

pax mag.

LUC THE HAGUE 2021-2022



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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 Nollédijk.

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

Prof. dr. Judi Mesman



LUC INTRO WEEK 2021

Online

Hybrid

**Well being
(pre-sign up!)**

In Person

On your Own

MONDAY

TUESDAY

Free Time

**10:00 - 11:00
Mentor Time**

**11:00 - 12:00
Intro Week
Kick-Off**

**11:00 - 12:00
Meet the SLO &
RA's**

**12:00 - 13:00
Lunch Time (OYO)**

**12:00 - 14:00
Lunch Time (OYO)**

**13:00 - 14:30
Meet your
Mentors!**

**14:00 - 15:00
Well Being & You 1**

**15:00 - 16:00
Well Being & You 2**

**15:30 - 17:00
Getting Started
Workshop**

Free Time

**19:00 - 21:00
Online Hangout -
Movie Night**

**18:00 - 20:00
Online Hangout -
Cooking Challenge**



**Universiteit
Leiden**

Leiden University College
The Hague

WEDNESDAY**THURSDAY****FRIDAY**

10:00 - 11:00
Mentor Time

10:00 - 11:00
Mentor Time /
Online Resources

10:00 - 11:00
Mentor Time

11:00 - 12:00
Meet the Study
Advisers

11:00 - 13:00
Get your Stuff
Excursions

11:00 - 14:00
The Hague
Challenge

12:30 - 13:30
LUC 101

13:00 - 14:00
Lunch/Coffee
Time (OYO)

11:00 - 12:30
Online Mibo
Hangout

14:00 - 15:00
Well Being & You 3

15:00 - 16:00
Well Being & You 4

14:00 - 15:00
Well-being & You 5

Free Time

17:00 - 18:00
Getting Dutch
@ LUC

16:00 - 17:30
Liberal Arts &
Sciences - the
debate

16:00 - 17:00
Intro Week
Wrap-Up

19:00 - 21:00
Floor Time

Free Time

19:00 - 21:00
Online Hangout -
Pub Quiz/ Coasters

meet your intro



head mentors OTTO and JORT

Hello everyone, we're this year's headmentors: Otto and Jort! Here's a short introduction to us! Otto is German and has lived in many different countries throughout his life, most recently India and Egypt, whereas Jort is Dutch and has only lived in Utrecht before coming to The Hague. Otto enjoys watching movies, writing and creating videos for LUC.ID, a committee he will be the chair of this year. Jort is passionate about law - he will chair the Advisory Council to the Fortuna Board and studies part-time Dutch law at Leiden University. Both really enjoy having drinks with friends, reading and leading an active life-style!

We look forward to seeing you around at the campus and in town and to connect with you all through LUC's committee life, classes and endless meet-up spots!

1. MELISSA and DANIEL

We are Melissa and Daniel, representing Group 1 (obviously the best group)! We met during our intro week and since then barely spent a day without bothering each other. We are also neighbors on Floor 11 (obviously the best floor).

Melissa is Cuban-Peruvian, born in Brazil, raised and spent her entire life in Denmark. She is passionate about the environment and cooperation between people, which explains her choice of the EES major (obviously the best major). If you are sporty and/or into highly mobile activities, she is the person to go to. From her mother, she inherited an exquisite taste for food and no less exquisite cooking skills, but don't just expect her to feed you - she'd much rather teach you instead (beware the Latina spice, though)!

To be precise, Daniel's DNA test results show that he is roughly 40% Balkan, 35% Baltic, and 25% Eastern European! His undying hope to rid his country, Ukraine, of conflict, insecurity, and weak institutions drives his strong sense of justice (hence his choice of the IJ major... obviously the second-best major). If you are interested in learning something new, a conversation with Dani will do! His deep cognitive grasp of multiple fields of knowledge has rightly earned him the name "the walking



encyclopedia." When taking a break from being intellectually exceptional, Daniel enjoys playing board games, discussing philosophy, and drinking wine (if you're lucky, you'll see his cute little gringo dance)!

We can't wait to meet you and tell you why choosing LUC was one of the best things to happen to you. Why not THE best? Because the best thing is being a part of Mentor Group 1, of course!

2. NADINE and SAFI

Hey besties! We are Nadine (she/her) and Safi (she/her). We are so excited to meet you, and can't wait to make your intro week unforgettable.

Safi is one of those LUC kids that doesn't know how to answer the "where are you from?". She is from Senegal and Belgium and grew up in Belgium, Morocco, Ghana and Thailand. Nadine is from India. Shamelessly playing the diversity card, we know what it is like to be a POC and an international student at LUC. So if you need guidance along the way, we are only one DM away :) And don't worry dutchies, we are here for you too...



week mentors

Safi has a rubber duck collection, feels spiritually connected to sunflowers and says she is going to shave her head every two months (even though we all know she'd never dare to). Nadine sleeps with her blanket over her head (because who needs to breathe?), showers with her eyes closed and actually dyes her hair every time she says she will (scary!).

Safi is fun and spontaneous, you can catch her either belting a melodic tune or screaming outside her window (shameless

plug LUScream). She loves going on one-day city-trips with her friends and will welcome you in her (messy) room for a late night talk. Nadine is charming and mysterious. She has a fan account and can fly a plane. She can make a mean curry out of left-overs and has earned the title of 'fake-vegan' for her newly adopted vegetarian lifestyle (she relapsed :()). She enjoys deep conversations and knows no such thing as oversharing.

3. MAX and ROSE-CHARLOTTE

Hey everyone! We're #dreamteam mentor group 3, and we guarantee that you'll have an amazing time at LUC. We're both Belgian and love to meet new faces, i.e., we're very excited to meet you guys!! <3 Besides that, here's our WhatsApp: +32471171470 (Rose) & +31657864252 (Max). Hit us up if you're down for a chat :-)



4. LENA and MARY

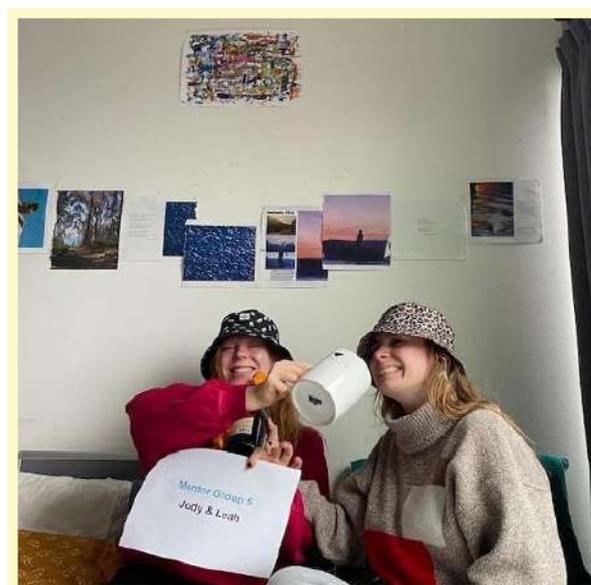
Welcome everyone! We're Lena and Mary! Both of us speak french and we met during our introduction week last year. We're really looking toward creating the best introduction week for you, despite these circumstances! We can't wait to see you all this August - hit us up if you want to talk or ask questions.

Lena: +32 479371898

Mary: +33 782505636

5. LEAH and JODY

Hello! We are Leah, 18 and from the Netherlands, and Jody, 21 from South Africa. Leah is an amazing dancer (and dance teacher ;)) and Jody loves making too many cups of tea and organizing get-togethers. You will find both of us enjoy getting lost in thrift shops, and on the way there too! If you're in mentor group 5, look forward to both spontaneous and intentional times spent together, usually with the help of Google Maps! We're very excited to meet all of you and you can come to us if you need anything.





6. SACHA and BIANKA

Hi, we're Sacha and Bianca! We're both on floor 20 (the best floor of AVB for sure). Bianca is German-Colombian, so expect some loud Latina extrovertedness. She is very social and always down to have a fun time. Sacha is a Rotterdam-based Dutchie, and always walks around with a smile. She is a real people person and always fun to hang around! We like dancing together, eating good food, smoking some weed, and listening to music. Our mentor groups were in fierce competition for the Air Band Battle, so our mentor group will definitely win this year! We're really excited to meet you guys, show you around The Hague, and show you how fun LUC is.

7. CHRISTINA and RUBY

Christina is German and majoring in World Politics. She is very creative, especially when finding titles for other people's essays. She loves to sing, dance and make delicious cocktails. She knows a lot of fun facts too! She is a dedicated and caring person who's always up for trying new things. Christina takes a photo everyday with her polaroid camera and hangs it on her kitchen wall (there are LOTS) – a lovely way to reminisce past evenings and events. Finally, she is your go-to for blasting German (or other) rap late at night and doing pirouettes in the corridor!

Ruby is British/Dutch but has spent her entire life in France. She is majoring in Earth, Energy & Sustainability and is the wine aunt/recycling queen of Floor 17! She loves to play handball or pretty much any sport, and is an amazing baker! You will probably hear her sing more than talk - she's always ready for an impromptu duet. She is lots of fun and can always get people to leave the bubble and get out of their heads, whether by means skateboarding through the corridor or galloping around town. She is outgoing and energetic, but also a good listener and always has an ear and a cup of tea (or something stronger) ready.



Together, we tend to prioritise having fun over working (not always a good idea but hey, life is short). We are both energetic and down to party, but also enjoy chill, more casual events. We love playing games, making us even more excited for Intro Week! We know that this will be a difficult time for lots of people - moving to a new country, with a new language for many, in a new building... but we hope to help make this a little easier! You will always be able to reach out to us and we hope to make your first week at LUC amazing! See you very soon!!!



8. TALEEN and JASMIJN

Hey everyone! Welcome to mentor group 8! We are super excited to meet you, and to introduce you not only to LUC, but also the city, the beach and the community :) We hope to make this mentor group supportive, fun and an environment that will help you feel at home in AvB!

See you soon <3

9. SOPHIE and ELENA

We are Sophie and Elena and we will be the mentors for Mentor Group 9 this Intro week!! #bestgroup #gonine!

Sophie is from Switzerland and Germany, and Elena is from Spain. We both speak French and Spanish. We live in the basement (Floor 5) and the penthouse (Floor 21) #longdistance #milesapart, and we did in fact NOT meet during intro week last year. However, we both had amazing Intro Week experiences and we hope we can make it just as amazing for you guys. We are super excited to meet you all and have so many ideas to make this week the best for all of us!



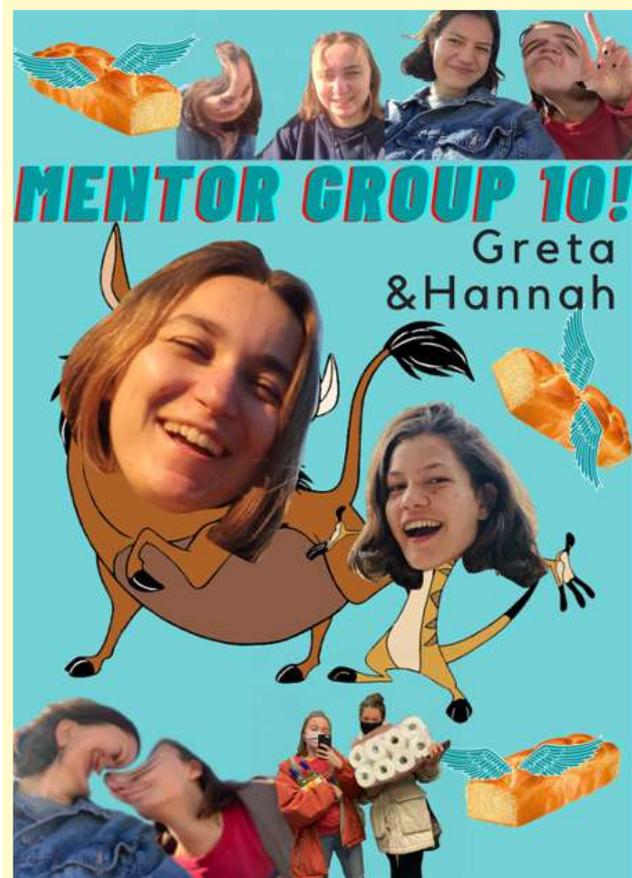
10. GRETA and HANNAH

To the incoming Firstties of LUC:

As we are busy rolling out the red carpets, holding back the paparazzi, and setting up fireworks in honor of your arrival, we are so excited to welcome you all to LUC.

