



Information for UTRECHT SUMMER SCHOOL in SCIENCE STUDENTS August 2010

Congratulations, you have been officially accepted in one of the Utrecht Summer Schools that are held under the auspices of the Graduate Schools of Life Sciences and Natural Sciences:
(Attn. all buildings are in University Centre De Uithof, except for the Freudenthal Institute.)

Life Sciences	Building and registration address:
• Exploring Nature's Molecular Machines	H.R. Kruyt Bldg., Padualaan 8, room N-606
• Toxicology and Environmental Health	IRAS building, Jenalaan 18 D, lecture room

Natural Sciences	Building
• Chain Computerisation	Buys Ballot Lab., Princetonplein 5, rm. 065
• Computer Science	Buys Ballot Lab., Princetonplein 5, rm. 083
• Mathematical Statistical Mechanics	Mathematics Bldg., Budapestln. 4, rm. 712
• Music Information Retrieval	Buys Ballot Lab., Princetonpl. 5, rm. TBA
• NanoMaterials	Ornstein Lab., Princetonpl. 1, rm. 260
• Physics of the Climate System	Buys Ballot Lab., Princetonopl. 5, rm. 613
• Science and Mathematics Education	Freudenthal Inst., Utrecht Overvecht, 4 th floor
• Theoretical Physics	Minnaert Bldg., Leuvenln. 4, rm. 402

Please read this document carefully. It will provide you with practical information on your arrival and stay in The Netherlands. This document contains information on:

1. Before you leave
2. Arrival in the Netherlands and public transport
3. Summer school accommodation and cancellation
4. Registration at the Summer School venue
5. Health services
6. Addresses and other information
7. Contact persons
8. Safety tips

1. Before you leave

What to bring

- o Valid passport (an ID card is not valid unless you are an EU citizen)
- o Travel insurance which covers medical costs, liability, et cetera
- o Cash for meals, drinks, going out.
- o If you bring electronic equipment: the voltage is 220 so you may need to bring a converter.
- o Clothing: summer clothes, a sweater, a raincoat may be essential.
- o Towels.

Visa

Please check if you require a visa, which can be obtained at the Dutch embassy or consulate in your country.

If you are not only a summer school participant but also a student that has been officially admitted to one of our MSc programmes in an earlier stage this year, then please follow the visa instructions in your UFAH (Utrecht Feel At Home) packet and take care that you adjust your arrival date on the visa application form to your participation in the summer school.

Insurances

You should take out a travel insurance which covers medical costs, liability, accidents and expatriation to your home country in case of emergencies. If you need a doctor while being in the Netherlands you first have to pay the bill, that you can send to your insurance company afterwards to be reimbursed. (See also 5. Health Services.) In some countries it is not so easy to take out such an insurance. However you may use the following online possibility with <https://www.students-insurance.eu/> to purchase the Complete ICS insurance to be fully covered during your stay in the Netherlands. This insurance package covers Accidents, Extra expenses, Personal Liability, Personal belongings, Legal Assistance and ISOS Assistance as well as full medical cover. Click on 'I'm going to the Netherlands'.

Drugs

The laws concerning drugs are strict, and the penalties are heavy. If you have to bring drugs that have been prescribed by a doctor, you are advised to bring documentary proof of the nature of the drugs; otherwise they may be confiscated. Drugs such as cannabis, ecstasy, cocaine and heroin are prohibited and customs officers and the police have the right to search for illegal drugs.

Budget in Utrecht during the Summer school, chipknip cards, and use of credit cards

Lunches: price per lunch depends on your personal wishes, reckon with about € 5-7.50 per lunch. Opening hours Minnaert restaurant: 09:00h-14:00h. In the University restaurants you can only pay with a so-called chipknip card, that also can be used in vending machines, and in shops. Upon arrival you will receive a non-reloadable chipknip card to the amount of €50. (Except for students of the Science and Mathematics Education Summer School.) Please note that you are responsible for this chipknip card. In case of theft or loss you can only buy new cards of €10 or €20 at your own expense via the automaton in the University Library.

Instructions for paying with your chipknip card in the University restaurants:

Put your card in the automat at the cashier's desk. On the display the amount to be paid appears. You pay by pressing on "JA" (=yes). The amount is written off automatically. At the same time you can check the balance of the card in the automat by pressing on "?".

Use of credit cards

In super markets, pharmacies, drugstores and small shops payment by credit card will in general not be accepted. But you can of course always use your credit card for withdrawal and pay cash.

Meals in the evening downtown: price depends on your personal wishes. But reckon with € 15 per meal. And take some extra cash for drinks, going out etc.

