



Pre-departure information

What can you prepare
before coming to LUC?



**Universiteit
Leiden**

Leiden University College
The Hague



Let's get ready!

Pre-departure information

So, you are almost ready to move to The Hague! Some of you come from far away, all corners of the world. Some of you live down the street. Nevertheless, moving to your new home requires a lot of preparation for everyone.

Many practicalities can only be arranged once you have arrived and settled in The Hague. However, there are some things you can prepare beforehand.

With the help of our Introduction Week Mentors, we have compiled and carefully curated some tips and tricks for your preparation, packing, and what to expect in The Hague!

What can you prepare?

- What to pack?**
- Money matters - open a bank account and other tips**
- How to get to LUC - public transport**
- Make your appointment at the municipality**
- Register at a GP**
- To be continued later...**



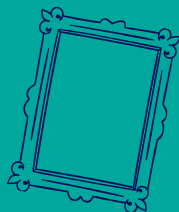
What to pack?

Packing can be quite the puzzle! To help you navigate this challenge, we've put together a comprehensive list of essentials you might consider bringing from home. We've organized these items by theme for your convenience. Within each category, you'll find two sections: "To bring now," consisting of items you'll want to bring along, and "To get in NL," for those who need to travel light.

What's needed to settle in?

Basic necessities to bring now

- A charger and converter to charge your devices
- An extension cord
- A laptop or tablet
- Towels for showering, we recommend starting with 2
- Soap, shampoo, conditioner, any other daily products
- Toothpaste & toothbrush
- A cloth or sponge
- Some basic (or necessary) medications, so in case you feel unwell, there is no need to leave your room
- A snack from your home town or country. Perhaps something that is not available in The Hague, to get you through feelings of homesickness. Make sure you are allowed to bring it in though - some produce is not allowed!
- Something personal from home that will make your new place feel more like home.



What's needed to settle in?

Basic necessities - to bring with you *or* buy upon arrival

Coming by car? Perhaps you can bring these items with you.
Flying in? Might be better to buy them here.

- Some basic kitchen utensils to get you started:
 - Knife, fork and, spoon
 - A bowl or plate for your food
 - A small pot to warm up or cook food
- Your top choice of a cleaning product. Just for your room; you do not need laundry detergent as that is already in the machines. Consider:
 - A reusable cloth
 - A cleaning spray
 - A sponge
 - Dish soap
- Optional: A change of sheets – you will have a duvet and get supplied with a pillow and duvet cover set. If you want to customize, here are the measurements:
 - mattress size 90x210 cm
 - pillow case 60x70 cm
 - duvet 140x200 cm
- Clothes hangers (DUWO provides about 10 per room)

Beyond the basics

Pimp up that kitchen!



Your kitchen comes with the following:

- An induction hot plate
- A fridge
- A shared freezer in the common room

How to bring your kitchen to top-chef level?

Consider adding:

- At least one wok or frying pan, 24 cm in diameter or up. Anything smaller means things will stew rather than fry. It also makes throwing dinner parties rather difficult
- At least a single stainless-steel pot. 20 cm diameter or up
- A wooden spatula and spoon. Composite and silicone are good alternatives. For the love of all things, don't get a metal one unless you know what you're doing
- Two cutting boards of reasonable size. That means: the bigger, the better
- Similarly, more bowls than you think you need (double what you think you need). They're so useful. Bonus points if they come with lids to store leftovers
- Also get at least 2-4 plates/glasses/cups/knives/forks/spoons for eating everything you're gonna make

More here



Beyond the basics

Pimp up that kitchen!



- The most important bit: A proper chef's knife. Yes. Knives are scary. But please believe me when I say that a big sharp knife is a lot safer than a dull small one. A sharp knife cuts what you want it to cut, a dull one cuts whatever it wants to
- A smaller paring knife for the quick/detailed smaller stuff
 - Get something to store knives in. Don't leave them lying in your drawers. It's dangerous and will dull them very fast
- Kitchen towels

And some final tips for the cooking enthusiast:

- A peeling knife
- Everything related to baking. (It's the easiest way to make friends!)
- An oven (helps a lot!)
- Baking tray
- Mixing bowl
- Microwaves are nice. But please don't eat hot pockets every day, you won't get enough fiber. Trust us, we've tried.
- A kettle, microwaved tea is just not as good.
- Cookbooks! Some tips from previous students: "The Food Lab" by Kenji Lopez-Alt. Alternatives are "The Joy of Cooking" or "America's Test Kitchen's Beginner's Guide", or how about a vegan cook book by Gaz Oakley?

What to wear?