Greta is your stereotypical Italian girl, though she doesn't like to admit it. She will most definitely try to offer you one of her amazing cappuccinos or pasta dishes. Being Italian is not her whole personality though, or so she likes to believe: she is a singer and guitarist, and collects random flyers and weird animal statues from the thrift store. She enjoys joining Hannah on last-minute adventures, and chilling at Haagse Bos looking at ducks. Her motto is "it's awkward if you make it awkward", keeping her sane when she has klutzy interactions!

Hannah grew up in a land far far away from the Netherlands... known as Germany. However, per LUC tradition, she has lived everywhere but there (mainly Cambodia and Thailand). Her hobbies include awkward dancing, spontaneous trips to Rotterdam, anything Disney, and talking to people about their siblings. You will usually see her around AvB taking out a unique collection of compost with Greta. Don't be put off that she still has her birthday banner up by her door... she believes that "life is meant to be celebrated" (even if half a year has already passed).



11. OMAR and IAN

HELLO THERE!! We are Omar and Ian from mentor group 11 and we are ready to give you guys the best welcome to LUC that one can ask for.

Omar is from Pakistan, but grew up in Southeast Asia and is a proud member of Floor 12. He is majoring in International Justice. During his free time, he enjoys going to the beach, hanging out with friends, cooking, going on long walks, and watching comedy and thriller movies. He always enjoys a good laugh and loves exploring new places on foot (when he really should use his bike more often).



Ian was raised in Taiwan, the US, and China, and treasures his international experiences. He is majoring in Earth, Energy, and Sustainability. He enjoys having fun with others. He is also very spontaneous, enjoying unplanned walks, bike rides, beach trips, or even city trips. In his free time, he plays basketball



13. SIMONA and GIULIA

Hi! We are mentor duo 13! We are Simona and Giulia, and we use she/her pronouns. We're suuuuper excited to meet you guys and see so many new faces in the building!

I'm Simona, and I'm Lithuanian/ American, but like many LUC kiddos, I've moved around throughout my life. I was born in Finland, then moved to the US, then lived in Lithuania for a bit before moving to Turkey...and now I'm here in The Hague! For some fun facts about me, I have to mention the one flex that I shamelessly plug in every conversation. A clip of me was featured in SZA's fan music video for Good Days (you can see me at 02:54)! So, my life is now complete and I have nothing more to work towards. Just kidding, graduating from LUC is also a solid goal. Another fun fact about me is that my cooking skills have evolved quite a bit since moving to LUC. I started off cooking ready-made tortellini and gnocchi every day, but after some teasing at floor dinners, I started to expand my culinary abilities. While I'm still not the best cook, I can make a delicious quiche and barley soup (don't hate on me until you've tried it). So if you're scared about cooking for yourself, there's hope - you can get great at it if you follow some basic recipes!

14. AMINA and NORA

Hello hello excited first years!! We are Nora and Amina. We have been friends ever since our introweek and we both live on floor 5 (the lower you go the better it gets?).

Amina is 19 years old, Sierra-Leonian Dutch and born and raised in Rotterdam. Nora is 18 years young (literally, you should see her sticker collection), French and Swedish and has lived in Brussels almost all her life. Amina would say she can speak

and other sports, runs, works out, or bikes.

We are super excited to meet you and hope that you guys are as excited about joining LUC as we are excited to welcome you to this community.

12. EVAN and CORA

We are Evan and Cora and we are super excited to meet all of you (especially our GROUP 12 firsties!) and to welcome you to AvB!

Evan is half-Indonesian and French-American and grew up in Berlin, whilst Cora is Italo-Croatian and grew up in Croatia, Italy, UAE, Azerbaijan, and Egypt.

Evan will be majoring in Human Diversity: Culture, History and Society, and Cora will be majoring in World Politics so please reach out if you have any questions about the majors! We really look forward to helping you guys settle in and get comfortable in your new home!:)



I'm Giulia, I'm from Germany and Italy but I have spent most of my life living outside of my home countries and I am majoring in EES! I was born in Germany and then lived in the US, Australia, New Zealand, the UK, Italy, Sweden, Norway and I spent my last 8 years before LUC in Copenhagen, Denmark. I love to cook and bake (I basically have brownies at the ready at any time), and I love watching and playing sports (I currently play volleyball and rugby). A weird fun fact about me is that I have been obsessed with watching winter sports (especially biathlon) for years and I also happen to be a huge nerd, so if any of you are up for a Harry Potter or Lord of the Rings marathon let me know!!



French (but that was mostly a failed quarantine project), and Nora persists she is fluent in Dutch (but most of her vocabulary comes from Lil' Kleine songs - non-Dutchies look him up, you will be confronted with his mega hit a lot at parties). Nora will be majoring in Earth, Energy and Sustainability, but will also never shut up about health or the EU. Amina will be majoring in Culture, History and Society, being the "but why do you feel



16. TOM and LAURENS

Hey everyone! We're Tom and Lourens, and we're super excited to introduce you to LUC after the summer!!

We're two Dutch small town boys who upgraded to The Hague last year. Tom is from 's-Gravenzande, and has lived there his whole life, and Lourens is from Nijkerk, but did a gap year in Paris (which he makes his entire personality). Tom is LUC's sober king, but that doesn't make him any less fun. He gets along with everyone and will do anything to make you feel at home at LUC! A fun fact about Tom is that he played soccer for 14 years, and that he refuses to admit it. He simply does not want to be associated with the sport. He lives on floor 5, so enjoys the best view of a white building you'll find, but his presence compensates for that.

Lourens lives a bit higher up on floor 13, so a floor that's cursed but in a fun way. He's fun, but a little dumb sometimes (luckily Tom can keep him in check). In contrast to Tom, he didn't play soccer for way too long, but will confuse you with either nerdy facts about film cameras or random philosophy references. However, he will make it up to you by making (in his own opinion) the best cocktails. So, even when the bars are closed, Lourens has got you covered.

that" person that she is.

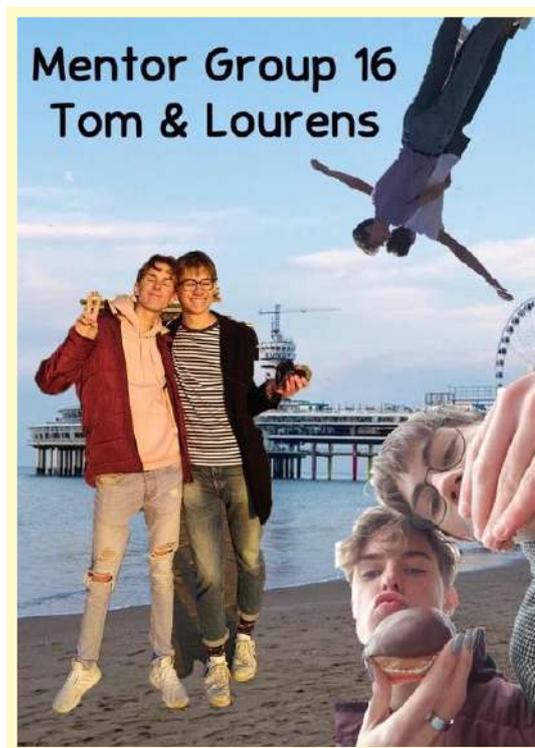
We both love Hannah Montana, partying (cannot wait to explore all the clubs in the Hague with you guys), running and good talks. Nora loves pink, Amina likes bikes. We're both up for adventures and complement each other quite nicely!

15. JULIE and EVA

Hii everyone, We are Julie and Eva!

The first and bigger half of the duo is Julie, a fun and energetic girl from Germany. She will major in International Justice, making her the responsible and rule-following part of the duo. She will keep you super safe during intro week ;) She loves being outside and exploring The Hague, going to the beach or the city and finding cute little places. She loves spending time with friends and will usually be found with Eva; you will always see them laughing loudly (at their own jokes).

Our second half is Eva, a Dutch but tiny girl who is always in for a fun time. She will major in Governance, Economics and Development, so she can help you 'develop' into a real LUCer. Eva is a busy bee who does not like doing nothing - she will ensure that you are occupied this Intro Week! She likes spending time with friends and is always down for a good party. She loves going outside and cooking, preferably with Julie. We can show you some easy, 'no skills required' recipes that every new college student might want to know!



We're really looking forward to meeting all of you!! Enjoy the rest of your summer, and see you soon :)



dear first year...

an open letter to the class of 2024

by shreya mozumdar

Dear First Year,

You made it! You worked hard and finished school during a global pandemic, and now you're finally here, in college. You are finally at the place you chose, ready to learn about the world. Congratulations! I hope you are excited to start living here. While new beginnings can be exciting, they can also bring nervousness and confusion, so I hope that these lessons from my first year will help you too!

While there are exciting parts to college life, it can be scary to step into a new place, maybe even a new country, and suddenly have to manage your life all alone. It's not easy to walk into a huge empty room with just a bed and a desk, on a floor full of new faces, and try to make it feel like home. It can be challenging to deal with new classes and a heavy workload you may not be used to, trying to master skills you only just started learning. You can end up feeling incredibly confused and scared, and in times like those, seeking out help and comfort is important. So never hesitate when asking for help! I was struck by the amazing mental and academic support this college provides. All you need to do is ask – there is always someone who is ready, even willing, to help should you need it!

Now for the exciting part of college – living alone, having complete freedom to be yourself, to do what you want, and also, to buy anything you want. There's no one to stop you now! But it is important to make note of where your money goes – decide when to spend, what to spend on, and try to keep track of it. Not only will it help you save money and not desperately run to your family or become hopelessly conservative, it's a skill that will help you manage your finances all your life! Be sure to keep a balance, though – I was too careful with spending at first and reconsidered buying even simple things I needed, which is about as bad as splurging on anything and everything!

Having this new freedom in college means you get to meet many wonderful new people, making it easy to compare yourself to them and doubt yourself. Stepping into a place like LUC, full of a diverse set of people, all passionate about their beliefs, it's easy to feel like you're simply not enough. But there's no being "too much" or "too little" of anything – you are enough, and you made it here because you belong here and are a valuable part of this community. As cliché and boring as this sounds, being yourself, and finding yourself is most important! Listen and learn from others, of course, but stay true to yourself – it's the best way to have fun during these years!

Living alone can make you feel as though you need to suddenly figure out your life completely. Throughout my first year, I always felt like I was too slow to figure things out, to start "adulthood", to make friends. It's easy to feel like that – but honestly, no one actually knows what they're doing, and we're all equally unsure about figuring out our lives. On top of that, stepping into college in the midst of a pandemic is not easy either – you're bound to take time to adjust, understand your surroundings, and feel at home... so, don't worry about being 'too slow' or 'too fast' – you are living at your own (absolutely correct) pace! Things will fall into place in time. Just do what you're passionate about and have fun – and it'll be the best time ever!

