

pax mag.

LUC THE HAGUE • 2020-2021

meet the mentors
your new parents at LUC

navigating your new home
learn the ins and outs of the Hague and AvB



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welcome to LUC!

Once you have all settled in, I hope you will make the time to invest in beach appreciation, anywhere along the coastline of The Hague. Because no matter what season it is, or what the weather is like, the beach is a wonderful place to clear your head, take your mind off grades and essays, and pursue some (presumably) deserved relaxation. Most people know their way around the beach in summer, enjoying sun and sea, lying on big beach towels, eating ice cream, playing games. But let me convince you that the other seasons are actually far more suitable for beach visits.

Many people assume that the beach is not the go-to place in fall or winter, but I argue that it is, especially during heavy storms that most often occur in these seasons. The generally calm sea turns into a roaring mass of rolling waves, crashing onto the sand, and leaving huge deposits of dirty-white foam that will speed across the sand in little flurries when disturbed by a shoe or boot. Don't wear your favorite shoes because the foam will ruin them. Do wear (sun)glasses to protect your eyes from the flying sand, and do wear something to cover your ears to avoid ear ache, but also to prevent sand from ending up as far down as in your pancreas.

In a proper storm, you can 'lie in the wind', leaning back against its force without falling down. If you're lucky there will be some daredevil kite surfers who often end up flying high up into the air as the storm winds grabs

their kites. And don't forget to reward yourself afterwards with a hot cocoa and apple pie in one of the beach places. Another thing to know about the sea in the fall is that it is actually at its warmest! In spring the sea is still cold from the preceding winter months, in summer the sea slowly warms up, and in the period between August and October it reaches peak temperatures. So do try a swim in those months!

Springtime is an especially attractive season for beach visits. None of the crowds that you would see in summer, a mild sun that will not burn your skin, and the opportunity to walk for many miles without overheating or undercooling. One of my all-time favorite pastimes is to find what we call a 'pan' in the dunes – a little nest-like dip in between the larger ones, that is shielded from the wind – and to just lie down to read a book or even take a nap.

For the more adventurous spirits, I highly recommend the beautiful beaches in the area of Flushing (Vlissingen) in Zeeland with their rows of wooden poles that break the waves, and their black tar rises and rocks with fragrant seaweed providing just the right background smell for the all-senses enjoyment of the wind organ on the Nolledijk.

B.E.A.C.H. Best Escape Anyone Can Have!

Prof. dr. Judi Mesman

intro week — — schedule

17- monday

11.00- 12.00

Welcome to LUC The Hague *LIVE*

12.30- 13.30

Student Life Session *LIVE*

14.00- 14.30

Mentor Time *LIVE*

14.30- 16.00

Getting Started at LUC *LIVE*

16.00- 18.00

Social Moment

- *In person with mentors*

- *Online with mentors*

19.00- 21.00

Online Cooking Class *LIVE*

18- tuesday

10.00- 11.00

Mentor Time *LIVE*

11.30-13.00

Liberal Arts & Sciences *LIVE*

14.00- 14.30

Fortuna Introduction *LIVE*

15.30- 18.00

Social Moment

- *In person with mentors*

- *Online with mentors*

20.00- 21.30

Pajama Party *LIVE*

19- wednesday

- 10.00- 11.00** Mentor Time *LIVE*
- 11.30- 13.00** LUC 101 *LIVE*
- 13.30- 14.30** Leiden University Online *LIVE*
- 15.00- 18.00** Tour of the Hague *LIVE*
- 19.00- 20.30** Mentor Time *LIVE*

20- thursday

- 10.00- 11.00** Mentor Time *LIVE*
- 11.30- 13.00** Meet the Study Advisors *LIVE*
- 14.00- 17.00** Social Moment
- *In person with mentors*
 - *Online with mentors*

21- friday

- 10.00- 11.00** Mentor Time *LIVE*
- 11.30- 12.30** Optional: Dutch Culture and Language *LIVE*
- 14.00- 15.30** Airband Battle | Closing Session *LIVE*

MEET YOUR MENTORS!

Here are all the mentors for your introduction week! They'll help you discover The Hague and learn all about LUC and student life here.

HEAD MENTORS DIVA AND TESSA



Hi everyone, we're Diva and Tessa: your head mentors for this year's Introweek!!

We met each other on the first day of our first year as we both live on floor 17, and have experienced many adventures together! We hitchhiked to Prague, visited Marseille and Paris, Diva persuaded Tessa to apply for the Fortuna Board where we were Board members for a year, we're co-chairs of the Lustrum team, and we went to Bali together with our group of friends last winter break. We are now helping organize the first-ever online Introweek, and we are very excited to meet all of the new students!

Let me (Tessa) introduce Diva to you: she is from Jakarta and makes amazing Indonesian food, loves cats, loves to party and is just a really sweet and caring person. She is also unbelievably active in the LUC community as a Fortuna Board member, part of the events organization team IIAM, future LUC.ID chair and of course as my amazing fellow head-mentor! She is super hard working, devoted and creative and I'm certain she will help make Introweek a huge success!

Now it's my (Diva's) turn to introduce Tessa! She is from Leiden, arguably the most beautiful city in the Netherlands. And did you know that Tessa is a seasoned badminton player? Her expertise and determination do not stop in the field, however. Aside from being an amazing friend and dedicated vegan, she's been a busy bee in any field in LUC: from being a part of the Fortuna board as the secretary, she's also a captain of LUC's badminton team, a student ambassador, and working on the UnPlastic initiative. Her experiences and dedication will help make Introweek a success!

Together, we make an amazing team and we're super excited to bring an amazing Introweek to you guys, in whatever form it will be!

1. ZAIRA & OLIVIER



Hey future LUC firsties, we are Zaira and Olivier from mentor group 1 (obviously the best group) and we would like to welcome you to LUC and show you the ropes during intro week. We have been friends since our own intro-week and both live on floor 11, and as such annoy each other almost daily. Olivier usually goes by Oli and is one of the most outgoing people you will meet, even though he claims that he used to be a socially inept introvert before arriving at LUC. Now he loves bantering with everyone whether it be in the elevator to class or in the hallways of a floor that isn't his own. Zaira on the other hand, is a little more responsible than Oli, but is still quite the party animal as you will see soon enough. She can be easily compared to a sunflower, not only is that her favorite flower, but when the sun is out she's happy. But then again she's always in a good mood.

2. EMMA & LAURA



Hey hey, lovely First Years- this is the short version of our personal story! What is yours? We cannot wait to meet you all and hear them (no matter if offline or online). We wish you all the best, wherever you may be at the moment. Keep hopeful and excited, despite the crazy circumstances in which you will start your Uni life :) Cheers to a new beginning, new friends and beautiful experiences, Cheers to mentor group 2! - Laura and Emma

3. CHIARA & ANUKA



Chiara is Italian, American, and French from Paris. She is majoring in International Justice and feels passionate about social and human rights. She is a performer and plays the guitar and the electric bass. She loves going dancing with her friends and helping her community thrive. Anuka is Georgian and German majoring in Human Diversity. She uses her creative skills in colorful makeup looks and painting as well. Together we hope that you can find a grain of something that you like. We want to show the best that LUC has to offer and show you that a "strange" university experience is exactly what we lived and we are happy to give you the best tips on saving money, avoiding crowds, discovering interesting new areas and just enjoying the first year of your life.

4. DEWI & DELPHINE



Hey firsties! We are Dewi and Delphine, mentors for group 4 and we are ready to make your intro week an amazing experience. We are both from the penthouse (aka floor 21) and we became super close friends during our intro week last year ;) We had travel plans to visit Verona and write our own letters to Juliet but... you know how that went. Dewi is majoring in Human Diversity and Delphine is majoring in Governance, Economics, and Development. If you guys need any advice on living in the Hague, life at LUC, or whatever questions you firsties might have, we are here to help.



5. ANUREET & EMMA

As a French person and a self-proclaimed cheese expert- Emma loves a good cheese and wine night. She is a World Politics Major! Anureet is 18 coming from India however she calls Vietnam home having lived there since she was 9. She is pretty funny if your type of humor is the sarcastic and sassy kind (Emma loves it, that's why we get along so well). She is a Governance, Economics, and Development Major! We hope this introduction tells you a bit about the type of people we are! We can't wait to meet you guys and we hope you are excited as well! We hope this introduction tells you a bit about the type of people we are!



6. TENNY & LOLA

This is Tenny, from Colorado in Ameeeeerica, heck yeah. If you ever want a good cafe for any occasion, Tenny can help you find one. Tenny basically is the incarnation of GPH - which is also gonna be her major. So if you ever have questions about health or are doubting your major choice, hit her up. This is Lola, from Coburg, Germany. Before LUC, she did two gap years in Hamburg and Namibia, so she has some extra wisdom about living away from home. Her first love is the environment and you can often find her hugging trees. We know how hard it can be to be far away from home, and life is just better with a hug - or nine :) We love to travel together and also love to eat pinda fries after submitting midnight deadlines. We are excited to meet you ... even if only online for now.