Preparing for life in The Hague

The Netherlands tends to be on the rainier side. We have 4 seasons here, with the average temperature in July being 19 Degrees Celsius and 4 Degrees Celsius in January, but some summer days can go up to 36 Celsius as well. Those are some big temperature differences! Hence, it is important to be prepared mentally and packing-wise, though you can always buy clothing here as the seasons change.

To bring now

- A warm raincoat (that is also wind resistant)
- An additional light coat
- 2 pairs of jeans or other pants that have similar thickness/warmness (summer temperatures can be unpredictable)
- 1 or 2 sweaters or cardigans, be it in air-conditioning, at night when it gets cold, or during a colder summer day
- Sun screen (the sun can burn no matter the temperature)
- A swimsuit (the beach is not far away!)
- 1 or 2 sets of PJs

More here





What to wear?

Preparing for life in The Hague

- At least one pair of closed shoes, for the rain and cold in the Netherlands!
- However many t-shirts, tops, shorts, summer pants, or summer dresses you desire – having around a week of clothing ready to go is advisable
- Put a change of clothes into your hand luggage! (Sometimes, a suitcase can get delayed and it is the worst feeling to not have something to change into that is your own if it happens)

To get later

- Some additional sweaters or warmer attire to wear inside
- A winter coat
- A pair of boots for rainy and stormy days



Let's talk about money

If you don't have one yet, it is strongly advised to open a Dutch bank account. It will make many aspects of your life a lot easier: getting a phone contract, registering at the gym, being paid if you choose to get a job (some places do not accept foreign bank accounts), paying easily in stores, etc. You will be able to open a Dutch bank account once you have moved to The Hague.

An unexpected difficulty regarding opening a Dutch bank account you may encounter is: Not being 18 years of age (this is a requirement for many banks). Check if this is a requirement for the bank in which you would like to open an account. It may also be possible to start the process if you are under 18 if you are accompanied by a parent or guardian. Also, it is useful to have a Dutch phone number for opening some accounts.

Banks?

In general, banks have different procedures. However, in most cases you will need:

- Passport/EU ID Card
- Unconditional admission statement, or statement of student registration - see instructions [here](#)
- Proof of your Dutch address (e.g. rental contract, statement from your landlord)
- Proof of your [town hall registration](#), mentioning your BSN (citizen service number). If this document has not yet been issued, ask the bank whether you can submit it after your appointment
- Non-EU/EEA students only: your Dutch residence permit. If your permit is not yet available, request a copy of your official IND residence permit approval letter by sending an e-mail. *Note that this is not the same as the residence permit approval email you received from the Visa Team.*

Banks?

There are many banks in the Netherlands, which all meet international standards. Click on the logos for more information about student accounts of the most common banks. Note: Some information about student accounts is only available in Dutch.

ING 

 SNS

 ABN-AMRO

asn  bank

 Rabobank

Triodos  Bank

Alternative: Online Bank

 bunq

By online banks we mean a bank that does not have physical branch offices that you can visit. All business is conducted online. You can open a student bank account with bunq online bank. No BSN needed.

Is it important to you that your bank is sustainable? Perhaps this article from dwars can help you. This article also gives a good overview, but is only available in Dutch.

Other money tips

If you do not own a Maestro Card - BRING SOME CASH! Why?

The Netherlands generally works with Maestro bank cards. Cash is not accepted everywhere.

- European bank cards work in most places, but non-European cards are often not widely accepted. Many places (like the Albert Heijn, the nearest supermarket) do not take Credit Cards.
- The ticket machines at the train station at the airport do not always take credit cards - be prepared to pay cash if needed.
- For your first week at LUC, before you have a Dutch bank account: bring some cash just to be sure. To give an indication:
 - Food (around €70/week)
 - Train/Tram tickets (see also the next section)
 - Going out
 - A coffee costs around €3-4
 - A beer €2-5
 - Soft drinks €3
 - Sandwiches €3-5



Public Transport 101

Traveling by public transport in the Netherlands: the preferred way to get around

If you are coming from the airport, you will most likely take a train to get to AvB. Taxis tend to be pricey; a taxi from the airport to The Hague can easily be €100. This guide explains how to get a ticket, where to go and how to get here.

Where to go

LUC is located in the Anna van Buerenbuilding (AvB), right next to **Central Station** in The Hague. The Hague has two major stations; The Hague Central and The Hague Hollands Spoor. If you arrive from your destination at Hollands Spoor, you can transfer to another train or tram to get to Central Station. From there it is a 2 minute walk to AvB.

Getting tickets



It is not possible to buy tickets on the train, you have to get your ticket before you board the train. Tickets are valid at all time slots, even if you buy a ticket for a specific time slot.

