



YOUR GUIDE

3

to the Netherlands and Wageningen UR



WAGENINGEN UR
For quality of life

TABLE OF CONTENTS

	page
CULTURE, SPORTS AND RECREATION	4
The Dutch Culture	4
Wageningen	4
Tourist Information Office (VVV)	4
(No) smoking policy	4
Christian and National Holidays	4
NATIONAL EVENTS	5
Carnival	5
April 30: The Queens's Birthday (Koninginnedag)	5
May 4: Remembrance Day (Dodenherdenking)	5
May 5: Liberation Day (Bevrijdingsdag)	5
December 5: Saint Nicholas day (Sinterklaas)	5
Festivals and events in Wageningen	5
INTERNATIONAL AND DUTCH STUDENT ORGANIZATIONS AND ASSOCIATIONS	6
Miscellaneous	6
SPORTS	6
University Sport Centre De Bongerd (USB)	6
RELIGION	6
SCHOOLS, COURSES AND CHILDCARE	7
Education for children	7
International schools	7
Adult education	7
Language Services	7
Volksuniversiteit Wageningen	7
Childcare	7
WHERE TO EAT / WHERE TO BUY FOOD	8
Where to eat and buy food	8
Fast food and Takeaways	8
SHOPPING	9
Shopping system	9
Supermarkets	9



Shops with second hand goods/clothing are near the marketplace	9
“Low budget shops” in Wageningen	9
Specialised shops	9
The Open-Air Market	9
SEXUAL HARASSMENT, INAPPOPRIATE BEHAVIOUR	10
Do something about it	10
Last things last	10
IMPORTANT TELEPHONE NUMBERS	10
DUTCH LANGUAGE	10
General information	10
SOME DUTCH WORDS AND PHRASES	11
Getting to know you	11
Post office, bank and public services	11
Shopping	11
Transportation	12
Going out	12
Physical exercise and body care	12
Academic life	12
Cereals	12
Roots, tubers and starchy fruits	12
Legumes, seeds and nuts	13
Vegetables	13
Fruits	13
Animal products	14
Dairy products	14
Fats	14
Miscellaneous	15
Other aspects concerning food	15
ABBREVIATIONS	16



CULTURE AND RECREATION

The Dutch Culture

The following reflections/information about Dutch culture and society might be interesting and/or useful to you; it is by no means exhaustive:

- the Netherlands has quite a horizontal hierarchic structure;
- women have the same social status as men;
- family ties are important, but to foreigners the Dutch may seem rather individualistic;
- they can be quite straightforward and direct;
- greeting each other is by shaking hands, friends and relatives usually kiss each other on the cheek (three times);
- visiting people is often by appointment and does not necessarily include staying for dinner as well, unless invited;
- lunch is usually a cold meal in the Netherlands, in the evening a hot meal/dinner is prepared.

In the Netherlands shops are usually closed on Sundays, including supermarkets. Most cities have a few Sunday shopping days per year.

In the Netherlands driving is on the right; traffic rules may differ from those in your home country. For most people the bicycle is the means of transport in town. It will be worth your while to learn to ride a bike, if you would like to have lessons, please contact the University Sport Centre at office.fb-usb@wur.nl

Note: The weather in the Netherlands can be rather unpredictable and chilly, also in summer.

Wageningen

Wageningen received city rights in the year 1263. Old houses, typical properties, and small friendly streets define the scene. A highlight in Wageningen's long history is the important contribution it made during the Second World War. In May 1945, the German capitulation was signed in the hotel "De Wereld".

Modern day Wageningen is a university town with a student-like atmosphere that shows in its lively nightlife. In springtime, the town is especially enjoyable at its two

botanical gardens, De Dreijen and Belmonte, both of which house a variety of interesting flora from all over the world. While at Belmonte on the Wageningse Berg, don't forget to check out the beautiful view of the Rhine River and its wetlands.

While getting acquainted with Wageningen, you should also stop by the museum De Casteelse Poort, which is located in the town's centre and where you can learn a great deal about Wageningen's history.