8. GIULIA & HANNA

Hanna is 18 years old and from Germany, although she has barely lived there, and has lived in the US and China most of her life. Giulia is also 18 and is Belgian/Italian. Similarly, to Hanna she has barely lived in her hometown and instead has lived in Kenya, Congo, Myanmar and Azerbaijan. Both of us are majoring in Governance, Economics and Development. Anyways enough with the boring stuff. As you will tell when you meet us, we are inseparable since day one (we were in the same mentor group) and know how to talk to each other with our eyes and in Mandarin, so don't make us mad cause can talk secretly to each other. We hope to see you guys super soon and are super super duper excited to meet you guys and show you around!!



9. EDDE & JORT

We are Edde and Jort, two Dutch guys from the beautiful city Utrecht. We're not just from the same city, we've actually been close friends since primary school! Edde will be majoring in Governance, Economics and Development. Edde is really into his sports; his biggest passion is football, but you will also often see him at the weekly volleyball practice and in the student gym. This year, he has been a student representative of the Programme Council so he can answer (almost) all of your questions about LUC's curriculum. Jort is going to do the Double Degree programme in which he combines a major in International Justice with Leiden Law School. The past year Jort has been active in the LUC Volunteer committee and now participates in the board, so feel free to ask him any questions if you want to do some volunteer work in the Hague. We hope that we will make this introduction week, despite all the circumstances, an unforgettable experience and can give you a warm welcome in this amazing community!

10. ELINE & JULIE

We are Julie (21) from Luxembourg and Eline (20) from Germany and the Netherlands and are very much looking forward to being your intro-week mentors and finally getting to know all of you. As you can probably tell from our lovely mentor duo picture, we are very cheerful and lively people who love this beautiful city of the Hague and all the wonderful treats it has to offer! Even though, the start of LUC may be different from what you expected, we will do our very best to give you a little taste of this beautiful place and let you fall in love with it as well. Apart from enjoying to be out and about, you'll probably see us around on floor 1 at Coasters (pretty much every Thursday), on the basketball/volleyball field or on floor 8 chilling on the couch (mostly Julie's because she has the most comfortable couch ever) with some wine/coffee/tea and discussing the world with each other and anyone else who pops by, perhaps some of you guys very soon!



11. NOA & VICTORIA

Although Victoria is from Colombia and Switzerland, and Noa is a Dutchie, we have both grown up abroad as international, third culture kids (yes, we're "those kids"). Victoria was born in Colombia, but has also lived in Switzerland, the DRC, Indonesia, Uganda, Uzbekistan, and Venezuela. Noa was born in Senegal, but also lived in Vietnam, the Netherlands for a teeny tiny bit, Zambia and Tanzania. We are the perfect Latina-Dutchie duo; Noa teaches Victoria how to dance when "Traag" comes on in the club (for the non-Dutchies, don't worry you'll learn) and Victoria takes Noa to salsa classes where she deeply embarrasses herself. We actually met during our own intro week and have been inseparable since (so we hope we can help you guys make some amazing friendships with such a beautiful love story during your intro week too hahaha!). We are super excited to plan amazing virtual, corona-regulations-abiding activities for you guys and don't worry - we owe you a beach day!



12. YASMINE & OTTO

Hiya firsties! Otto is a Cosmopolitan majoring in World Politics and Yasmine is quite the opposite (very Dutch), and majoring in HD. We both live on floor 6 (bEsT fLOOR) and we like to have a bunch of fun. We met during our own intro week, and we hope we can make it as great as it was for us. Yasmine is from Enschede, which is basically Germany. She is LUC's best barber (if you ever need a haircut hit her up), always has the funniest memes, knows a plethora of oddly specific scientific facts, and is generally super fun to be around. Otto is technically German, but has lived in nearly every place in the world except for Germany. He is very involved within the LUC community, successfully joining as many committees as past countries of residence. He can talk about any movie known to mankind and hosts the nicest movie nights, but occasionally you'll be able to spot him bartending at Coasters or dancing on a platform in the club Havana's. We can't wait to meet everyone and have a great time!



13. FARA & ZAYANE

Farah is a 19-year-old Indonesian who Zayane considers as a joyful and energetic human being. If I had to define her in one word, I would say "extra". She is involved in so many things that I'm pretty sure I forget some. She does everything 100% and is always passionate about what she does. But most importantly, she will manage to make you laugh and support you without even you asking. (P.S. She is also the craziest person Zayane knows). Zayane is also the same age as Farah, and she comes from France. She is the kindest and the most nurturing person Farah knows and all of her friends love her! She has so much passion in photography and every frame she took turned out so beautifully (she's probably an LUC.ID honorary member by now). On top of that she appreciates art and aesthetics a lot—you can tell the second you enter her room! See you soon!





14. MEDEEA & TIRZA

Hi, everyone! Tirza and Medeea here! We are quite different people, united by our friendship and our common passion for theatre and music, but regardless of our differences, we bring out the best in each other. The first half of this duo is Tirza. She is a fun and energetic person, always there to greet you with a smile and one of the best huggers out there! She is a friendly Dutchie, tall enough to reach the top shelf for whoever might need it. She is majoring in Global Public Health, so no more pandemics on her watch, but her passions don't resort to science. The second half of this duo is Medeea. She's Romanian, and is one of those people that is super welcoming and a great friend, and also does not take shit from anyone. She's a Governance, Economics and Development major, so I wouldn't be surprised if she's fighting corruption in a couple of years. We bonded over our shared love for theatre and music, and she's super talented! You should definitely keep an eye out for the winter play next year, because she'll be directing ;) In the meantime if you wanna see more of her she also has a YouTube channel with some really cool covers! We're both really excited to meet all of you and can't wait to get you guys started at LUC!

15. MAX & THEO



HELLO THERE, soon-to-be LUC-ers! Max originates from the faraway outskirts of Moscow. He used to play football for 6 years in a football academy. Now, his main interests are urbanism & architecture; working out; and learning Dutch, which became a daily routine: (P.S he recently completed the whole Duolingo course). Other than that, Max is a super-approachable person, who loves small cozy company to have a chat; also one of his most important values in life is laughter: He is on the path to mastering the fine art of friendly banter. Theo, on the other hand, comes from the less-faraway land of London, but still manages to express his Frenchness by constantly making French YouTube & Film references to whoever's listening (c'est une bonne situation, ca, scribe?). Theo also somehow thinks that really liking Indie Australian rock music is an actual personality trait, and isn't afraid to Karaoke just about any Panic! at the Disco song. He's also super approachable, also loves small cozy company to chat, and values laughter very highly: just above beating Max at FIFA, and just below generosity & kindness. Oh, we just can't WAIT to (be kiiiing) meet you all, whether that be online or in person. Keep grinding for those who still need to, there's light at the end of the tunnel: you'll be able to chill out soon enough!



16. CHLOÉ & JOYCE

Heyyy everyone! Welcome to your wildest, cheekiest and grooviest mentor group: 16!!! We never go a party without our magic hats and hats off to them for being there through thick and thin. Joyce or 'whoops' is a true Dutch girl. With the eyes and smile of an angel she will always surprise you and sometimes her life feels like one big 'whoops' but she manages all her whoops. Joyce will never say no to a party, she's always down. Next to this, she works as a waitress and is always working very hard for any academic work. She is dedicated and committed in everything that she does and can help you with anything Dutch related. Chloé or cheeky Chloé is a true southern French girl. Although she lived in Arkansas for 5 years she is now a full time lover of French music (Jul, nekfeu or Lorenzo) and will always be down to throw her hands in the air and dance to some hits. Any salad with raw onion makes her happy. She will eat more raw onion than drink water in a day. Also Chloé is a jagerbomb expert as well as handball lover. Next to this she will always be smiling and loves helping others. Academic wise, she can write a 3000 word essay in 2 hours at 3 a.m and not stress about it. Although she loves sarcasm this was not sarcastic. Cheeerrrrsssss and lots of love!