Ticket options

There are a few ways to pay for your journey:

- Buy your ticket beforehand, online. We recommend using the NS website for train tickets.
- Tap in and tap out with your bank card or apple / google pay. This was introduced last year and seems to be working quite well, also on other public transport (trams, buses, metro).
- Buy a one-off ticket for your train journey, at one of the machines (pictured). Note: the machines often do not accept credit cards.
- Get an OV-card: this is a rechargeable public transport card. There are anonymous cards and personalized cards; the latter can be used to get a discount card as well. Many students wait to get such a card until after arrival.



NS (to plan train travel)



9292 (plan all public transport door 2 door)



google maps (you know how it works)



Municipality registration: Set your appointment

Everyone who moves to a new address has to register this new address at the municipality (Dutch and International students). For International students it's extra important, because registering at the municipality will give you a BSN (a citizen service number) which is required for communicating with hospitals and benefit agencies, applying for a job, tax waivers, etc.

It is advised to make a town hall registration appointment before arriving to The Hague. You will need to be present at the meeting, so set the appointment for a date on which you will be in The Hague.

Once you register with the municipality in the Hague, you will receive your BSN within approximately 2 weeks.

FOR DUTCH STUDENTS

Dutch citizens already have a BSN. The BSN can be found in your passport; it is listed as 'persoonsnummer'.



If you lived abroad before coming to LUC, you still need to register your new address at the municipality in person. If you move from within the Netherlands, you can register your move online.

FOR EU/EEA STUDENTS (incl. Swiss)

When you register with the municipality of The Hague, you will need to bring:

- A legal document to identify yourself, such as an ID or passport (not a driver's license)
- Proof of residence in the Hague, such as your signed housing contract



FOR NON-EU/EEA STUDENTS

During your registration at the municipality, you will need to bring:

- A legal document such as an ID or passport (not a driver's license) to identify yourself with
- A proof of residence
 - Such as your signed housing contract
- Proof of legitimate residence
 - This could be a valid residence permit, or the residence note from the IND in your passport, or the MVV sticker issued after 1 June 2013 or the decision by the IND / invitation by the IND to pick up the residence permit





Insurance and health care

All residents in the Netherlands must have sufficient health insurance coverage. The type of policy you need depends on the coverage you require and whether you will work or do a paid internship. There are different options depending on your personal situation (if you are an EU/EEA student, if you will work or do a paid internship, and whether your own health insurance from home will cover you abroad.)

[Please check this website for more information on different insurance options](#)

Register at a GP

Registering with a General Practitioner (“huisarts” in Dutch) is an important step to complete once you arrive in the Netherlands. If you become ill or have an accident that requires medical attention, you will need to have a GP to be able to receive medical attention. When registering with a GP, check whether your health insurance (if it is not a Dutch one) is accepted. Most often, any European health insurance will be accepted. For students who already have a GP in the Netherlands, it is advised to register with one within The Hague for convenience and accessibility.

DE DOC

De Doc is a GP close to LUC, which has also been named the official house doctor for students in The Hague. [You can register online.](#) You do not need to have a BSN in order to register. Just fill out "0's" instead of a number - the assistants will put it through



StudentDoc
Head office:
Boomsluiterskade 299
2511 VJ The Hague
+31 070 382 4777

A close-up photograph of a smartphone screen showing the Facebook logo in white on a blue background. The phone is tilted, and the top status bar shows icons for WhatsApp and messages.

facebook

Join the groups!

At LUC there are various groups (mainly Facebook) which are handy to join

LUC TEAMS



Important LUC announcements

LUC Buy & Sell



Marketplace for LUC students

AVB Housing



Issues regarding housing, (e.g. power outages, washing machines etc.)

To be done later...

1. DigiD: digital ID - is how you identify yourself online when you arrange official matters, such as with the government, educational institutions or healthcare organizations. Applying for a DigiD requires a BSN, so you will only be able to start this process once you have registered at the municipality and gotten your BSN
2. Rent Benefit: You can only apply for rent benefit if you are 18 or older and once you have received:
 - BSN (registration municipality)
 - DigiD (you need a BSN for this)
 - Preferably a Dutch bank account
3. Dutch Phone contract: On the following [website](#), you can compare different subscriptions (sim-only plans, plans with a sim-card and phone, etc.) The most popular are: Vodafone, T-Mobile, KPN, Ben, Tele2, and HollandsNieuwe
 - You can also opt for a prepaid card, but if you're looking to use minutes, texts, and 5G (data) regularly, you will be better off with a phone plan
 - Tip! The pre-paid card is the way to go the first weeks. You can even get one in the supermarket! In most cases, it's possible to keep the same phone number if you switch to a phone plan later on



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