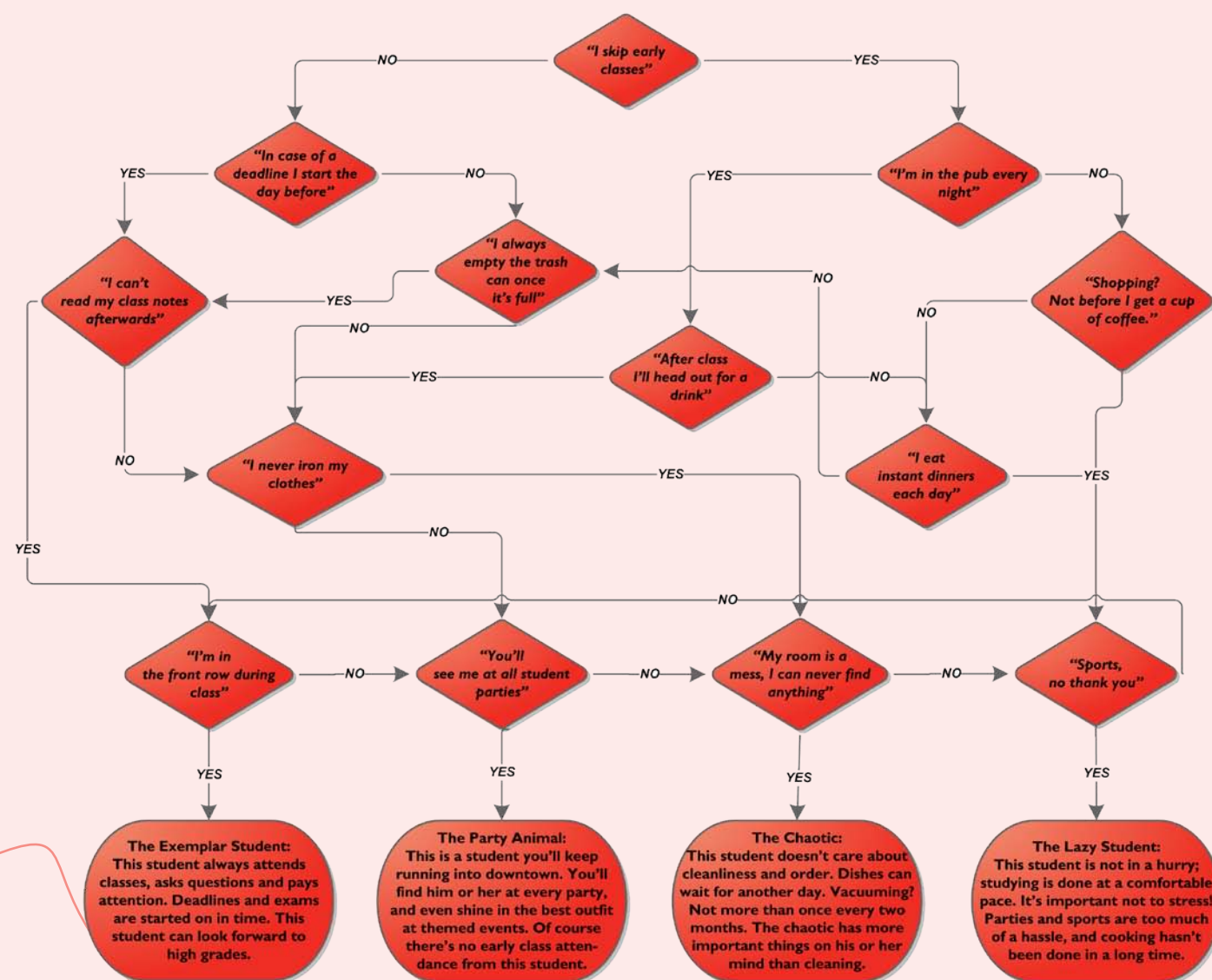


WHAT

TYPE OF STUDENT

WILL YOU BE?

There are many prejudices about students. What type of student will you become? There are mentioned several students quotes. If a quote applies to you, choose YES. If a quote does not apply to you, choose NO. Take the test and find out what kind of student you become!



GALA Etiquette



Parties and galas at secondary school are completely different to parties at university. When you go to elegant parties and galas, there are also rules regarding courtesy and manners, or gala etiquette in other words. The main rules regarding etiquette are listed below.

Invitations

According to etiquette, the following ritual should be observed for invitations:

1. A man sends a written invitation to the woman he wants to invite. He should handwrite the invitation on blue writing paper using a silver-coloured pen. The letter should contain all of the relevant details.
2. The woman replies by letter, which is written with a gold-coloured pen on pink writing paper. In the letter, she indicates whether or not she is interested. If she accepts the invitation, then in the letter she invites the man to come and drink tea with her.
3. When the man comes to drink tea, the woman also serves him something sweet. What that is exactly depends on the woman's intentions. The man should therefore take good note of what the woman serves with the tea. This will enable him to draw conclusions about the way things will go during and after the party. If the woman offers him nothing more than a dry biscuit, then this means that she will go to the gala with him, but the man should not expect anything else. If the woman serves cake with the tea, then the man may possibly win her heart during the gala. If the woman serves cream cake with the tea, then this means that the man has already won her heart.

Clothing

The invitation to the gala states the dress code for the event. A general rule is that you should not dress more smartly than the person organizing the gala, and the man should adjust his clothing to the lady accompanying him.

The dress code will either be 'Black Tie' or 'White Tie'. For a black tie event, the woman is expected to wear a cocktail dress and the man should wear a dinner jacket. The dress code for a white tie gala is a long evening dress for women and a dress suit (with tails) for men. The man should arrange for corsages, so that other guests can see who belongs to whom. The gentleman wears his corsage on the left. The lady wears her corsage upside down.

Collection

The man calls to collect the woman from her home in good time for the party. Once the man has picked up the woman, he is then responsible for her safety. The man walks to the right of the woman. If a gentleman is walking with two ladies, then the most important lady walks on the gentleman's right. The man holds the door open for the woman and allows her to go ahead of him. This does not apply to revolving doors; in this case the man goes first.

If a couple descends a staircase, then the woman walks in front. When ascending a staircase, the man goes first. This does not apply if a staircase is steep; in such cases the man must be able to catch the woman if she falls.

FRATERNITIES AND SORORITIES EXPLAINED

You will probably not have heard the words 'fraternity' and 'sorority' very often at secondary school. However, these organizations are well-known phenomena among students and the words are often used. A crash course on fraternity and sorority life is given below!

A fraternity or a sorority is a close group of students who became members of the organization in different years. This means that first-year students can be members of a fraternity or sorority, and so can students who have been at university for longer. The members of a sorority or fraternity come together for drinks parties and various other activities. Fraternities and sororities are very popular in the student city of Enschede; we estimate that there are approximately 65 active groups!

Fraternities and sororities come in all shapes and sizes. The majority of the groups are single sex, so fraternities for men only and sororities for women only. But some groups are mixed fraternities with both male and female members. The origins of the fraternities and sororities also vary. Some are connected to student associations and in such cases all of the members also need to be members of that particular association. Fraternities and sororities can also be connected to educational programmes, or may be completely independent, meaning that anyone can join.

Approximately half of the fraternities and sororities in Enschede are independent and this is unique for a student city. In most other cities, almost all of the fraternities and sororities are associated with a student society. But how do you join a fraternity or sorority? Students generally come into contact with a fraternity or sorority through knowing someone who is a member. The member then introduces the student at drinks parties, starting a process during which new students can get to know the fraternity or sorority and the group can get to know him or her. After each drinks party, "rushees" (new students being recruited by the fraternity or sorority) drop out until a select number of new students are invited to join the group. The new students then embark on an induction programme, the exact details of which vary per fraternity or sorority. Once you have come through this, then in principle you are a member of that fraternity or sorority for the rest of your life, even after graduating.

ANNE BUNNINGH

"To me, the sorority is about a group of friends that automatically expands to include new friends, with a rich history and members from various generations. The girls all have similarities and share a lot of things with each other. One week you will be out partying with them in the pub, and the next week you will be crying on their shoulders. They allow you to be yourself!"