2. Arrival in the Netherlands and public transport

The Netherlands has a very good public transportation network, which makes it easy to get around. However, the most common means of transport within the city is a bicycle

How to get to Utrecht from Schiphol Airport

By plane: Schiphol Airport – Utrecht Central Station

By train: Schiphol train station is situated directly below the airport. You can pick up a free baggage trolley from the platform. Via Schiphol Plaza you can walk straight to the departure or arrival hall. Train tickets are available from the yellow ticket machines near the platforms at Schiphol Plaza or from the ticket offices, which are situated close to the red/white-checked cube at Schiphol Plaza. Trains depart for Utrecht about every 15 minutes. Buy a one way ticket (enkele reis) to Utrecht Central Station (€7.80). There are four direct trains to Utrecht per hour. (30 mins in Utrecht) (watch out for pickpockets!). Intercity trains are faster than local trains. When in doubt, you can always ask someone at the ticket office. You will soon notice that almost everyone in the Netherlands speaks

English fairly well. For journey advises and time tables you can also check: www.ns.nl

By plane: Eindhoven airport – Utrecht Central Station

From the arrival hall at Eindhoven airport you can walk to the bus stop. With bus nr 401, starting at Eindhoven Airport, Eindhoven Central station is accessible in approximately 15 minutes. You can buy a ticket in the bus. Train tickets are available from the yellow ticket machines near the platforms at Eindhoven Central station or from the ticket offices in the central hall of the station. Buy a one way ticket (enkele reis) to Utrecht Central Station (€12.80). There is a direct train to Utrecht every 15 minutes. Travelling from Eindhoven Central Station to Utrecht Central station takes 50 minutes. For journey advises and time tables you can also check: www.ns.nl (Watch out for pickpockets!)

Travel within Utrecht

From Utrecht Central Station you can either take a bus or a taxi.

Door-to-door journey planner: <http://journeyplanner.9292.nl>

Maps of Utrecht University: www.uu.nl/maps

The OV-chipkaart

The OV-chipkaart is the smart card that will soon replace all other public transport tickets in The Netherlands. The OV-chipkaart is a new means of payment for the public transport system. The smart card is the size of a bank card and contains an invisible chip. The OV-chipkaart can be loaded with credit in euros with which you can travel anywhere within The Netherlands, or with a travel product such as a single or season ticket.

There are personal, anonymous, and disposable cards.

De OV-chipkaart is introduced in phases. At the moment you can use the OV-chipkaart in many regions and at many travel companies. More information about the OV-chipkaart: see <http://www.ov-chipkaart.nl/allesoverdeov-chipkaart/?taal=nl> and click on UK for English.

Buses and 'strippenkaart' (= the Dutch busticket)

Utrecht Central Station – Utrecht University centre "De Uithof"

To pay for buses, trams and metro in the Netherlands (except for the town of Rotterdam) you need a strippenkaart (a ticket with strips on it) or an OV-chipkaart (see the section above). Each strip represents a zone, and each city and region is divided into travelzones. Every time you travel, you will use up one basic strip + the number of zones you are travelling in. So each ride amounts to a number of strips (strippen) depending on the distance. Within Utrecht-city you will need 2 strips, and to the Uithof Campus and the area Overvecht Noord you will need 3 strips.

When you enter the bus, you give your strippenkaart to the driver who will (again, depending on the zone) stamp two "strippen". When you stamp it yourself you will always have to skip one "strip": when you start a new card, you begin to stamp at number two.

Although you can buy a single ticket (2 or 3 strips) on the bus, it is cheaper to buy a blue strippenkaart at the city bus station (stadsbusstation), post office or supermarket. It costs €7.60 for 15 strips or €22.50 for 45 strips.

Validity & transfer

How long you can travel depends on the number of strips that you have stamped. 2-4 strips are valid for 1 hour from the time of stamping. Within this time you also have the right to change buses, as long as you stay within the same zone(s).

Week ticket for buses

You might consider buying a week ticket for the bus. If you travel often by bus it might be cheaper than using "strippenkaarten". At the city bus station you may ask for a "stamkaart" and hand in your passphoto. Show your passport. The bus zone is 5000. You have to buy a "2 sterrenkaart" (2 star card) at the price of €20.10. For the second week you again have to buy a 2 star card. So, if you expect to travel to and from the summer school only, it is cheaper to use a strippenkaart.

[Prospective master students can also consider buying a monthly card for €65.70 (valid within 2 zones = 3 strippen).]

Taxi

There is a taxi platform on the Central Station, just follow the signs. Within the city there are several taxi platforms, for instance on the Neude and Janskerkhof.

Bicycle

Upon arrival in the Netherlands you will notice that almost everybody rides a bicycle. Special bicycle paths and traffic lights make it a safe and convenient mode of transportation. You can buy a second hand bike in several shops around town. Be sure to also invest in a good lock or two.

Travel to De Uithof (Buys Ballot building at Princetonplein 5, Ornstein Laboratory at Princetonplein 1, Mathematics building at Budapestlaan 4, International Office Faculty of Science: Buys Ballot Laboratory, room 121, at Princetonplein 5)

From Utrecht Central Station take bus 11 (bus stop 'Botanische Tuinen') or 12 (bus stop Padualaan) (3 strippen). The Minnaert building is the red-brown building to the north.