Tourist Information Office (VWV)

A branch office of The Tourist Information Office is located at Bookshop Kniphorst, Hoogstraat 49, 6701 MB Wageningen, tel. (0317) 424242, internet: www.kniphorst.nl

At Kniphorst you can buy Iris-cheques (vouchers), 'strippenkaarten' (multiple-trip tickets), timetables for buses and trains. You cannot buy train tickets here, they have to be bought at the station ticket machines. Kniphorst does have free flyers on activities in the region.

(No) smoking policy

The Tobacco Act of 1990 implemented a no smoking policy in public buildings. As such, smoking is not permitted anywhere at Wageningen University and Research Centre (WUR). However, no-smoking/smoking areas have been established in restaurants until July 1, 2008. After this date, smoking is not permitted anywhere in restaurants.

Christian and National Holidays

- January 1st - New Year's Day
- Easter Sunday
- Easter Monday
- April 30th – The Queen's Birthday
- Good Friday
- May 5th - Liberation Day
- Ascension Day
- Whitsun
- Whit Monday
- School holiday/Summer holiday
- December 25th - Christmas Day
- December 26th - Boxing Day



NATIONAL EVENTS

Carnival

Carnival, the Dutch either love it or hate it. Celebrating carnival is most popular among people living to the south of the rivers in the provinces “Noord-Brabant” and “Limburg”. This does not mean that carnival is not celebrated in other parts of the Netherlands. Wageningen has 4 carnival clubs. During carnival celebrants dress up and go from café to café, singing songs, participating in parades and drinking large quantities of beer.

April 30: The Queen’s Birthday (Koninginnedag)

The Dutch Royal Family has always been very popular and the Queen’s Birthday has always been enthusiastically celebrated. The present queen is Queen Beatrix whose birthday is on January 31st. When succeeding to the throne, Queen Beatrix decided that, in honour of her mother the late Queen Juliana, Koninginnedag should continue to be celebrated on her mother’s birthday, April 30th. On Koninginnedag, festivities are held throughout the Netherlands. For example, Amsterdam and Utrecht have flea markets (vrijmarkt). The streets are full of stands manned by people aged 5-105, selling everything imaginable. Wageningen also has a “vrijmarkt” in the Hoogstraat, Wageningen’s main street. When buying something at these markets, don’t forget to bargain! It’s part of the fun!

May 4: Remembrance Day (Dodenherdenking)

On May 4th, (not really a festivity), the Netherlands remembers those who died during the Second World War: soldiers, people of the resistance and those who died in concentration camps in Europe and in Asia. At 8:00 in the evening, a 2-minute silence is held, and people gather in many municipalities for silent marches. On this day, flags are flown at half-mast from many houses and buildings. Locally, a memorial service takes place at a military cemetery near Wageningen in the village of Rhenen on the Grebbeberg, where heavy fighting took place during WWII.

May 5: Liberation Day (Bevrijdingsdag)

On May 5th, the Dutch celebrate their liberation from the German occupation in 1945. Wageningen played an important role during the liberation as the peace talks and signing of the peace treaty took place in Wageningen in the hotel “De Wereld”. On May 5th, flags are flown at full-mast, and many open-air liberation festivals (bevrijdingsfestivals) take place throughout the country. Wageningen also has a “bevrijdingsfestival”, which happens in the city centre and includes many (musical) performances by Dutch artists. Thousands of people come to Wageningen to enjoy the festival. It might be interesting to walk or to bike to the centre and enjoy the celebration.

For more information, website: www.4en5mei.nl

December 5: Saint Nicholas day (Sinterklaas)

Every year in November “Sinterklaas” arrives in the Netherlands by steamboat from Spain. Throughout the centuries, Sinterklaas has been considered the patron saint of children, and on December 5th, the evening before his birthday, he brings them gifts. He has a whole crew of helpers, Black Peters (Zwarte Pieten). Sinterklaas sometimes also brings gifts for the grown-ups, often in the form of a surprise package that is accompanied by a poem praising or ridiculing the receiver. True to the spirit of Sinterklaas, the giver of the package always remains anonymous.