KYRA GREMMEN

"What I like about our mixed fraternity is the variety that it brings. We go out to eat together, or out for drinks and then a night on the town - whatever we want to do! The women and the men also do things separately. In addition, we hold a lot of activities, such as a Christmas dinner and the 'Dies' (anniversary) of the fraternity, which we celebrate each year by going to a special location. My fraternity is really just a big, second family to me here in Enschede!"



THOMAS BROUWER

"Being a member of an independent fraternity provides you with the opportunity of extending your network to a huge degree. I have been a member for two years now and it really is great to realize how many different people I have met who are taking different educational programmes. But that is not all that a fraternity is about: the frequent drinks parties in a pub serving speciality beers mean that you have really good, fun evenings and can form a group of friends numbering almost 20 people. Occasionally you end up at great parties that you would normally not be invited to. Who wouldn't want that?"

JASPER DRIESSENS

"At secondary school, you probably built up a close group of friends over the six years of study. But if it were to take six years here, too, then you would already have graduated before you got anywhere. The advantage of a fraternity is that you get to know each other well and spend a lot of time with each other. The word 'fraternity' is really just a fancy word for 'group of friends'!"



Activism!

Life at university is about more than just sitting with your nose in a book and taking examinations. You will have plenty of opportunities for personal, social, professional and organizational development over the course of your student career. Taking part in extracurricular activities is what we call activism and this is encouraged at the University and within student life. By being active outside of your educational programme by sitting on a committee or starting up a small business, for example, you develop various skills that cannot be learned from your educational programme. This will make you stand out in the labour market and allow you to put together an impressive CV. Below, five students explain about their activism and what they think is the added value this brings.



SHARON GROENBERG

Age: 24 years

Programme: Health Sciences

While at university, I was part of the Sirius Study Tour committee. Together with five other students, I organized a trip to Japan connected to a corresponding minor. In addition, I set up an independent sorority, O.D.D. Sapphira, two years ago, together with a number of friends. We all meet up in town for a drink each week.

Currently, I am the chair of UniPartners Twente, an academic consultancy. We solve issues for companies by deploying students. This results in nice part-time jobs for students. I have been running the business with five other students for a year now. It has provided me with a great number of learning opportunities and lots of contact with business and industry. I will be ready to enter the labour market at the end of this year.

Enjoy your time as a student, you will really get a lot more out of it if you are active within associations!



ELINE WIENTJENS

Age: 21 years

Programme: Educational Science

Instead of taking the subjects in Educational Science in my third academic year, I am now working as a board member for the Dimensie study association. I am working as the chair and the official for Educational Science Education Guidance.

Dimensie is the study association for Psychology and Educational Science and Technology. Study association serve as the link between the educational programmes and their students and make sure that students have the right books, handle student complaints and organize both activities related to the programme and social events.

I have been involved with Dimensie since my first year at university. I have served on various committees, such as the Educational Science excursions and lectures committee, and I organized the orientation camp.

But to return to my committee position, at the moment I am part of the 12th Dimensie committee. As chair, I am responsible for what goes on in the committee. As the Educational Science Education Guidance Officer, I often meet with the staff working for the educational programme to discuss all kinds of matters. These duties take up about 40 hours a week.

Why would anyone want to take a year out for committee work? Because it's a great thing to do and very educational, of course! You learn to deal with various problems and are presented with a lot of challenges. You also find out a lot about what goes on behind the scenes of your educational programme, or you learn how to approach external companies. All of this looks good on your CV, too. I would certainly recommend that first-year students take a look at their own study association.

MARTINE OOSTERHOFF

Age: 22 years

Programme: Industrial Engineering and Management

Hello prospective student! I am currently the Praeses (chair) of the Asterion Sociëteit, the bar at the AEGEE-Enschede student society. During my Kick-In in 2010, I soon came into contact with the AEGEE. This was because I joined a do-group that was part of this student society and I enjoyed being in it so much, that I became a member within a couple of days.

I had, and continue to have, a really good time with the AEGEE and it very quickly became clear to me that I wanted to be actively involved with the society, organizing all kinds of fun activities and parties for all of the members. I then sat on a few committees, but then the opportunity to do something even better came along: I joined the Asterion Sociëteit's committee! I now have the honour of running this great bar for a year, along with three other students.

We hold an AEGEE pub evening every Tuesday and Thursday and the members come along to the bar to have a chat, have a drink and party! The bar committee makes sure that everything goes well on these evenings and that there are enough drinks in stock!

I really enjoy spending about 20 hours on committee work each week. In addition to it being good fun being on the committee and organizing fun evenings for the members of the student association, I also learn an awful lot! I have already learned a lot about people, learned how to work with others more effectively, and learned how to run a business (the pub).

I absolutely recommend that you join a good society while you are at university, and that you get involved by sitting on a committee. Make the most of your time at university!

I look forward to seeing you at the Asterion bar during the Kick-In (or later on) - you will be made very welcome!



MARTIJN BOUT

Age: 22 years

Programme: Creative Technology

When I started out on the Creative Technology programme at the University of Twente two and a half years ago, I hardly knew anything about it. That has now changed and I have served on a number of committees for my study association, S.A. Proto. I was invited to try working on an activities committee and decided to give it a go. Right from the start I noticed that the atmosphere in the group that came up with activities and then organized them was very nice and relaxed. The study tour committee I am in now is larger and busier than the other committees I was in before; it is so busy that I will end up with a study delay of six months. But I really think that the study delay and the many hours I put into the work each week are worth it.

As the secretary of the committee and of the foundation that organizes the study tour, I am learning a lot of new, useful things, and I come into contact with interesting companies and people. Working on a committee in which everyone has their own role can sometimes be a challenge, but it is often good fun too. Getting in contact with companies all over the world and writing and keeping up with reports and contracts is experience that will come in very useful both for my studies and for other things. In addition to it being very educational, it is also great fun to achieve something brilliant with a group of students and for that to be beneficial to your fellow students, your study society, your educational programme or yourself. I would certainly recommend that you take a look at whether you could do some committee work for your association. It's a fun thing to do and, going by my experience, is very educational.



LAURENT KNOOK

Age: 22 years

Programme: Electrical Engineering

In addition to being on the Electrical Engineering programme, I am also the chair of D.W.V. Hardboard, the surfing association. Along with this committee work, I am also active within my study association as I serve on the activities committee. I am also a member of the materials committee, the instruction committee and the Kick-In committee for Hardboard. So, Hardboard is Enschede's surfing association. We do kitesurfing, windsurfing, wave surfing, wake boarding and many other cool things. We go away for weekends and often also go on trips that last longer. This year, for example, more than 20 of us are going to Greece to surf. There are always plenty of people who still need to learn how to surf, so every Tuesday there is a drinks party and every other week we arrange a fun activity, such as snowboarding, a midwinter barbecue, bowling, a game of pool, etc. In my role as the chair, I need to make sure that we hold meetings and that everyone does what they are supposed to do. There's nothing nicer than going around telling everyone what to do: you can learn to delegate! I spend about 20 hours a week on making sure I am up to date on everything, but it is time that I can easily schedule into my week, often around my lectures. Becoming a board member or getting involved in any other way for a year is something I would very much recommend to anyone. Apart from the fact that it is brilliant to be a part of everything and to organize things, it is also extremely educational; I am learning how to plan really well, for example, and how to manage people.

INTERVIEW P-ACTIVISM PRIZE WINNER

How are you getting on with your study programme?

The last few blocks kept me very busy, but that is the challenge of it really. I am now winding down my committee work so that I can focus on my studies more. I am not yet sure what I will be involved with once this hectic period has come to an end, but I am sure I will get involved in other things.

Last year you won the P-activism prize. What does that involve?

Well, in order to be nominated for the P-activism prize, you need to be an active student in your first year and to obtain your 'propedeuse' (first-year certificate). Being an active student means organizing activities and sitting on a committee. Last year, you could obtain your 'propedeuse' by getting a pass in all your subjects in the first year, meaning that you obtain 60 course credits. There is no special name for passing your first year in this coming academic year, but you can, of course, still do or organize plenty of things alongside your studies!

