

STUDYTRIP

SOUTH AFRICA

Fontys Communication Eindhoven



*Greetings from
Eindhoven!*



INTRODUCTIONS

Greetings from the vibrant city of Eindhoven! We, the Dutch students living and studying in this dynamic hub of creativity, have crafted this magazine with a singular goal - to invite you, our friends from South Africa into our world, sharing the joys, challenges, and quirks that make Eindhoven and the Netherlands our beloved home.

As you turn the pages, you'll embark on a journey through the enchanting Dutch culture. From Typical food to cycling through the rain, we'll introduce you to the traditions, flavors, and pastimes that shape our daily lives.

But this magazine isn't just about sightseeing; it's about insight-seeing. We'll delve into the Dutch way of life. Our hope is that by sharing our stories, we can offer insight and solidarity to you who might be on similar or totally different journeys.

So, South Africa, prepare to get to know us better. Welcome to our daily life. We invite you to explore, learn, and laugh with us as we share our world, our culture, and our cherished memories. Let's bridge the gap, embrace our differences, and celebrate our shared journey as students living life to the fullest in Eindhoven.

OUR GROUP



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OUR TEACHERS



The power distance within the Netherlands is low so at Fontys communication in Eindhoven, the student-teacher communication is informal. Most teachers ask you to not call them sir or miss, instead, we call them by their first name. However, every school and course in the Netherlands has a different norm for communication between students and teachers. The Dutch are very punctual, and the same goes for our school deadlines. So, if you are even a minute late, you cannot hand in your assignments anymore. As well as our classes if they start at 9 we as students are expected to be there at 9.

Some teachers even participate in student-related activities. We had a show called *The Masked Teacher*, in this show the teachers dressed up and sang a song. At the end, the students had to guess which teacher was behind each costume.



HOW DO WE TRAVEL TO UNIVERSITY?

There are a couple of ways students travel to university.

Students who live further away from Fontys Eindhoven usually take the train or bus. The most common train company is called NS. The NS and bus companies usually stick to their schedule; however, we do suffer from delays, strikes, and train cancellations. Which is something we find annoying since we will be late for our classes or appointments. Public transport is free for students except for the weekends. Because of this, it is very uncommon to travel by car to college. However, for the students that need to drive, there are free parking spaces.



Fun fact! In the Netherlands, there are more bikes than people. There are more than 23 million bikes and only 17 million people. Students who live in Eindhoven are most likely to cycle to university. A lot of students rent a bike with a subscription to the company called Swapfiets. With this subscription, you get a bike and when it breaks, you just get a new one.

WEATHER IN THE NETHERLANDS

January  3- 6 C	February  3-6 C	March  4-10 C
April  7-13 C	May  10-16 C	June  13-19 C
July  15-21 C	August  16-26 C	September  13-20 C
Oktober  10-15 C	November  7-10 C	December  5-7 C

About the weather

The weather in the Netherlands is quite unpredictable.

There is a lot of rain, and the temperatures can vary significantly.

Sometimes it can be thirty degrees for a week, but then thunderstorms and poor weather will follow.

And we will always complain about the weather. "it's too cold/warm" "Too much rain/ it's not raining enough"

BUILDINGS IN EINDHOVEN



Foto: Siebe Swart

STRIJP/STRIJP S

Strijp flows from a residential area into the Eindhoven Airport. The heart of this neighborhood is formed by the modern Philips stadium, home of football club PSV.

Strijp-S is a neighborhood and former business park in the Strijp district of Eindhoven. The site belonged to electronics company Philips.

In 1916 the first factory was built at Strijp-S, a glass factory for light bulbs. Together with the growth of Philips, the activities at Strijp-S expanded. Strijp-S will be the location where devices are invented and produced. First radios and after the Second World War also televisions.

For a long time, Strijp-S was known as *The Forbidden City*; an area that was surrounded by Eindhoven buildings but was not freely accessible. Yet many people went in and out every day, as the site contained large factories that employed many thousands of people.

In the 1990s, Philips gradually withdrew from Eindhoven to move to Amsterdam and that meant also from the factories at Strijp-S.



Copyright © Strijp-S

STRATUMSEIND

Among students, this is the most famous street in Eindhoven. With it's 225m, Stratumseind is the biggest entertainment street of the Netherlands. With almost fifty bars, pubs and clubs, it attracts young people from all around Eindhoven and even further.