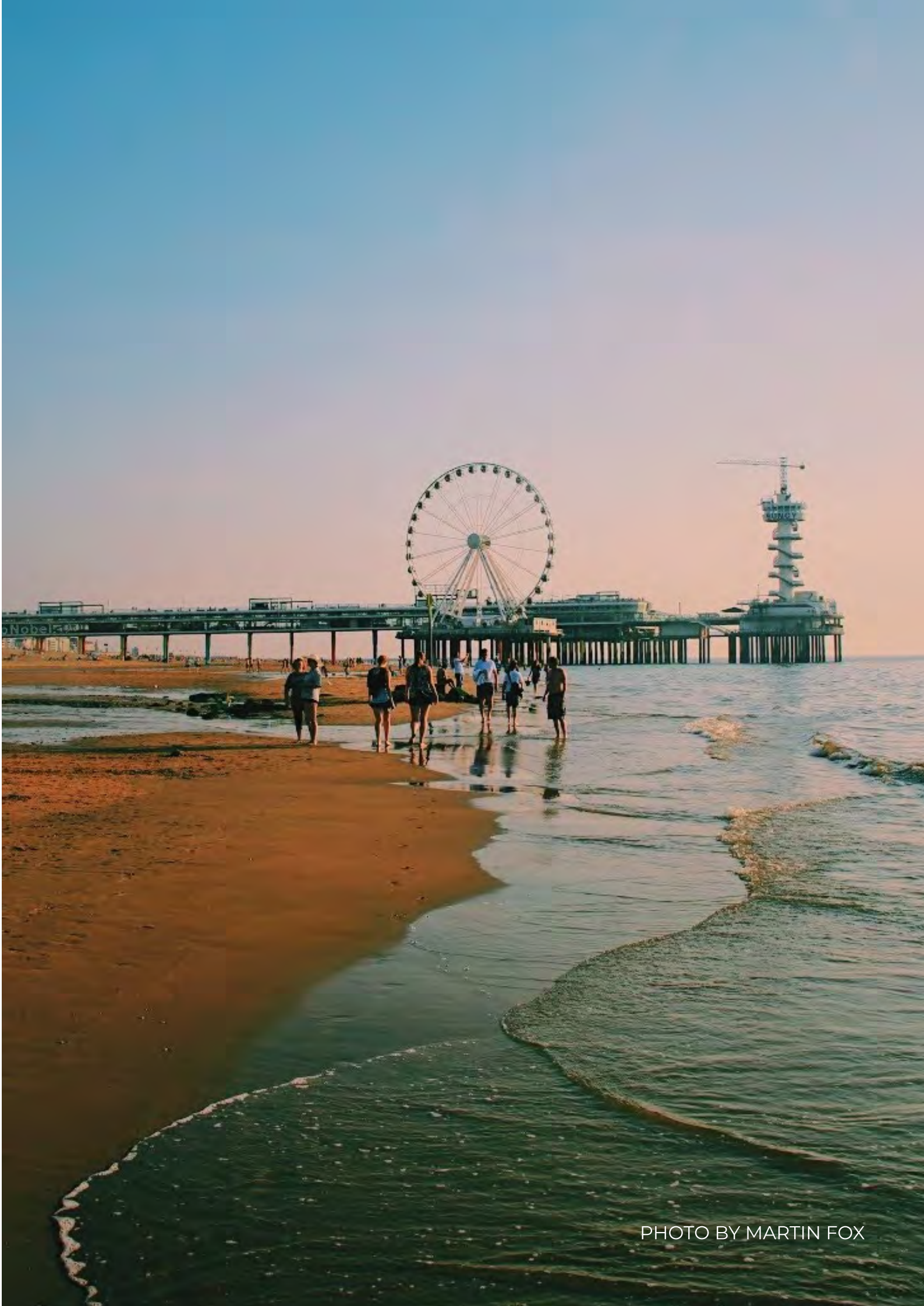


PHOTO BY MARTIN FOX

Living and studying at LUC during a global pandemic. Keep LUC corona-free!

An outbreak of coronavirus on campus may lead to health risks for vulnerable staff and students, to closure of our classrooms and common rooms, and to large numbers of students having to self-isolate for an extend period of time. Let's keep LUC corona-free!

Follow guidelines.

Closely follow the general guidelines of hygiene (wash hands, clean more often, sneezing in elbow, etc.)



Avoid crowded places.

Avoid crowded places. Do not go to parties, bars, clubs, etc.



Ventilate

Ventilate as much as possible (open windows and doors).



Stick to the rules.

Stick to the current rules for public spaces and public transport (including the use of face masks, group size, etc.). Fines are high.

Self-quarantine.

If you arrive from an area with high risks of infection, please self-quarantine for 14 days before you start meeting others.



Stick to max.

Stick to the maximum number of people allowed in an elevator, room, common room, and always follow the instructions provided.



Practice social distancing.

Keep 1.5m (two arm-lengths) distance to others at all times, at AvB and anywhere else.



Testing and falling sick

- If you have any symptoms of covid-19, call 0800-1202 to get tested immediately. The test is free. Until the test results come in, stay in your room and avoid contact with others.
- If you are sick with covid-19, inform your RA. You have to isolate: stay in your room as instructed and do not meet with others.
- If you are sick with covid-19, everyone who has been within 1.5m distance from you will have to go into quarantine. This is another reason to keep your distance at all times.



Common room

- *There is a maximum number of people that can be in the common room at any point in time.*
- *Do not exceed this number and keep 1.5m distance of others at all times.*
- *Until further notice, the common room is only accessible for people living on that floor.*
- *Parties are not allowed for the moment.*

Not adhering to the rules may lead to closure of the common room to all residents.



It will at times be hard to live by these measures, it will feel unnatural and uncomfortable at times. We all hope that the situation will steadily improve, and that guidelines will relax during the semester, allowing for more on campus activities and even parties. But we are not there yet. We are counting on all of you to take your responsibility and help us to keep LUC safe and healthy!



Information on Covid-19

Information from the Dutch government on the most up to date measures in The Netherlands

<https://www.government.nl/topics/coronavirus-covid-19>

Information from LUC with detailed information about LUC and AvB

<https://www.student.universiteitleiden.nl/en/vr/governance-and-global-affairs/luc-housing-in-corona-times>

Information from Leiden University about measures and provisions at Leiden University in general

<https://www.universiteitleiden.nl/en/dossiers/coronavirus-en>

SCAN ME



Ingrid in den Bosch

student life @luc



Student Life Officer
Lenore Todd

Welcome to LUC in The Hague! I'm Lenore Todd, the Student Life Officer. As SLO, I coordinate the student life program here. I get to work with a wonderful team of 17 Resident Assistants, two Study Advisors, and two Student Life Counselors.

Together, we support you during your time at LUC. Our chief concern is your wellbeing. If you are having issues with your health, stress, or time/money management, we are the people to see. If you notice that something during your time here is becoming a problem, come to see us as soon as possible. The earlier you contact us, the better we can help you.

But we're not just here to lend a hand in a crisis. We also aim to maintain a safe and vibrant atmosphere for learning. I would encourage you all to get to know the RAs. Not just the one on your floor, but the others throughout the building, too. They've been here longer than you and know how to make the most of your time here.

In such a small and diverse community, it is important to maintain open lines of communication with each other. Please stop by and say hi whenever you can. My door is always open. I look forward to meeting all of you!



meet the RAs!



floor 5
Ishak

This is Ishak, a 2nd year GPH major and the RA of floor 5! He is half Dutch and half Turkish and next to his passion for Global Public Health he loves plants (there are more than 20 in his room!) and cooking.

floor 6
Sine Schei



Hi everyone! My name is Sine and I'm a third year from Norway majoring in Human Diversity. If you are so lucky as to be a future resident of floor 6, you can rest assured that you have a year filled with fun ahead of you! If you are not lucky enough to be a floor 6 resident, I would still love to get to know you so please drop by for a coffee (whenever spontaneous social interaction is acceptable again...) Enjoy introduction week!



floor 7
Emmeline Ferrard

Hi, my name is Emmeline! I'm a Human Diversity major and the new RA on floor 7. I'm a Belgian-American who's recently grown addicted to puzzle making and sudoku solving (and might just start a weekly puzzle night). If you need anything, don't hesitate to pop by, stroop waffles and coffee usually available. I'm excited to meet you all and hope you are ready for a wonderful year to come!



floor 8
Mokhtar El-touni

Hello there ! My name is Mo, i am going to be the newly arriving RA on floor 8. I am never sure what to say about myself in a couple words other that I am really excited to get to chat with all of you! So feel free to drop by and have a chat with me over some Egyptian tea and possibly some Belgian goodies Spoiler alert it's chocolate!

