

Introduction week magazine

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VHL University of Applied Sciences



The city Leeuwarden



Student association Osiris

Organisation of the introduction week 2018 has begun



LEEWARDEN— This is the first introduction week magazine (IW) of this year! If you plan to study at Van Hall Larenstein upcoming schoolyear, then this IW is especially made for you!

Right now you're probably waiting to hear if you've passed your exams, and are mostly in the blue about your upcoming study and your life as a student. But time flies! In about 3 months you will start a new study at a new school, with new classmates, new teachers and in a new city. So there are a lot of new things out there for you!

Registrations opened

LEEWARDEN - Do you feel like joining the 2018 introduction week? Then sign up quickly!

If you want to join the introduction week of 2018 you obviously have to sign up! You can register online, on the website you will find more information about the introduction week: www.hvhl.nl/themapagina/aangemeld-en-nu-content/informatie-leeuwarden-content/

This introduction week is organised especially for the new freshmen. This week is filled with amazing experiences you cannot miss! During this week you will get to know the city Leeuwarden, your fellow students, the school Van Hall Larenstein and student association Osiris, in a relaxed and sportive, but mostly sociable way. The introduction week is not mandatory –**except for Tuesday where you will get information about your study, like your schedule**– but too much fun to miss! After this week you will feel more at home in your new surroundings at the beginning of your study.



**van hall
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The KennismakingsCommissie of 2018

LEEWARDEN—To organise this great week the KennismakingsCommissie (KC) is founded at the end of February. The KennismakingsCommissie of 2018 consists of 15 members who are already busy for quite some time to organise this fantastic week. They gather every week to make sure that the introduction week of 2018 will be an unforgettable week for all the participants. This is done in cooperation with personnel of Van Hall Larenstein.

This week comes with a lot of planning and organisation. During the weekly dinners and meetings the atmosphere is excellent and everybody is trying their best to make sure the introduction week of 2018 will be an amazing event. We are looking forward to it!

So we hope that we can welcome you on our beautiful school Van Hall Larenstein on **Monday 27th of August 2018!**

The KennismakingsCommissie 2018

Pieter Bouma, Kirsten Lassing, Gerard Oosting, Maaike Evers, Theo van den Broek, Maureen Peppelman, Hidde Barelds, Jeroen Spruit, Iris van der Schoot, Wannas Lely, Patrick Kalkman, Rosa Schat, Sophie Bruinenberg, Bram Gjaltema and Rosanne van den Bosch.



Introduction week starts soon

LEEWARDEN—The introduction week starts on Monday with an introduction day for all new students in Leeuwarden. So those of the Noordelijke Hogeschool Leeuwarden (NHL) and Stenden will be there as well. This day is not mandatory and is only obligatory for students who participate with the rest of the week.

Tuesday 28 august 2018 is about your study. This day is organised by the teachers of Van Hall Larenstein and is **mandatory for everybody!** As well for the students who are not participating in the introduction week. This day is very important because you will get useful information about your study, like your schedule. You will also meet some of your teachers and your classmates. At the beginning of your study you will be guided by a study counsellor (StudieLoopbaanBegeleider/SLB'er). During this day you will get to know your teachers in a relaxed way. Therefore, it is easier to ask them questions in the beginning of your study.

During the introduction week you will be divided in different groups which are guided by mentors. These mentors are second, third or fourth year students. The mentors of your group are responsible for your sleeping place, and are partly responsible for a successful passing of this week. You will have the same mentors the whole week so there is always someone you can fall back on. There are also two trust persons, who are two members of the KC, they will be constantly available for personal problems.

The introduction week is filled with fun activities, but we are not going to spoil them! This week is a great opportunity to get to know your fellow students and your teachers. We can tell you already that there are a lot of (sportive) activities through which you will get to know the city Leeuwarden better and that every evening will have a fun closure. At the end of the week we will close in a legendary way which the whole city of Leeuwarden is going to hear!



Van Hall Larenstein, an unique school

LEEUWARDEN—Van Hall Larenstein is a special school with a wide range of studies that has its focus on nature and its surroundings, health, humans and animals and responsible entrepreneurship. The school has a total of almost 2500 students, including approximately 650 freshmen.

Not only the studies are special, but also the building which is designed by Atelier PRO architects from Den Haag. The materials of the building are high quality and natural. Van Hall Larenstein has its own water filtration system, greenhouses on the roof, stables with animals, several laboratories, some technology halls and a big media library.

Between classes you can take a break in the cafeteria which is located in the centre of the school. There you can buy something to eat, like a sandwich or a candy bar. Besides the regular cafeteria, Van Hall Larenstein also has several study areas. You can meet here with your fellow students between your classes. The study area is an ideal place if you want to discuss some school business during your lunch.

Van Hall Larenstein also has a bar: Grand Café Van Hall. The bar is opened every Monday through Friday from 15:00. The students who are connected to student association Osiris are running the bar, but every student of Van Hall Larenstein is welcome. In the bar you can drink and rest with your fellow students. It is a great place to chat, play different board games or read the newspaper.