I hope you will keep these thoughts in mind as you progress through your time here. We are so excited to have you here, and you will surely find that it is an incredibly fun place, full of learning and new experiences! Welcome to LUC!

photo courtesy of unsplash

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!

CHAIR: ELVIRA HUURMAN

Hi dear Fortunians! My name is Elvira, and I'm a proud floor six second year majoring in GED. Some of my main goals as your Chair are to increase inter-committee cooperation, and increasingly showing Fortuna's face to the community. Next to that, I want to create more opportunities for inter-year meetings in the first weeks. Suggestions and critiques from the community - all of you in this case - can make or break events; everyone needs to feel heard to enjoy them. Whether towards my fellow board members or the student community, I will not just be a leading, but a listening figure. I am more excited than ever to start this academic year with you all!



VICE CHAIR/SECRETARY: JAKOB SCHWAIGER

Hello all! My name is Jakob, and I will be the Vice Chair and Secretary of Fortuna in this upcoming academic year. Last year I really enjoyed all the committee activities and events that were facilitated by Fortuna despite the pandemic, and this year I want to contribute to giving everyone a similar experience, hopefully soon with our first in-person-events.

I will take care of external communication and be the one organizing General Assemblies, so if you have any question about me and/or my work, feel free to reach out to me. I am looking forward to working together to make this year great for all Fortunians!

TREASURER: MIMOZA ARANITASI

Hello everyone! My name is Mimoza and I will be Treasurer this upcoming year. I believe that Fortuna is one of the many channels that students at LUC have to voice their opinions about their university experience and I am sincerely looking forward to being a part of the process. I hope that we are able to return to some kind of normalcy in time for the next academic year, but even if we are not, I am prepared to work with the rest of the Fortuna Board, and the entire student body, to find a way to make it a memorable year nonetheless!



ICO: HANNAH BICKEL

Hello hello! My name is Hannah and I will be ICO in the upcoming year. What I love most about LUC is the strong sense of community that exists not only within the classroom but especially outside of it. This was one of the main reasons I wanted to join Fortuna - to continue all the fun, weird, and amazing things that happen around here.

My passion for rainbow color coding and mysterious photoshop creations aside, I am really excited to take on the internal communication aspects of Fortuna. Please don't hesitate to reach out with any ideas or suggestions you have! See you all soon!



CAO: SARAH JEUKEN

Hello! My Name is Sarah Jeuken and I will be one of your CAOs this year. During my first academic year at LUC I have realized that this community gives me personally a lot of strength and support. My main goal as CAO is to build bridges between the committees and make space for more interconnected initiatives. I hope that together we can benefit from the potential of the diversity of our community by realizing projects and ideas to bring us all closer together. I wish in the same way as the community has been a great support for me, it can be a source of strength and support for each and everyone.



CAO: YMKE HOLLEMANS

Hi everyone! My name is Ymke and I will be a CAO this upcoming year! I really enjoy organizing activities and events, and value the LUC community and its characteristics very much. Moreover, I like to be creative, and have plenty of ideas that I want to bring to life. Secondly, I believe that the committee culture is an essential part of LUC's student life as it provides a lot of opportunities to meet new people and learn new skills. Some of my ideas for the upcoming year include embracing the diverse and international character of our student body even more, and employing student's experience and expertise by organizing themed weeks, interactive panel discussions, and more culture-related events. I'm a good listener, approachable, and always open to suggestions, comments or questions!



exploring the hague

by cedric janyszek

In order to help first years explore a city that is still very new for most, this article has compiled some of the key places to discover while you're here.

THE UNMISSABLE

The Seaside is an obvious place to visit and revisit. The Hague is lucky enough to have many beaches where you can profit from the (rare) sunny days with your friends. It offers an awesome view as well as a lot of attractions, activities and food and drinks. As well as hanging out with your friends and going for a swim, you can rent a surfboard and gear, go on the Ferris-Wheel to enjoy the view or bungee jump on the Pier, go to concerts or festivals, and of course, the amazing experience of freezing to death by taking a dive in the cold water on New Years'. You can easily bike to the beach from AvB in less than half an hour. Alternatively, the easiest way to get there is to take tram 9 from Central Station to either the Kurhaus or Zwarte Pad (the last stop). The first will lead you to the Pier, which is a must see, and the second will lead you a bit further down the beach where you will be sure to see people from LUC every time you go. If you're looking for a less busy beach, the Zuiderstrand, on the other side of the port, is a better option. You can also go in the opposite direction (beyond Zwarte pad) if nude beaches are your thing.

The Peace Palace is one of the most imposing and beautiful monuments in The Hague. Built in a mix of Gothic and Neoclassical styles, its long-arcaded façade is flanked by its steeply pitched roof and 80-meter-high tower and surrounded by beautiful gardens. Home to the International Court of Justice, the Permanent Court of Arbitration, the Academy of International Law, as well as a library of international law, it boasts a rich interior décor contributed to by numerous countries, including marble from Italy, wood panelling from Brazil and the USA, and ornamental iron railings from Germany. Bookings for visits and guided tours can be made through the visitor centre on their website. While you're there you may also take a walk through the beautiful and rich neighbourhood filled with ambassador's houses or the Scheveningse bosjes that are

both next door.

Address: Carnegieplein 2, 2517 KJ Den Haag

The Binnenhof is located in the centre of the oldest section of The Hague, only a short walk away from AvB. The origins of "The Inner Court" date back to 1250 and are tied to the building of a castle (long since gone). Soon after, it became the residence of the ruling aristocracy, and today houses both chambers of Parliament. The 13th-century Knights' Hall (**Ridderzaal**) is a spectacular historic building still used for state receptions and the opening of parliament each September. Also make sure to take a walk along the Hofvijver at night, of which the fountain is often lit up. The official residence of the Prime Minister is also located in the North Wing of the complex. However, as the building is under renovation, the Parliament and Prime Minister will now be staying in the building right next door to AvB.

Address: Binnenhof, 2513 AA Den Haag

photo by liana bras

CULTURAL AND HISTORIC SITES

When it comes to culture and history, The Hague has a lot to offer.

The Mauritshuis is right next to the Binnenhof and is a small museum that offers a lot with a small room, or 'cabinet', containing valuable objects and curios, along with numerous paintings from Rembrandt to Vermeer to Jacob van Ruisdael.

Address: Plein 29, 2511 CS Den Haag

Escher in the Palace is also in the same area. While the building is itself a historic attraction, being the former winter palace of Queen Mother Emma, it houses the permanent collections that are the big draw there. Known as Escher in the Palace (Escher in Het Paleis), its highlights include around 150 original prints and lithographs showcasing Escher's most famous works, renowned for their mind-bending twists on perspective and perception. This is easily one of the most fun museums in town.

Address: Lange Voorhout 74, 2514 EH Den Haag

The Gevangenpoort (Prisoner's gate) is another cool museum just on the other side of the Binnenhof for anyone interested in learning about people awaiting their execution in small dark cells with a friendly and happy guide enthusiastically talking about torture devices.

Address: Buitenhof 33, 2513 AH Den Haag

The Panorama Mesdag is one of the many attractions the Seaside has to offer. Panorama Mesdag is a gigantic painting measuring 120 meters in length and 14 meters in height that was painted in the 19th century by HW Mesdag and his wife, Sientje Mesdag-Van Houten, along with other artists of the

Hague School. This stunning scene depicts coastal Scheveningen as it was around 1880, with charming views of the sea, the beach, and the dunes.

Address: Zeestraat 65, 2518 AA Den Haag

Madurodam is a fun place to go if you're sick of feeling small compared to all these giant Dutch people and see the Netherlands as even smaller than it actually is. Best known for its extensive miniatures depicting life in the Netherlands in a 1:25 scale, visitors can wander among the various areas, each crafted in perfect detail to recreate the nation's most iconic attractions.

Address: George Maduroplein 1, 2584 RZ Den Haag

Kunstmuseum Den Haag, also known as Gemeentemuseum Den Haag, is a building designed by HP Berlage in 1935. The museum displays a wide range of material relating to the history of the city. It also houses impressive collections of 19th- and 20th-century paintings, applied and decorative art (including ceramics, silver, and furniture), and an outstanding collection of traditional and electronic musical instruments.

Address: Stadhouderslaan 41, 2517 HV Den Haag

While this already may seem like a lot, The Hague has a lot more to offer, including seeing the oldest collection of cars at the Louwman Museum, the beautiful inside of the churches such as the Grote Kerk, the house and grave of Spinoza, where your History of Philosophy teacher is sure to take you, or the beautiful Duivenvoorde Castle just 15km northeast of The Hague along with many other museums and beautiful historic buildings that you can explore by just hopping on a bike and taking off in any direction.

PARKS AND NATURE

The Hague is also a city with a lot of green — there are many parks, forests and dunes to explore.

The Haagse Bos is just next to AvB, you can't miss it. Make sure to go far enough in the forest to walk along the lakes and see the Huis Den Bosch, a moat-surrounded palace built in 1646 as a royal country residence. We're lucky to have one of the prettiest open-spaces just two minutes away from campus. You may also want to explore the **Scheveningse Bosjes**, another, slightly more wooded, forest.

Zuiderpark, is the biggest park in the Hague and has a lot to offer. Festivals, fairs and other events are often held there. But above all, it's a big and beautiful park.

The Japanese Garden is on the other side of the city and is another stunning site to see. If you like flowers and gardens, **Westbroekpark** has a beautiful rosarium where you can rent a rowboat to row through the canals and lakes and along

a few monuments and even some hills (which is very rare in this country). Westbroekpark also hosts festivals and fairs sometimes on its big open field.

The Dunes are another must see, and I would suggest biking or taking a long walk as it is a beautiful and essential part of the Dutch coastline. You may even come across some cute Scottish Highland cows that you can unfortunately not pet. What you can do is visit some cool bunkers or climb up on the Vulkaan (not an actual volcano) to have an awesome view of both the city and the sea.

Finally, I would suggest going to the **Paleisetuin**, or **Palace Gardens**, a Park not too far from AvB, just next to Paleis Noordeinde, the palace where the king works.

GOING OUT

Now for the section you have all been waiting for: going out. Of course, COVID is still very real, and especially with the Delta variant we advise you to be careful and responsible. Nonetheless, hoping that COVID returns to the depths of hell where it came from, here we go:

Het Plein and Grote Markt are the two main squares where you will find many bars and pubs. On Het Plein, the bar and club **Millers** (€€) is popular for its Tequila Tuesdays and **Havana** (€€) is another good bar which is popular with students. On Grote Markt, be sure to check out **Zwarte Ruiter** (€€) if you like rock music or go a bit further towards the church to **The Fiddler** (€€), an Irish pub that brews its own beers.

Gekke Geit (€) is both cheap and offers gypsy jazz concerts on Thursday, open mic on Saturday and jazz & jam sessions on Sundays. It can be found on the opposite side of Grote Markt.

Other recommendations include **Huppel de Pub** (€€) for its good ambiance and wide range of beverages and **Sixpence Public House** (€€), an Irish pub great for Peaky Blinder fans.

Paard is the place to go for concerts. While it is a bit small, it offers a great ambiance with a variety of artists from local bands to international ones.

PIP (€€) is undoubtedly the best club in The Hague but is currently closed due to the pandemic.

We hope this article helped you somewhat in exploring The Hague and wish you a lot of fun discovering the city and all of the hidden gems it has to offer!