Travel to De Uithof (IRAS building at Jenalaan 18D)

From Utrecht Central Station take bus number 11 or 12 direction Uithof. Get off the bus at the stop "Bestuursgebouw", turn right (Bolognalaan).

Take the first street left, pass under the "bridge", follow the street, after about 300 meter you will find a small street to the right. This is Jenalaan.

Travel to De Uithof (H.R. Kruyt building, Centrumgebouw Noord, at Padualaan 8 and 14)

From Utrecht Central Station take bus number 12 direction Uithof. Get off the bus at the stop Padualaan.

Travel from Central Station Utrecht to the Freudenthal Institute-mathematics (Station Utrecht Overvecht)

Take the train to station Utrecht Overvecht. Stop trains from (and to) directions Hilversum, Baarn, and Amersfoort all stop at Overvecht (platform 1, 2 and 3). (You can use your strippenkaart "two-strippen".)

The FI is on the third, fourth and fifth floor of the (red) office building next to the railway station. The entrance is on the Aidadreef 12.

Bus 30 goes directly from De Uithof to the Freudenthal Institute in Overvecht.



MINNAERT



KRUYT BUILDING



BUYS BALLOT LABORATORY



UU LIBRARY

3. Summer school accommodation and collecting keys

Accommodation:

Registration & key pick up address: (see photo on p. 15)
Janskerkhof 30A, Utrecht

On foot from Utrecht Central Station

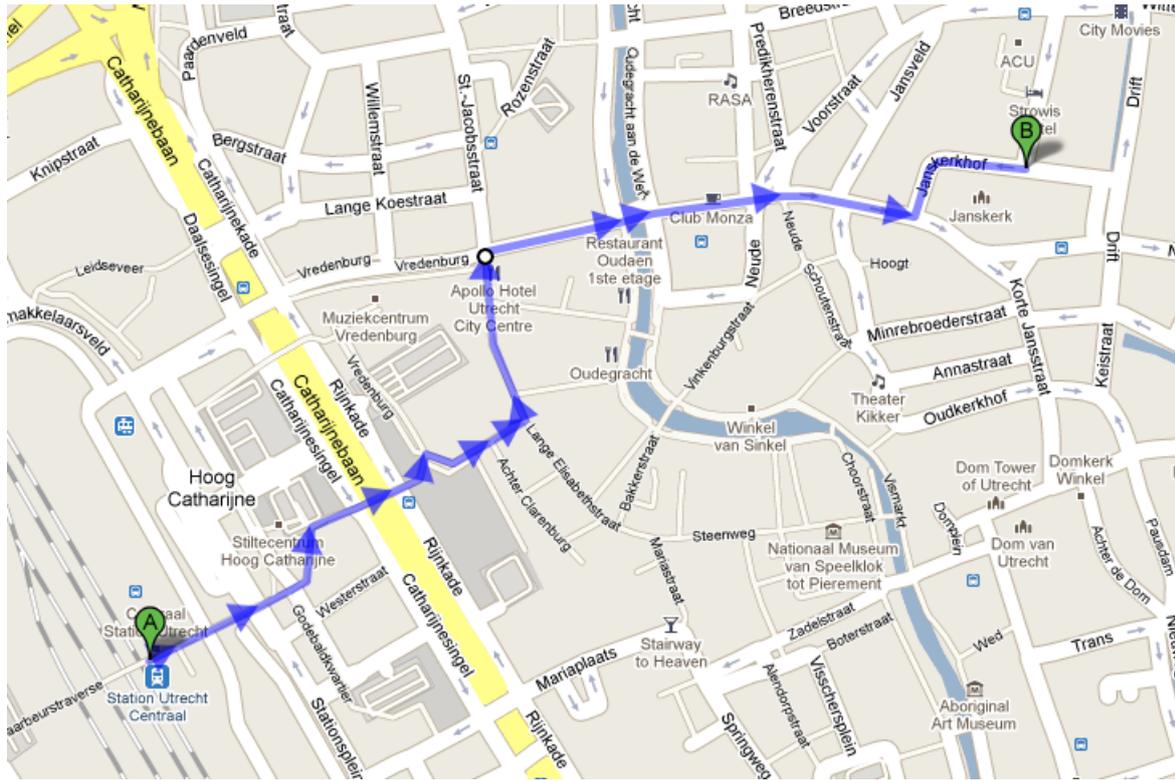
The Utrecht Summer School is located in the centre of Utrecht, within walking distance of Utrecht Central Station.

- From the station, walk past the Vredenburg
- Follow the Lange Viestraat
- Continue past the Oude Gracht and Neude square to the Janskerkhof
- Janskerkhof 30A is located next to the church "Janskerk" in the centre of the square.

By bus from Utrecht Central Station

The following buses stop at the bus stop "Janskerkhof" :

- line 11 - Uithof/AZU
- line 3 - P+R Galgenwaard
- line 4 - Fockema Andrealaan
- line 8 - Tuindorp Oost
- Janskerkhof 30A is located next to the church "Janskerk" in the centre of the square.