Festivals and events in Wageningen

- February – Blues festival
- February – Carnival
- March 7 – Dies Natalis of Wageningen University
- May 4 – Remembrance Day for World War II victims
- May 5 – National Liberation Day (Bevrijdingsfeest)
- First Saturday in June – Art Market
- Third Saturday in June – open-air festival (Leeffestival)
- First Monday in September – Opening of the academic year
- Second Saturday in September – National Monument Day
- Second Saturday in September – National Windmill Day
- Third Saturday in November – arrival of Sinterklaas in Wageningen’s harbour



INTERNATIONAL AND DUTCH STUDENT ORGANIZATIONS AND ASSOCIATIONS

Some International organizations offer a wide range of activities and services especially for foreign students of Wageningen University. Foreign employees are also welcome to visit or join these organizations.

The International Student Organization of Wageningen (www.isow.wur.nl) primarily focuses on the social aspects of student life, but also offers language courses and dancing lessons. There are many study associations per science group, ask your supervisor or your contact person for more information. Wageningen University knows several student associations as well as country organizations.

Wageningen Student Organization: www.wso.wur.nl

Unitas: www.jvunitas.nl

SSR-W: www.ssr-w.nl

Franciscus (KSV) www.ksvfranciscus.nl

WSV Ceres: www.wsvceres.nl

Wageningen Student Choir & Orchestra (WSKOV):

www.wu.nl/wskov

Chinese Association: www.cassw.wur.nl

Latin American Association: www.olah.nl

Surinamese Association: redi-doti@hotmail.com

International Club Association: internationalclub@hetnet.nl

Hindoe Student Forum Netherlands: www.hsf.nl

Wageningen Muslim Students Association (WMSA)

e-mail: WMSAwageningenuniversity@yahoo.com

Miscellaneous

Otherwise, dialogue for development: www.wur.nl/otherwise

AIESEC: www.aiesec.nl

Integrand: www.integrand.nl

SPORTS

University Sport Centre De Bongerd (USB)

University Sport Centre *De Bongerd* (USB) of Wageningen University is a multi-functional sports centre with both indoor and outdoor activities. The Sport and Movement programme offers 31 sport activities for students and staff of Wageningen UR. The USB has a gymnasium, track, climbing wall, four squash courts, six tennis courts, a swimming pool (*Sportfondsenbad de Bongerd*), and four outdoor fields along with a completely renovated fitness

room, built according to the latest standards. The Sport Centre is open 7 days a week, so you can take part during the weekend as well. To be able to make use of the facilities or participate in the Sport and Movement Programme, you must have the sports option on your WUR-card activated. For further information on activities and the fee, please visit the USB website www.wur.nl/usb or contact the reception at Sport Centre De Bongerd, Bornsesteeg 2, tel. (0317) 483877.

RELIGION

The main religion in the Netherlands is Christian, 55% of the Dutch inhabitants is either Protestant or Catholic. These religions both come in many variations. The country has always been recognized for its tolerance and has been known to be a safe haven for victims of prosecution from all over the world. Therefore many nationalities, ethnic groups and religions (Muslim, Jews, and Hindus) can be found here. Due to the large minority groups, the Muslim religion is getting more present in Dutch society, currently 5% of the Dutch is a follower of this religion. Also, a large part of the inhabitants (40%) is atheist.

Here follows a list of churches and meeting places in Wageningen. These services are held in Dutch.

Roman Catholic Church:

“Johannes de Doper Kerk”, Bergstraat 17

Protestant Churches:

“Grote Kerk” (Reformed), Market place

“Bevrijdingskerk” (Orthodox-Reformed), Ritzema Bosweg 18

“Vredehorst” (Reformed), Tarthorst 1

“Doopsgezinde Kerk” (Mennonite), August Faliseweg (on the corner of the Arboretumlaan)

Jewish Community:

Pastoorstraat 17a, 6811 ED Arnhem.