What were you involved in in your first year?

In my first year I sat on various committees; an activities committee and a number of party committees, for example. Working with the constructions committee, I built an arcade game cabinet for my student association, and then also organized the Kick-In for my educational programme in 2013.

How did you become involved with this?

Actually, I started getting involved with things alongside my studies in a quite casual way. At the start of the first year, I signed up for a free lunchtime lecture for those interested in committee work as I can always make space for a Subway roll! But in the end I really liked what I heard while eating my roll and I signed up for the activities committee.

Are you still active with things outside of your educational programme?

At the end of last year, I also joined a travel committee. This year we will be travelling through Europe. I am also a member of some small committees, such as the photography committee and the computer committee.

NAME: MARTIJN VAN ERNE

AGE: 20 YEARS

PROGRAMME: MECHANICAL ENGINEERING



HAVE YOU GOT ENTREPRENEURIAL GENES?

Studying at the University of Twente means studying at an entrepreneurial university in an entrepreneurial region. Entrepreneurship is in the genes of not only our academics but also our students. And this can be seen across the board, from activism in associations to student entrepreneurship in particular. The differences seem small, but it is actually a large step that you take when starting your own business. Kennispark Twente can help you with starting up and will ensure that you are not alone when taking the plunge.

GETTING TO KNOW ENTREPRENEURSHIP

While you are at university, Kennispark Twente is the organization that gives you the opportunity of getting a taste of what it is like to be an entrepreneur and helps you along the way, on behalf of the University of Twente. The Kennispark, a special department of the University of Twente, organizes various activities that allow students to get a taste of entrepreneurship. "It starts with lectures given by successful entrepreneurs about their road to that success, or with the Startup Weekend Enschede, during which you can lay the foundations for a business over the course of 54 hours," explains Erwin Holtland on behalf of Kennispark Twente. "Working with student committees, we also organize workshops about entrepreneurship so that students can find out what is involved in running a business. You see, entrepreneurship is not for everyone. We like to help entrepreneurial students find out whether running their own business will suit them," says Holtland. "We give you a taste, it's then up to you to decide whether you go ahead."

FIRST AID FOR ENTREPRENEURS: KENNISPARK TWENTE

If your idea becomes more definite, then Kennispark Twente is there to offer help to student entrepreneurs or entrepreneurs who are studying. "We offer 'First Aid for Entrepreneurs': this is where entrepreneurs can go for initial discussions," explains Holtland. "Where on earth do you start? What do you need to remember?" Often Kennispark Twente starts with legal advice: which legal form should you choose as an entrepreneur? What do general terms and conditions cover and are they obligatory? "After an initial orientation and the start-up phase, what

we can offer varies according to the individual entrepreneur. Sometimes we can offer advice regarding office space, sometimes an introduction to a network, and in other cases it might be coaching and an interest-free loan as part of the TOP programme." To sum up, students who want to start their own business are very welcome to go and have a cup of coffee at Kennispark Twente, to make specific plans and then to roll them out.

IS YOUR AMBITION TO BECOME AN ENTREPRENEUR?

Use your time as a student in Enschede for studying, but also for discovering the type of career that will suit you - will the entrepreneurial cap fit you? Or would you prefer to grow while working for international clients within an innovative small or medium-sized company? Or perhaps large multinationals are your thing? Know what options are open to you. That is what it is all about. It is a great voyage of discovery that you embark upon while at university and which starts during the Kick-In. Kennispark Twente will in any case ensure that a cup of coffee is waiting for you and will be pleased to accompany you on your voyage.

CONTACT

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www.kennispark.nl

Kennispark Twente
Innovate & Accelerate



Meet some student entrepreneurs, find out how different their businesses are, and hear what they think distinguishes student businesses!

DERMALDOSE

A user-friendly replacement for painful syringes

Many industrial designers start up their own business while at university. Starting up a business is a regularly recurring theme for some Industrial Design students. It was the same for me and now I work for the DermalDose student company and am very enthusiastic about doing so.

As a member of the Daedalus study association, I organized a study tour to Malaysia and Singapore, together with six fellow students. While organizing the trip, I got to know Nol, who is an experienced entrepreneur from Twente. He was enthusiastic about an innovative drug delivery method called DermalDose, a system that allows people to inject themselves without using large, painful syringes. I was given the opportunity of dedicating my bachelor internship to this. One thing led to another and that is how I ended up in a start-up student business. There are now four of us working for the company: Thomas (Industrial Design), Laura (Technical Medicine), Maartje (Biomedical Technology) and me (Luuk, Industrial Design). We are determined to make DermalDose a success!

We are certainly not the only ones involved in a business - students have started up many small businesses at the University. The UT stimulates entrepreneurship. The Kennispark and the Student Union have all kinds of initiatives for giving starting entrepreneurs a leg-up. Everyone is very approachable and there are plenty of people ready to help. That is what I like best about being in business: you meet a lot of new people.

When I came to study here, I never expected that I would set up a business while at university, and certainly not one related to medical injection systems. But it is brilliant to be working on a real product as an industrial designer!

COGNIT.V.O.F.

Cognit Guided tours and Arrangementen

Cognit specializes in providing guided tours through the Roombeek district and the area around Twente Airport. Both areas have unusual historical backgrounds: Roombeek due to the firework disaster and Twente Airport due to its role during World War II and the Cold War.

Being an entrepreneur while you are still studying is perhaps the best thing you can do. It ensures that, alongside ploughing through endless books, you also learn about the practical side of business. Working with the tax authorities, banks, customers and staff can sometimes be extremely challenging, but it provides you with more experience and insights than textbooks can ever do. You take this practical experience and these insights with you for the rest of your life and they can give you an advantage for the rest of your career.

The big advantage of being an entrepreneur during your time at university is that the risks are relatively small. As you have only low fixed costs when you are a student, you can work with a relatively small turnover. This allows you to learn about being an entrepreneur in a safe way, without having to worry about your mortgage or a family that depends on you.



COL • LE • GI • ATE

ABC

A	Ab Actis	Secretary
	Ad Fundum	To empty one's glass in one go (Latin for 'to the bottom')
	Adje des	Adje desintresse. The glass must be emptied quickly as a punishment for a mistake being made or someone not paying attention
	Adten	To drink up a beer (or other drink) as quickly as possible
	Afpilsen	To conclude a drinks party or an activity somewhere else by drinking a last beer there
	Almanak	A book containing an annual review
	ALV	Algemene Leden Vergadering (general meeting)
	Anciënniteit	Order of ranking according to the number of years one has been a member; the higher your ranking, the more privileges and respect you have
	Antigoon	The 'sociëteit' (see 'sociëteit') of the A.S.V. Taste student society
	Apollo	The umbrella organization under which all cultural associations fall
	Asterion	The 'sociëteit' of the AEGEE-Enschede student society
	AT	Advanced Technology
	ATLAS	Academy of Technology and Liberal Arts & Sciences (University College aan de UT)
	Baas	A word of praise directed towards someone
	Bachelor	The first three years of your educational programme during which you obtain 180 European Credits and which you conclude with a bachelor's assignment
B	Bammen	To have sex
	Bastille	The main student building on Campus. It houses a number of committees including the Kick-In committee
	Bata	Abbreviation for the 'Batavierenrace', the largest relay race in the world, which runs from Nijmegen to Enschede
	BIT	Business & IT
	BMT	Biomedical Technology
	Bodem leggen	To eat well so that you don't get drunk as quickly
	BOZ	Bureau Onderwijszaken (Educational Affairs Office)
	Brak	To feel tired and unwell due to having drunk too much previously (or the evening before)
	Braakje leggen	To vomit
	Brallen	To brag
	Brasjasje	An old jacket used when involved in 'brassen' (see below) in order to prevent damage to clothes
	Brassen	1. To take an object from a club. After taking the object, the perpetrator must then write a 'brasbriefje' (bras letter) in which something in return is specified. The club can earn back its object by doing the specified thing. 2. A studenty way of resolving a disagreement. You take hold of the collar of each other's jacket; the first person who is thrown to the ground buys a beer for the other person and for himself.
	Broertjes	The other male 'nuldejaars' (see 'nuldejaars') in your 'do-group' (see 'doegroep')
	BSA	Bindend Studie Advies (Student Progress Evaluation), a specific number of points you need to obtain in order to carry on studying after your first year
	BSc	Abbreviation for Bachelor of Science
C	Bul	An official document from the University that you receive after you have passed your examinations
	Burger	Sometime who works full time
	BVO'tje	Biertje Voor Onderweg (a beer for on the way)
	Campus	The grounds of the university, where you can find the faculties, student residencies and other facilities
	Cantus	A drinking and singing party in true student style, at which certain rules must be observed