Housing: Your accommodation will be available from Saturday before the start of the course until the last Friday of the course. A room is booked for each one of you in a student dorm. The rooms to **cannot** be shared with accompanying persons. You shall have to leave your room on Friday morning. You can pick up your key at the registration desk (location TBA). In order to receive your keys, you will have to sign a contract confirming that you will leave your room clean and complete upon leaving Utrecht. **(For details and FAQ's see <http://www.utrechtsummerschool.nl/>)**

The three possibilities to pick up your key at Janskerkhof 30A, Utrecht are:

Saturday from 12.00 to 16.30 hrs

Sunday from 12.00 to 16.30 hrs

Monday, during the first day of the course. Only if you cannot make it in the weekend. Please inform the contact person of your summer school if you are planning to arrive on Monday!

In case you cannot make it on time for any of the registration timeslots in the weekend, you will need to stay in a youth hostel and wait till the next day to register. (See some addresses below.)

- Try to avoid arriving in Utrecht after office hours. Housing officers and contact persons will not be available to hand over the keys.

You shall have to leave your room the last Friday of the course in the morning. In case the course ends on a Thursday, your lodging is still available until the Friday.

Late arrival and departure

For alternative accommodation before / after the course you should book a hostel at your own costs. No exceptions of this rule will be made.

Cheap options are¹:

Low budget hostel *Stowis*

www.stowis.nl

(Bus number 11 direction De Uithof.)

¹ Utrecht Summer School head office provides an overview of hostels in Utrecht, we are not responsible for the quality of the accommodations mentioned.

Hostel *B&B Utrecht*
www.bolwerkhotel.nl

(Bus number 11 direction De Uithof.)

Hostel Stay Okay in *Rhijnduinen* in the suburb Bunnik

www.stayokay.nl.

Choose English and click on the map in the centre at Bunnik.

(Bus number 41 direction Wijk bij Duurstede (ask the driver where to get off for the hostel.))

About your accommodation

All rooms are furnished and have shared facilities, such as kitchen and bathroom.

The beds are supplied with only a mattress. You will receive a duvet plus pillow and sheets, pillow cases and a duvet cover. You may take the duvet cover home afterwards. There are no towels, so bring your own. Please take care that nothing of the inventory is missing on your leave.

Residence behaviour

There are few rules concerning behaviour in the residences, but all students are expected to behave with due consideration for their neighbours, and respect for property. During the week it is expected that the hours between 24:00-07:00 are reasonably quiet, and that you respond to the requests of neighbours to turn down loud music, etc. There is no curfew, but for security reasons the buildings should be locked at night and you should not admit visitors unknown to you. Please take care of your keys, and never leave them in your door. Please keep communal areas tidy, wash up after meals, and keep the bathrooms as you would like to find them. Since the rooms are student rooms, no hotel rooms, you have to take care of cleaning it yourself and also put your garbage in the garbage can!!

In case you have any complaints, please contact SSH (housing agency) directly at phone number: +3130 252 5725. In case of accidents or sudden illness requiring immediate action, call the general emergency number, tel. **112** (24 hours a day) or the Emergency Service at the hospital nearest to your home. For less urgent matters you call the police at **0900 8844**. During day time you can ask your contact person for advice.

Cancellation: see <http://www.utrechtsummerschool.nl/index.php?type=content&page=regulations>.

4. Registration at the Summer School venue (welcome and farewell lunch, start of classes, departure, computer and library access, botanical gardens)

Life Sciences participants are expected to register on Monday morning, the start of their respective courses in either the H.R. Kruyt building or the IRAS building; Natural Sciences participants call on the Mathematics building, the Ornstein Laboratory, the Buys Ballot Laboratory, the Freudenthal Institute and the Minnaert building. See page 1. **Please regularly consult the summer school website pages for your latest programme information, registration time (and registration rooms if not yet mentioned) or contact your contact person.** You will receive a badge, a chipknip card (except for Dutch students or mentioned otherwise in this document) and a welcome package. Name badges should be worn at all times during the Summer school. Your school will offer you a **welcome lunch as well as farewell lunch** (except for Music Information Retrieval). Welcome lunches of the following schools will take place in the Minnaert restaurant: Exploring Nature's Molecular Machines, Mathematical Statistical Mechanics, NanoMaterials, Physics of the Climate System, Science and Mathematics Education, Theoretical Physics. See your programme for the exact welcome lunch time.

The contact persons of the summer schools of the Faculty of Science as well as the science summer school coordinator at the International Office take care of practical and administrative matters

related to your stay in Utrecht. Feel free to contact them if you have any questions or if you need their assistance during your stay. See point 7. Contact persons.

Departure: You are obliged to deliver the keys of your accommodation before ten o'clock on your departure date. Please return your keys and name badges either to your contact persons, or student assistants in charge. You may take away your name card.