Good Morning, my name is Bastian. I like hot drinks and humanities, so if you are out to find me you might wanna check some cafés, my room on floor 9, or "Tea and Philosophy", see you there!

floor 9
Bastian Mielke



floor 10
Hannah Bredero

Hii! My name is Hannah, I'm majoring in Global Public Health, and very much love the sea. I can't wait for all of you to enjoy the lovely Scheveningen beach and all the other exciting things to come. I love sharing stories over a cup of tea or glass of wine so please drop by Floor 10 at any time!

floor 11
Kadri Riikoja

Hi everyone! My name is Kadri and I'll be the RA on floor 11! I come from Estonia and Luxembourg and am majoring in GED. LUC will be among the most interesting years of your life and I'm so excited to welcome you and get this year started in the best possible way. :)



floor 12
Luke Dedecke

Hello there! I'm Luke, a random guy from Germany, more specifically Hamburg. Though I'm calling my home Floor 12 at the moment :) I will major in Earth, Energy and Sustainability. Besides my passion in my major I love doing any kind of sports and I am always open for random and fun things to do with the community. One of my favorite parts of the city is definitely the beach and I am looking forward to taking you there!

floor 13
Anaïs Masson

Hi there! My name is Anaïs and I'm going to be the RA on floor 13 this year. My home is Cape Town, South Africa but the Hague is definitely part of my heart now! I'm a very predictable EES major, who loves nature and living balanced and I try to make the most of the beach we have here in the Hague. I love to explore and connect with the city (ie get out of the bubble) and will always be happy to show you what the Hague has to offer :)



floor 14
Adam Emara

Hey everybody! My name is Adam and I'm going to be the RA on floor 14! I grew up in the streets of the Hague, so if you want to hear about some recommendable restaurants, intimate cafés or other exciting locations – or if you just want to talk about anything whatsoever – swing by room 569



floor 15
Natalia Sobrino-Saeb

Hey there! I'm from Mexico, and I will be the new RA on floor 15. I like 'Netflixing', walking and talking, and *attempting* to cook, if any of this rings with you please reach out! I'm super excited to meet as many of you as possible and accompany you in this new adventure.

floor 16
Zazie Franck

Hello class of 2023! My name is Zazie, I'm a Global Public Health major and I'm the RA on floor 16. I come from Belgium but I grew up in many different countries. I love painting, cooking and listening to indie/alt rock so you're always welcome to drop by for a chill art sesh, food and relaxed vibes!



floor 17
Maria Calomfirescu

"Hi everyone! I'm Maria, RA on floor 17 this year. Looking forward to welcoming you all and having amazing times together!"

floor 18
Janine Hoek

Hi there! My name is Janine. I am a very Dutch blond girl coming from a small town named Katwijk at the beach. I am a third year majoring in Global Public Health. I've been living on the 18th floor for 2 years now so I know all the ins and outs of life at AVB. Besides being the RA on floor 18 I also am this year's head RA so if you want to reach the RA team as a whole or if you are not sure who to talk to please feel free to contact me! If I'm home my door is always open :) Excited to see you all around!



floor 19
Oscar Feen

Hey! I'm Oscar and this year will be my second time as an RA on floor 19. I am a member of the Hague Student Association (HSV) and during the summer I work as a lifeguard in Scheveningen. My biggest passions are enjoying sunlight, movies and dancing at parties. I hope you had a nice summer (+ COVID-19) break and I cannot wait to meet you!

floor 20
Addy Gisby

Hi! My name is Addy and I am going to be the RA on floor 20 this year! I'm so looking forward to having a really fun year making lots of memories with you all and can't wait to meet all the new first years. I love a good chat so feel free to stop by my room and say hi!



floor 21
Rosie Faure

Hi all! My name is Rosie and I'm going to be the RA on floor 21 for the second time! I'm from sunny Marseille in the South of France, majoring in GPH and hopefully graduating this year :) I'm really excited to meet you all and have a great year together in the penthouse!

RA CONTACTS

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18th Floor:	Janine Hoek	janinehoek@outlook.com	640
19th Floor:	Oscar Feen	feenoscar@gmail.com	658
20th Floor:	Addy Gisby	adelegisby@yahoo.com	677
21st Floor:	Rosie Faure	rosie.faure22@gmail.com	697

committees @luc

22F(M)

22F(M) is LUC's very own radio station. Broadcasting every Tuesday and Sunday from 8 to 10 pm on 22fm.org, its shows are a platform for sharing music and self-expression of the LUC community. These shows incorporate a wide range of music and themes to best reflect the diversity of LUC.

ACT AWARE

Act Aware is the sustainability committee of LUC. We strive to make the university greener and more sustainable, organizing fun and informative events and connecting the student body, Fortuna and the university regarding all matters that have to do with sustainability. We are enthusiastic, full of ideas and, above all, act aware!

LUC DIVERSITY

A committee focusing on the diverse characteristics of LUC students in terms of beliefs, race, ethnicity, sexual orientation, and other traits that students see fit. There are various subcommittees included in this:

- Race & Ethnicity
- LGBTQ
- Interfaith
- Feminism

PAX MAGAZINE

At its inception, before the days of ivory tower inhabitants, PAX was a humble student commentary published on A5 paper and enjoyed by a fair few. Today, it has grown into the dynamic magazine it is today, published on glossy pages and reaching all aspects of the LUC community. Each block's PAX is created by students for students and holds the purpose of enriching/stimulating the lives of fellow LUCers. It lends a platform for the expression of student ideas, interests and general comedic qualities. With our different themes in previous years, PAX attempted to cover the broad range of interests present in the diverse LUC community. Although we may be changing this and adapting the magazine to have a more creative outlook, the diverse content of the magazine will remain.

As PAX is a student run initiative, we welcome any and all contributions to the magazine. PAX aims to bind the community together by keeping everyone up to date on the happenings of everything LUC.

BEYOND ARTS

Beyond Arts is the home of the artistic community at LUC, comprising a variety of subcommittees for visual and performing arts. We welcome people with all levels of experience to explore their talents and share them with the student body.

MEDLIFE

MEDLIFE is an organization that partners with low-income communities in Latin America and East Africa to improve their access to medicine, education, and community development initiatives. The MEDLIFE mission is to build a worldwide movement empowering the poor in their fight for equal access to healthcare, education and a safe home. MEDLIFE works to achieve their mission through Service Learning Trips, the MEDLIFE Project Fund, and student empowerment. The MEDLIFE Chapter at LUC is spreading the MEDLIFE movement, organizes fundraising events and provides students with field experience in development work by organizing Service Learning Trips to MEDLIFE project sites.

RES PUBLICA

Res Publica is LUC's Politics Committee - discussing everything from controversial issues in the building to serious issues around the globe. To sweeten some of the spicy conversations held at their meetings each block, tea and cookies are always provided.

SPORTSCO

LUC's very own sports committee-

- Basketball
- Men's Football
- Women's Football
- Swimming
- Tennis
- Climbing
- Volleyball
- Yoga
- Handball
- Hockey

LUSTITIA

Iustitia is LUC's committee on all things law and justice related. Membership is not only open to International Justice majors - all majors are welcome to join. This year, *Iustitia* will be organizing visits to hearings at (international) courts and tribunals in the Hague, collective crying sessions for anyone who is unlucky enough to be studying law alongside LUC, exam review sessions for International Justice courses, and possibly even an inter-UC Moot Court competition. Keep a look out on Facebook for what we are up to!

FILMCO

FilmCo aims to bring members of the LUC Community together through movie nights hosted in the LUC buildings, outings to different film houses in The Hague and occasional film festivals. Last year's activities included weekly movie nights and viewings of Game of Thrones.

SEXCO

SexCo is focused on fostering an open and comfortable space to discuss and learn about the various dimensions of sexual wellbeing. We hope to continue creating a place where students can voice their concerns, have discussions, and foster a supportive environment. Our aim with this committee is to give people the voice to discuss sexuality, consent, gender-based issues, and sexual wellbeing as a whole; ask questions, learn, and teach each other. We are planning on holding bi-weekly meetings each on a different topic, where anyone who wants can join for an open conversation, snacks, and good company.

LUC.ID

LUC.id is the photography committee of LUC, with a broad focus on photography, film, and any other lens-based artistic practices. Outside of the workshops and exhibitions featuring our members' work, we capture you at your highest and lowest points at all the parties and make sure you have a way to forever remember your time at LUC.

HILL - HIKING IN THE LOW LANDS

The HILL committee organizes regular hiking trips in the Netherlands that provide an amazing opportunity for internationals to explore their new home and for the Dutch students to discover their country from a new angle. Ranging from half-day hikes to overnight trips, HILL has something for everyone – from those who have never hiked before, to those who want to organise and lead their own trips. After all, enjoying nature with a group of friends is a great way to escape the everyday stress of academics!

KNITTING COMMITTEE

Do you like low quality fashion? Do you aspire to never be cold again? Have you ever dreamt of letting your inner grandma out? Then join the KNITTING COMMITTEE! It's not only for 80 year old cat ladies!

USL

This year's USL board has many plans for the LUC Community, but we want to make sure there is at least more than one party you will never forget. As well as the more obvious parties such as Halloween and Valentines we will bring you new and exciting themes, parties, activities and events that will help you shape not only your LUC but also your general student life experience. We feel it's important to experience things in a bigger and better way that goes outside what we always thought were our limits: LUC. If you want to know what we are talking about, join us in our upcoming Homecoming party part I happening at our very own COASTERS and part II happening at the legendary PIP.