CiT	Civil Engineering
Clubje	An umbrella term for a fraternity/sorority, 'jaarclub', house, association, team, etc. Or a group of people who are connected to each other.
CoBo/Constibo	Short for 'constitutieborrel'; a drinks party held to announce and congratulate a new committee
CoHo	Short for 'commissiehoofd' (committee head)
College	Lecture: lesson (generally lasting 2 x 45 minutes) given by a professor
Colloquium	The defence of your thesis (see 'scriptie')
Commissie	A group of students that organizes activities for an association, for example
CreaTe	Creative Technology
CTW	Faculty of Engineering Technology
CV Neuker	Someone who sits on a committee because it looks good on their CV
CvB	Stands for 'College van Bestuur', the Executive Board, responsible for the administration and management of the University
CW	Communicatiewetenschap (Communication Studies)

D	Das	Studenty name for a tie
	Dichtgetikt	A person or club which concentrates solely on the association or club involved
	Dies	The anniversary of the founding of an association, club or university
	Dies Natalis	see 'Dies'
	Dispuut	A fraternity or sorority; a group that you are invited to join and which comprises members who joined in different years
	Doegroep	A group of fellow students with whom you attend the Kick-In
	Doegroepouder	An older student leading a 'doegroep'
	Doortrekken	To not sleep one night
	Drukken	To try to get out of something
	EC	European Credits, the study credits you need to obtain. Per year you can get 60 ECs
	EE	Electrical Engineering
	Eindbaas	An unattractive girl that has not yet been kissed at the end of the evening
	EPA	European Public Administration
	Epibreren	To pretend as if you are very busy doing important things
	EWI	The Faculty of Electrical Engineering, Mathematics and Computer Science
E	Fact	The umbrella organization for the four largest student societies in Enschede
	Faculteit	Faculty; umbrella organization for educational programmes in the same discipline
	Falen	To fail to achieve something, to be unsuccessful
	Feut	A candidate-member for an association, house or fraternity/sorority
	Feuten	To tease someone in a nice way
	Flux	The 'sociëteit' of the C.S.V. Alpha student society
	G	
	Gemengd	Mixed; when a club is made up of both men and women
	GZW	Gezondheidswetenschappen (Health Sciences)
	GW	Faculty of Behavioural Sciences
	H	
	Her	Short for 'hertentamen'; resit
	HJ	Short for 'huisjongste', the most junior person in the house
	Hoogleraar	A professor at the University
	Hospiteren	To apply for a room in a student house
	Hulde	An exclamation of good deeds
I	IBA	International Business Administration
	Inauguratie	A solemn ceremony after which you become a full member of an society or fraternity/sorority
	Inkopen	To achieve something/pass something, for example an examination
	Integreren	To make contact with other students and clubs
	International Office	Department at the UT that assists students coming from/going to foreign countries
	IO	Industrieel Ontwerpen (Industrial Design)
	J	
	Jaarclub	A club made up of students in a student association and from the same crop, which gets together to eat and drink once a week

	Jasje-dasje Jopen	A dress code: jacket, shirt and tie Another word for a woman's breasts, but is also used to say that you are leaving or that you don't want to do something
K	Kaken KIC Kidido Koepel Kwarrel Kwartiel	To kiss The Kick-In Committee of the University of Twente The name for a 'nuldejaars' during the Kick-In An umbrella organization responsible for the various other associations A quality 'scharrel' (see 'Scharrel'); a 'scharrel' who is potentially relationship material Period lasting three months in an academic year
L	Lam Lamballen Local Ludiek Lustrum	In a very drunken state To do nothing or to be a bore Someone native to the city or region Original An anniversary of something that has been in existence for five years, or for a multiple of five years
M	Mama Master MB Mensa Meuk Minor Module Mores Mos MSc Muur, de	Female do-group parent A specialization you can opt to do following on from your bachelor's programme. A master can last one, two or three years School of Management and Governance The canteen on Campus where you can eat lunch or an evening meal Clutter/rubbish Space within your educational programme, usually counting for 20 course credits, that can fill with subjects from another educational programme or discipline Block of 15 ECs made up of subjects and projects that you need to pass in one go Plural of 'mos' (see 'mos') A rule within a student society Abbreviation for Master of Science The fast-food cafeteria in the centre of Enschede where you can buy food out of vending machines in the wall
N	Nestor/Nestrix Nuldejaars	The person who has lived at a house the longest Someone who has not yet started on their educational programme but has enrolled
O	Ohne ende Opleidings- Kick-In Oude Markt Ouwe Lul	Without end/an awful lot The Kick-In held by your own educational programme on 25, 26 and 27 August The square right in the centre of Enschede, surrounding the Grote Kerk, where you can find many restaurants, pubs and De Pakkerij A member who has already graduated
P	P Pakkerij Panda Pandapunt Papa Pauper Pils Praeses PreLa Profileren Prominent PSY	Propedeuse; you earn this if you obtain all of your course credits in the first year A building located on the Oude Markt which houses the bars of the four largest student societies in Enschede The person within a group who has had no sex for the longest A point given for each week in which you didn't have sex Male do-group parent Someone who is not studying, a pleb A beer Chair (of a committee) The denial phase of a relationship that is just beginning To draw attention to/present yourself or your club Someone who is important or cool Psychology
Q	Questor	Treasurer
R	Raad van Advies Raad van Toezicht	A group of people who are knowledgeable about the organization in question and give it advice; shortened to RvA A group of people who are knowledgeable about the organization in question and supervise the state of affairs; shortened to RvT

	Rapekaken Recipiëren Rector Magnificus Regelen Repareren Rokkostuum	To kiss someone unexpectedly To congratulate a new board or committee at their 'constitutieborrel' The university's rector. The rector at the UT is Ed Brinksma. To 'score' with someone (see 'scoren') To resit a subject or interim examination A suit worn by male students during galas.
S	Scharrel Scoren Scriptie Sjaars Sjait Skippen Sociëteit SOG Sportkoepel ST Studentenvereniging Studentikoos Studieadviseur Studievereniging Stufi SU Symposium	Someone with whom you regularly 'score' (see 'scoren') To kiss someone (and have sex with them) The report you write on your final project First-year student Rubbish/a mucky substance To skip something (a lecture, for example) The bar of a student society Acronym for 'Studie Ontwijkend Gedrag' (study-evading behaviour) Umbrella organization for all sports associations Chemical Engineering A student society for and made up of students who get together for drinks and organize activities A frivolous, studenty way of doing something A teacher/lecturer who gives you advice about your educational programme, your study progress and planning Study association for your educational programme, made up of students and for students, that arranges fun activities and study-related matters Short for 'studiefinanciering'; Dutch student grant Student Union A day or half-day during which discussions/presentations are held by various speakers about a certain subject
T	T.R.A.M. TBK Tentamen TG TI TN TNW Toko TOM Tukker TW Twaars Twarrel Twee woorden	The Audentis student society bar Industrial Engineering and Management A written test on a subject Technical Medicine Computer Science Applied Physics Faculty of Science and Technology A name for a pub, restaurant or another random location 'Twents Onderwijs Model' (Twente Educational Model =TEM) People native to Twente Applied Mathematics Second-year student A questionable 'scharrel', when it is not yet clear what the relationship is Can indicate several different two-word, nine-letter phrases. Generally used for nine letters: "Duurt lang" (it's taking a long time) or "Bier halen" (fetch the beer)
U	UB UB'en Uitbrakken Unit UR/ Uraad UT	University Library To study in the UB To not do too much one day because you are 'brak' Object University Council; the centralized participation body of the UT University of Twente
V	VB Vo Verticaal Vestjeslikker Vrijhof	Vestingbar; the bar on Campus Exclamation indicating that you agree with something A connection within an society between members that entered in different years A student who likes to 'score' with other respected and influential students (often board members) The UT cultural centre hosting performances, lectures and courses
W	WB	Mechanical Engineering
Z	Zusjes	Other female 'nuldejaars' in your do-group