Farewell lunch and Certificate of Attendance

The last Friday of your courses the departing students will be invited to have lunch with their fellow students and some of the staff members of the summer schools. This Farewell lunch (except for Music Information Retrieval) will take place at 12:30h (check your program!), after which the summer school 2010 formally ends. During the lunch (or just before it) you will receive your Certificate of Attendance.

Lunches on other days

You have to use your chipknip card for payment in the University restaurants. (This doesn't concern the Science and Mathematics Education students.) During lunch time you can also pay a visit to the Botanical Gardens. See below.

Social event and summer school drink

Each summer school will offer you a social event in the middle of the summer school either on Saturday or on Sunday. Please also check the Social Events programme at <http://www.utrechtsummerschool.nl/index.php?type=content&page=socialprogramme>, where the complete social programme can be found.

On Thursday, 19 August the Faculty of Science offers a Summer School Drink to all summer school students, lecturers and contact persons in the restaurant of the Minnaert building, Leuvenlaan 4, De Uithof, at 17:00h.

Computer access

You'll have computer access during your stay in Utrecht and will receive a so-called temporal Solis ID computer account with login name and password by e-mail one week before you leave for Utrecht. You need to bring this with you, so please check your e-mail in time. Students having their schools in either the Minnaert building, the Buys Ballot Laboratory, the Ornstein Laboratory may use the student's computer room called 'Sterrenzaal' (stars room) in the Minnaert building (2nd floor) and the computer rooms in the Buys Ballot Laboratory. Students of other summer schools will be informed by their contact persons about computer rooms to be used.

University Library Uithof (in Dutch: Universiteitsbibliotheek)

<http://www.uu.nl/EN/library/Pages/utrechtuniversitylibrary.aspx>

Address: Heidelberglaan 3, Utrecht, Tel.: +31 (0)30 2536601, e-mail: info@library.uu.nl. You have free entrance to the library, but you need your temporal Solis ID computer account to be able to log on to the pc's. Opening hours University Library building: 10 July-15 August: Mon-Fri: 8.30 a.m. to 6 p.m. And of 16 August: Mon-Fri: 8.30 a.m. to 10.30 p.m., Sat: 9 a.m. to 6 p.m., Sun: 10 a.m. to 6 p.m. You may study the books needed on the spot, but you are not allowed to borrow books from the University Library. Upon arrival you will receive your pass number and password from your contact person. See Ch. 7.

Botanical Gardens

You have free entrance on showing your blue summer school key cord. Valid also in the weekend. Address: Budapestlaan, De Uithof. Opening hours from 9:00-17:00h.

Office hours: 08:30-18:00h

Please note that you are not allowed to stay in the University buildings after office hours and in weekends. EXCEPTION from this rule for summer school participants in the Buys Ballot Laboratory: computer rooms, and the Minnaert building from 17-21 August and 24-27 August: the computer room "Sterrenzaal" (star room) and lecture room 205 in the Minnaert building till 19:45h as long as no lectures are held in room 205. You must have left the building before 20h00.

Forum: You might want to register for the online forum. This is a great way to get in touch with other students. The forum can be found at: <http://www.utrechtsummerschool.nl/forum/>

5. Health Services

Emergency Service

In case of accidents or sudden illness requiring immediate action, call the general emergency number, tel. **112** (24 hours a day) or the Emergency Service at the hospital nearest to your home. (See 6. Addresses and other information.) Campus security number: while being on the campus you can call **4444** (24 hours, 7 days a week); campus security will then call out emergency services, if necessary. For less urgent matters you call the police at **0900 8844**. During day time you can ask your contact person for advice. See Ch. 7.

General Practitioner (in Dutch: huisarts)

Please visit <http://www.huisartsdeuithof.nl/en/contact/> in case you need a general practitioner (Huisarts). Further you can find a General Practitioner (Huisarts) by looking in the Yellow Pages (In Dutch: Gouden Gids) under Artsen-Huisartsen or check www.utrecht.nl. The General Practitioner can be consulted after you have made an appointment by telephone or during their consulting hours. Approximately ten minutes are allowed per appointment but you may sometimes have to wait if the doctor spends more time than normal with previous patients. It is possible to ask for a longer appointment in advance if you feel this will be necessary. House calls (in Dutch: visite) are kept to a minimum as they are more expensive. You will need to pay cash, unless you have a European Health Insurance Card.

(Note: The eye-specialist can be visited without a reference from your General Practitioner.)

Weekend and night services

A group of GPs usually share these duties and take turns being on call. If you phone your General Practitioner after hours you will probably hear a recorded message, in Dutch, telling you where the GP on call can be reached. You can find this information on the website of the GP as well if they have one. The local newspaper provides the names and addresses of General Practitioners, dentists and pharmacies on call.

Prescriptions

Prescriptions should be taken to the nearest pharmacy (in Dutch: apotheek). Insurance companies refund most of the costs of medicines prescribed by a doctor, in which case the bills should be sent to them. You can also buy non-prescription medication such as painkillers and cough medicine at a drugstore (in Dutch: drogist) or pharmacy.