LUC MUN

We are LUC's Model United Nations committee and we are ready to take the world stage of diplomacy! This year, we had a great time with an amazing delegation in St. Gallen, Switzerland. Motion to repeat this fun weekend!

LUCYPHER

LU Cypher is LUC's home for everything hip-hop related, whether you make it or just love it, at any level of skill or familiarity. Over the past years, LU Cypher has organized rap battles, production and freestyle seshes, room parties and a party at Het Magazijn with the help of USL. This year this will be expanded to exploring The Hague's rap scene.

LUC VOLUNTEER

Many LUC students do not realise that we are actually living in a city where a significant number of people struggle to get around. A variety of physical, mental and financial problems make that these people can use every bit of help they get offered. At the same time, the 600 LUC students take courses revolving around the idea of solving global challenges. The objective of the LUC Volunteer committee is to solve local challenges. We connect people that face problems with LUC students by organising small-scale volunteer activities. Through this, students get the opportunity to actively contribute something to their close surrounding by which they can literally make this world a better place.

FORTUNE TV

FortuneTV is the journalism committee inside LUC where we showcase all news concerning LUC and studying in The Hague. We are a group of like-minded people who come together to create 30 minute live shows.

PHILOSOPHY AND TEA

The Philosophy & Tea committee provides a space for LUC students to stop their busy life and reflect. Every week we dive into different themes, such as love, freedom, language, loneliness and meaning. It's a moment to voice out our (sometimes intimate) thoughts in a safe space and to discover how others experience reality. All in all, Philosophy & Tea is a place to come together and genuinely ask each other the big questions of life - without being afraid of actually finding some answers.

MEDITATION

Tap into the world of meditation, regardless of skill and experience level and destress amidst a hectic schedule.

MADNESS PODCAST

The MADness Podcast, also known as Musing About Doubts, aims to question and reflect upon deep personal, social and philosophical ideas. Together with passionate and knowledgeable guests, we delve into both timeless questions, as well as current events.

SAFETY

1

PRACTICAL INFORMATION

college floors (1-4)

The college floors contain the classrooms, study areas, Coasters (your favorite place) and the offices of the Academic Staff and Support Staff (opening hours mentioned in Student Handbook). The college floors are managed by LUC/ Leiden University and you can access them with your LU card.

For issues on the college floors please contact the Student Information Desk on the 4th floor during office hours, or the reception desk on the ground floor.

residential floors (0 + 5-21)

The Residential floors contain the bike shed, laundry- and garbage room, lobby and the student apartments (house rules in the Student Handbook); which are all accessible with your LU-card and personal key. There are Residential Assistants on each floor for all your questions.

caring for the building

No tape on painted walls: use magnets or the 2nd floor poster wall.

No hanging posters etc. in elevators (apart from the Fortuna frame): use the poster boards.

Keep the garbage room clean.

Put your bike in the rack, remove bikes you don't use.

The 1st floor (Coasters, Fortuna office, Arts room) is largely a student-run area so keep it tidy.

2

FIRE SAFETY



Do not leave heat sources unattended.

Do not smoke in the building (prohibited in the whole building).

Use electric appliances correctly and unplug when you are away.

Keep hallways empty and separating doors unblocked. Stuff in hallways can block the passage of people; separating doors (from the elevator hall to the corridors) keep fire out and retard the spread of fire on your floor. Keep them closed at all times and don't block them.

Know where the emergency exits and fire extinguishers are on your floor and on the college floors, and practice finding and using them.

Smoke detectors / sprinklers:

Do not block smoke detectors or sprinklers. Sprinklers will activate on impact, or when they get hot. Please take care not to activate them as a lot of dirty water will come out.

Smoke detectors occasionally need new batteries, they will start beeping. Ask the housing council or your RA to help you if you don't know how to do this.

3

EVACUATION

Small fire: first try to extinguish using the extinguisher on your floor.

Large fire: Press the fire alarm button. Inform the reception desk on +31 (0)800 9460 or the RA on call 06-28287992;

Warn other people on your floor, but keep yourself safe first;

Close doors and windows;

Evacuate the building using the emergency stairs;

Assemble under the tramway outside the building



4

EVACUATION CONT.



When the fire alarm / slow whoop sounds on your floor or on the college floors

Evacuate the building via the emergency exits

Follow instructions of emergency staff;

Assemble under the tramway outside the building.

It is possible that the fire alarm sounds on the college floors, but not on your floor.

Emergency staff will follow instructions of the fire brigade, if they tell us not to evacuate the residential floors it is safe to stay in your room. However, if you get instructions to evacuate, or if the alarm sounds on your floor, please evacuate via the emergency exits.

fire drills

Fire drills are organized (announced and un-announced) several times per year on the college floors and residential floors. Please cooperate and leave the building via the emergency stairs. Do not use the main staircase. Most importantly - keep calm!

AT LUC

5

EMERGENCY ON CAMPUS

Reception ground floor: +31 (0)70 800 9460.
Outside office hours: in life threatening situations call national emergency number 112. In case of other medical emergencies you can contact SMASH +31(0)70 346 9669
Campus alarm centre (University): +31 (0)71 527 8676. This alarm centre is available 24/7.
Local police (Haaglanden): +31 (0)900 8844 .
RA on call (from 21.00 o'clock until 8.00 o'clock during block times): 06-28287992.
emergency off campus
Local police (Haaglanden): +31 (0)900 8844 .
National emergency number: 112 .
Campus alarm centre (University): +31 (0)71 527 8676. This alarm centre is available 24/7.
Student Life Officer Mr. Aernout van Lynden: +31 (0)70 800 9333 (office), 070-3697141 (home), c.d.a.van.lynden@luc.leidenuniv.nl

6

MEDICAL ISSUES

Life threatening emergency: call 112.
Choose a family doctor right after you arrive in The Hague. There are some numbers in the Student Handbook.
SMASH (after hours medical service): +31 (0) 70 346 9669.
AED at reception (ground floor) and on floor 15.
Make sure you are properly insured for medical costs, and for third party liability.

7

OTHER SAFETY

theft / unwanted guests
Keep your door locked when you are out.
Do not let people you don't know into the building.
Do not block emergency exit doors with the purpose of keeping them open.
Put emergency numbers in your phone.



8

CORONA INFORMATION

Do you have symptoms? Get tested! You can call for an appointment 0800-1202.
For more information visit <https://www.rivm.nl/en/novel-coronavirus-covid-19/testing-for-covid-19>



MEET THE FORTUNA BOARD

“Enriching LUC community life through various opportunities. For students, by students, with students.” Fortuna is LUC’s student association whose mission is to enrich your student lives, to broaden your horizons through the organization of extracurricular activities. It is made up of you Fortunians, committees and teams, who organize activities, events, meetings and training. Overall, we exist to offer a variety of different opportunities and to provide support to your ideas for a great LUC experience! Concretely, Fortuna translates to more than thirty teams and committees—ranging from sports arts, meditation to hitchhiking and volunteering with lots in between. Fortuna also organizes galas, wellbeing weeks, panel discussions, participates in the UCSRN tournaments and a variety of other initiatives. The Fortuna board alongside all the other committees and teams are united in making your extracurricular life one to remember!

MAXINE *Chair*

Hey everyone! I’m Maxine and I am excited to be the chair of Fortuna for the upcoming year. I was born in Belgium and moved around quite a bit before betting it all on The Hague and loving it here, in large part thanks to Fortuna’s role at LUC. I realized how lucky we are in this college to have so many opportunities that are offered to us through Fortuna committees and events. My aim as part of Fortuna this year is to ensure that the incoming first years and current students are able to enjoy all Fortuna has to offer as much as I did. More precisely, as Chair, I will represent our community to actors such as external partners, faculty and LUC management. Within the board, I chair meetings and aim to facilitate the workings of our board through organization and follow through as well as assisting other board members in their tasks. Overall, I am here to ensure the overall running of the association for it to serve its purpose to the best of our ability. In achieving this, your input is crucial so please come talk to us about any suggestions you may have! Our board looks forward to innovation this year, to keep our community engaged and vibrant, which with all of your participation, I know we can achieve. We wish you a great start of the year and hope Fortuna will enrich your student life!



FARAH *Secretary & Vice-Chair*

Hey guys, my name is Farah! I am an Indonesian and unlike some of you who have been moving from one country to another, I’ve spent my whole life there. I am majoring in EES and I will be your Fortuna Secretary for the upcoming year! As a Secretary, one of my main jobs is to organize General Assemblies—where you can vote on many important decisions for our community and... basically, watch people debating over budgets... which is also fun!!! Although because of COVID you might not be able to join your first GA in the first semester (big yikes I know), there are still two GAs to look forward to and I highly encourage you to join as I will try my best to make them as interesting as possible! Aside from that, I will also take care of non-financial administrations, meeting with internal parties and updating you on any crucial information related to the student association (so yes, you will see a lot on Facebook, our website and your emails)! Please don’t hesitate to reach out to me whenever you have any feedback or suggestions to improve the working of Fortuna for I will be happy to hear them I’m looking forward to meeting and doing fun activities with all of you since I’m also a mentor of group 13! Stay safe and take care always!!!