Sit down and relax

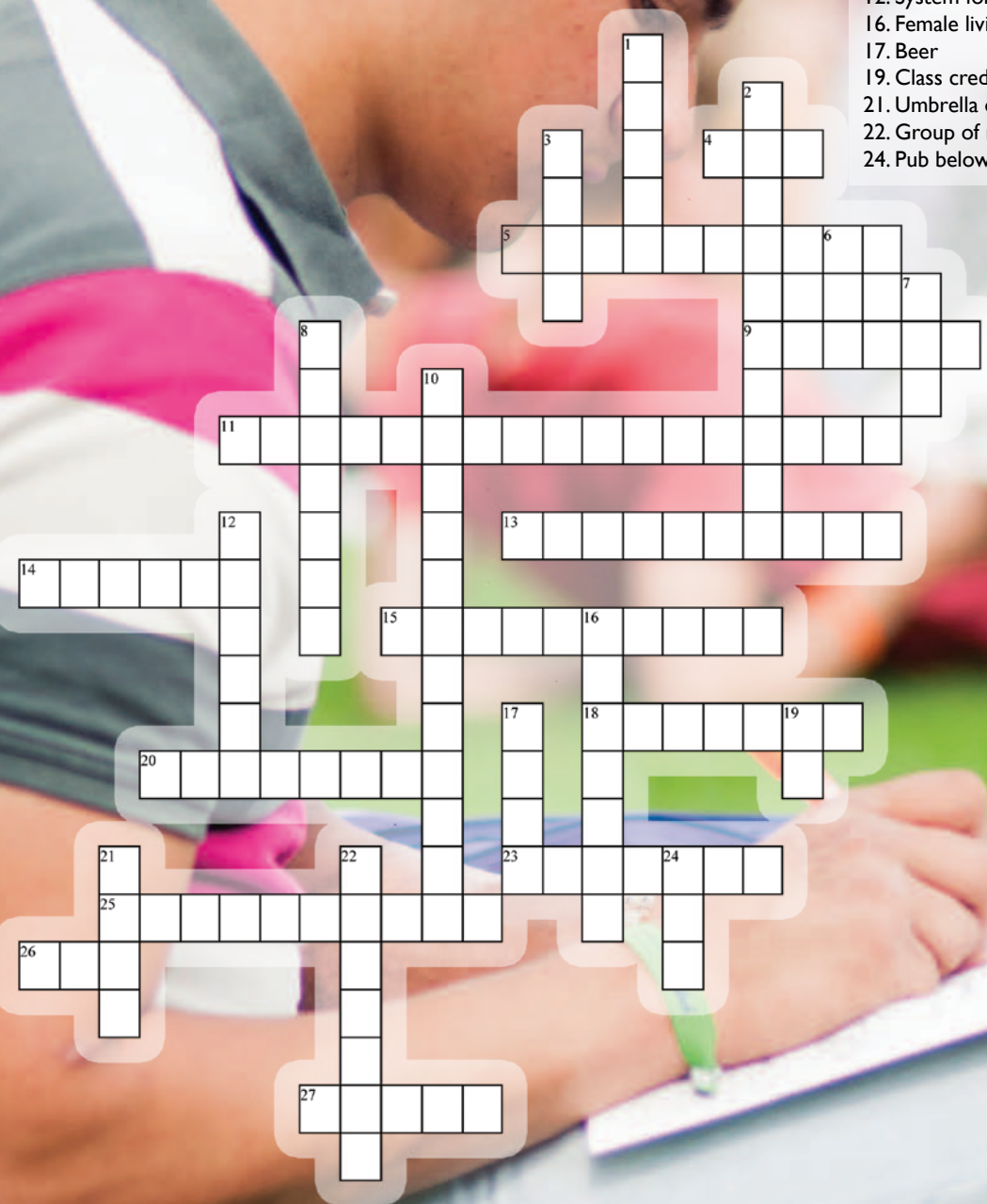
A CROSSWORD PUZZLE

ACROSS

4. Studying Evading Behaviour
5. Getting a taste of entrepreneurship
9. Local inhabitant of Twente
11. UB
13. Group of male students from different years
14. First-year student
15. Student bar on Campus
18. To not participate in something
20. The main student building
23. Building at the Campus entrance
25. Highest building of Overijssel
26. Helpdesk for problems with UT-issue notebooks
27. Guiding an international student

DOWN

1. To not achieve something
2. Interviewing for a room
3. Birthday of an association, club or university
6. Suit worn to student galas
7. Educational model
8. Cultural HQ on Campus
10. Delicacy local to Twente
12. System for viewing your grades
16. Female living at a house the longest
17. Beer
19. Class credit
21. Umbrella organization for student societies
22. Group of new students during the Kick-In
24. Pub below the Oude Markt



COUNTER A HANGOVER

TO BE FIT FOR THE NEXT DAY

When you are out enjoying a night in the pub or a good party, you might drink one too many. The following day you then wake up with a headache, feeling rough and nauseous. You will sometimes not be able to stay in bed the whole day because you have more important things to do early on. We have therefore put together a number of tips to help with hangovers and get you feeling fit again!

- Try to get as much sleep as you can. Even a short night's sleep is better than no sleep at all.
- Take a lukewarm shower
- Drink plenty of water. Alcohol causes dehydration and that is why you get a headache. If you drink plenty of water before going to bed, it can result in less of a headache or no headache at all.
- Don't drink too much coffee; this is because coffee increases the negative effects of alcohol, just making your hangover worse.
- Go outside for a walk or a cycle ride in the fresh air.
- You can relieve a headache by taking paracetamol; take the paracetamol with plenty of water.
- A fried egg is an ideal breakfast when you are feeling the worse for wear. The protein provides a lot of energy and the cysteine in eggs helps to restore the fluid balance.
- Eat a piece of fresh fruit, or make a smoothie. The fructose in fruit helps to break down the alcohol in your system more quickly. Bananas, for example, have a calming effect on irritated stomachs and boost the blood sugar level.

BANANA SMOOTHIE

Ingredients:

- 1 banana
- 6 tablespoons of low-fat yoghurt
- 1 lemon
- Orange juice
- Cinnamon
- Honey or sugar to taste

Preparation

Put the following ingredients in a blender:

- The chopped banana
- A splash of orange juice
- 6 tablespoons of low-fat yoghurt
- 1 tablespoon of lemon juice
- A couple of pinches of cinnamon

Blend until the smoothie is a smooth texture.

CHECKLIST FOR FIRST-YEAR STUDENTS

**VISIT THE NOTEBOOK SERVICE CENTRE WEBSITE TO
PURCHASE YOUR NOTEBOOK.**

You can buy a notebook anywhere, but because of high quality and low prices we recommend the NSC notebooks.

**HERE YOU WILL FIND THE ICTS CHECKLIST FOR
FIRST-YEAR STUDENTS.**

When you have completed the checklist, you have done everything necessary to use the ICT facilities at the UT.

WWW.UTWENTE.NL/ICTS/EN/EERSTEJAARS

**Make sure your notebook is fully installed
and provided with the right software for your
studies before September 1st.**

WWW.UTWENTE.NL/ICTS/NSC





Leaving home



TO LODGINGS!

Passed your exams? Check! Picked a great study programme? Check! Enrolled at the UT? Check! So now all you need to do is to find a room! But how should you go about finding a nice room in a nice house? Don't worry, with the tips below it will be a piece of cake!



KAMERNET

The largest website for students looking for lodgings is kamernet.nl. It covers the whole of the Netherlands. Student houses looking for new housemates post an advertisement on this website and those looking for a room can then respond with the profile they have prepared.