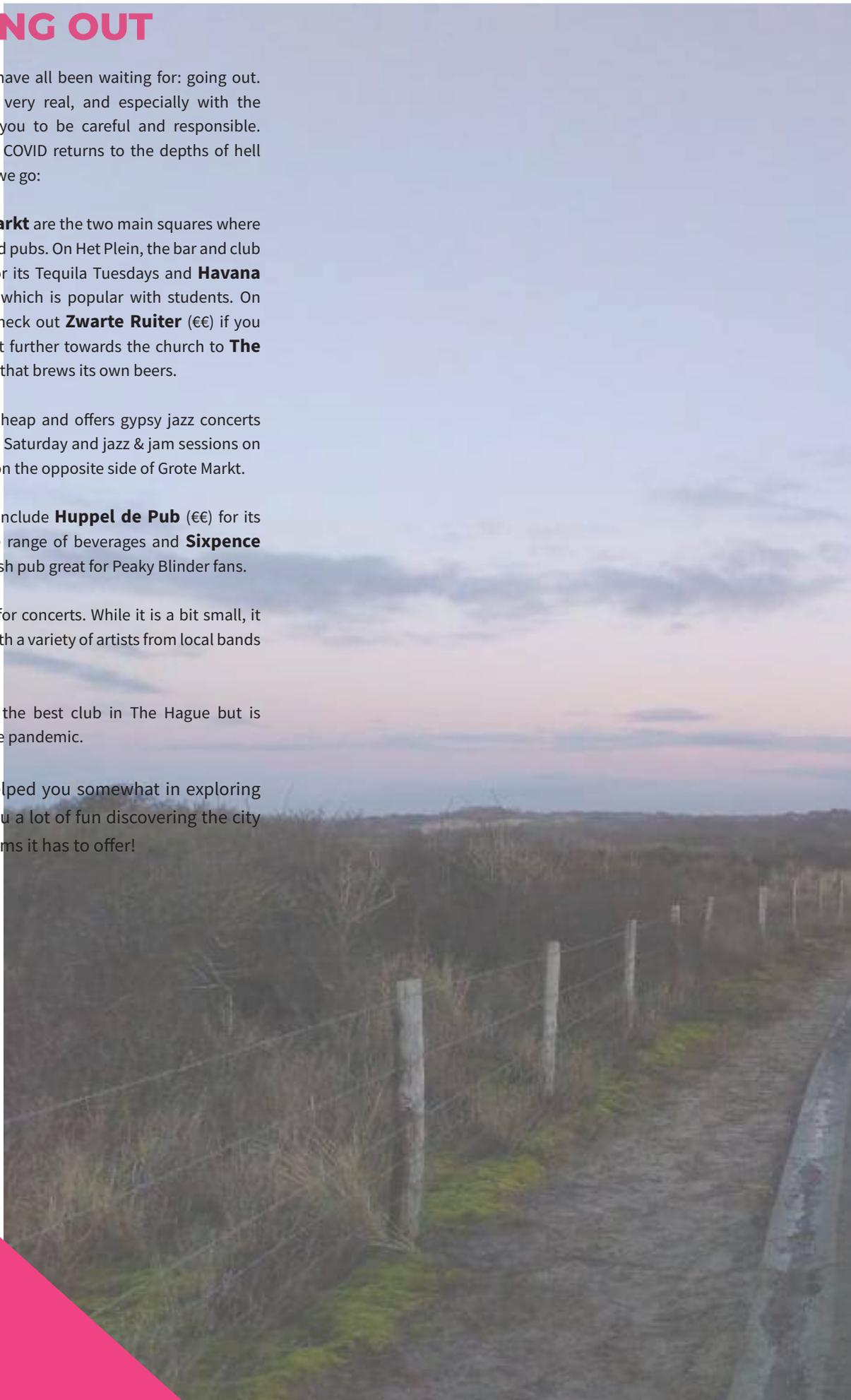




photo by ashley yong

meet your RAs



**LENORE TODD
(SLO)**

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!

FLOOR 5: VERA

Hey hey!! I'm Vera (she/her) and I will be the RA on floor 5!!! Woo-hoo!! !! love music and dancing (especially to techno), playing volleyball, doing acroyoga, the beach, coffee, meeting people and a bunch of other random (but obviously amazing) stuff. I'm so excited to be a part of the team and to meet all of you soon:)



FLOOR 6: MAJA

Hey people! My name is Maja and I'll be RA on floor 6, whoop! I love watching movies, cooking with friends and generally spending time with people - my door is always open if you need a good talk over a beer or cup of tea. I'm super excited for next year and can't wait to meet you all! See you in August!



FLOOR 7: HÅKON

Hey guys! I'm Håkon and I will be RA on floor 7 next year! In my spare time I love playing football, going on hikes and watching series or movies. I'm really looking forward to being RA next year, and I'm hoping for a great year together with a lot of fun!



FLOOR 8: MO

Oyy hello to all the newcomers ! I'm Mo the current and future RA of floor 8. I can't wait to meet y'all and if I may, especially your cooking. But don't worry about me eating all that food. I love sharing a nice tea so please spill. (the cringe is on)



FLOOR 9: BASTIAN

Good Morning! My name is Bastian (he/him) and I am more than excited to continue being the RA on Floor 9 for another year!

On top of RAing the best floor in the building, I will also serve as Head RA this year, bridging between the administration and the RAs on the ground. When I am not busy either dyeing my hair, facilitating tea&philosophy sessions, or watching love island you can usually find me near someone's coffee machine- Good luck tracking me down!



FLOOR 10: ANDREA

Hello lovelies! Fasten your seatbelt and get ready for a ride on a crazy, chaotic Italian rollercoaster. I am Andrea (he/they) and you might have guessed where I come from. I enjoy walks and cooking (and being cooked for). Feel free to swing by my room if you want to get some of the 20kg of food I got from home, chat over a cup of tea while vibing to some Russian post-punk and synth-pop or help me clean my mess.



FLOOR 11: LUAY

Hello People! I'm Luay from Lebanon, the new RA on 11. I'm super excited to meet everyone and have a great year together! Fun facts about me: I really appreciate a warm home-cooked meal, I enjoy hanging out with people and I'm always down to having a chill evening with some tea and some bubbly people.



FLOOR 12: KEZIA

Heyy everyone :) my name is Kezia, I am from England and Canada, and i will be the RA of floor 12! Besides making art, playing soccer and listening to Lewis Del Mar, I love chilling with friends, and am excited to meet the new additions to my floor.



FLOOR 13: JENNY

Helloooo, I am Jenny from Wales and will be RA on 13 next year. Since arriving on floor 13 I see the number 13 everywhere. I don't know if it's a sign or what... Besides cycling (peep the helmet), I love running, animals (especially goats) and the sea. Looking forward to meeting you lovely lot, introducing you to peanut butter by the bucket and cooking up some food to share :))



FLOOR 14: MATTEO

Helloooo my name is Matteo and I'll be the RA on 14. I am the fake blonde on the left but soon will have my hair back to their original color, which is similar to the guy on my right. I love basketball, sailing and chilling outside with friends. You can also text me for anything that involves sea, sun, dancing, beers and other fun stuff (like music hahah). I'm excited to be part of the team and confident that we will have a great amount of fun together!! Do not hesitate to contact me also for a chat, friendly or less (criticism is always welcome but tea and gossip are more).



FLOOR 15: GWENDOLYN

Heeey cuties, My name is Gwendolyn and I'll be RA on floor 15! You will nearly always find my door open with the kettle brewing and a sweet treat ready to be eaten. My favorite things to do are take long walks, drink coffee, paint (badly) and share and play music hehe. I can't wait to meet you all and enjoy things we all love together.



FLOOR 16: ZAZIE

Heyo! My name is Zazie and I'm the current and future RA on floor 16 :) I like anything to do with art like dyeing Bastian's hair in cool patterns, accidentally baking copious batches of bread and playing football. I'm super excited to meet the new first years and create more memories with my floor!



FLOOR 17: EVITA

Hello everyone! I am Evita and I will be floor 17s RA next year! I enjoy having nice dinners (the cooking part will be a bit chaotic) cycling (especially to the beach of course) and dancing (sadly not very professionally). I'm looking forward to meeting all of you in August!



FLOOR 18: SARAH

heya folks! my name is sarah (they/them) and i'll be the next RA on floor 18!! in my free time, i like to simp over cats, dye my hair in all the colors of the rainbow or have fun chats in doorways. i know we will have a lot of fun this year (just like the bug on my bucket hat). see you around :)



FLOOR 19: MILICA

Hello peeps!! My name is Milica and I'll be next year's RA on floor 19! You could say I'm a movie addict (so come find me if you need recommendations), an amateur at playing darts and doing embroidery but I make a mean pad thai and love playing cards. I can't wait to meet the newcomers and create more memories with my floor!



FLOOR 20: ANDREW

Hey you! I'm Andrew, your soon-to-be-favourite-life-sized-human-person and the new RA of floor 20! My pronouns are he/him and as your RA, I pledge to bring grins to your faces, bops to your ears, and tomfoolery to the community! Feel free to @ me about anything, I'm here to hype you up and help you out through anything LUC might throw your way! See you soon!



FLOOR 21: TANNE

Helooo sunshines! My name is Tanne and I will be the new RA of floor 21! I love a good cocktail night, painting session, movie night and some silly dances accompanied by the beautiful view of the Hague. I am super excited to become a RA and hope we'll have a very fun year (:)





9 recipes to survive your first week at LUC

by charlie fonda

When I first arrived at LUC, I spent most of the intro week trying not to freak out about what to eat and how to avoid sustaining myself off only chips and beer. These recipes are for the kids out there who, like me, are on a student budget, do not like cooking and yet want to have a healthy lifestyle. Some of these recipes are vegetarian, some pescatarian, and some vegan, you can obviously adapt them to your preferences. Get creative!

If you know how to cook and actually enjoy it...good for you and leave me alone. This article is not for you.