ROSITA *Treasurer*

Hello everyone! My name is Rositsa. I’m Bulgarian and I’ve recently declared my major in Governance, Economics and Development (GED). For the upcoming year I am taking over the position of a treasurer of Fortuna, taking care of the financial administration of the association. To put it short, I will keep record of the spendings within the association and its members as well as work closely with the rest of the board members, ensuring the proper execution of the tasks at hand. Keeping spirits high, I can’t wait working closely with the Fortunian community. Together with the rest of the board, we will work on the more transparent working environment for the better understanding of our goals and motives. I can’t wait for the events and activities of the various committees to come, but first there is some work to be done to make these happen. Don’t hesitate to reach out to me for any questions or concerns you have as well as ideas and suggestions, which will be more than welcome. See you soon and stay healthy!



OLIVIER CAO



Hope you're all doing well. I'm Olivier, a Belgian Indonesian majoring in International Justice who will be one of your Committee Affairs Officers (CAO) for the upcoming academic year alongside my partner Giulia. As CAO I will be working closely with committees and teams, the beating heart of LUC's student life, helping them ensure you have the most fun possible whilst here. At LUC we have about 30 committees and teams all together covering an array of topics and activities meaning I'll be busy all year with the bureaucratic side of things. But hey, if that's what goes into ensuring student life is as fun as it is here, it's undoubtedly worth it. Ranging from sports to musicals, debate to knitting; travel to photography, LUC's teams and committees cater for the entire community regardless of your hobbies and interests, and as CA Giulia and I strongly encourage everyone to participate in as many teams and committees as possible. Our main goal in this upcoming year is to ensure all Fortunians have the best possible experience in their extra-curricular student life, working with committees and teams to cater to your desires. After all Fortuna and its committees are 'For the students, by and the students and with the students.' Feel free to contact me whenever and I can't wait to meet all of you, particularly those of you in mentor group 1!

MARKUS ICO

Hey guys! I'm Markus and I'll be your ICO for the coming year! I'm Danish but grew up pretty much my whole life in the Hague area, so moving into LUC I had a head start on knowing where all the good spots were. I'm the only 3rd year of this year's board, and I'll (hopefully) be graduating this summer with a major in Earth, Energy and Sustainability (EES). As Internal Communications Officer I'm the one in charge of graphics, communications and merch - so I'll be the one managing the website redesign, the cute graphics for Instagram and designing how this year's hoodies and other merch will look! I can't wait to see what the coming year will hold, and with Corona moving us all online, keeping everyone up to date and connected online will become even more important. The Fortuna board and I are dedicated to make sure that even though there is a pandemic going on, you're not going to miss out on any of the important first year experiences (albeit in a bit different way than usual!). I can't wait to meet all of you and to do my very best to make your experience at LUC as fantastic as mine has been. I'm excited to see what ideas you guys will have and we'll do our best to bring them to this year!



GIULIA CAO

Hi everyone! My name is Giulia and I am originally from Italy and Belgium but have lived abroad my whole life (Kenya, Congo, Azerbaijan and Myanmar) before settling down here in The Netherlands. I've declared my major as Governance, Economics and Development (GED), and I will be one of Fortuna's CAOs this year. Alongside my partner Olivier, we will be in charge of making sure that all of LUC's diverse committees are running smoothly, of helping you create new committees and of organising some of the big events of the academic year such as Wellbeing Week, Gala and so on. I'm very much looking forward to this academic year as it will be a year like no other before and will therefore present new challenges and experiences. This being said, Olivier and I are ready to make sure that COVID-19 does not affect the social life and the amazing community feel here at LUC. Additionally, as you might or might not already know, this year LUC is celebrating its 10th birthday, which means you can expect a variety of new and exciting events coming from various teams! I am super excited to meet all of you, some of you more intimately than others as I am also a mentor (group 8!), and hear all your great ideas and of course welcome you into the Fortunian community. If you ever have any questions please don't hesitate to contact me! Welcome to LUC!!!



boards & councils

Anne Geschke

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PC, PB, MC, BoE, CC, CB? Already heard enough abbreviations within the few days of being here to fill a whole book? Are you now very much confused about what everything is, and what it has to do with YOU? You aren't alone, and to be frank, some post-semester 1 LUCers probably know just as little as you do. Here's a handy dandy little information packet on the different layers of institutional jargon and a quick overview of how they connect to you. If you have further questions you can always consult the Student Handbook or approach one of the student(s) (representatives)!

luc & leiden

It may seem like LUC is completely set apart from Leiden University. However, what happens at the college is actually strongly intertwined with our mother organization. [...insert from the other text]. While Campus The Hague students have not been represented in above-LUC bodies until recently, there now is representation in both the University Council and the council of the Faculty LUC is part of (the Faculty of Governance and Global Affairs, or FGGA). This includes LUC staff members, students, and Campus The Hague students that can be found on the sites of respective councils. It is possible to get involved in this level of politics as a single candidate or by joining a student party.

programme board

The Programme Board, like the name suggests, is concerned with all Programme-related matters at LUC. This ranges from reviewing new course-syllabi to overseeing the redesigning of entire majors. The PB has a student member (SMPB) that you can and should reach out to if you have any concerns related to the Programme. For example, last year's SMPB was approached with concerns about an economics course, as well as first year math courses. Going to the SMPB gives you the opportunity to find out why certain things may be the way they are, and to discuss what is or what could be done to change the situation. The upcoming academic year's SMPB is Bálint Pataki, whom you can contact via Facebook or his work email (smpb@luc.leidenuniv.nl). You can also check out the whole list of people in the PB on the picture wall on floor 4.

programme council

Next to the PB is the Programme Council, which advises the PB on decisions, but also approaches it with own concerns and requests. Amongst other things, the PC reads all student evaluations of completed courses and gives recommendations to the PB based on what they find. The PC contains 5 student representatives that are elected every year, and who are there to represent your interests and to be approached by you. Should you have any Programme-related concerns, they are the people to go to. You can find out who they are on the wall on floor 4 or in the Student Handbook.

college board

The CB decides on all LUC affairs. It's as broad as it sounds. With the Educational Director, the Operational Manager and the Dean as official members, the CB aims to cover vast grounds. What goes on behind this veil of broadness, remains covered to students' eyes.

college council

The CC is an advisory body to the CB. The CC mainly advises on matters such as mid- and long-term strategy of LUC or the working and living environment. It has four student representatives whom you can approach on these matters as well, even if you are more curious rather than have input to give. Academic matters are for the PC/PB, the other matters for the CC (student) members. To find out who the members of the council are, go to floor 4!

board of examiners

The BoE is LUC's "judiciary". Amongst other things, the BoE concerns itself with quality assurance by reviewing grades and enforcing regulations regarding fraud and academic misconduct. Should you have requests for exemptions, transfer of credits or course withdrawals, this will also need to be handed in and processed by the BoE. For more information you can consult the Student Handbook or look around the LUC website until you find the forms you need to fill out for your specific requests.

conveners

There are Conveners for several "layers" of LUC, who in their appointed "field of convenorship" oversee coherency and quality. For example, LUC has a Convener for each Global Challenge of year 1, for each minor, and for each major. The Major Conveners can also be of interest to you (first years) when you approach the time of declaring your major and are unsure what to choose. To find out who convenes what, you can look into your Student Handbook. If you have questions about a field which someone convenes, it is never a bad idea to go to that person's office hours and get some answers!

Understanding the meaning of these abbreviations should easily get you through your first couple of hassles with the organizational body that is LUC and more. If you have any more questions it is always recommendable to consult the Student Handbook or approach students in the different bodies. Constructive feedback is always sought after and very much welcome here at LUC, so don't hesitate to go to your fellow student council/board members and talk!

Welcome to the Writing Studio by Ailish Lalor

One of the most intimidating aspects of my early days at LUC was not knowing exactly what made an essay or a web post good. Sometimes, web posts and essays would go surprisingly well: other times, not so much. Learning how to write a good academic piece is, of course, the central objective of the Academic Writing course; but like any skill, it takes lots of not-so-great attempts to get completely right.

This is where LUC's Writing Studio comes in. We are a group of second and third year students employed by the university to help LUC students to improve their academic writing. We can help with any of your writing concerns, whether you're unsure about how to write a good introduction or conclusion, how to structure the body of your essay, citation styles, or if you're more generally

concerned about whether your writing is up to scratch. Even if you are absolutely confident in your skills, there's almost certainly something we can help with, even if it's simply to offer you a second pair of eyes. In short, we will help you turn those initial not-so-great web posts into good academic writing you'll be proud of even in a semester's time.