Dentist

In general, dental treatment is not covered by health insurance, but you can get special coverage. Check this with your travel insurance company. A dentist will always give you a cost-estimate on your first visit. You will need to pay in cash. Finding a dentist in Utrecht can be difficult. You can look in the Yellow Pages (in Dutch: Gouden Gids) under Tandartsen.

6. Addresses and other information

Hospitals (In Dutch: ziekenhuizen) in Utrecht

UMC-Utrecht, Heidelberglaan 100 (De Uithof), tel. (030) 250 9111

Diakonessenhuis Utrecht, Bosboomstraat 1, tel. (030) 256 6566

Mesos Medisch Centrum Ouderijn, Van Heuven Goedhartlaan 1. tel. (030) 295 3953

Tourist Information Centre: VVV

Domplein 10, Utrecht.

T: (0900)12utrecht = 128 87 32

50 Eurocent p/m; www.utrechtstad.com ; www.12utrecht.nl ; E-mail info@vvvutrecht.nl

Banks in Utrecht are opened from Mon until Fri 10-18h. Some banks are also opened on Thu evening till 20h.

Post Offices: in the course of this year most of the Post Offices will be closed and post office services will be taken care of by the service desks of the larger super markets.

Supermarkets

Opening hours: from 8-20h, but not on Saturday evening. Closed on Sundays, except for the "AH to go" supermarket at Stations Traverse 130 next to the ticket office of Utrecht central railroad station, open: Mon-Fri 6-24h, Sa-Su: 7-24h. For opening hours of Albert Heijn on Sunday, see www.AH.nl.

Restaurants

By clicking on the English flag in www.utrechtyourway.nl and next on Eating & drinking you'll find an English description of delightful little restaurants and cosy pubs and bars. Utrecht offers lots of places to eat out, e.g. Spanish, Italian, Greek, Moroccan, African, Chinese, Japanese, Indian, Tai, Indonesian and Dutch kitchen, that offer fish, meat, chicken. There are also special vegetarian restaurants. Smoking is not allowed in restaurants, pubs and official buildings.

Public transportation (see also under Arrival in the Netherlands)

Many destinations can be easily reached by bus. For information about Utrecht city buses, go to GVVU Information Kiosk at the city bus station or telephone OV Travel information: 0900-9292 or visit www.9292ov.nl.

Information about other public services is also available through this number. For bus and tram a 'strippenkaart' is required. Buy them at the Central Railroad Station, GVVU, Bruna bookshop or tobacco shop. For information on **trains**: please visit www.ns.nl.

Taxi ranks

Utrechtse Taxi Centrale

T: (030) 299 25 08

T: (030) 287 90 00

T: (030) 230 04 00 www.utc.nl

Taxi Midden Nederland

Mobinet

Note that taxi services tend to be quite expensive in the Netherlands.

Bicycles

Practically everyone in the Netherlands owns a bike. Because of the flat landscape, a bicycle is an ideal means of transportation. Within the city it is by far the best and cheapest way to travel. Second hand bikes are available for instance at Hei Bike, Jansveld 35 in the city centre (030 - 230 29 16). There is also an auction for bikes at Pieterskerkhof 2 every 2 weeks on Monday. For more information phone 030-2310190.

Be sure to invest in a good lock as well, otherwise your bike may be stolen...

Cycling alone at night can be dangerous in some parts of the city and at The Uithof, especially for women. Find a companion if you have to cycle late at night.

Attention! Don't buy a bike in the street. Sometimes it will be offered to foreigners at 10 or 20 euro. It's a certainty that it is a stolen bike!

Shops: Types of shops (in Dutch: winkels)

Here is a short guide to Dutch words for different types of shops:

barber / hairdresser	Kapper / kapsalon
bicycle (repair) shop	Fietsen(maker) / -winkel
bookshop	Boekenwinkel
butcher	slager
clothes shop	kledingzaak
drugstore (no prescription)	drogisterij
florist	bloemist
furniture shop	meubelzaak
greengrocer	groenteboer
pharmacy (prescription)	apotheek
record shop	platenzaak, cd-winkel
shoe shop	schoenenwinkel

Weather

The Netherlands has four seasons: winter (January - March), spring (April - June), summer (July – September) and autumn (October - December). The weather is best characterized by its instability: what looks like a rainy day in the morning might turn out to be a warm and sunny day and the other way around. Extreme weather (snow, tropical temperatures) is rare and usually does not last long. You will notice that the Dutch love to talk about the weather.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Average maximum temperature (°C)	5	6	10	13	18	20	22	22	19	14	9	6
Average rainfall (mm)	67	48	65	45	62	72	70	58	72	77	81	77
Average hours of sun per day	2	3	4	5	7	6	6	6	4	3	2	1

Useful internet websites

- Student facilities at UU: go to www.uu.nl/english; choose: studying -> study facilities
- FAQ at: www.qdesk.uu.nl (choose: English)
- Information about the Netherlands: www.studyin.nl/ or www.holland.com/global
- Dutch Higher Education: www.nuffic.nl
- Information about visa procedures: www.nuffic.nl/immigration/

Should you have further questions, do not hesitate to contact us. Please also carefully read the **Safety tips** at the end of this document!

