



# Pre-departure information

What can you prepare  
before you arrive?



Universiteit  
Leiden

Leiden University College  
The Hague



# Let's get ready!

## Pre-departure information

So, you are almost ready to move to The Hague! Some of you come from far away, all corners of the world. Some of you live down the street. Nevertheless, moving to your new home requires a lot of preparation for everyone.

Many practicalities can only be arranged once you have arrived and settled in The Hague. However, there are some things you can already prepare before arriving.

With the help of our Intro Week Mentors, we have compiled and carefully curated some tips and tricks for your preparation, packing, and what to expect in The Hague!

# What can you prepare?

- What to pack?**
- Pimp up your kitchen**
- Money matters - open a bank account and other tips**
- How to get to LUC - public transport**
- Quarantine rules and information**
- Make your appointment at the municipality**
- Register at a GP**
- To be continued later...**



# What to bring?

Packing – what and what not to bring can be a challenge! We compiled a general list of things that you may want to bring with you from home. We distinguish between whether you come by car or by plane, and also give suggestions of things you may want to buy once you are here.

# Coming by plane?



**If you come by plane, you do not have a lot of space to pack your stuff. These are some necessities you might need to bring:**

- **Face masks for the journey (currently not mandatory in the Netherlands)**
- **A charger and converter to charge your devices**
- **A laptop or tablet**
- **Some basic kitchen utensils to get you started. If you did not order the DUWO kitchen package, there won't be any cutlery nor kitchen utensils when you arrive. Hence, we recommend you bring some very basic things to get your through the first days:**
  - **Knife, fork and, spoon (don't bring a knife in your hand luggage though!)**
  - **A bowl or plate for your food**
  - **A small pot to warm up or cook food**
- **Bring some basic (or necessary) medications and drugs, so in case you feel unwell, there is no need to leave your room**

## Basic necessities



- **2 towels (ones you dry your body with)**
- **Soap/shampoo/conditioner**
- **Toothpaste & toothbrush**
- **A cloth or sponge**
- **Extension cord**
- **A travel-size of a cleaning product of your choice, so that you can clean small things in your room when you arrive**
- **A snack from your home town or country. This may not be available in The Hague yet it may get you through feelings of homesickness (make sure you are allowed to bring it in - some produce is not allowed)**
- **Something personal from home that will make your new place feel more like home. This could be a picture of your family, your cat or a landscape close to your home and heart. Or something else!**

# Clothing



The Netherlands tends to be on the rainier side. We have 4 seasons here, with the average temperature in July being 19 Degrees Celsius and 2 Degrees Celsius in January, but some summer days can go up to 36 Celsius as well. Those are some big temperature differences! Hence, it is important to be prepared mentally and packing-wise, though you can always buy clothing here as the seasons change.

## To bring now

- A raincoat (that is also wind resistant)
- An additional light coat
- 2 pairs of jeans or other pants that have similar thickness/warmness (summer temperatures can be unpredictable)
- 1 or 2 sweaters or cardigans, be it in air-conditioning, at night when it gets cold, or during a colder summer day
- Sun screen (the sun can burn no matter the temperature)
- A swimsuit (the beach is not far away!)
- 1 or 2 sets of PJs
- However many t-shirts, tops, shorts, summer pants, or summer dresses you desire – having around a week of clothing ready to go is advisable
- Put a change of clothes into your hand luggage!
  - Sometimes, a suitcase can get delayed and it is the worst feeling to not have something to change into that is your own if it happens
- At least one pair of closed shoes, for the rain and cold in The Netherlands!

# Clothing



## To get later

- **Some additional sweaters or warmer attire to wear inside**
- **A winter coat**
- **A pair of boots for rainy and stormy days**
- **A change of sheets – you will have a duvet and get supplied with a pillow and duvet cover set. If you want to customize, here are the measurements:**
  - **mattress 90x210 cm**
  - **pillowcase 60x70 cm**
  - **duvet 140x200 cm**
- **You can refer to the “coming by car” list to look at other items and utensils you may want to get in the first few weeks at LUC. Specifically, check out the list below that a former student compiled for kitchen utensils that you can buy!**

## COMING BY CAR?



**In addition to the list above for those who are flying to The Netherlands, you may have a little more space if moving by car. Some other things you can bring include:**

- **Pillow, sheets, etc. DUWO quality is not ideal – the size of your mattress is 90x210 cm, your pillowcase 60x70 cm and duvet 140x200 cm**
- **Hangers (DUWO provides only about 10 per room)**
- **A cloth or sponge**
- **Your top choice of a cleaning product. Just for your room; you do not need laundry detergent as that is already in the machines**
- **A snack from your home country. This may not be available in The Hague. Yet it may get you through feelings of homesickness**
- **Bring some basic medications and drugs, so that in case you feel unwell, there is no need to leave your room**
- **Something personal from home that will make your new place feel like home. This could be a picture of your family, your cat or of a landscape close to your home and heart. Or something else!**

## Coming by car? Pimp up that kitchen!



If you still have some space left, it might be nice to pimp up your kitchen. A former student compiled a list of kitchen utensils they recommended to have!