You'll be able to find our office hours on our Facebook page (LUC Writing Studio). For now, we'd simply like to wish you a fabulous first few weeks at LUC!

Contact the Writing Studio with any further questions @lucwritingstudio on Facebook!

h e l p !

I need somebody!

problem	what to do	who to contact?
power outage before 7PM	contact the Housing Council	Housing Council on Facebook
power outage after 7PM	contact the RA on call	+31628287992
fridge not working	check if the single plug in the kitchen also isn't working	DUWO (online, email, phone)
hotplate not working	visit DUWO office hours to get it checked replaced	DUWO (online, email, phone)
clogged drain	check and clean it yourself	still clogged? contact RRS
laundry machine broken	press '7' for 10 seconds	still broken? contact VastgoedService
internet not working	switch it on and off	contact ITT desk if still not working
contract/rent issue	stay calm	DUWO (online, email, phone)
received a water/waste tax bill?	you can apply for a waiver!	The Hague Municipality/RBG
small problem (doorknob, plug)	stay calm	DUWO (online, email, phone)
small problem (water, ventilation)	stay calm	VastgoedService
bigger problems (e.g. floor-wide)	contact the Housing Council	Housing Council on Facebook or email housingcouncil@luc.leidenuniv.nl
stuck in the elevator	find the phone number mentioned in the elevator	call the number mentioned in the elevator

contact information:

DUWO	0900-2353896 (Netherlands) and +31 (0)15-2192299 (abroad) Monday 8:30am until 5pm, Tuesday-Friday 12:00 until 5pm Office hours on Floor 5: Wednesday 2pm until 3pm
VastgoedService	+31 15 25 16 700 / info@vastgoedService.nl / online form on duwo.nl > rent > request for repairs The Hague
Intertell (for urgent repairs after 5pm or during weekends)	+ 31 70 32 44 455
RRS (Riool Reinigings Service) (24 h/day)	+ 31 70 33 68 888
ITT Desk	+ 31 88 41 177 88 / support@ittdesk.nl
The Hague Municipality/RBG for tax waivers	Waste Tax: < http://www.denhaag.nl/en/residents/to/Tax-waiver.htm > Water Tax: < http://www.derbG.nl/general-tax-information >
<p>On "AvB Housing" on Facebook you will find a tutorial on how to use the laundry machines and LUC printer. The links provided to put money on both the LU card and laundry card are: Laundry: http://80.114.136.2/eng/ke.htm Printing: http://webprint.leidenuniv.nl</p>	

USEFUL DUTCH PHRASES

The Hague (and the Netherlands overall) is a relatively English-friendly place. So friendly, in fact, that you could probably survive your three years at LUC without speaking a single word of Dutch. However, that doesn't mean that you should. You don't want to graduate not even being able to order coffee for yourself!

Learning a few simple phrases or, if you are looking for a little extra challenge, learning how to sustain basic conversations will not only give you a new skill, but will also help you break the LUC bubble and venture out into the real The Hague. Maybe you'll even pass for a native speaker in the end!

In the meantime, just to get you through the first couple of weeks, here are some words and phrases you should know. Make sure you pronounce the Dutch 'g' in front of the mirror as much as you can before you try it out with a Dutchie. Tip: growl from your throat, or imagine you are rolling your g's from your throat like one might do with their r's, and you should be close!

Another quick tip: when a Dutch person tells you the time, e.g. "half acht" or half eight, they do not mean 8:30. They mean 7:30. Check that you're both referring to the same time of day to avoid confusion or missed doctor's appointments.

Hi! (informal)

Hello!

Good morning/afternoon/evening!

Goodbye!

Bye!

Please.

Thanks!

Thank you!

Excuse me.

Sorry!

You're welcome.

How are you? I am fine, and you?

Do you speak English?

I would like... (when ordering)

Bon appetit!

Yes

No

Lekker

Gezellig

Hoi!

Hallo!

Goedemorgen / Goedemiddag / Goedenavond!

Tot ziens!

Dag!

Alstublieft (formal) / Alsjeblieft (informal)

Bedankt!

Dank je wel (informal) / Dank u wel (formal)

Pardon (a bit more informal, used when trying to get through or asking for someone's attention) /

Neem me niet kwalijk (formal)

Sorry!

Graag gedaan.

Hoe gaat het? Goed, en met jou?

Spreek je Engels? (Formal - Spreekt u Engels?)

Ik wil graag...

Eet smakelijk!

Ja

Nee

Can mean 'delicious', can also mean 'nice', can be used to refer to a person as attractive but less politely...

A mixture of coziness, fun, and being in good company.

WELCOME TO
THE HAGUE
DEN HAAG
LA HAYE
LA HAYA



PHOTO BY MARTIN FOX



Being Thrifty at LUC

An LUCer's guide to avoiding perpetual penury

Life at LUC can hit you where it hurts: the pocket. That's why we have assembled a collection of tips and tricks to help you survive being a broke student.

Grocery guide

Albert Heijn- Not the cheapest place to shop, but with two stores at about a ten-minute walk from AvB it's the most conveniently located grocery store. They have a good range of own-brand products at reasonable prices, which are generally good quality. Be sure to pick up a free Bonuskaart (discount loyalty card) at the checkout because their special offers aren't valid unless you scan it at the till.

Albert Heijn To Go- It's pricey as hell, but damn it's close. Located less than 200 metres from AvB, it's pretty hard to resist picking up an odd snack there, but you definitely don't want to make a habit of it. Probably best to only use it in emergencies.

Hoogvliet- Only a few minutes further than Albert Heijn and just a little cheaper on average. I would highly recommend it if you like to feel like you're shopping in a high-end supermarket without breaking the bank.

Haagse Markt- Open Mondays, Wednesdays, Fridays and Saturdays, the Haagse Markt is one of the largest markets in Europe. It's a great place to stock up on fruits and vegetables for only a few euros. I would recommend trying to get into the habit of going once a week because otherwise you may find yourself cutting out veggies to avoid those supermarket prices. Good for your health, good for your purse. It also offers a diverse range of goods and products from clothing and jewellery to electronics to baked goods, all at reasonable prices.

Ekoplaza- I can't tell you much about their products because I can't afford to buy a pack of gum there.

Kelly's Expat Shopping- Good place to buy some British and American products if you don't mind paying a little extra for them. Might be worth it if you're feeling homesick.

Tips

Learn to love own-brand food. The only difference between plenty of own-brand goods and the fancy branded stuff is the heavy price-tag. Sometimes paying a little bit more for something better quality might be worth it but for simple things like porridge oats, spices and

Don't shop when you're hungry. It's a sure-fire way to end up spending more than you wanted to. Most supermarkets mark-down items they need to get rid of towards the end of the day, so keep an eye out for those red discount labels. It's a good way to get your fruit and veg a little cheaper, so long as you use them quickly of course.

If you simply must live off noodles, at the very least don't eat instant packet-noodles every day. It's not good for you, but more importantly it's not the cheapest option. You can buy dried noodles in bulk at any of the Hagues many Asian grocery stores,

and trust me, it beats instant ramen any day. The same goes for rice, dried beans and lentils.

If you have access to a freezer, get in the habit of freezing food. There's nothing worse than having to throw away food. The average Dutch consumer throws away nearly three weeks' worth of food each year. While careful meal planning is the best way to mitigate this, freezing food is a good way to extend its use by date. This also means that you can buy in bulk for better value. By cooking in larger batches and freezing leftovers you can save time and money. Frozen leftovers are both a healthier and cheaper alternative to getting a takeaway when you're in a rush.

Ask about student discounts!!

Get to the club a little earlier. You can get into some of the best parties in the Hague for free, provided you sign up for a free e-ticket and get there before a certain time (usually midnight or 23.30). You might not like getting there before things really get going, but those entrance charges really stack up, besides you and your friends can always have a bit of banter while things warm up, or just get the party started yourselves.

Leave your debit card at home on a night out. Even the strictest penny-pinchers amongst us can loosen our purses after a couple of drinks and you don't want to get a nasty surprise the next morning when you discover exactly how much money you spent on tequila shots.

Furnishing your room. LUC rooms are a bit austere when you first move in so you're probably going to want to start filling that space fast. Your first instinct might be to go on an Ikea shopping spree, but before you do check out the LUC BUY & SELL page on Facebook, where a lot of the older years will be selling their stuff. It's also worth checking out other buy and sell pages in the Hague, just don't go too overboard or you will end up cramping up your room with all the "amazing deals" you found. Action is a good place to find small bits and bobs for your room, the quality isn't always fantastic, but the prices are about as low as you'll find them.