Peace :)

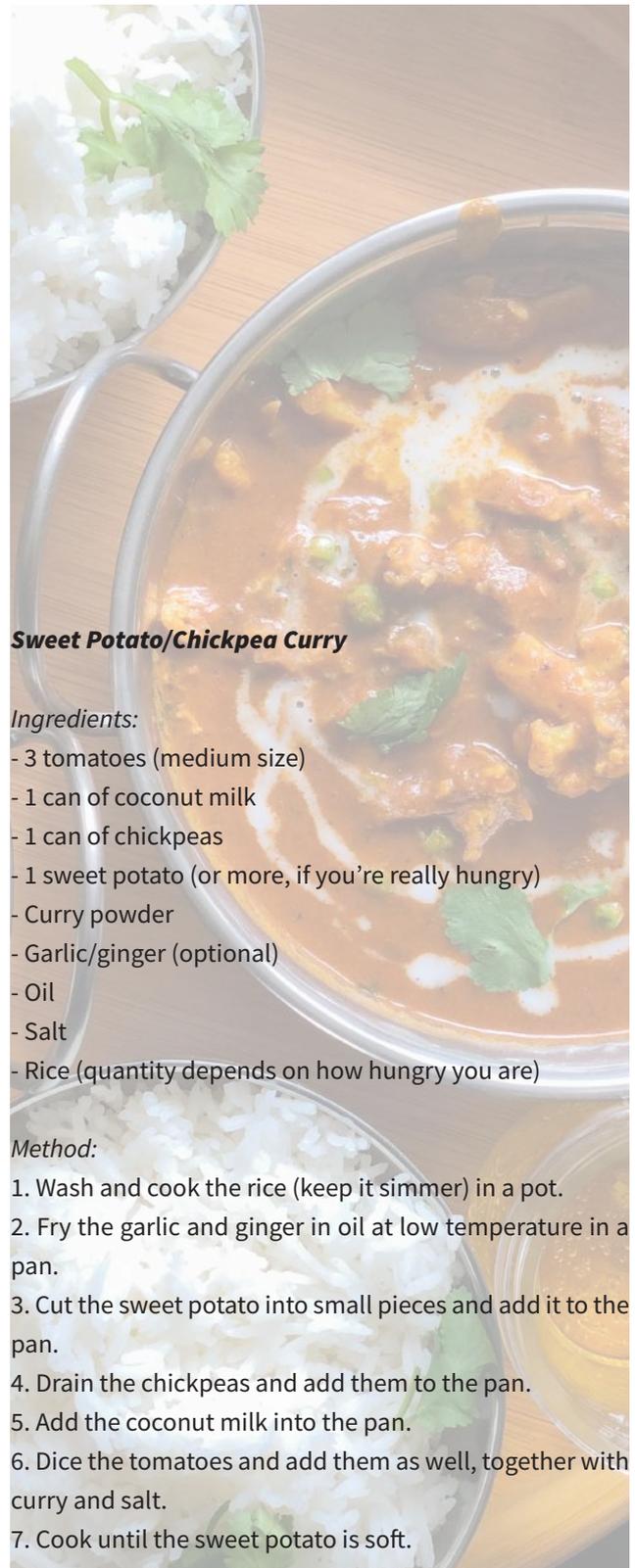
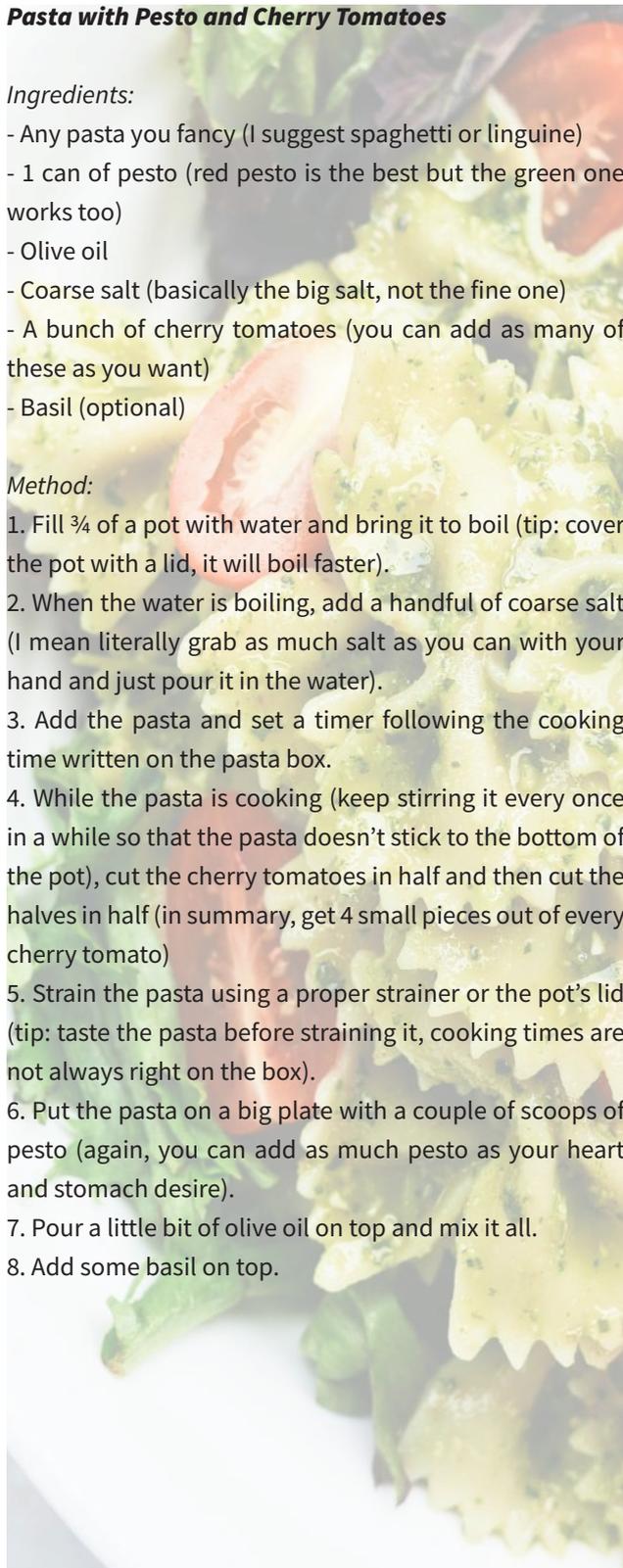
Pasta with Pesto and Cherry Tomatoes

Ingredients:

- Any pasta you fancy (I suggest spaghetti or linguine)
- 1 can of pesto (red pesto is the best but the green one works too)
- Olive oil
- Coarse salt (basically the big salt, not the fine one)
- A bunch of cherry tomatoes (you can add as many of these as you want)
- Basil (optional)

Method:

1. Fill $\frac{3}{4}$ of a pot with water and bring it to boil (tip: cover the pot with a lid, it will boil faster).
2. When the water is boiling, add a handful of coarse salt (I mean literally grab as much salt as you can with your hand and just pour it in the water).
3. Add the pasta and set a timer following the cooking time written on the pasta box.
4. While the pasta is cooking (keep stirring it every once in a while so that the pasta doesn't stick to the bottom of the pot), cut the cherry tomatoes in half and then cut the halves in half (in summary, get 4 small pieces out of every cherry tomato)
5. Strain the pasta using a proper strainer or the pot's lid (tip: taste the pasta before straining it, cooking times are not always right on the box).
6. Put the pasta on a big plate with a couple of scoops of pesto (again, you can add as much pesto as your heart and stomach desire).
7. Pour a little bit of olive oil on top and mix it all.
8. Add some basil on top.



Sweet Potato/Chickpea Curry

Ingredients:

- 3 tomatoes (medium size)
- 1 can of coconut milk
- 1 can of chickpeas
- 1 sweet potato (or more, if you're really hungry)
- Curry powder
- Garlic/ginger (optional)
- Oil
- Salt
- Rice (quantity depends on how hungry you are)

Method:

1. Wash and cook the rice (keep it simmer) in a pot.
2. Fry the garlic and ginger in oil at low temperature in a pan.
3. Cut the sweet potato into small pieces and add it to the pan.
4. Drain the chickpeas and add them to the pan.
5. Add the coconut milk into the pan.
6. Dice the tomatoes and add them as well, together with curry and salt.
7. Cook until the sweet potato is soft.

Toasties

Use a toaster or a pan to toast your bread slices as you like them. If you are using a pan, remember to flip the bread and keep an eye on it to not burn it!

Peanut Butter and Banana

1. Toast the bread.
2. Spread some peanut butter on it (extra protein, whoop whoop!)
3. Cut a banana into small round pieces and place on top of the toast.
4. Extra: pour a pinch of salt on top of it for an interesting flavour.

Avocado and Sunny Side Up

1. Toast the bread.
2. Cut an avocado in half and scoop the green stuff out.
3. Smash the green stuff on top of the bread.
4. On a pan, fry an egg with some olive oil and salt (sunny side up and scrambled both work).
5. Place the egg(s) on top of the avocado toast.

Salmon and Cream Cheese

1. Toast the bread.
2. Spread some cream cheese (you can choose whichever one you like, I suggest using Philadelphia).
3. Place some Albert Heijn smoked salmon slices fillet on top (basically the sliced thin salmon, not the big fish you have to cook).

Shakshuka (Moroccan Eggs in Tomato Sauce)

Ingredients:

- 1 tablespoon olive oil
- Half a red onion, chopped
- 1 clove garlic grated
- 1.5 tablespoons (around 22 ml) tomato paste (normal tomato sauce works too)
- A bunch of cherry tomatoes chopped (once again, quantities vary according to your preferences)
- Pinch of sugar (optional)
- Toasted bread slices (optional)
- 3 large eggs

The following quantities can vary according to your own taste:

- ½ teaspoon (2.5 g) ground cumin
- ½ tsp ground black pepper
- 1 teaspoon (5 g) paprika
- ¼ (1,5 g) teaspoon salt
- 1 tablespoon (around 14 g) of cilantro or parsley, chopped

Method:

1. In a frying pan, heat the olive oil and sauté (basically fry) the chopped red onion, grated garlic and about one fourth cup of water.
2. Let it simmer for about 5 to 10 minutes.
3. Add the tomato paste (or sauce), chopped tomatoes, spices, salt, pepper, sugar and let it simmer for additional 5 to 10 minutes.
4. Adjust the consistency of the sauce by adding 1-2 tablespoons of water as needed, until it is like thick pasta sauce.
5. Crack the eggs into the sauce.
6. Cover the pan with a lid and cook the eggs for about 5 to 6 minutes (the time depends on the heat and on your eggs preferences).
7. Season with salt and pepper. Garnish with chopped cilantro or parsley.
8. Serve in the pan and eat it with a spoon or scoop it with some toasted bread.

Easy-peasy Soupsy

For this one, the ingredients can literally be whatever veggies you want.

Ingredients:

- Water
- Salt
- 1 can of beans
- 2 tomatoes
- 1 zucchini
- Vegetable stock (optional)
- Basil (optional)
- Olive oil (optional)

Method:

1. Rinse the beans in a strainer with cold water and dice the zucchini.
2. Pour the beans and the zucchini into a medium-size pot and add a little water (or boiled water with vegetable stock, you can follow the instructions on the box).
3. Set the stove to medium heat and let it cook for around 10 minutes (or until the zucchini has softened a bit).
4. Add diced tomatoes and salt according to your preferences.
5. Let it cook for about 5 minutes more.
6. Serve with a bit of olive oil and basil on top.

Dessert

...Dr. Oetker's brownies from Albert Heijn.
1,89 euros.
Follow the instructions on the box.