Islam:

“International Islamic Centre”, ISOW Building, Duivendaal 7

Hinduism:

“Vaidiek Sanatan Dharm”, Address: La Fraternité



Church services in English are held at Duivendaal 7. The services are on the first, third and sometimes also the fifth Sunday of every month at 11.00 a.m. The services are prepared by one of the chaplains together with the students and members of the Student Chaplaincy Committee, see the website: www.wau.nl/scw. If you like to sing or play an instrument, for information e-mail: a_floresc@hotmail.com

The Student Chaplaincy for Church services and Bible Study is at Duivendaal 7, e-mail: student.chaplaincy@wur.nl

SCHOOLS, COURSES AND CHILDCARE

Education for children

In the Netherlands school is compulsory for children between the ages of 5 and 16 (but is optional for children who are 4 years old). There are both public (openbare) and non-public (bijzondere) schools. The latter usually have a religious or specific pedagogic orientation (for example, Montessori, Jenaplan, Dalton etc.). Education at public schools is free, in principle, up to the pupil's 17th birthday. However, most schools charge fees for special educational activities. The special (bijzondere) schools usually charge tuition fees.

Children between the ages of 5 and 12 attend primary school (Basisschool or Lagere School).

A few primary schools in Wageningen:

- De Tarthorst, public primary school, tel. 0317- 415055
- De Montessorischool, primary school, tel. 0317- 412296
- De Nude, public primary school, tel. 0317- 413029.

Secondary education (middelbare school) is at various levels: MAVO, HAVO, VWO (Atheneum, Gymnasium). For very young children (starting at 2.5 years old), there are play groups (peuterspeelzaal). Play groups are not free. A list of schools and play groups can be found in the telephone directory under "scholen".

The Dutch school year starts between mid-August and the first week of September. The exact date depends on the summer holidays. School holidays vary from region to region in the Netherlands. Please ask at your local town hall for the exact dates of your school's holidays.

International schools

There is no international school in Wageningen, but most primary school teachers speak English, while at the secondary schools (scholen voor voortgezet onderwijs) children whose native tongue is English should have no problem, just the subjects might be somewhat "foreign". In Arnhem there is an International School, address: Groningsingel 1245, 6835 HZ Arnhem. This is for primary and secondary education. e-mail: primary@arnheminternationalschool.nl, www.arnheminternationalschool.nl

Adult education

Education at secondary school level for adults is provided through day and evening classes. School terms start in September. Open days are usually held in August.

Language Services

The Language Desk prepares students and employees to make and maintain international contacts by focusing on the following aspects: linguistic knowledge, knowledge of a country, a people, and technical terminology. The language of instruction at Wageningen University is English and we would like to emphasize that a good command of the English language is essential to be able to participate. Language Services offers courses in English at various levels. In French and Spanish, too. Furthermore, they offer NT2 courses (Dutch as a second language) for employees and their partners. This course will also pay attention to Dutch culture and traditions.

Language Services, Forum Building, first floor, tel. 0317-482552 website: www.languageservices.wur.nl

Volkshogeschool Wageningen.

Administration address, Vergersweg 22, 6707 HT Wageningen, tel. 0317- 415234.

Language courses are given for Dutch, English, French and Spanish at different levels. The Volkshogeschool also offers lectures and other courses, including hairdressing, bookbinding, calligraphy, origami, and Italian and Indonesian cooking. Courses start in September and January. Ask for the course programme at the tourist information, the public library or the local bookshops.



Childcare

Daycare (kinderdagverblijf/crèche).

De Koepel Kinderopvang offers various types of childcare at several locations for children from 0-13 years. All Wageningen residents who need childcare due to their work or study are eligible for subsidised childcare. The quality of the care meets the national standards set by the government. Children are offered integral developmental opportunities under expert leadership in a safe environment. If you would like to register your son or daughter for childcare or have questions about your specific situation, please contact Stichting Koepel Kinderopvang, Postbus 126, 6700 AC Wageningen, tel. 0317- 412010.

WHERE TO EAT / WHERE TO BUY FOOD

Where to eat and buy food

The Dutch traditionally eat two cold meals (breakfast and lunch) and one hot meal (dinner) a day. At most student flats or houses, students take turns preparing group dinners. You can sign up (cooking-sign-up sheet) to join. The costs are shared by the participants.