We are looking forward to meeting you this summer!

7. Contact Persons

Utrecht Summer school in Chain Computerrisation

Geraldine Leebeek

Department of Information and Computing Sciences

Centrumgebouw Noord

Padualaan 14

3584 CH Utrecht

The Netherlands

T: +31 30 253 4109; F: +31 30 253 2804

E: G.W.P.Leebeek@cs.uu.nl

Opening hours: Monday through Thursday: 09:00h till 14.30h, closed on Friday and in the weekend.

Utrecht Summer school in Computer Science: Applied Functional Programming

Ms Corine Jolles

Dept. of Informatics

Padualaan 14

room A 326

3584 CH Utrecht, De Uithof

T: +31 (0)30 253 9251, E: corinej@cs.uu.nl; uscs2010@cs.uu.nl

Opening hours: daily except Friday 9- 1700, closed from 12:30h- 13:30h, closed in the weekend.

Utrecht Summer school in Exploring Nature's Molecular Machines

Ms Cécile Lemette

Membrane Enzymology
H.R. Kruytgebouw N-606
Padualaan 8

3584 CH Utrecht, De Uithof

T: +31 (0)30 253 3966, **F:** +31 30 253 2478; **E:** science.secr.me@uu.nl

Opening hours: Monday 08:30h until 12:00h, Tuesday and Thursday 08:30h until 17:00h, Wednesday and Friday 13:00h until 17:00h, closed on Monday afternoon, Wednesday morning, Friday morning and in the weekend.

Utrecht Summer School in Mathematical Statistical Mechanics

Ms Helga Hoiting

Department of Mathematics, room 713

Budapestlaan 6

3584 CD Utrecht, De Uithof

T: +31 (0)30 253 1519, **E:** summerschool@math.uu.nl

Opening hours: Monday, Tuesday, Wednesday and Thursday: 08:30h until 17:00h, closed on Friday and in the weekend.

Utrecht Summer school in Music Information Retrieval

Geraldine Leebeek

Department of Information and Computing Sciences

Centrumgebouw Noord

Padualaan 14

3584 CH Utrecht

T: +31 30 253 4109; **F:** +31 30 253 2804; **E:** usmir2010@cs.uu.nl

Opening hours: Monday through Thursday: 09:00h till 14.30h, closed on Friday and in the weekend.

Utrecht Summer school in NanoMaterials: Science and Applications

Clarien Derks

Debye Institute, room 263

Ornstein Laboratory

Princetonplein 1 (entrance Princetonplein 5)

3584 CC Utrecht, De Uithof

T: +31 (0)30 253 3302, **E:** C.L.Derks@uu.nl

Opening hours: Monday, Tuesday, Thursday: 9:30h until 17:30h, Friday afternoon: 13:00h-17:00h, and closed on Wednesday, Friday morning and in the weekend.

Utrecht Summer school in Physics of the Climate System

Ms Yvonne Wouda

Institute for Marine and Atmospheric research Utrecht (IMAU), rooms 663b and 663a

Buys Ballot Laboratory

Princetonplein 5

3584 CC Utrecht, De Uithof

T: +31 (0)30 253 3275, **E:** Y.Wouda@uu.nl

Opening hours: Monday, Tuesday, and Thursday: 8:30h until 16:30h, closed on Wednesday and Friday and in the weekend.

Utrecht Summer school in Science and Mathematics Education

Ms. Ank van der Heiden

Freudenthal Institute-mathematics, room 410

Aïdadreef 12

3561 GE Utrecht, Overvecht

T: +31 (0)30 253 5554, **E:** a.vanderheiden@fi.uu.nl

Opening hours: Monday through Friday: 09:00h until 16:00h, closed in the weekend.

Utrecht Summer school in Theoretical Physics

Mr Joost van Zee

Institute for Theoretical Physics

Minnaert building, Leuvenlaan 4

3584 CE Utrecht, De Uithof

T: +31-(0)30 253 7549; **F:** +31-(0)30 253 5937; **E:** j.m.vanzee@uu.nl

Opening hours: Monday through Friday: 09.30h until 17:00h, closed in the weekend.

Utrecht Summer school in Toxicology and Environmental Health

Ms Mieke Lumens

Institute for Risk Assessment Sciences

Environmental Epidemiology

Faculty of Veterinary Medicine

T: +31 (0)30 253 9447/5400, **E:** Education.iras@uu.nl

Opening hours: Monday, Tuesday, Wednesday, Friday: 8:30h until 16:30h, closed on Thursday and in the weekend.

Mailing address: If you want to give a mailing address to your family and friends at home, you can give them the address of your specific summer school as mentioned above.