Omelette

Ingredients:

- 3 eggs, beaten
- 1 teaspoon (around 5 g) of olive or sunflower oil
- 1 tsp of butter
- Salt and pepper

Method:

1. In a frying pan, heat the olive oil and sauté (basically fry) the chopped red onion, grated garlic and about one fourth cup of water.
2. Let it simmer for about 5 to 10 minutes.
3. Add the tomato paste (or sauce), chopped tomatoes, spices, salt, pepper, sugar and let it simmer for additional 5 to 10 minutes.
4. Adjust the consistency of the sauce by adding 1-2 tablespoons of water as needed, until it is like thick pasta sauce.
5. Crack the eggs into the sauce.
6. Cover the pan with a lid and cook the eggs for about 5 to 6 minutes (the time depends on the heat and on your eggs preferences).
7. Season with salt and pepper. Garnish with chopped cilantro or parsley.
8. Serve in the pan and eat it with a spoon or scoop it with some toasted bread.

photos courtesy of unsplash

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**

● *lustitia* 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, *lustitia* 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

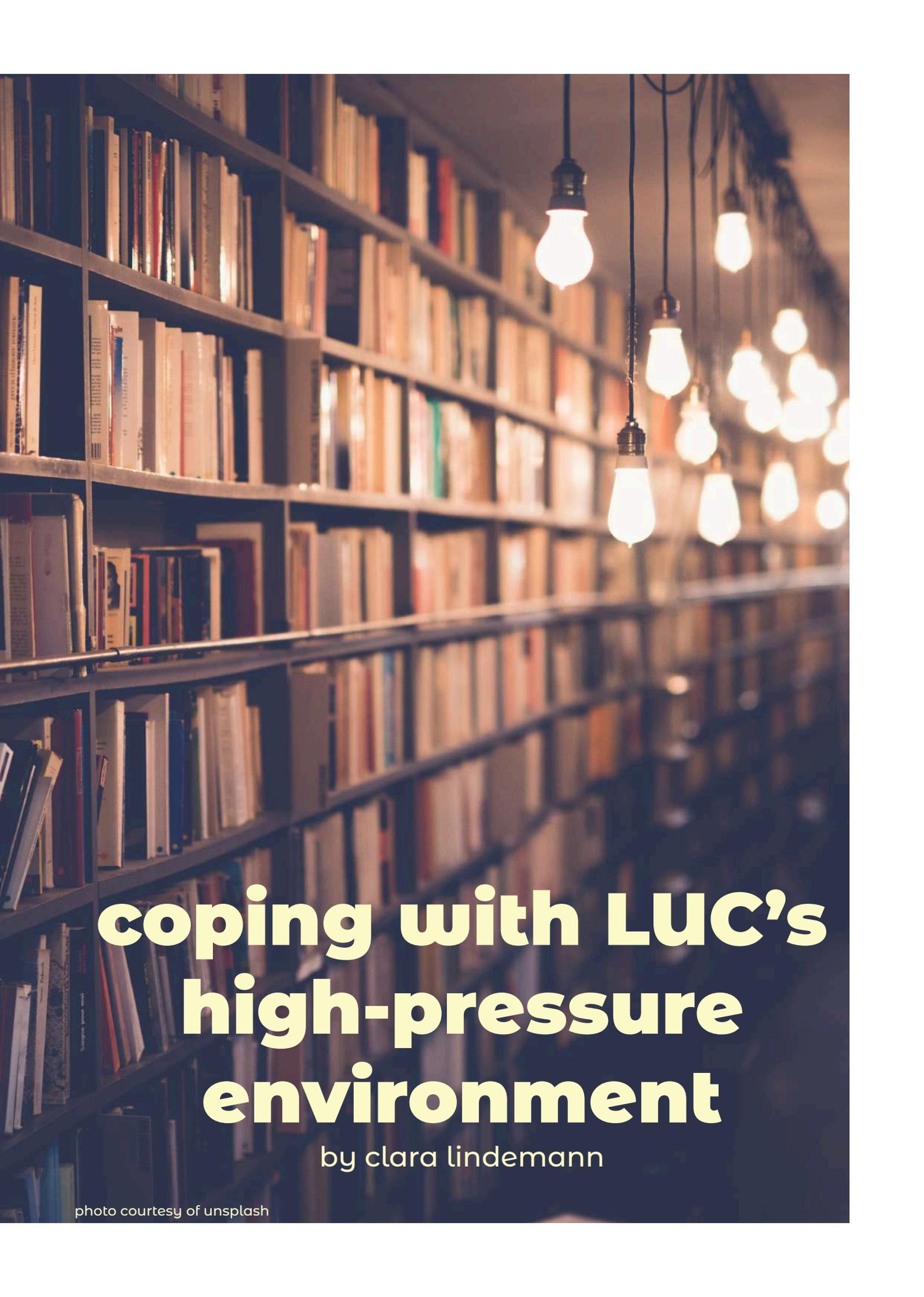
The Philosophy & Tea committee provides a space for LUC students to stop their busy life and reflect. Every week we dive into different themes, such as love, freedom, language, loneliness and meaning. It's a moment to voice out our (sometimes intimate) thoughts in a safe space and to discover how others 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.



coping with LUC's high-pressure environment

by clara lindemann

photo courtesy of unsplash

Considering that LUC's rigorous admissions process puts a specific focus on good grades and high extracurricular involvement, it is no wonder that the college attracts students with a tendency to overwork to reach the high standards they set for themselves. Especially towards the middle and end of academic blocks, many students boast about sleep deprivation, how many meetings they have on the daily, or the fact that they skipped a meal; as though it were a badge of honor. Though taking advantage of the unique opportunities you can have as an LUC student is essential for your personal and professional growth, one of the most essential skills to learn in college is to say 'no' to opportunities that drain you mentally.

Regardless of how many extracurriculars and additional classes you take on, you will likely feel that you are missing out on opportunities and that your peers are doing more work. This feeling is exacerbated by the 'LUC Bubble,' which leads many LUC students to spend most of their time with other LUC'ers, if not even in the Anna van Buerenplein building (AvB). When we go to bed and close our curtains, we can see our friends typing away at their laptops and when we wake up, our group chats are full with messages inquiring about upcoming assignments that we had not yet thought about. Don't get me wrong. This is not all bad. It can be motivating to feel like you are in your academic journey together with your floormates and friends. This can, however, perpetuate a toxic idea: that everyone is working all of the time and that you need to do so too, in order to keep up with them. However, the fact that you are expected to do the majority of learning on your own time does not mean that you must do readings 24/7, or fill all time slots when you are not in class with extracurricular commitments. Trust me, I've felt burned out from doing this, as have many of my peers and close friends. Rather than elaborating on the prevalence of burnout amongst LUC students – informal surveys I have conducted for past projects indicated alarmingly high percentages – I decided to come up with a list of tangible practices you can adopt to ensure you do not wind up as burned out as many of your predecessors.

1. Figure out whether you are most productive in the morning or the evening, and build a sleep schedule around this. When I first came to LUC, I assumed that I was a night owl, since that was when most of my friends studied. However, eventually I realized that I was more focused and less stressed by midnight deadlines when working in the morning. Once you have figured out whether you are a morning or night person, build your sleep schedule and work hours around this. Most people, regardless of whether they are more energetic in the morning or evening, hit a slump in the afternoon after eating lunch. I often find that going on a walk in the Haagse Bos or in the city, playing some ping pong with a friend, or doing a workout allows me to overcome this.

2. Take breaks. In their book *The Things You Can See Only When You Slow Down*, Zen Buddhist Haemin Sunim nicely illustrates the merits of breaks: "Those who work in a playful, relaxed manner tend to work efficiently and creatively. Those

who work non-stop, driven only by stress, work without joy." I have friends who use the Pomodoro Method, taking 5-minute breaks every 25 minutes and committing to one task in those 25 minutes. After they have repeated this four times, they take a longer break and then start all over again. Especially when writing essays, I find that it takes me a while to immerse myself in the topic and that I would rather continue working once I have reached a certain flow than artificially ending said flow with a break. However, for some tasks and when I lack energy, I have found the Pomodoro Method helpful as well. When taking a break, it can be very tempting to check your social media or text someone. However, considering that your coursework is likely online, this contributes more to screen fatigue and can tempt you to extend your break. Doing something physical, such as a quick meditation, stretching, getting a (healthy) snack or tidying up your room, is a better alternative.

3. Have a physical division between your working and relaxation spaces. This ensures that you do not get sidetracked thinking about relaxing or doing your chores when doing readings, or cannot fall asleep at night because you've spent the entire day stressing about an essay.

4. You may think that this tip contradicts one I made earlier about not committing to too many extracurricular activities. However, I recommend **keeping up with interests that do not contribute to your CV, but feel replenishing and grounding.** These can be anything from painting, playing the ukulele, crocheting and so on.

5. If you're a typical international LUC kid, **stay connected to your mother tongue and the languages you used on a regular basis before coming to LUC.** It's a commonly known fact that many LUC'ers have somewhat of an identity crisis due to having multiple nationalities or being raised abroad. However, don't make it worse than it has to be ;). Also, keeping an eye on political developments in your country/countries of origin can make for interesting class discussions and make you feel a little bit more grounded as an international student.

6. Develop healthy habits and remember that the biggest growth is gradual. You will not see the payoff immediately, whether it be developing a more regular sleep schedule, quitting caffeine, investing time in your professional development or learning another language.

7. Set aside 'you' time for your personal growth. I recently discovered meditation and like to set aside around 20 minutes a day for it, to combat stress and anxiety and feel more grounded and content. If you haven't tried it yet, definitely give it a shot. There is a meditation group at LUC if you would like to meditate with others. Making this as much of a priority as you would make a date or a meeting is the best way to ensure you follow through with it.

8. Especially during the Global Challenges: Sustainability course, many LUC'ers decide to change their diet to reduce

carbon emissions. As admirable as this is, it is essential that you **do thorough research on the different nutrients you need to include in your diet and how to get them**, as well as whether or not you need to take supplements to keep your body functioning at its best when committing to such a big lifestyle change. Furthermore, it is often useful to make any dietary changes gradually for the sake of your body. Regardless of which diet you adhere to, **make sure that you eat at least one warm meal a day**. Skipping meals is honestly not worth it, investing the time into cooking is.

9. High school and university grading systems are very different. **Do not expect to be the best in your classes or get straight A's anymore.** It might take you a while to figure out which grades you are satisfied with – and that's okay. Just don't be too hard on yourself.

10. Remember how far you've come. Chances are that you dreamed about being admitted when applying to LUC. Rather than always focusing on the next thing to achieve: attaining a scholarship, going to your dream exchange university, or applying for a competitive Master's program, take a moment to recognize what you've already achieved that seemed like a wild dream when you were younger.

If you need some more thorough guidance on how to maintain a work-life-balance and stay inspired, here are some recommendations:

Books:

- *The Things You Can See Only When You Slow Down: How to be Calm in a Busy World* by Haemin Sunim
- *Thrive* by Arianna Huffington
- *Radical Candor: How to Get What You Want by Saying What You Mean* by Kim Scott

Podcasts:

- "The Wooden Spoon" by Sixtennth Productions
- "What I've Learned" by Arianna Huffington
- "Stanford GSB: View from the Top" by the Stanford Graduate School of Business
- "Pretty Big Deal" by Ashley Graham
- "Co.Cast – Creating the Future Together" by Jennifer Pfister and Andrea Orsag

As with every other piece of advice, please take this with a grain of salt. Everyone is different and things that work for me may not work for you and vice-versa. However, the above tips are ones I wish someone had conveyed to me as an incoming first-year. Good luck moving in and getting settled and above all, I hope you make lots of beautiful memories during your time at LUC!