STUDENT UNION

The Student Union also has its own website for lodgings in the region: www.studentunion.utwente.nl/kamers. This website details only rooms for students studying in Enschede. The rooms are mostly in the city and are divided up by district (centre, north, east, south, west). You can take a look at the rooms and then respond to any that take your fancy. The website also has some rooms in Hengelo.

SJHT

The Stichting Jongeren Huisvesting Twente (SJHT) is located in the city. This foundation manages a large number of student houses in the city and in Hengelo. You can view the rooms currently available on the foundation's website and register there as someone looking for a room.

ACASA

If you would like to live on Campus, then take a look at the Acasa website (www.acasa.nl). It gives an overview of the student residences currently available on the Campus.

ROOM-SEARCH DAY

Each year, Fact organizes a room-search day for prospective students. This year it will be held on 4 June 2014. The room-search day gives you the chance to get a taste of student life in Enschede: you will be introduced to the four student associations in the city, visit various student houses in which a room will be coming available, and in the evening you get to experience a real student party. For more information visit: www.kamerzoekdagenschede.nl.

Many houses hold interview evenings in order to select their new housemate. On the interview evening, you visit a student house to see whether the house, the occupants and the room are for you. Some houses have all of the room seekers come along at once, while others prefer to see them one by one. Going through the interview process (called 'hospiteren') might seem a bit scary, but it is the best way of finding a room and a house in which you will feel at home for the rest of your time at university!

HOW TO: 'HOSPITEREN'?

BEFOREHAND

- When visiting the lodgings websites, look carefully for houses with features that appeal to you; take not only the room but also the occupants of the house into account. Do they often eat together? Is there a regular house evening? Is there a pet in the house? Ask yourself what you are looking for in a house.
- Politely introduce yourself by email when responding to an advertisement for a room; say a little bit about yourself, what your hobbies are and what you are looking for in a house. There is no need for you to tell your life story or to include your CV; instead, try to sum up what sort of person you are.
- If there are a lot of responses to a room, then the occupants of the house look into the room seekers more closely. You should therefore make sure that there is nothing on your Facebook or Twitter account, or anywhere else open to public scrutiny, that could make the occupants less enthusiastic about you.

THE INTERVIEW EVENING

- Arrive on time! This also means that you should not knock on the door too early. If you have no choice about the time you arrive (due to public transport, for example), then let the house occupants know.
- Preferably, you should come alone. A parent may put some house occupants off, so leave mum at home! We also advise against taking one of your friends with you. The interview is about whether you click with the house occupants, and not whether your best friend can get them all laughing.
- Be yourself - it is no good to anyone if you pretend to be someone that you are not. People will then get the wrong impression of you and if you do get accepted, then maybe you will not feel completely comfortable about being yourself at home.
- Don't worry about being asked strange questions. House occupants can find it pretty boring to ask room seekers the same set of standard questions. So you may sometimes be asked questions such as "Which smurf would you like to be?" or "Which object in this room do you identify with?" Don't let this unnerve you. The house occupants do not expect you to come up with a hilarious answer. It is more important that you don't become too shy and don't clam up when you are asked such questions.
- Show interest in the students already living in the house. For example, ask which educational programmes they are on, and what other things are they involved in. You could also ask about house customs or funny anecdotes the occupants have.

AFTERWARDS

- Ask yourself whether this is the house for you to live in over the coming years. Not convinced? Don't accept the room if it is offered to you, it is important that you feel comfortable in your own house.
- Were you really enthusiastic about the house, but didn't get offered the room? Don't worry; sometimes it just doesn't click completely between a seeker and house occupants. There will be other chances!



STUDENT MEALS

Living in lodgings has many advantages, but it also means that there is no one there to take care of you any more. You will now have to prepare your own meals, and often you will be cooking not only for yourself but also for a number of housemates, who may be critical of your culinary skills. To help you on your way in the kitchen, we have picked out four recipes for you. They are all easy to prepare and your housemates are sure to enjoy them!

Budget

Thai curry



INGREDIENTS (FOR 4 PEOPLE)

1 pack/small pot of red curry paste
250 ml coconut milk
1 pack of chopped Thai or Chinese wok vegetables
350 g rice
300/400 g chicken fillet
Liquid butter
Salt and pepper

PREPARATION

Boil water in a saucepan and add the rice. Check the rice packaging to see how long it needs to cook for. While waiting for the rice to cook, chop the chicken fillet into small pieces and season with salt and pepper. Fry in the butter until golden brown. Add the wok vegetables to the chicken and continue to fry until tender. Add the curry paste and the coconut milk and allow to simmer for a further two minutes. Drain the rice as soon as it is cooked. Your meal is ready to serve: kin hai aroi!

INGREDIENTS (FOR 4 PEOPLE)

400 g spaghetti
3 spring onions
600 g spinach, fresh
100 g salted flaked almonds
250 g cherry tomatoes
1 tub of crème fraîche (125 ml)
Basil
Olive oil
Salt and pepper

PREPARATION

Boil water in a saucepan and add the spaghetti. Also add 2 drops of olive oil to the water so that the pasta doesn't stick as much. Check the spaghetti packaging to see how long it needs to cook for. Trim the spring onions and chop them into rings. Stir-fry the spring onions, regularly adding spinach. Halve the tomatoes and add them to the pan, along with the basil and the crème fraîche. Heat through for another two minutes. Drain the spaghetti as soon as it is cooked. Serve with flaked almonds. Bon appétit!

Quick!

Spinach pasta



INGREDIENTS (FOR 4 PEOPLE)

8 tortilla wraps
400 g minced meat or vegetarian pieces
1 courgette
1 red pepper
2 tomatoes
1 can of sweetcorn
1 can of kidney beans
2 shallots
150 g mature cheese, grated
1 pack of Mexican wrap mix
1 small can of tomato puree (70 g)
1 tub of crème fraîche (125 ml)
2 tbs olive oil

PREPARATION

Chop the two shallots and dice the courgette, pepper and tomatoes. Heat the olive oil in a casserole dish and fry the shallots. Add the courgette and pepper and fry for another five minutes. Add the vegetarian pieces, sweetcorn and kidney beans and heat through for a few minutes. Add the wrap mix along with 100 ml of water, heat through for a few minutes and then add the diced tomato. Heat up the wraps following the instructions on the pack and then spread them with tomato puree and crème fraîche. Fill the wraps with the mixture and sprinkle them with grated cheese. Buen provecho!

INGREDIENTS (FOR 4 PEOPLE)

2 onions
1 clove of garlic
minced meat (500 g)
1 bottle of tomato sauce (Sugocasa, 600 g)
500 ml semi-skimmed milk
4 tomatoes
1 pack of béchamel sauce mix
1 pack of lasagne sheets (250 g)
150 g mature cheese, grated

PREPARATION

Preheat the oven to 180 °C. Chop the onions and the garlic finely. Melt a little butter or oil in a casserole dish and fry the minced meat until brown. Add the garlic and the onion and fry for five minutes. Then pour in the tomato sauce and season with salt and pepper. In a separate saucepan, heat the milk and add the béchamel sauce mix. Watch out - you need to keep stirring or the sauce will burn. Pour half of the béchamel sauce into the bottom of the oven dish, topping with a layer of lasagne sheets. Then add a layer of the minced meat mixture, followed by a layer of lasagne sheets. Repeat until you have no minced meat mixture left. Finish with a layer of lasagne sheets and pour the other half of the béchamel sauce over the top. Top off with the slices of tomato and sprinkle with cheese. Bake the lasagne in the middle of the oven for 35 minutes until cooked and nice and brown. Buon appetito!

Stuffed!

Mexican tortillas



Oven baked

Lasagne



DO IT YOURSELF: REPAIRING A TYRE

What is a student without a bicycle? Not really a student at all! Luckily, this handy guide will help you to mend a puncture in no time at all.