The favorite pub of our study community is also located at Stratumseind: **Villa Fiesta.**

We have monthly parties there where students from every year come together to dance, drink and have a good time together.

The fun thing of all the bars, pubs and clubs is that there's free entry and if you want to go meet some friends in another bar, you can just walk over there and start 'bar hopping'.





PHILIPS STADION

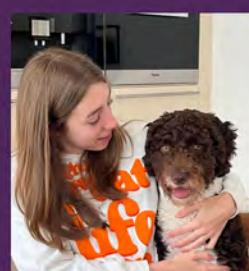
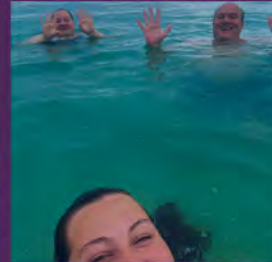
Very close to the city center we have the Philips Stadion. This stadium is used by Eindhoven's own football team PSV. The stadium is known for its vibrant and passionate atmosphere during matches, with fans of PSV Eindhoven creating a lively and colorful environment. With a capacity of holding 36.500 people, it is the third largest football stadium in the country. For reference, the DHL Stadium in Kaapstad has the capacity to hold 55.000 people.

PSV

The first steps to building this stadium came in 1910. Because the factories of Philips were growing so rapidly, they needed to build houses for new employees. This new housing area called 'Philips Village' was built within walking distance from where the factories used to be. Next to these housing area's Philips built the Philips Sportpark. At first it was built as a sports field to be used only by Philips employees. In 1911 the football team of Phillips played their first ever official match on the Frederiklaan, on exactly the same location of the Philips Stadion today. At first only Philips employees were allowed to play sports here, but from 1928 everyone was allowed to play sports here.



OUR HOBBIES



POPULAR SPORTS IN THE NETHERLANDS

In the Netherlands, there are several sports that are extremely popular among the population. Sports are an important part of our culture. There are a lot of events or gatherings that revolve around sports. This could be supporting our national teams, local sport clubs or even the club in our neighbourhood, even as playing a sport ourselves, in a team or individually. The most popular sports are football, field hockey, cycling, volleyball and tennis. We will introduce you to the top three.

1. FOOTBALL (SOCCER)

Football is by far the most popular sport in the Netherlands. The Dutch are passionate about their football, both watching and playing it. You'll find numerous football clubs and stadiums throughout the country. The national team, known as **Oranje**, has a rich history and has had many successes in international competitions.



2. FIELD HOCKEY

Field hockey is another widely loved sport in the Netherlands, especially among women. It's a fast-paced game played on artificial grass. The Dutch national teams are highly successful and have won multiple Olympic medals. The Field hockey competition in the Netherlands, named Hoofdklasse, is the highest competition in the world.

3. CYCLING

The Netherlands is famous for its love affair with bicycles. Cycling is not just a popular sport but also the most used form of transportation. People of all ages enjoy riding their bikes, and you'll find dedicated cycling lanes everywhere. The country hosts several prestigious cycling events, such as the Tour de France stages and the Amstel Gold Race.



These are just a few highlights of the most popular sports in the Netherlands. But we can't forget about one beloved sport that is closely connected to the Dutch culture: ICE SKATING.

Ice skating holds a special place in the hearts of the Dutch people, as the Netherlands has a long-standing connection with frozen canals, lakes, and ponds during the winter months. When the temperatures drop and the water freezes over, you'll find many Dutch people taking to the ice.



Foto : Soenar Chamid

Speed skating, in particular, is incredibly popular in the Netherlands. The Dutch have a rich history of dominating this sport at an international level, with numerous Olympic medals and world records to their name. The passion for speed skating is evident in the various indoor and outdoor ice rinks scattered throughout the country.

MOST POPULAR DISH IN THE NETHERLANDS

INSTRUCTIONS KALE AND SAUSAGE MASH

The first step is to peel the potatoes and cut the large ones in half. Afterward, you can put the kale and potatoes in a pan and add water until everything is well covered. Bring it to a boil and cook the potatoes and kale for about 20 minutes until the potatoes are tender. Prepare the smoked sausage according to the packaging. Most of the time you need to cook the sausage. Meanwhile, fry the bacon bits in a separate pan until brown and crispy, without adding any oil.