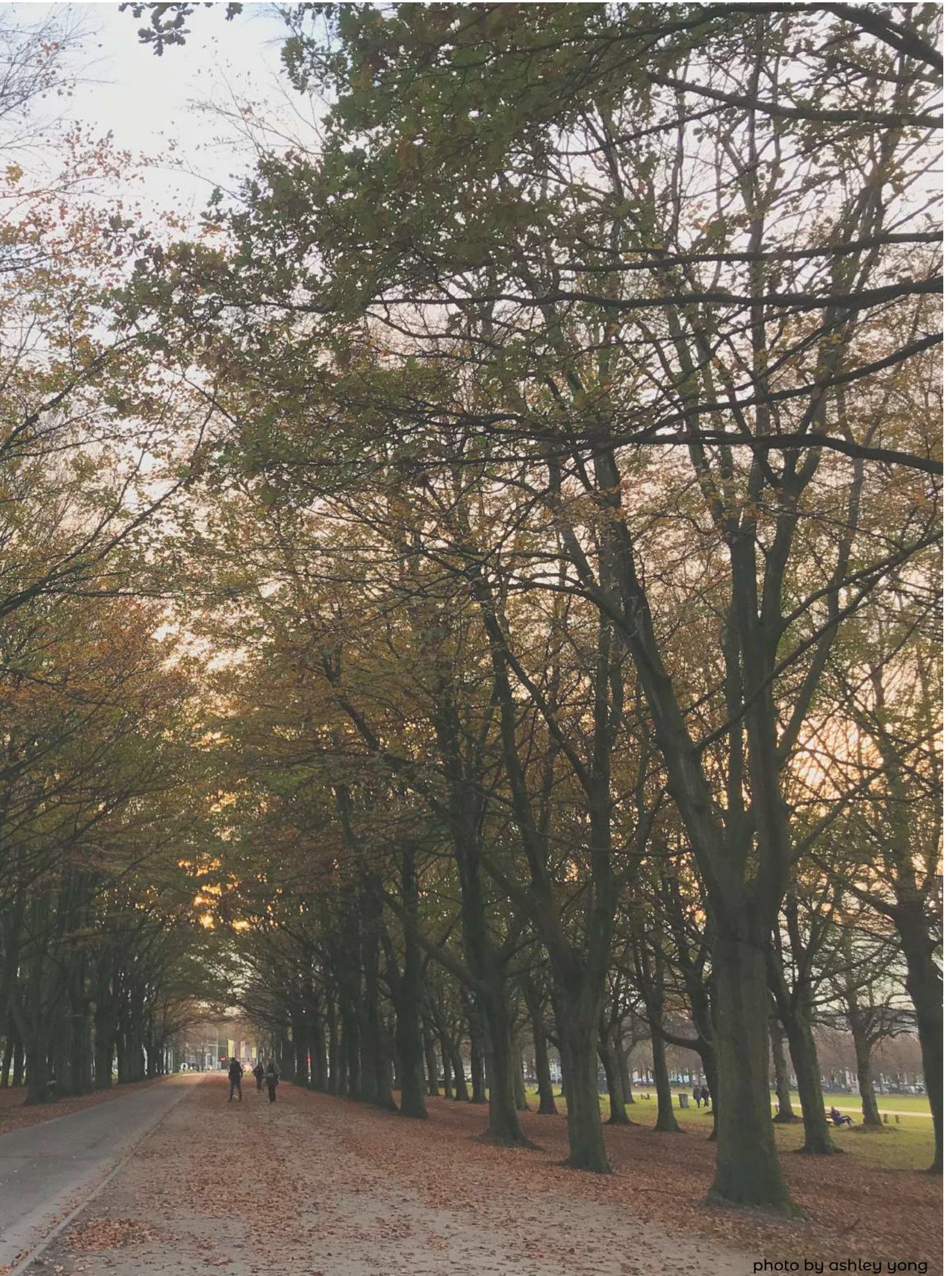


photo by ashley yong

a sweet guide to exper

photo courtesy of unsplash

by lola

Welcome new first years,

you made it here and we (speaking for all the other current LUC students) are super excited to see you become part of our community. I originally wanted to start off by explaining to you how LUC is like a bar of chocolate - I thought somehow a justification for choosing this topic for an Introweek edition of PAX might be appropriate. But I don't think anyone wants to hear about how LUC, like a Tony's Chocolonely bar, is expensive and kinda melts away whenever exposed to sunlight (which actually is kinda true for some LUCers who just never leave the building). I think that would be too deep - at least for now. So why am I talking about chocolate? And which chocolate even? Well, Tony's Chocolonely is a fair trade 100% slave-free chocolate from the Netherlands which by now is available in quite a lot of countries. Consequently, you might actually know it already - if not, you will do so soon :)

But who am I to claim unprecedented knowledge about Tony's Chocolonely? Somehow this very chocolate has turned out to be a recurring prop throughout my life at AvB and it will be part of your time at LUC too, I promise. From the first time I visited LUC for my admissions interview to the day I moved out of AvB two years later and had to remove probably a hundred of these chocolate wrappers from my door, Tony's has made everyone around me happy (and poor). As you might be able to detect from this picture, Tony's has proven to be not only a delicious chocolate but also a very colorful room decoration. An art project that has fortunately been supported by many choc fanatics in the building. Otherwise, I don't think I would have been able to afford paying tuition fees any longer.*

Okay, maybe it is wrong to glorify one specific chocolate so much - and it certainly is a sign of privilege that one of the first things you are being lectured about after arriving at LUC is chocolate. I am aware that there are problems in this world greater than one's cravings for sweets - and luckily you all came here to solve these ominous global challenges everyone keeps talking about. But believe me, I am only doing you a favor. Sugar will provide you with the energy necessary to face

* The artist hereby thanks all those who have contributed to this masterpiece and simultaneously provides a warning to the future resident of her former room: The moment you find Tony's wrappers in your mailbox you will know I was your predecessor.

mentioned challenges. I know what I am talking about because I am an EES major and I have taken chemistry at some point in my life. To all the (prospective) GPH majors here: Close your ears and eyes - and don't you dare pretend you have never had chocolate for dinner.

So this basically is a crash course on Tony's Chocolonely which will provide you with the skills necessary to make informed and rational decisions about your future chocolate consumption. Please note that not all flavors can and will be represented in this listing, as much as the author wanted to give equal attention to all of them. A special shoutout to "white chocolate stracciatella," "toffee pretzel" and all the new flavors yet to be gifted to the world. Let's go!

THE ALL-TIME-FAVOURITE



First Tony's flavor that I have ever tasted and up until today the one that is most beloved by the people around me. Except for those weirdos that don't like caramel. I would even go as far as to claim that it is an LUC favourite. But maybe that's fake news. Well anyway, this chocolate is sweet, crunchy and simply delicious. So if you ever want to repay your neighbor for watering your plants, "sharing" their notes or making you dinner - you know what to do. Tony's caramel seasalt is the ultimate way of saying: I love you :)

the ultimate LUC cience

melchior

THE EXTRAVAGANT



When it comes to this flavor I have to admit that it was love only at second sight. First of all, there is the very important question whether white chocolate actually classifies as chocolate... but let's not dive into that. Once you have accepted that it actually is one of the best flavors Tony's has to offer, you will tend to return to this flavourful firework. A chocolate as sweet and extra as the ones who love to devour it!

THE RARE AND EXPENSIVE



Disclaimer: You will most likely never ever get a taste of this specific chocolate. Sad? Maybe, but you will definitely find another limited edition that will be at least equally rare and intriguing (or disturbing?). This seemingly not very popular bar of turmeric chai coconut flavor was a shelf warmer at the 5€-pizza-place (which sadly doesn't exist anymore) for a solid 6 months before it was "rescued." Intrigued by the interesting wrapper one was willing to push aside concerns about a potential expiration date. Overall take away: Keep an eye out for special editions and crazy flavors. Spice up your life - it might be worth it!

I would actually love to go on and on sharing this valuable knowledge with you but at a certain point I need to let you try out new things and make your own experiences - all by yourself. So I hope you all feel ready to face any challenge ahead - with or without chocolate. You all deserve to be here and will learn and do (and eat) wonderful things. Be and stay excited and make sure to always have a bar of chocolate at hand!

THE PRETENTIOUSLY HEALTHY ONE



You like to fool yourself pretending what you eat is actually not that unhealthy? You have said the sentence "It contains fruit / vegetable / grows on trees / is vegan so it must be healthy" before? Then this chocolate is for you - the ultimate way to justify your excessive chocolate consumption. It contains raisins AND hazelnuts. Hellooo?? If that is not GPH approved I don't know what else would be. Maybe fruit? Or vegetables... don't get me started on vegetables. By the way, don't forget to ask your mentors about Lekkernassuh - it is the most essential information they are required to provide you with during intro week.

THE DESIGNATED VEGAN



Yes, this title says it all - if you are an eco-conscious vegan (hello future EES soulmates living up to your stereotype) then this will be the one (and only) exciting flavour you will have to learn to love. Or you just get the plain dark one - but that's a little basic no? This flavor is a fun mix of healthy almonds and crunchy sea salt in a bright green wrapper matching the green spirit of its purchaser :)

WDYM, LUC?

by benthe geerdink

Congratulations! it's August 2021 and you have made it to university. You have moved into your studio, found a copy of *Go, Went, Gone* online, and even joined the Class of 2024 WhatsApp group. Completely prepared for the year ahead, right? Yet, when you go on LUC's central Facebook group it seems like the people there are speaking in another language...

In between their exciting social lives, honor's education, and weekly floor-dinners, LUC students seem to not have enough time to speak and write out sentences in full. Over the years, authentic LUC lingo has emerged which mostly consists out of abbreviations. A lot of abbreviations. Here are 10 translations to help you understand what people are actually saying!

1. AvB

Annie! The beloved 21 story building we all study, live, and party in. This abbreviation stands for Anna van Buerenplein which is the name of the apartment building. It is named after the square it is located on, which in turn is named after Anna van Bueren. She was the wife of William of Orange, who was the ancestor of the monarchy of the Netherlands. The more you know!

2. DH

DH stands for Den Haag, or The Hague, or 070. With its beautiful beaches, skyline, and old buildings, it really is one of the most beautiful cities in the Netherlands. And your home for the next three years!

3. Majors

From Culture, History, and Society (**CHS**) and Global Public Health (**GPH**) to International Justice (**IJ**) and from Earth, Energy, and Sustainability (**EES**) to Governance, Economics, and Development (**GED**), majors are rarely referred to by their official name. The only exception seems to be World Politics. Admittedly, 'double you pee' does sound a little odd...

4. CR

Where can you find the recycling station? the studying second years? the communal freezer? That's right! When people on the food sharing group chat (make sure to join!) tell you there are free veggies in the CR, they mean the Common Room.

5. Courses

There are 208 courses in this year's E-prospectus, and some titles are longer than others. While *Calculus* and *Biology* exist, with course names such as *Designing Policy Interventions: Peacebuilding, Development and Public Health* and *Field Methods for Environmental Sustainability: Land and Water Resource Management* it is no surprise that students have made up their own abbreviation for their courses. Infamous abbreviations include IGD, PPIL, and QRM.

6. GGD

This one is not LUC specific, but nevertheless very important in 2021. If you have a missed call from the GGD, make sure to call back! GGD stands for *Gemeentelijke GezondheidsDienst*, or the Municipal Health Services and they carry out vaccinations and PCR-tests and can call you if you have been in contact with someone who tested positive for Covid-19.

7. GC

This is a tricky one since the meaning of GC changes over the summer between your first and second year. When first-years talk about GCs, it is more than likely they are referring to the Global Challenge courses like Diversity and Prosperity. But if you hear a second- or third-year stress about their GC, they probably are talking about the Community Project or their Spanish 100/200/300/400 course, since GC also stands for Global Citizenship...

8. IS/IRO

While we might act like it sometimes, we are not the only Leiden University students in the Hague. About 500 meters Southwest from AvB you find the University's Wijnhaven building where International Studies (IS) and International Relations and Organizations (IRO) students study.

9. HD

No, this is not about your new flatscreen or the quality of your Twitch stream. Up until recently, the Culture, History and Society major was called Human Diversity, which abbreviated to HD.

10. TP

This might be the best abbreviation out of all of them... While in the real-world TP-ing is "to cover a house, a tree, or other structure, usually on someone's home property, with strips of toilet paper, as a prank", the LUC meaning could not be more different from that. But just revealing its LUC meaning to you would ruin all the fun, right? You'll find out eventually!



photo by astrid zibrandtsen

**making friends
during intro week...
and later at LUC!**

by famke langedijk

One of the biggest mysteries when starting a new life in a new place is how to make friends and not end up on your own. Don't worry - it's a lot less scary than it might seem right now, especially in a place like LUC. Besides making the necessary small talk - Where are you from? Which major are you thinking of doing? When did you decide to come to LUC? - there are lots of other, simple ways to start a conversation with someone who may just become a friend for life.