Student association Osiris is the biggest of Friesland

LEEUWARDEN—Student association Osiris is THE student association of Van Hall Larenstein and is only for students who are studying at Van Hall Larenstein. Every student is welcome in our society 'Abydos', members of student association Osiris can participate in different activities that are organised by the student association. Osiris is characterised as open-minded and known for the great diversity of different people.

There's a lot of planning and organising required in the student organisation so the association exists of a great number of commissions. There is for example a commission which maintains the society. And there is also a commission which organises activities outside. To be a member of a commission is fun and besides that a great learning experience. You will work on your organisation skills and you will get experience when you join the board, you will have benefits from these experiences in your further carrier. The commissions of the student association are guided by the board, which exists of different members of student association Osiris.

You can become a member of student association Osiris during the introduction week, but you can also join later in the year. We do not do a hazing ritual, but we do carry on a certain tradition.



Leeuwarden the best city for students

LEEWARDEN—Leeuwarden is a strong growing city for students. It appears to be a very quiet city, but if you look past that peaceful and quiet character, there is a very active student life!

Besides your study, in Leeuwarden you can relax in many different bars, cafes and disco's, and you can go out every Thursday night, also known as 'the night out for students' where you can party until the next morning.

If you decide to become a member of our student association, our society is open every night from Monday till Friday. But there is more! The Doelesteege, a street in the middle of the centre of Leeuwarden, is the centre for parties. In the Doelesteege there are a great number of fun bars, which you will get to know during the introduction week. If you want to have a great evening with some dancing and flirting you can go to the Bascule or Shooters. Leeuwarden also has a municipal theatre, two cinemas, many cafes where you can eat something and a great shopping centre. There are many events and concerts in the city so you do not have to be scared that Leeuwarden will be boring if you live by yourself.

Introduction week of 2017 was a success

LEEWARDEN—If you ask freshmen of Van Hall Larenstein about their experiences during the introduction week, they will give the same answer: "It was an amazing week which I will never forget!". They have met so many new people in a fun way that they were comfortable right at the beginning of their study in their new city.

In short: It is a week you cannot miss! We asked a few freshmen if they wanted to write about their experience in the introduction week of last year. Through their experiences we hope you will get an impression about the upcoming introduction week!



'As you may have guessed, I went anyway and believe me, it was the best week of my life! On day one alone I made friends for life.'

Kimberly Bras tells:

The introduction week, where do I start? At first I didn't even plan on going. I expected it to be awkward around all these new, unknown people, sleeping together at one house for an entire week? No, thank you.

But as you may have guessed, I went anyway and believe me, it was the best week of my life! On day one alone I made friends for life, now I am incredibly looking forward to the next introduction week. This time I will be a mentor, I can't wait to start!

After the introduction week you will probably be unbelievably tired, but I can tell you from experience it's all worth it. Every day waking up early in the morning, to eat breakfast in the tent. After the meal there will follow a morning activity, lunch and more fun in the afternoon. Around 5.30 P.M. on your way to the tent for supper. Some days there will also be evening activities, at the end of the day program everybody will go home to get ready for an evening at the society.

What the activities precisely contain and the details remain a surprise of course, but my suggestion is: Just go! I'm very glad I did.

I really hope to see you in the introduction week! I might even get to be your mentor.

Greatings,
Kimberly



“My best memory? Dancing on top of the tables while the worst songs were playing. Even my own father would be ashamed.”

Niek van de Ven tells:

My introduction week? In one word: **Amazing**. During this week your student life starts before you even know it. You will meet people with whom you will spend much of your time in the next years or even the rest of your life. The week of early mornings, physical exhaustion, little rest and messages from worried parents at 3 A.M. In short: the greatest week of your life.

Every morning you'll be wakened by your personal alarm clock which you probably will call mom or dad and cycle in your coverall with 20°C outside to get breakfast without any clue what the rest of the day might bring. The schedule remains secret till the very last minute, because of that the excitement levels and fun are very high during and after all the activities. At the end of the day when it's diner time everybody gets back to the tent where the food processing team or in Dutch VoedselVerwerkingsTeam has prepared a great meal. When everyone is done it's time for some last evening activities, because we haven't been up long enough jet. And even after that the end of the night is not within reach because every night there is a band and DJ waiting for us to party in our society 'Abydos'.

My best memory? Dancing on top of the tables while the worst songs were playing. Even my own father would be ashamed.

I can recommend the introduction week to each and everyone of you, I'm sure you won't regret it. I hope to see you there!

See you then,

Niek van de Ven



More information

LEEUWARDEN—In the next IW-magazine you can read more about the upcoming introduction week. The second IW-magazine also gives you more information about the KennismakingsCommissie and the important people of Van Hall Larenstein.

The websites below will also provide you with more information about the introduction week:

Van Hall Larenstein:

www.vanhall-larenstein.nl

Student association Osiris:

www.svosiris.com

Participation in the introduction week:

www.hvhl.nl/themapagina/aangemeld-en-nu-content/informatie-leeuwarden-content/

Facebook:

<https://www.facebook.com/IWHVHL>

Through the Facebook page you can meet your fellow students, get information about the introduction week and get to know the KennismakingsCommissie. Don't forget to like us!

If you have any questions you can always mail: kennismakingcie.osiris@hvhl.nl