Food is bought from supermarkets, food shops and open-air markets.

Foods on sale can be recognized by the words “aanbieding” or “reclame”. All pre-packaged items carry an expiry date. Look for the phrases “tenminste houdbaar tot (THT)” (best before) or “uiterste verkoopdatum” (sell-by date).

Instead of doing your own cooking or cooking with other students, which is, of course, the cheapest option, you may want to eat out at a student club or a restaurant or buy takeaway food.

Fast food and Takeaways

There are several foods that make a quick substitute for a meal. They are prepared while you wait, and you either eat them on the spot or take them away with you.

A few examples are:

- **Snack Bars** offer French fries and other deep-fried snacks that are typically Dutch.

- **Pizzerias** offer a great variety of pizzas to be eaten in the restaurant or taken away. Some pizzerias also make home deliveries.
- **Egyptian Grillrooms** serve shoarma, kebab and other dishes.
- **Chinese Restaurants** serve Chinese food strongly influenced by the Indonesian kitchen. You can eat in the restaurant or use the takeaway service. Some Chinese restaurants also make home deliveries.



SHOPPING

Shopping system

Wageningen offers a variety of shops, ranging from sophisticated and expensive to reasonably-priced.

Many shops have a self-service system. This means that you choose the article you wish to buy and take it to the cash register to pay. Many of these shops have shopping baskets to put your items in while shopping. Other shops have a semi self-service system. For example, in clothes shops you choose the article and then ask the shop assistant to show you a cubicle for fitting. If you want to buy the article, you take it to the cash register and pay. Articles must always be visible. Only after you have paid are you allowed to put your purchase in your pocket or shopping bag. An electronic protection device is attached to many articles, which is removed at the cash desk.

Opening hours are:

Monday	: 13.00 – 18.00 hrs
(some shops are closed all day)	
Tuesday through Thursday	: 00.00 – 18.00 hrs
Friday	: 09.00 – 21.00 hrs
Saturday	: 09.00 – 17.00 hrs

Supermarkets are usually open till at least 20.00 hrs and also on Monday morning. They are closed on Sundays, except Albert Heijn and C1000. AH is open from 16.00 – 20.00 hrs and C1000 is open from 16.00 – 19.00 hrs.

Supermarkets

- Albert Heijn, Stadsbrink 375
- ALDI Markt, Churchillweg 70
- Super de Boer, Geertjesweg 56
- C1000, Tarthorst 1223
- Hoogvliet, hoek Costerweg/Troelstraweg
- Spar, Brinkmanlaan 9

Shops with second hand goods/clothing are mostly near the marketplace

- Emmaus, Heerenstraat 9, near the marketplace
- Kringloop, Markt 27/29, in the market place
- Salvation Army, Kamerlingh Onnesstraat 7

“Low budget shops” in Wageningen

- Zeeman, Hoogstraat clothing, household articles, toys
- Wibra, Schoolstraat clothing, household articles, toys
- Schoenenreus, Hoogstraat shoes, clothing
- Scapino, Hoogstraat shoes, clothing, and sportswear
- Action, Plantsoen 56 clothing, household articles, toys
- Hans Textiel, Hoogstraat clothing, household articles

Specialised shops

- Toko Min, Salverdaplein (Surinam, Indian and Indonesian food shop, sells cassavas, okra, sweet potatoes, yams, plantain, spices and herbs, etc.)
- 't Zonnetje, Bergstraat (health food shop selling herbs, (herbal) teas, cereals, nuts, drinks, cosmetics and homeopathic medicines)
- Buys & Co., Bevrijdingsstraat (sells organic and bio-dynamic foods)
- Zam Zam, Schaepmanstraat (sells Arab and Dutch Food)
- Slagerij Keijzer, Churchillweg (butcher's shop selling free-range, raw and cooked meat, lamb and poultry)
- Molen De Vliet, Harnjesweg (mill shop selling various kinds of cereals, flour, flakes and pulses)
- Chinese Toko, Conventplein (Chinese Food shop).