When you arrive, your kitchen is equipped with a hot plate and refrigerator. Make sure these work like you'd expect them to. Your common room will come with a freezer, or with a second year student trying to get everyone to pitch in for one. What you can buy yourself is the following:

- At least one wok or frying pan, 24 cm in diameter or up. Anything smaller means things will stew rather than fry. It also makes throwing dinner parties rather difficult
- At least a single stainless-steel pot. 20 cm diameter or up
- A wooden spatula and spoon. Composite and silicone are good alternatives. For the love of all things, don't get a metal one unless you know what you're doing
- Two cutting boards of reasonable size. That means: the bigger, the better
- Similarly, more bowls than you think you need (double what you think you need). They're so useful. Bonus points if they come with lids to store leftovers
- Also get at least 2-4 plates/glasses/cups/knives/forks/spoons for eating everything you're gonna make
- The most important bit: A proper chef's knife. Yes. Knives are scary. But please believe me when I say that a big sharp knife is a lot safer than a dull small one. A sharp knife cuts what you want it to cut, a dull one cuts whatever it wants to

## Coming by car? Pimp up that kitchen!



- A smaller paring knife for the quick/detailed smaller stuff
  - Get something to store knives in. Don't leave them lying in your drawers. It's dangerous and will dull them very fast
- Kitchen towels

Now for things that might make your life happier;

- A peeling knife
- Everything related to baking. I swear it's the easiest way to make friends
- An oven (helps a lot!)
- Baking tray
- Mixing bowl
- Microwaves are nice. But please don't eat hot pockets every day, you won't get enough fibre. Trust us, we've tried.
- If you're planning to woo or befriend the British, bring a kettle (Success not guaranteed)
- Cookbooks! Some tips from previous students: "The Food Lab" by Kenji Lopez-Alt. Alternatives are "The Joy of Cooking" or "America's Test Kitchen's Beginner's Guide", or how about a vegan cook book by Gaz Oakley?



# Let's talk about money

**If you don't have one yet, it is strongly advised to open a Dutch bank account because it will make many aspects of your life a lot easier: getting a phone contract, registering at the gym, being paid if you choose to get a job (some places do not accept foreign bank accounts), paying easily in stores, etc.**

**You will be able to open a Dutch bank account once you have moved to The Hague.**

**An unexpected difficulty regarding opening a Dutch bank account you may encounter is: Not being 18 years of age (this is a requirement for many banks). Check if this is a requirement for the bank in which you would like to open an account. It may also be possible to start the process if you are under 18 if you are accompanied by a parent or guardian. Also, it is useful to have a Dutch phone number for opening some accounts.**

# Banks?

**In general, banks have different procedures. However, in most cases you will need:**

- **Passport/EU ID Card**
- **Unconditional admission statement, or statement of student registration - see instructions [here](#)**
- **Proof of your Dutch address (e.g. rental contract, statement from your landlord)**
- **Proof of your town hall registration, mentioning your BSN (citizen service number). If this document has not yet been issued, ask the bank whether you can submit it after your appointment**
- **Non-EU/EEA students only: your Dutch residence permit. If your permit is not yet available, request a copy of your official IND residence permit approval letter by sending an e-mail. Note that this is not the same as the residence permit approval email you received from the Visa Team.**

# Banks?



[Click here](#) to  
make an  
appointment



EU students can  
[apply online](#)  
Everyone can  
apply [via an](#)  
[app on their](#)  
phone. Note:  
BSN is required



You can apply [via a](#)  
[mobile app](#). BSN  
may be required

## Online Banks



By online banks we mean a bank that  
does not have physical branch offices that  
you can visit. All business is conducted  
online. You can open a student bank  
account [with bung online bank](#). No BSN  
needed.

A collage of various Euro banknotes, including 20, 100, and 1000 Euro notes, is visible in the background. The notes are partially obscured by a large teal rectangular area that contains the text.

## Other money tips

### If you do not own a Maestro Card - BRING SOME CASH! Why?

The Netherlands generally works with Maestro bank cards. Cash is not accepted everywhere.

- European bank cards work in most places, but non-European cards are often not widely accepted. Many places (like the Albert Heijn, the nearest supermarket) do not take Credit Cards.
- The ticket machines at the train station at the airport do not always take credit cards - be prepared to pay cash if needed.
- For your first week at LUC, before you have a Dutch bank account: bring some cash just to be sure. To give an indication:
  - Food (around €60/week)
  - Train/Tram tickets (see also the next section)
  - Going out
    - A coffee costs around €3-4
    - A beer €2-5
    - Soft drinks €3
    - Sandwiches €3-5



# Public Transport 101

**If you are flying to The Netherlands,  
you will need to get a train to come to  
The Hague.**



## How to get to AvB

From the airport - train is the best way to travel to The Hague. The train tickets machines often (not always) take credit cards, but only with a pin. Dutch train ticket machines are big yellow boxes. You can buy a one-off train ticket with them (the language can be changed to English so that you can navigate) or you can get an anonymous "OV card" that you can charge, to be able to travel via checking in and out in public transport. Those cost around €7,50. You will need to top this off every time in order to use it.