Life Sciences	Course leaders
• Exploring Nature's Molecular Machines	Dr. Joost Holthuis
• Toxicology and Environmental Health	Dr. Mieke Lumens

Natural Sciences	Course leaders
• Chain Computerisation	Prof. Jan Grijpink
• Computer Science	Dr. Andres Löh
• Mathematical Statistical Mechanics	Prof.dr. R. Fernandez, Mw. dr. Karma Dajani, Prof.dr. Gerard Barkema
• Music Information Retrieval	Dr. Frans Wiering, Dr. M. Lesaffre
• NanoMaterials	Dr. Arjen Vredenberg, Dr. Celso di Mello Donega
• Physics of the Climate System	Prof. Will de Ruijter
• Science and Mathematics Education	Prof. Harrie Eijkelhof, Dr. Jaap den Hertog
• Theoretical Physics	Dr. Gleb Arutyunov

8. Safety Tips

Utrecht (and most of the Netherlands) is generally safe, provided that you use the same common sense that you would at home.

Remember to:

- Keep a copy of the essential telephone numbers on you for emergencies.
- Do not carry around lots of unnecessary cash on you as it only makes you a more attractive target for thieves.
- If you mislay credit cards, or have them stolen, cancel them at once. Make sure you know how to do this.
- Watch your wallet/mobile phone and other valuables. Keep them out of sight and in a secure pocket on your person. Unfortunately, thieves go for unsuspecting tourists, especially in the summer months.
- In the Netherlands you are **obliged** to have your passport on you – then do just that – keep it **on you**, in a secure pocket, bum bag or safely at the back of a rucksack for example. Keep it in something that is fastened to you and cannot be snatched. Above all, do not get your passport out unless you absolutely **have** to, as this only increases the risk of misplacing/losing it or **having it stolen**.

- It is always a good idea to have a photocopy of your passport, plane tickets and ID with you, kept somewhere separate from the real things as back-up should anything go wrong.
- Wherever you are travelling never leave your bags unattended – not even for a moment. Apart from the possibility that they might be stolen, this is a serious security risk to you and everyone around you. Do not ask strangers to look after them while you go for a coffee or into a shop. Bags left unattended in any public space in the Netherlands will be rapidly removed by security, and are often destroyed.

Having a safe night out

We recommend that you:

- Walk in a group.
- Keep to main streets and well-lit areas.
- Keep your bag, money and personal belongings on your person, preferably out of sight.
- Look out for your friends.
- If for any reason you do go out alone anywhere, tell someone where you are going and when you plan to be back. Let your friends know when you are leaving. Decide on a place to meet at the end of the night.
- If you see a friend leaving with someone new, see if they are OK.
- It could be unsafe to go home alone or with someone you have just met, or to invite them back to your place, no matter how innocent your intentions – theirs might not be.
- Carry friends' mobile numbers, or in your mobile phone address book.
- Always have a spare € 15 and taxi number on you in case of emergencies to get you home – and don't spend it for any other reason.
- Never get in an unlicensed vehicle, feel free to ask the taxi driver for a look at their ID before you get into a cab – if they are genuine then they will not be offended.
- If for any reason you feel uncomfortable while out – then leave. Trust your gut feeling and play safe. Take out that spare € 15 you kept in your wallet for such times, dial the taxi number, part with your money and get home safely.

Alcohol and safety

Alcohol is very available in the Netherlands and it would be naïve to pretend that illegal drugs are not. Look after yourself – you need to stay in a fit state to stay safe, call a taxi, and get home. Note that most **health insurance plans WILL NOT COVER YOU** if you injure yourself due to intoxication.

Drink spiking is when substances are added to your drink to make you very drunk or completely out of it. A spiked drink may seem normal, but possible effects you should be very vigilant for a dizziness, faintness, feeling unwell, feeling less inhibited, being unsteady and generally and unexpectedly very drunk.

Drink-spiking is becoming an increasing problem worldwide, and this also applies to the Netherlands. Use common sense and these tips to help you.

- Always be careful and vigilant with your drinks.
- Never accept drinks from strangers or leave drinks unattended.
- If someone offers you a drink, go to the bar with them or go to the bar with their money to get the drinks so you can watch the drink being poured or opened. If you are unsure about you or your friend's drink **don't drink it** and tell them to do the same.
- If a friend is drunk, feeling sick, stumbling, confused, or faint – their drink may have been spiked. Stay with them and take them to a safe place, tell a friend or bar/security staff.
- If they collapse **ring an ambulance on 112 immediately.**
- If you or they feel drowsy or suddenly out of it don't wait and hope it'll pass. Phone 112 or go to the hospital emergency department.

Last update by Leonie J.M. Silkens, Science Summer School coordinator, 28 June 2010
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Opening hours: Mo, Tue, Thu, Fri: 08:30 till 17.00h, closed on Wednesday and in the weekend.

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Registration & key pick up address:
Janskerkhof 30A, Utrecht