Books. Textbooks are ungodly expensive, but there are at least some alternatives to shelling out for a textbook that you will read half of then never look at again after the course ends. LUC BUY & SELL is a good option again, but nothing beats free so there is also the LUC BAY Dropbox page where you can find dozens of LUC course textbooks in pdf form.

Coffee. It's an expensive habit, but how would you cope with readings and deadlines without your fix? This shouldn't need stating but please don't be that person who complains about being broke all the time but goes to Starbucks every single day. The easiest way to save a substantial amount of money is to stop buying cups of coffee and make it at home. I would advise investing in a French press and a decent travel flask early on. And remember, all those 45 cent cups of coffee you buy on floor two add up.



PHOTO BY MARTIN FOX

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Dear first year,

You're here! You're at the place you've been working towards for years, the place your teachers and parents and family and friends, and most of all yourself, have pushed you to be. If you're not equally scared out of your mind as you are excited, you would be the odd one out among your first year peers. I know that I was. These three years flew by for me, and I learned a lot of things the hard way. After having graduated, I feel immensely grateful for my time here, but also know that it could have been easier had someone shared what growing up can be like in such a high pressure environment, and how to get through it in one piece.

I want to share with you some wisdom that you do not (should not) have to follow to the letter, but that might help make the next three years a little easier to navigate.

1) Absolutely nobody knows what they're doing, even when they do.

I tried to plan the decades after my graduation so that I could have it all- a family, a career, money, and most of all a sense of achievement and success. Those are words that are casually thrown around a lot, and will at some point inevitably make you feel like your CV is not full enough, your grades aren't high enough, and your friend group is too small. When I discovered that the majority of people change careers drastically midway through their 30's, I realised this college is the first in many places I will go to grow, learn, and build myself for the next phase of my life. You don't have to think of the next thing, the next fabulous envy-inducing trip or internship, or even the next class, until your life leads you to it. Understand you don't have to know what you're doing, and that it's best to instead to do something you like, or feel passionate about in that moment.

2) Anxiety and depression happen to anyone, and there's a big chance it will happen to you too.

It sucks, and you never realise how bad it was until you look back, but anxiety and depression can and will happen to anyone. Regardless of how you handled things before, there's a good chance you'll experience a weird form of culture shock when suddenly, you live alone in this apartment where you have to cook for yourself, set your own alarm at bizarrely irregular times, and you can get away with not going outside for days in a row. Taking care of your mental health can quickly become an aspect of your life that you actively have to pour energy and care into, just like washing your face before bed, cutting your nails when they get too long, or getting a haircut. And all of this is normal and okay. We are unique in that we have a system of people set up to help catch you when it goes awry, but it is up to you to play the long game with your emotional wellbeing. It is your job to reach out and ask for help, and trust me when I say that everyone here will do what they can to help you. It's scary until it happens, and you'll realise you can handle it. Because you're strong as hell, otherwise you wouldn't be here.

3) People are paying attention. They see you.

When I wasn't okay, I got an email from the study advisor. She

said my teacher had a suspicion there was something going on that affected my wellbeing and productivity, and she was right. This professor, who I had only known for 3 weeks, knew something was up because I started dressing differently. She saw me, what I was going through, and met me halfway. She is the reason I graduated on time. Don't think you go unnoticed. Your joy, pain, struggle, achievements- they are all seen, noted, and understood. We see you, in the best way possible.

4) You come before your grades.

Pulling an all nighter is not okay. Binge drinking is not okay. Drinking coffee and taking stimulants to be able to take a fourth class is not okay. You, your health, and your wellbeing come before everything else. A good CV is worth nothing when you're stuck on the couch with chronic exhaustion for two years because you pushed yourself too hard. If you can't finish that essay because you can't focus, send an email. Don't force yourself to work on something when your body and your mind say you can't because you hate that you left it to the last minute. Forgive yourself for procrastinating, and fix it in the morning. You don't need to wait for extreme circumstances to take a break. If you're tired, you're tired enough for a break. There is always a tomorrow, even when you think you fucked up beyond repair.

5) Listening is the most difficult skill you will learn.

If you try to upstage others, fall into favours with your professors, or try too hard to make a smart impression, nothing will happen except for that your classmates might think you're an asshole. You've proved you're smart, because you're here. Sitting and listening is sometimes the best you can and should be doing, and will often teach you the most. Listening for the sake of listening, and not in order to respond, is ridiculously hard, and lord knows some people graduate without that skill. Truth is, if you listen to respond, you can end up bulldozing over others in a conversation, ignoring another's needs, and most of all you won't learn anything. Learn to listen, absorb, and respond thoughtfully instead of instinctively, and the people around you will grant you the same luxury.

There are things nobody can teach you, but you have to learn yourself by fucking up, and fixing it. Some of you will think this letter is bullshit, and that's okay. I can't tell you everything is going to be peachy and easy, I wish I could. I also can't stop you from making the same mistakes I did, although again I really wish I could. The most important thing to remember is forgiveness is power. Forgive yourself for your mistakes, forgive your friends for letting you down now and again, and do the best you can. Sometimes that means doing 4 courses and a research clinic, sometimes that means getting out of bed at 12 instead of 6am. Both are valid.

With lots of love and the best wishes in the world,
Nora Vos, Class of 2019

intro week advice



As you enter the newest chapter of your life, you're entering an uncharted period, with unlikely times guiding new teaching and socialization methods. Especially for the daunting entrance into university, the pandemic hangs above all of us, making the traditional introduction week look quite different. While the unprecedented times call for unfamiliar means of introduction, we're all in the same boat and can make introduction week a smooth, enjoyable, and memorable transition.

Introduction week boils up a multitude of complex emotions. I remember last year being in a similarly uncertain position- many of you have uprooted, whether you call six countries or just one zip-code your home, AvB is your new home, a thought which can be scary. Living alone for the first time, or for the second or third time, moving from family, friends, and entering a glimmering building with a Leiden emblem is all new. We all have experienced that gut-dropping feeling of fear, excitement, and uncertainty all muddled into one. You are not alone, regardless of COVID-19. We have all dropped our worlds behind and moved onto a new chapter, so keep in mind that your neighbor, RA, and new friend have all experienced that knot in your stomach. We're in this together.

Introduction week is a time to grasp what life at LUC offers and for you to begin carving your own niche on campus. It's a chance to meet first-years from the opposite side of the globe, to forge friendships, and to begin your university career. Whether online or in-person, introductions are scary. Describing yourself in one word, revealing hilariously embarrassing secrets in "truth or dare," and presenting yourself for the first time to complete strangers is an unnerving task for everyone. If you're like me, growing up in a single small town with the same cohort from primary through high school, you never had to present yourself and put yourself out there. You developed your friend group and reputation from an early age and reconstructing it, or discovering it, presents a newfound challenge.

I remember being asked to describe myself in intro-week and how I felt. I remember struggling to pick out my favorite hobbies and "interesting" facts about myself, but pushing myself to do so challenged me for the better. Introduction week is a time to reflect and present yourself as an independent individual, whether for the first or tenth time. So rather than feeling intimidated and experiencing a full-blown existential crisis when asked to describe yourself, begin to regard yourself for the unique individual you are.

Throughout intro-week, you will meet people who have seemingly lived and circled around the globe, speaking dozens of languages, and recalling adventurous stories. I remember feeling intimidated, young, and smaller than ever. Whether you're the most or least experienced, all of you have a unique background and voice to offer.

Now for the elephant in the room- COVID-19. To put it simply, living amidst a global pandemic is not an every-year occurrence with rules, guidelines, and advice to live by. Stories and suggestions from your friends, parents, and older siblings about entering university might seem so distant, archaic, and inapplicable. In many ways though, you're making history. You're moving out in one of the most unconventional years, which is brave and can be uniquely enjoyable. But remember, despite the times, COVID-19 hits all of us. We each have a unique experience with the pandemic in our home country, differences which can serve as a launching pad to connect over these challenging times.

Intro-week and classes for now are based online. To put it simply, online sucks. We probably didn't realize how much until now, but regardless, it's all we have for now. So, with that being said, take full advantage of every online and in-person opportunity (provided it's safe, of course) to meet up and put yourself out there. Attend all the online social gatherings, message new contacts and take advantage of every virtual event that comes your way. Start conversations, let loose, and connect- you'd be surprised how far online can take you. We have the technology to support socialization during times of isolation which is pretty cool if you ask me.

Last of all, I want to sign off by saying that introduction week and the first-day jitters might feel overwhelming, but it won't last forever. Pretty soon, the undiscovered building and routines will become familiar and the 200+ new faces in your year will become some of your closest friends. You'll learn a lot of new names, your eyes will hurt from all the online meetups, and you might feel exhausted and frustrated with the times, but remember, the Class of 2023 is brave, special, and will bond over these circumstances. So make the most of intro-week and go make history- you'll surely have a story for your kids one day!

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