The Open-Air Market

The open-air market is held at the market place, twice a week on Wednesday morning and Saturday all day. The produce are often cheaper than in the shops. The prices are regulated; however, towards closing time sellers of perishables (e.g. flowers, fruit and vegetables) sometimes reduce prices

Wednesday market: 08.30 -13.00 hrs

General market: (Exotic) foodstuffs, flowers, clothing and fabrics.

Saturday market: 08.30 – 17.00 hrs

Foodstuffs and flowers, “Farmers market” (boerenmarkt), organic food.



SEXUAL HARASSMENT, INAPPOPRIATE BEHAVIOUR

Do something about it

Behaviour becomes inappropriate when it interferes with your work or study. This can manifest itself as bullying, (sexual) harassment, confrontation with pornographic material, discrimination, aggression and violence. Each individual determines when another's behaviour becomes unwanted and negatively affects your work atmosphere. No matter where and when it occurs, inappropriate behaviour should be discussed and addressed. If you need advice, it is possible to speak to a confidential counselor (vertrouwenspersoon). Each WUR Sciences Group has at least one confidential counselor. You can find their names and phone numbers on the internet site of WUR, under Vertrouwenspersonen.

Last things last

If you are going home or are moving to another country, make sure that:

- your passport has not expired;
- you have gotten the necessary vaccinations;
- you check out of your room or apartment by notifying the person or department that arranged your accommodation at least one month in advance;
- you have told the municipality that you're leaving and at the same time have turned in your residency card;
- you have notified your department about leaving the Netherlands and have asked if they will send the cancellation form to the Immigration Services (IND)
- you have cancelled your bank account;
- you have cancelled your health and liability insurance;
- you have arranged a travel insurance.

IMPORTANT TELEPHONE NUMBERS

Emergency number for police, ambulance, fire brigade 112

This number is for emergencies only!

In situations that are not life-threatening:

police	0900 8844
fire brigade	(0317) 412237
medical care during evenings, nights and weekends (emergencies only)	
general practitioner	(0318) 434444
dentist	(0318) 434343
pharmacy	(0318) 437990

Note: when making a outside your area, dial all the numbers in the telephone number listed above;
when making a local telephone call, do not dial the numbers between brackets in the telephone numbers listed above;
when using a cell phone / mobile phone, dial all the numbers in the telephone numbers listed above.

Dutch language

General information

Dutch is a Germanic language. For foreigners, the pronunciation of some of its sounds is difficult to master. Many people in the Netherlands have a basic knowledge of English and many instructions and directions are given in English, French and German, in addition to Dutch. Nowadays, English is taught in Dutch schools to children starting at the age of 6. Knowing some Dutch words, though, might help you during your stay in the Netherlands. The vocabulary from page 11 on may be useful.



SOME DUTCH WORDS AND PHRASES

Getting to know you

Bye	Tot ziens; dag
Hello, Madam, Sir	Dag mevrouw, meneer
How are you?	Hoe gaat het met u?
I don't understand you	Ik begrijp u niet
I love you	Ik hou van jou
Nice	Leuk
No, thank you	Nee, dank u
Please/there you are	Alstublieft
See you tomorrow	Tot morgen
Very good/well done	Heel goed
Yes, please	Ja, graag

Post office, bank and public services

Account	(Bank)rekening
Counter (for tickets etc.)	Loket
Elevator	Lift
First floor	Eerste verdieping
Hospital	Ziekenhuis
Information	Inlichtingen; informatie
Letter	Brief
Male/female	Man/vrouw
Married/single	Gehuwd/ongehuwd
Pull/push	Trekken/duwen
Registered mail	Aangetekende post
Signature	Handtekening
Stamp	Postzegel

Shopping

Cheap/expensive	Goedkoop/duur
drugstore	Drogist
Clearance sale	Opruiming
Closing time	Sluitingstijd
Clothes	Kleding
Dry cleaner	Stomerij
Flower shop	Bloemist
How much is this?	Hoeveel kost dit?
Opening hours	Openingstijden
Pharmacy/Chemist	Apotheek
Prices from	Prijs vanaf
Spectacles, glasses	Bril
Shoes	Schoenen
Where is the supermarket?	Waar is de supermarkt?