1. Be bold

The most straightforward way to make friends is to go up to someone and introduce yourself. You could bring some cookies and invite someone over for tea online, in your room or even in your common room. Leave your door open, and before you know, someone else will join you! You could also keep it closed if you prefer some one-on-one bonding.

2. Friends over food

Food appears to be a great thing to bond over. You could go outside to grab some ice cream at IJskabinet (close to Binnenhof and a nice walk from the building) or Luciano's (closer by and not too far from the forest). However, a delicious dinner also makes for a great time to elaborately discuss the day's events. Agree to cook together, or bring your food to someone's room or a Zoom screen and start socializing!

3. Help each other out

Don't know how to turn your hotplate on yet? Or are you slightly confused about the mysterious workings of Brightspace? No problem! This is a great time to remember that all of you are in the same boat. Most people feel just as confused as you right now. That's why it's nice to ask others for help. It gives you a reason to walk up to them or shoot them a text, and they will feel more comfortable asking you a question back whenever needed.

4. Keep your key in

This one is a little tough for those still in quarantine, but this is a part of LUC culture that extends far beyond Intro Week. Living in the same building makes it easy to find people to hang out with, but, as you can imagine, a corridor with only closed doors isn't very inviting. Luckily, our LUC ancestors have found a solution. Whenever you are open to chat with people walking by your room, it helps to leave your door open. Scared of being busted while eating chips like a true couch potato? Well, then you can leave your keys in the door, so everyone walking by can see that you're up for some small talk (or big talk). They now feel invited to knock on your door, so you can hide that bag of chips and let them in!

5. Trust the process

It's also important to remember that nothing is set in stone once Intro Week is over. Your bubble (because that is what the building really is) will extend from your floor and mentor group to your classes and committees. So, for now: remember that everyone feels similar, others will be happy when you approach them, and you have three whole years together. Take your time and enjoy the ride!

photo courtesy of unsplash

i wish i knew music

i wish i loved it.
but somehow
my relation to music is similar
to my relation to people,
i am picky.
but when i find a song that i really like,
i listen to it all the time.
however, i think
that it doesn't really like me
because i,
i can not sing.
so maybe the song doesn't even know
that i like it.
but how am i supposed to show?
i'm scared.
because what if i sing it out loud,
my voice breaks

by elisa heithoff



photo by ashley yong

safety at LUC

PRACTICAL INFORMATION

College Floors - Floors 1 to 4: These floors contain the study areas, Coasters (the very fun student bar!) and the offices of LUC's Academic and Support Staff. They are managed by LUC and Leiden University - you can access them using your LU-Card. In case of any issues, contact the Student Information Desk on Floor 4 during office hours, or the reception desk on Floor 0.

Residential Floors - Floor 0, Floors 5 to 21: The residential floors contain the laundry room, the bikeshed, the lobby and the garbage room. Floors 5 to 21 have the student apartments, accessible by your LU-Card and personal key. Residential Assistants (RAs) are present on every floor to help with your concerns.

Caring for the building:

- Do not use tape on painted walls. Use magnets or the poster wall on Floor 2.
- Do not hang posters or other materials outside the Fortuna frame in the elevator.
- Keep the garbage room clean.
- Store your bicycle properly in the rack and do not store unused bikes.
- Floor 1 (Coasters, Fortuna Office, Music Room) is student-run and must be kept clean.

FIRE SAFETY

1. Do not leave sources of heat unattended.
2. Do not smoke in the building - this applies to both academic and residential floors.
3. Use electronic appliances carefully and unplug them when not in use.
4. Keep hallways empty and do not obstruct separating doors (which lead to the elevator room from corridors). Keeping things in the hallways hinders the flow of people moving, which can be dangerous in an emergency. (Also, you'll get some angry visits from DUWO, some bright red stickers or unannounced removal of items you leave outside!) The separating doors block the spread of fire on the floors, thus must be kept closed.
5. Be aware about where emergency exits and fire extinguishers are on your floor and on college floors. Practice finding and

using them.

6. Do not block sprinklers or smoke detectors. Sprinklers activate on impact or heat - try not to trigger them, as they spray a lot of dirty water. Smoke detectors will sometimes need new batteries, and will start beeping. Your RA or the Housing Council can help you change them.

EVACUATION

1. **SMALL FIRES:** try to extinguish them using the extinguisher on your floor.
2. **LARGE FIRES:** press the fire alarm button. Inform the reception desk: +31 (0)70 800 9460, or the RA on Call: +31 06 2828 7992.
3. Warn others on your floor, but keep yourself safe first.
4. Close doors and windows.
5. When the fire alarm (slow whoop) sounds on your floor or the college floors, evacuate via the emergency exits and assemble under the tramway outside the building.
6. Follow the instructions of the emergency staff. If they advise not to evacuate the residential floors, it is safe to remain in your room. However, if they instruct you to evacuate or if the alarm sounds on your floor, evacuate via the emergency exits. Sometimes the fire alarm may sound on the college floors but not on a residential floor.
7. Fire drills (announced and unannounced) are organised many times a year on the college floors and residential floors. Please cooperate with them and leave the building via emergency stairs, not the main staircase.
8. Keep calm in the event of an emergency!

EMERGENCY ON CAMPUS

During office hours, contact the reception on the ground floor: +31 (0)70 800 9460. Health and safety officers on the academic floors are available to help you.

Outside office hours: in life-threatening situations, call 112. In any other medical emergency, contact SMASH: +31 (0)70 346 9669.

Campus Alarm Centre (Leiden University): +31 (0)71 527 8676 (24/7 available).

RA on Call (from 21.00 - 08.00 during the blocks): +31 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 (24/7 available).

MEDICAL EMERGENCIES

For life-threatening emergencies, call 112.

Make sure to register at a family doctor/general physician upon arriving in the Hague. Some numbers are available in the student handbook.

SMASH (after hours medical service): +31 (0)70 346 9669.

You can find AEDs on the ground floor and on Floor 15.

Make sure you have valid health insurance to cover medical costs and third-party liability.

OTHER SAFETY

To prevent theft and unwanted guests:

- Keep your door locked when you are not at home.
- Do not allow people you don't know into the building.
- Do not block emergency exit doors.
- Save the emergency numbers provided above into your phone.

COVID-19

You may order COVID-19 antigen self-test kits from the government using your ULCN account at <https://www.zelftestonderwijs.nl/>. You can also buy them at a grocery store/pharmacy like Albert Heijn! If your test is positive, make a test appointment with the GGD.

You can make an appointment with the GGD to get a COVID test if you have symptoms or have a positive self-test. Make an appointment by calling 0800-1202, or call +31 85 065 9063 from foreign phones. You can also make an appointment online at coronatest.nl if you have a DigiD.

photo courtesy of luc.id



events at LUC

by elisa heithoff

Even though there is a pandemic going on, destroying most of our plans, student events are still possible at LUC. So let me tell you about a few of the events from last year so you can get an idea of what's to come and you can already get excited for your time here!

Everything always starts with the introduction week. You just moved to a new country, started living on your own for the first time, and then you are supposed to remember everything about the university, the town, cooking, cleaning, emergency contacts, getting a bank account and BSN number, and at the same time, you are supposed to socialise, make friends and have a good time. But don't worry -- I have heard from a lot of people that it does work. But take your time, and don't stress yourself too much, even if that means sleeping through some of the online information sessions. I somehow still made it through my first year. But don't miss the mentor meetings! They can be very fun and your mentors can answer all the questions you might have. And of course, despite COVID and everything, a little bit of partying should still be possible!

One thing you need to know about LUC: we are big on committees. There is a committee for everything, and if it doesn't exist, just start a new one! Do to all those committees, we have events like sport games, where everyone can come and join to cheer. Hopefully this year it is not only going to be one single game where visitors are allowed. We also have a lot of events where we invite guest speakers and have interesting discussions about all kinds of topic.

Support is very important at LUC, that's why we have kindness and wellbeing weeks. During the wellbeing weeks, different workshops, activities and lectures take place which you can join. During these activities, you can, for example, make some art or meditate. During kindness week, you get to do and receive some acts of kindness from someone on your floor. It's always nice to receive a cute note or a little bar of chocolate. In addition, we don't only have sport events, but also theater and music performances. The highlight of the year is the Pantomime. Everyone gets dressed up to watch students and teachers play and sing. Last year, they performed an LUC version of The Little Mermaid and even though it was online, it was a lot of fun to watch! We even had a live theater performance, where the audience had to solve a crime that was committed by one of the actors.

There are also music shows and contests at LUC. Last year, a LUC contestant won The Voice of UCSRN, the very own The Voice show of the University Colleges in the Netherlands. The Sturofest is less of a competition and more of a concert, where

you can listen to different people playing music and singing songs, or you can of course just take part yourself! Originally the Sturofest was supposed to take place in the rooms and houses of the different students that were performing, especially from third years who live outside of AvB. Hence the name "**Student Room Festival = Sturofest**". Honestly, I just learned about the origin of the name while writing this article. But who knows, maybe this year we can all experience the real Sturofest as it was originally intended to work. The big finish of the year is the Dies, a big mystery for everyone that is not involved in the secret act of planning the event. You will get hyped for the event weeks before, without even knowing what to expect. I can just tell you: my expectations were very high last year and I did not get disappointed!

Now you have gotten a little idea of what kind of events you can expect in LUC; however, this is of course just the tip of the iceberg of all the events and activities to look forward to during your time here. I am excited to see what this year's events are going to be like, and what kind of new things we all come up with. I hope you are too! And if you have any questions, just ask around. I'm sure everyone is more than happy to tell you about their experiences of past and ideas for new LUC events.

photo from the spring play. courtesy of luc.id.





photo by martin fox

help!

i need somebody!

Whether you've got a power outage in your room or need some help on your study plan, we've got you covered! Check the table below for information about who to ask for help in different situations.

Problem	What to do?	Who can help?
Issues with your room/rooms at AvB: e.g. power outages, leakages, heating problems, etc.	Contact the Housing Council	https://avbhousingcouncil.wordpress.com - fill out the form and it directs you to a solution, containing phone numbers of DUWO, Vastgoedsservice and other authorities who can help.
Laundry machine not working	Press '7' until it works	If it is still broken, contact Vastgoedsservice at +31 15 25 16 700/ info@vastgoedsservice.nl / online form on duwo.nl
Internet not working	Turn it off and on again	Contact the ITT desk if the problem persists: +31 88 41 177 88 / support@ittdesk.nl
Contract/rent issues	Stay calm and contact DUWO	You can use the contact form/phone number on duwo.nl
Waste/water tax bills	Apply for a waiver through Municipality of the Hague/RBG	Waste Tax: https://www.denhaag.nl/en/taxes/tax-waiver/apply-for-a-tax-waiver.htm Water Tax: https://www.derbjg.nl/en/exemption/
Problems with deciding what courses to take, academic life, managing work schedule, etc.	Contact your Academic Advisor	The Academic Advisor groups are the same as your Global Challenges groups. You will then receive an email to contact them!
Issues with extra/reduced course load, extenuating circumstances, study plan, absences, etc.	Contact the Study Advisors	Email the study advisor with your problem/ask them for an appointment at studyadvisor@luc.leidenuniv.nl
Issues with student life, etc.	Contact your Student Mentor	You will know who they are when you know your Academic Advisor
Issues with mental health and wellbeing	Contact your RA, the SLC or the SLO	Find your RA (or an RA on Call) on your floor! If you would like professional help, you can go to the Student Life Counsellors (SLCs) or in very serious cases, the Student Life Officer (SLO), Lenore.

board

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