What you will need:

Puncture repair kit
Bicycle pump
A bowl or bucket of water
An indelible pen
An old piece of cloth

1. Turn your bike upside down and let all of the air out of the tyre.
2. Take the tyre levers out of the kit. Carefully position the levers, one by one, between the rim and the tyre, hooking the other end of the lever around a spoke. This ensures that the tyre is no longer held in place by the rim.
3. Push the third lever carefully along the rim in order to free the tyre from the rim completely.
4. Unscrew the valve and carefully remove the inner tube from the tyre.
5. Inflate the inner tube a little and stick it underwater,

- a little bit at a time. Once the punctured part of the tube is in the water, you will see little air bubbles.
6. Dry the tube off and mark the position of the puncture using an indelible pen.
7. Allow the tube to deflate again. Using the sandpaper, roughen the area around the puncture on the inner tube.
8. Rub a layer of the solution around the puncture, covering an area that is at least as big as the repair patch. Allow to dry for a few minutes.
9. Remove the protective layer from the repair patch and stick the patch on the tube, pressing it firmly into place and holding for a few minutes.
10. Use the cloth to clean around the inside of the outer tyre in order to remove anything that may have caused the puncture.
11. Tighten the valve back in place on the rim and then gradually push the inner tube back into the outer tyre. Make sure that the inner tube is not twisted!
12. Push the outer tyre back into place on the rim, using the tyre levers.
13. Carefully inflate the tyre, making sure you do not over-inflate it, and turn the bicycle round again.

STUDENTFIETS

You will need a bicycle during the Kick-In for travelling from one activity to another. But later on in student life, a bicycle will be a vital necessity!

Buying a stolen bicycle is punishable by law. You will therefore be taking a risk if you buy your bicycle via the marktplaats.nl website or from a receiver of stolen goods. If you want to make sure that you are buying a good bicycle from an official bicycle retailer, then you can go to Studentfiets in Enschede and during the Kick-In. Studentfiets sells reliable upright, ladies' and gentlemen's bicycles at prices from € 45! They also give you proof of purchase if required.

Studentfiets will be on the campus on the first day of the Kick-In and during the Student Life Festival. So on these occasions you will be able to buy a good bicycle for using during the Kick-In and for the rest of your student days! If you would prefer to rent a bicycle for the Kick-In, then this is also possible. Studentfiets even delivers rental bikes to your new lodgings or overnight accommodation!

BUY YOUR BIKE AT STUDENTFIETS DURING THE KICK-IN

More than 2000 students have previously purchased their bicycles from Studentfiets and, many years later, are still very satisfied with their bike and the service provided by Student-

*Not including tyre replacements

fiets, which includes a free puncture repair service*! Studentfiets also sells good padlocks at prices from € 15, to prevent your bicycle from being stolen.

Visit www.studentfiets.nl, or contact the company at info@studentfiets.nl or by text message or whatsapp on 06-27155174. Students who register at www.facebook.com/studentfiets receive a € 5 discount on their own student bike!



FIRST AID WITH CLEANING AND WASHING



When you live in lodgings, you will need to do your own washing and keep your surroundings clean. Don't panic, we have a number of good cleaning tips to help you. The laundry care labels in your clothes will already provide you with a lot of info, particularly about what you should NOT do if you want your clothes to stay nice. Take advantage of this so that you don't have to keep asking your mother for help!

It is a little bit too busy in the pub and someone accidentally throws a glass of red wine over your new white shirt, it is completely ruined!

Strange, but true: immediately pour a glass of white wine over the stain and allow it to dry. You will see that the red stain quickly disappears.

Your clumsy housemate has once again managed to throw half of the evening meal all over the gas cooker. Time for you to work the scourers again...

To prevent this, try laying aluminium foil over the cooker. Make a few holes for the gas rings and then next time you will just need to put the aluminium foil in the rubbish bin instead of having to scrub!

Oh dear. You have spilled some candle wax onto your chic outfit during your house Christmas wwinner. What a shame.

Place a few sheets of kitchen paper on either side of the stain and then carefully iron over the stain using a hot iron. The kitchen paper will absorb the candle wax.

The kettle is once again so furred up that there are bits of limescale floating in the water. It doesn't add to the flavour of your tea...

Pour a good dash of vinegar into the kettle, dilute it with water and boil the kettle. Then rinse the kettle a few times to make

sure that no vinegar remains. Vinegar also works really well on limescale on taps or shower heads!

A big piece of spat-out chewing gum stuck to your trousers when you stood up from the wall on which you had been sitting, enjoying the sunshine. Yuk!

Put your trousers in the freezer. It is easy to remove frozen chewing gum from clothing. Chewing gum in your hair? A good way to remove it without having to cut the hair is to smear it with peanut butter.

Your chain came off your old student bicycle again and now your hands are covered in bicycle chain grease...

Take some grounds from the filter coffee that has just been made and mix with a little washing-up liquid. Use this to wash your hands and voilà! Your hands will never have been so clean!

While visiting the pub or while out on the town, you forgot to put on a pair of old shoes. The shoes you wear every day are now completely covered in beer and can no longer tolerate daylight...

Put textile shoes into water with Biotex and then give them a good brush. Clean leather shoes using a slightly damp cloth. Never allow them to dry in the sun or close to the radiator! Steam suede shoes in a warm and damp shower cubicle. Dab off the beer using a clean cloth and allow them to dry properly.



WHERE DO YOU GET

Money, money, MONEY?

Student life is great, but unfortunately it does also cost a lot of money. The monthly student grant is generally not enough for the expenses of an average student. Perhaps your parents make a financial contribution, or perhaps you will take out an extra loan, but the other option is for you to earn your own money by taking a part-time job in your new city. Many part-time jobs can be combined with your studies and are fun and educational at the same time!

The range of jobs available is huge. To give you an impression of what is on offer, eight students tell us how they earn some extra pocket money.



WALLSTREET – SABINE HOENDERVOOGT

As a member of facilities staff at the Wallstreet study centre, I ensure that the building is open on time, that everything is always spick and span and that students are able to work here in peace. In order to ensure that the hard-working students are also safe, all of the staff at the centre have taken an emergency assistance course, too. The Wallstreet study centre has 35 study areas, and as students tend to do a lot of last-minute studying for examinations, we are open until 22:00 during examination weeks. You need to be there early in those particular weeks, otherwise all of the spaces are already taken! As our team is made up of five people, we work more than 15 hours per week each. That maybe sounds like a lot, but we do have a lot of time for studying in between carrying out our duties. This is what makes working at Wallstreet a popular part-time job. Our team is great and occasionally we go out and do something fun together. I reckon that we have the best part-time jobs there are in Enschede!

GROLSCH – MARTIJN SCHELTES

Working at Grolsch sounds like the perfect job for a student, and it is too. Grolsch is a well-known brand internationally and it plays an important role in the life of almost every 'Tukker' (native of Twente). The majority of the students working at Grolsch give guided tours around the brewery and some also work at reception. Before being allowed to give guided tours around the brewery, you learn exactly how they brew the beer that is drunk every week. You also learn all about the bottle-filling process, export, marketing, etc. In addition to giving guided tours, you can also work for Grolsch at festivals, at the Grolsch Veste stadium and serving beer at external locations. Having a part-time job at Grolsch is good fun and you also learn a lot about the beer students drink the most. And you also learn to present to large groups.

TWENTE ACADEMY – VINCENT VERHAGEN

I have been working for one of the largest employers at the University of Twente, the Twente Academy, since my second year. The Twente Academy is the UT's 'pre-university college' and helps primary and secondary school pupils with everything they encounter during their studies. This is, of course, a huge undertaking, requiring good organization as well as the actual coaching involved. You may be familiar with Twente Academy through its online learning environment, or perhaps you took part in one of our competitions. I have been the External Relations Coordinator for the Academy for two years now. The job involves maintaining contact with businesses and looking for sponsors for our activities. This means that I have visited a lot of interesting companies and that I have worked with companies such as Siemens, Boeing and LEGO, and companies in the region, such as MASER, INDES and Zeton.

CHEF HORECA & CATERING – RUBEN FRANSEN

I have been working for Chef Horeca & Catering since my second year of studying Applied Mathematics. The company operates in various locations, including The Gallery on the Campus, the Brasserie CineChef and Feestcafé De Kroeg in the Cinestar cinema building. Working for Chef is great fun as my colleagues are very varied and sociable; there is a good atmosphere at work. I started off in the kitchen at the Brasserie, doing the washing-up and helping out. My duties as a kitchen help included making the desserts and starters - delicious carpaccio, for example. Currently, you can find me behind the bar at FC De Kroeg on Saturday nights and often there are great parties there on Friday nights. Football fans often come to have a beer (or two) when FC Twente is playing.