Transportation

Bicycle	fiets; rijwiel
Bicycle shed	fietsenstalling
Bus/tram stop	bushalte/tramhalte
Canal	gracht
Car	auto
Do not get in	niet instappen
Emergency exit	nooduitgang
Footpath	voetpad
Left/right	links/rechts
No admittance	geen toegang, verboden toegang
Return ticket	retourkaartje
Right of way	voorrang
Single journey ticket	enkele reis
Square	plein
Straight ahead	rechtdoor
Street	straat
Way; road	weg

Going out

Bill	rekening
Can I order?	Kan ik bestellen?
Cinema	bioscoop
Concert hall	concertgebouw
Delicious; nice	lekker
Even/odd seats	even/oneven plaatsen
Performance	voorstelling
Pub	kroeg; cafe
Theatre	schouwburg; theater
The menu, please	Het menu, alstublieft
Waiter	ober; kelner

Physical exercise and body care

Dressing room	kleedkamer
Hot/cold shower	warme/koude douche
Ladies/gentlemen	Dames/heren
Locker	kluisje
Match	wedstrijd
Soap	zeep
Swimming pool	zwembad
Toothpaste	tandpasta
Towel	handdoek

Academic life

Faculty	faculteit
Intermission/break	pauze
Library	bibliotheek
Lecture hall	collegezaal
Lecture; class	college
Paper; essay	scriptie
Schedule	rooster

Cereals

barley	gerst
biscuit	koekje, biscuit
bran	zemelen
bread	brood
bread (white)	wit brood
bread (brown)	bruin brood
buckwheat	boekweit
cornflour/cornstarch	maizena
corn on the cob	maiskolf
Dutch rusk/zwieback	beschuit
flour	meel, bloem
baguette	stokbrood
maize kernel	maiskorrel
millet	giert
oats	haver
rice	rijst
rye bread	roggebrood
semolina	griesmeel
sorghum	giert
Turkish bread	Turks brood
wheat	tarwe

Roots, tubers and starchy fruits

cassava	cassave
French fries	patat, frites
fried potatoes	gebakken aardappelen
plantain	bakbanaan
potato	aardappel
sweet potato	zoete aardappel
yam	yam(swortel)



Legumes, seeds and nuts

beans	bonen
cashew nut	cashewnoot
chick pea	kikkererwt
green peas	doperwten
kidney bean	nierboon
lentils	linzen
peanut	pinda
legumes	peulvruchten
sesame seed	sesamzaad
soya bean	sojaboon
sunflower seed	zonnebloempit
yard-long bean	kouseband

Vegetables

asparagus	asperge
avocado (pear)	avocado
bean sprouts	taugé
beetroot/beet	rode biet
broccoli	broccoli
Brussels sprouts	spruitjes
cabbage	kool
carrot	wortel, peen
cauliflower	bloemkool
celeriac	knolselderij
celery	bleekselderij
chicory	witlof
courgette/zucchini	courgette
cucumber	komkommer
curly kale	boerenkool
endive	andijvie
fennel	venkel
French bean/green bean	sperzieboon
Kohlrabi/turnip	koolrabi
leafy vegetable	bladgroente
leek	prei
lettuce	sla
mushroom	champignon
okra	okra
onion	ui
parsnip	pastinaak
pumpkin	pompoen
purslane	postelein
red radish	radijs

rhubarb	rabarber
salad	salade
sauerkraut	zuurkool
spinach	spinazie
sweet pepper	paprika
tomato	tomaat