Take a train to Den Haag Centraal (CS)  
If you are coming from other cities, you may have to change at Den Haag HS. This is another station, but you can reach Den Haag CS easily with trams or other trains



Recommended navigation apps:



[NS](#) (to plan train travel)



[9292](#) (to plan all public transport door to door)



[google maps](#) (you know how it works)

# Quarantine Rules and Information



Upon arrival in the Netherlands, you might have to quarantine. Who has to quarantine changes often, so make sure to check in advance and in the days leading up to your arrival. You can find the information about this [here](#).

If you do have to quarantine, keep the following in mind:

- You are allowed to quarantine in your AvB room (your studio at LUC)
- You will not be able to leave your room while you are quarantining, but a system will be set up to ensure you get groceries and other basic necessities



# **Municipality registration: Set your appointment**

**Everyone who moves to a new address has to register this new address at the municipality (Dutch and International students). For International students it's extra important, because registering at the municipality will give you a BSN (a citizen service number) which is required for communicating with hospitals and benefit agencies, applying for a job, tax waivers, etc.**

**It is advised to make a town hall registration appointment as soon as possible. You will need to be present at the meeting, so set the appointment for a date on which you will be in The Hague.**

**Once you register with the municipality in the Hague, you will receive your BSN within approximately 2 weeks.**

## FOR DUTCH STUDENTS



Dutch citizens already have a BSN. The BSN can be found in your passport; it is listed as 'persoonsnummer'.

If you lived abroad before coming to LUC, you still need to register your new address at the municipality in person. If you move from within the Netherlands, you can register your move online.

## FOR EU/EER STUDENTS (incl. Swiss)



When you register with the municipality of the Hague, you will need to bring:

- A legal document to identify yourself, such as an ID or passport (not a driver's license)
- Proof of residence in the Hague, such as your signed housing contract



## FOR NON-EU/EER STUDENTS



During your registration, you will need to bring:

- A legal document such as an ID or passport (not a driver's license) to identify yourself with
- A proof of residence
  - Such as your signed housing contract
- Proof of legitimate residence
  - This could be a valid residence permit, or the residence note from the IND in your passport, or the MVV sticker issued after 1 June 2013 or the decision by the IND / invitation by the IND to pick up the residence permit



# Insurance and health care

**All residents in the Netherlands must have sufficient health insurance coverage. The type of policy you need depends on the coverage you require and whether you will work or do a paid internship. There are different options depending on your personal situation (if you are an EU/EEA student, if you will work or do a paid internship, and whether your own health insurance from home will cover you abroad.)**

**Please check this website for more information on different insurance options**

## Register at a GP

Registering with a General Practitioner (“huisarts” in Dutch) is an important step to complete once you arrive in the Netherlands. If you become ill or have an accident that requires medical attention, you will need to have a GP to be able to receive medical attention. When registering with a GP, check whether your health insurance (if it is not a Dutch one) is accepted. Most often, any European health insurance will be accepted. For students who already have a GP in the Netherlands, it is advised to register with one within The Hague for convenience and accessibility.

### DE DOC

De Doc is a GP close to LUC, which has also been named the official house doctor for students in The Hague. You can register online. You do not need to have a BSN in order to register. Just fill out "0's" instead of a number - the assistants will put it through



StudentDoc  
Head office:  
Boomsluiterskade 299  
2511 VJ The Hague  
+31 070 382 4777

A close-up photograph of a smartphone screen showing the Facebook logo in white on a blue background. The phone is tilted, and the top status bar shows icons for WhatsApp and messages.

facebook

# Join the groups!

At LUC there are various groups (mainly Facebook) which are handy to join

A dark green, circular icon with a scalloped edge, containing the text 'LUC Central' in white, underlined.

LUC Central



Important LUC announcements

A dark blue, circular icon with a scalloped edge, containing the text 'LUC Buy & Sell' in white, underlined.

LUC Buy & Sell



Marketplace for LUC students

A pink, circular icon with a scalloped edge, containing the text 'AVB Housing' in white, underlined.

AVB Housing



Issues regarding housing, (e.g. power outages, washing machines etc.)

## To be done later...

- 1. DigiD: digital ID** - is how you identify yourself online when you arrange official matters, such as with the government, educational institutions or healthcare organizations. Applying for a DigiD requires a BSN, so you will only be able to start this process once you have registered at the municipality and gotten your BSN
- 2. Rent Benefit:** You can only apply for rent benefit if you are 18 or older and once you have received:
  - BSN (registration municipality)
  - DigiD (you need a BSN for this)
  - Preferably a Dutch bank account
- 3. Dutch Phone contract:** On the following [website](#), you can compare different subscriptions (sim-only plans, plans with a sim-card and phone, etc.) The most popular are: Vodafone, T-Mobile, KPN, Ben, Tele2, and HollandsNieuwe
  - You can also opt for a prepaid card, but if you're looking to use minutes, texts, and 5G (data) regularly, you will be better off with a phone plan
  - **Tip!** The pre-paid card is the way to go the first weeks. You can even get one in the supermarket!



# Universiteit Leiden

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