HOMEWORK HELPER – DENISE BOELE

I have been working for Onderwijsbegeleiding Oost-Nederland, an organization that provides supervision for pupils doing their homework, for two and a half years. At the beginning of each quarter, you let the organization know when you will be available, so it's a flexible job. I work once a week (and sometimes twice a week) in a class with six to seven pupils. They all have very different backgrounds, come from different cultures, attend different schools and have difficulty with different subjects. One finds maths hard, while another doesn't get German at all. This makes my work very varied. The organization allocates you to the same classes as much as possible, so that you can build up a relationship with the children. The nice thing about that is that you can also see the pupils making progress and see them gradually gain more self-confidence. The good thing about the foundation is that we can also offer places to children whose parents are unable to pay for the service. This is made possible by generous funding from the municipality and other sources for helping these children.

UNIONSHOP – ELISE NANNINGS

I have been working in the Union Shop in the Bastille at the University for three years now. The Union Shop is where people can buy their course materials for the subjects they are taking, among other things. You can also get printouts and lab journals at the shop, and we sell UT clothing and products. You can also have clothing printed at the shop. The Union Shop is where to go for dry cleaning and clothing repairs, too. It is easy for me to combine my job with my studies as I am able to let the shop know how many shifts I can or want to work for each period. This is very useful if one particular period is busier or quieter. What makes it a nice part-time job is that I have a lot of contact with students!

IKEA - JOANNE GOOSSEN

I have been working as a Food employee at IKEA Hengelo since I started my programme in Public Administration. I work a couple of evenings in the week and in the weekend. My duties are very varied and range from preparing and presenting products to taking payment for them. I made a conscious decision to work alongside studying. I found that I had a lot of spare time while at university and a part-time job seemed to be a good idea. The salary I receive each month is, of course, very welcome. What's particularly nice about working at IKEA is that you have plenty of opportunities for personal development, in addition to carrying out your regular duties. IKEA is an organization that invests a lot of time in the development of its staff and I have made grateful use of this. The part-time job at IKEA has brought me a lot of new knowledge and skills, and even a final thesis project!

BASTILLE CARETAKER – LISA DEIJLEN

The caretakers for the Bastille are responsible for all that goes on in and around the building. You can generally find us at the service desk on the ground floor. My eight colleagues and I ensure that you can access the Bastille on weekdays and on Saturdays in order to study, attend meetings or work. We open up early in the morning and shut up the building at midnight. During the day, we ensure that everything is in order and that everyone can find their way around and we hand out the keys to the various offices. You can also reserve meeting rooms with us. Our friendly group is happy to help visitors to the building, so if you have any questions or are not sure where to find something, do not hesitate to come to the service desk.

TIPS FROM THE TREASURER



Once your examinations and the summer holidays are over, your student career will begin. Starting at university marks a new phase in your life. You have selected your study programme and you will be deciding whether to live in lodgings. Whatever you choose to do, there will be lots of changes in your life, and those are demanding for wallet. Students are borrowing increasing amounts from the Dutch student finance organization DUO. However, not all students are aware of the loan conditions. On average, students borrow € 365 per month. After four years, this equates to € 17,500. The Dutch family finance institute Nibud expects this debt to increase. If you pay back the minimum amount each time, then you will have a debt for no less than 15 years. Before deciding to borrow extra money, take a good look at the loan conditions and their consequences by going to www.duo.nl.

The treasurer, with help from Nibud, has put together some tips to help you make your time at university more affordable.

MONEY TIPS:

1. Apply for a Dutch student loan and any supplementary grants in good time. The same applies to your student public transport chipcard. You can apply for this at www.duo.nl.
2. If you are over 18, ensure that you have applied for your healthcare allowance.
3. Keep good records of money transactions so that you know exactly what you spend in an average month and what your income is.
4. Open a student bank account, these are free.
5. Don't go shopping when you are feeling hungry. If you do, you will tend to buy more food.
6. Take a packed lunch to the University: if you buy a roll costing € 2.50 from the canteen every day, this

7. will cost you € 600 per year.
7. Postpone spending large amounts of money for a week and consider whether you really need to make the purchase. Why do you want to have the item?
8. If you go out, take cash with you and leave your bank card at home. This will prevent you from being tempted to take out more money and will stop you from spending more money than you were planning to spend.
9. Discuss your finances with your parents. They can often give you useful tips.
10. Check whether the price you pay for renting your room is realistic (www.huurcommissie.nl or www.checkjekamer.nl). The average cost for room rental in Enschede is € 276 per month.
11. File an annual tax return if required. The tax authorities deduct tax from your wages on the assumption that you work full time all year round. As you are a student, this means that you pay too much tax. Fortunately, you are able to claim the money back by filing a tax return. You can even file a return for tax years dating back five years.
12. Some restaurants, cinemas, theatres, museums, etc. give discounts to students. Take full advantage of these discounts by making sure you always have your student identity card with you.
13. Buy second-hand textbooks from older students, via marktplaats.nl or bol.com. It is also important to wait until your first lecture so that you know whether you really do need a particular textbook.
14. If you earn a lot of money by doing a part-time job, then keep an eye on your additional income so that you do not lose your entitlement to financial assistance for students or free travel. The maximum you can earn in 2014 without losing these entitlements is € 13,729.80.
15. Buying things in bulk is always cheaper; cooking for a group of people often saves you money. Use the following websites for keeping finances for your student house, for example, in check: www.eetlijst.nl, www.wiebetaaltwat.nl or www.onlinehuisrekening.nl

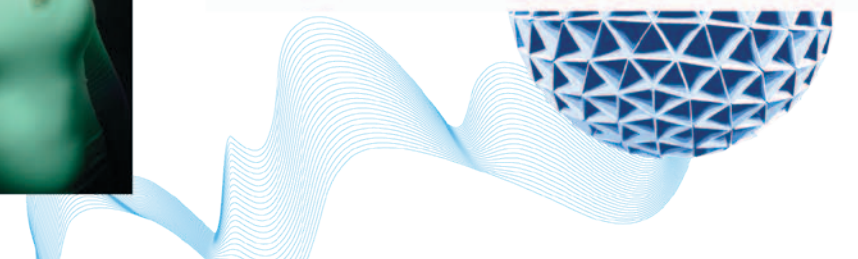
MY TOUCH BUILDING MY OWN PLATFORM FOR GLOBAL CHANGE



In September 2013, the University of Twente started the Netherlands' first University College in which engineering and social sciences merge: ATLAS (Academy of Technology and Liberal Arts & Sciences). This 3-year, English-taught bachelor programme aims at preparing talented students to become the 'New Engineers' of the future.

ATLAS is for real pioneers: students with the ambition, the courage and the drive to push back boundaries. During the course they are challenged and trained to devise clever, technology-driven solutions to complex issues, such as urbanisation or climate change. A passion for technology, social sciences and people is a must. Interested? www.utwente.nl/en/atlas

UNIVERSITY OF TWENTE.
HIGH TECH HUMAN TOUCH



PRE-UNIVERSITY twente academy

TWENTE ACADEMY

Twente Academy is the Pre-University College of the University of Twente. Twente Academy stimulates and tutors high school students to perform better during their last years. The purpose of this is to discover new talent and guide students to the University. Activities of Twente Academy consist of extra study camps but also online tutoring, Master-classes and projects for stimulation of Technical studies.

The employees of Twente Academy are students from all the different studies of the University of Twente. This creates variety and motivation to perform as well as possible.

LOOKING FOR A PART-TIME JOB?

Twente Academy is regularly looking for students who would like to guide high school students, work in our office or who would like to help developing learning material for our Online Learning Environment.

On our website you can indicate if you would like to be informed about vacancies at Twente Academy. When there are new vacancies, we will keep you informed by e-mail.

CHECK WWW.TWENTEACADEMY.NL
AND DISCOVER WHAT WE CAN
DO FOR YOU!



APPLY NOW!
UNIVERSITY OF TWENTE.

Map of Enschede's City Centre