Fruits

apple	appel
apricot	abrikoos
banana	banaan
blackberry	braam
carambola/star fruit	carambola
cherry	kers
cranberry	veenbes
gooseberry	kruisbes
grape	druif
grapefruit	grapefruit
guava	guava
kiwi	kiwi
lemon	citroen
lichi/lychee	lychee
mango	mango
melon	meloen
orange	sinaasappel
papaya	papaja
passion fruit	passievrucht
peach	perzik
pear	peer
pineapple	ananas
plum	pruim
pomegranate	granaatappel
prickly pear	cactusvijg
raspberry	framboos
currant	aalbes
strawberry	aardbei
tangerine	mandarijn



Animal products

<i>Beef</i>	<i>rundvlees</i>
Sausages	worstjes
Minced meat (pure beef) or a mixture of beef and pork	rundergehakt half om half gehakt

<i>Pork</i>	<i>varkensvlees</i>
Bacon	ontbijtspek
Pork chops	karbonade

<i>Goat</i>	<i>geitevlees</i>
<i>Mutton</i>	<i>schapevlees</i>

<i>Poultry</i>	<i>gevogelte</i>
chicken	kip
chicken egg	kippeei
turkey	kalkoen
ostrich	struisvogel
pheasant	fazant

<i>Fish</i>	<i>vis</i>
cod	kabeljauw
mackerel	makreel
herring	haring
shrimp	garnaal
tuna	tonijn

<i>Game</i>	<i>wild</i>
rabbit	konijn
hare	haas
deer	hert

Dairy products

milk	melk
semi-skimmed/low-fat	halfvolle
milk	melk
skimmed milk	magere melk
evaporated milk	koffiemelk
whipping cream	slagroom
yoghurt	yoghurt

custard	vanillevla
sour cream	zure room
buttermilk	karnemelk
cheese	kaas
quark	kwark

Fats (animal and vegetable)

butter	boter
low-fat margarine	halvarine
margarine	margarine
oil	olie
olive oil	olijfolie
sunflower	zonnebloem



Miscellaneous

aniseed
 baking powder
 basil
 bay leaves
 beef stock cube
 beer
 cane sugar
 caraway seed
 cardamom
 chives
 cinnamon
 cocoa
 coffee
 cumin
 curry powder
 garlic
 ginger
 ground pepper
 herbs
 honey
 hot (chili) pepper
 ice cream
 juice
 liquorice
 nutmeg
 orange juice
 oregano
 parsley
 peanut butter
 raisin
 rosemary
 saffron
 salt
 soy sauce
 spices
 sugar
 tea
 thyme
 tofu
 tomato purée
 turmeric
 vinegar
 wine
 yeast

anijs
 bakpoeder
 basilicum
 laurier
 bouillonblokje
 bier
 rietsuiker
 karwijzaad
 kardemom
 bieslook
 kaneel
 cacao
 koffie
 komijn
 kerrie
 knoflook
 gember
 peper
 kruiden
 honing
 Spaanse peper
 ijs
 sap
 drop
 nootmuskaat
 sinaasappelsap
 oregano
 peterselie
 pindakaas
 rozijn
 rozemarijn
 saffraan
 zout
 sojasaus, ketjap
 specerijen
 suiker
 thee
 tijm
 tahoe
 tomatenpuree
 kurkuma, koenijt
 azijn
 wijn
 gist

Other aspects concerning food

best before	tenminste houdbaar tot
bottle	fles
bottle deposit	statiegeld
carbohydrates	koolhydraten
date	datum
energy	energie
expiry date	houdbaarheidsdatum
fat	vet
freezer	diepvries
gram	gram
kilo	kilo
per item	per stuk
protein	eiwit
store cool	koel bewaren
price	prijs



Abbreviations

AID	General Introduction Days (in Dutch: Algemene Introductie Dagen)
SSC	Student Service Center
EEA	European Economic Area
EU	European Union
GGD	Municipal Health Service
GP	General Practitioner (family doctor)
IND	Immigration and Naturalization Service
ISOW	International Student Organization Wageningen
ISP	International Student Panel
KSV	Student Organisation (Catholic)
Idealis	Student and Social Housing Wageningen www.idealis.nl
SSR-W	Student Organisation
USB	University Sport Centre De Bongerd
Wageningen UR	Wageningen University and Research centre