Kale and Sausage Mash (boerenkool stampot)



After approximately 20 minutes, the potatoes should be tender. Drain the mixture and mash the potatoes with the kale. Add a pinch of salt and pepper for the taste and some butter. If the mash is too dry, add a little extra butter or some milk.

Finally, stir the bacon bits into the kale and potato mash, and serve the whole dish with the smoked sausage.

Now you can enjoy your delicious, homemade & traditional Dutch meal ;)

TRADITION

Everybody interacts in different ways with their family, sometimes formal but most of the time its informal. If people have children than most of the time its only two children. The average age for a woman to give birth in the Netherlands is 30 years old.

“KRINGVERJAARDAG”

Most families come together around the holidays and with birthdays. With birthdays typical Dutch families celebrate by doing a “kringverjaardag” (translation: circle birthday).

This means that the whole family sits around in a circle while talking and eating snacks like cheese and pie.



KONINGSHUIS (KING AND QUEEN)

Monarchy

The Netherlands is a monarchy. We have our King Willem-Alexander and our Queen Maxima. They have three daughters, and the eldest daughter Amalia is going to be our future queen. The kingdom doesn't make laws or important decisions. However, we do celebrate the king's birthday. This is called Kingsday, where we all dress in orange and party.



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POLITICS

The Netherlands also functions as a parliamentary democracy. This implies that the system of governance is established by electing a group of representatives, known as the parliament or States-General. The parliament consists of two chambers: the Senate (First Chamber) and the House of Representatives (Second Chamber)

Within this parliament, the governing administration is comprised of a Prime Minister and a cabinet of ministers and state secretaries. These individuals formulate the government policy for a duration of four years. However, it is the Dutch citizens who elect their government. Every four years, national elections take place to determine which parties will secure the 150 seats in the parliament.



LANDSCAPES IN THE NETHERLANDS

The Netherlands literally means 'Low lands'. This is because 26% of the Netherlands is below sea level and 59% of the Netherlands is vulnerable to flooding at high tide and severe storms. This is also the reason why in 1953 a large part of our country was flooded by a major storm. To prevent this from happening and to keep our small country safe in the future, we built great barriers for which we are known all over the world.

There aren't any mountains in the Netherlands. The highest point in our country is on top of the Vaalserberg and is only 322m above sea level. That's quite a difference seen as the Table Mountain's highest point is at 1086m above sea level.



Oosterschelde barrier in Zeeland

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So, our country is very flat but certainly not boring! Almost everywhere you go, you can spot the typical Dutch landscape: cows, sheep and horses in the meadow with a lot of open spaces, a little stream now and then and windmills. A lot of windmills!

When you go to the western part of the Netherlands, you may also find lots of fields filled with tulips and other flowers.



SPOT THE DIFFERENCES

'zoek de verschillen'





1. Cloud disappeared , 2. Roof of barn changed colors, 3. Middle barn window also has a grid now, 4. Tractor's headlight is turned off, 5. Cow lost a marking, 6. Middle dot in cheese, 7. Tulip colour, 8. Cow's nose

LIVING IN EINDHOVEN

Most commonly people in the Netherlands, especially in busy cities like Eindhoven, live in apartments and terrace houses (We call them rijtjeshuizen). A terrace house is a house that's connected on both sides to other houses. It is quite common for students to live in student rooms, in and around the city they study in. All the students have their own bedroom; however, they have a shared living room, kitchen, and bathroom.

An interesting living space within Eindhoven and an unforgettable part of the city's skyline is a complex called the "Bunkertoren". The building has recently been rebuilt to accommodate over a hundred apartments. But before that, it was a staple and place-to-be for students in Eindhoven, as it gave student associations a place to host activities. Many students between 1969 and 2017 partied a lot in this iconic building!

Up and rising is the tiny houses concept and "shared living". These projects are being made in an attempt to live more sustainable. In these projects people agree to live in houses with below average living spaces and in some neighborhoods even share facilities as cars.



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WORD SEARCH

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Y	H	J	Q	O	E	C	Y	L	Q	W	I	W	S	R	F	E	V

CHECKLIST

- AIRPLANE
- COMMUNICATION
- EINDHOVEN
- FALL
- FONTYS
- FRIENDS
- KAAPSTAD
- NETHERLANDS

- TEAMWORK
- TOGETHER
- WINTER
- SOUTH AFRICA
- SPRING
- STUDENTS
- SUMMER



Fontys Communication Eindhoven