

PSG

Welcome Guide

2010 - 2011

*If you require a paper copy of Welcome Guide
which includes full web links, addresses, etc.
please do contact the school office.*

EMERGENCY NUMBER – ALARM NUMMER

112

is free from any telephone (mobile or land line), operators speak English and will contact the appropriate emergency service:

police – *politie*
ambulance – *ziekenauto*
fire alarm - *brandweer*

In non life-threatening situations

Animal Ambulance (<i>dierenambulance</i>)	0900 – 443 3224
Dentist (<i>tandarts</i>), out-of-hours service, emergency only	0900 - 424 3434
Emergency Room (Academisch Ziekenhuis Maastricht)	043 - 387 6700
Fire Department Maastricht (<i>brandweer</i>)	088 – 450 7100
First Hart Aid (Academisch Ziekenhuis Maastricht)	043 – 387 7892
GGD (Municipal Healthcare Services)	043 – 850 6666
Huisartsenpost (HAP) <i>Out-of-hours services Family Doctor / GP</i>	043 - 387 7777
Police (<i>politie</i>)	0900 – 8844
Municipality (Maastricht)	043 – 350 5050

EXPAT GUIDES

- [ACCESS](#)
A no-for-profit organisation intended to bridge the gap between the international community and English-speaking services available. Through [this link](#) you can download free publications on various subjects.
- [EXPATICA](#)
An English-language news & information source for people living in, working in or moving to the Netherlands. Please find attached a copy of their [Survival Guide](#).
- [Maastricht Region](#) published "[Bright side of Life](#)", [Expatriate Guide for the Maastricht Region 2010](#). Maastricht Region is similar to its sister organisation [Brainport](#) which published [Brainport Expatriate Guide](#), an even more detailed guide to life in Eindhoven and the rest of the Netherlands.

MAASTRICHT MUNICIPALITY (GEMEENTE MAASTRICHT)

The [Maastricht Municipality web site](#) includes useful information and comes in four languages (Dutch, English, German and French)

- The "Inhabitants" Section includes info (English) on: Municipal Service Desk, mandatory registration, traffic, parking, etc., waste and art & culture.
- The "Visitor" Section includes info on traffic, parking, shopping evenings and shopping Sundays.

PROVINCE OF LIMBURG

This [English brochure](#) includes information and facts on the province of Limburg.

DUTCH NEWS IN ENGLISH:

- [Crossroads](#), an on-line expat magazine for the Maastricht region.
- [Dutch News](#) is the leading provider of quality English-language news.
- [Radio Netherlands Worldwide News](#), news, radio, television and current affairs are all covered in English and radio is covered in several languages
- [The Holland Times](#)

OTHER USEFUL ENGLISH WEB LINKS & REFERENCES

- [New to Holland](#), the official website of the Netherlands on immigration
- [Dutch Ministry of Foreign Affairs](#)
- [Discover the Netherlands](#), great children's website.
- [Limburg Development & Investment Company LIOF](#), is an independent authority concerned with the development of the Limburg economy.
- [Charlzz](#), three countries, four languages, one website and offers an extensive overview of all leisure activities in the Euregio Meuse-Rhine.
- [Maastricht Cultural Highlights](#), your English guide to various cultural events.
- [Maastricht Tourist Information](#)
- [Limburg Tourist Information](#) & [Limburg Tourist Guide](#)

PARENTING, ETC.

- [\(A\)WAY](#): Belgian parenting magazine in English
- [Family Matters](#), Dutch parenting magazine in English
- [Kingkalli](#), a free German on-line family magazine:
- [Parenting in Holland](#)
- [Expatriate Women](#), helping women living overseas
- [Third-Culture Kids](#)

A - Z INFORMATION

ADAPTOR PLUGS (OMVORMERS)

These are helpful while you settle in as it takes time to change all the plugs. All Dutch electrical sockets use plugs with [two circular pins](#) which are standard throughout much of Northern Europe.



AFTER SCHOOL DAY CARE (NA-SCHOOLSE OPVANG)

[MIK \(Maatwerk in Kinderopvang\)](#) stands for made-to-measure in child care. Their web includes [English registration documents](#). For information on the Dutch Childcare System click [here](#).



ALLERGIES (ALLERGIE)

Grocery shop [Albert Heijn](#) sell the [Euroshopper](#) brand which, just as their own brand (AH Huismerk), has clear allergy labelling. Through this [link](#) you can print an overview of their milk free (melkvrij) and gluten free (glutenvrij) products. Bakeries such as [Bakkerij Paulissen](#) and [Bakkerij Steevens](#) have shops in Maastricht which sell gluten free products!



AMUSEMENT AND THEME PARKS (ATTRACTIEPARKEN)

For a list of Dutch parks click [here](#) and for a list of European parks click [here](#).

ANIMAL FARMS (KINDERBOERDERIJEN)

Boerderij Daalhoeve, Romeinse baan 200, 6215 SK Daalhof, Maastricht
Kinderboerderij De Wieringenberg, Maastrichterweg 2b, 6228 XT De Heeg, Maastricht
Maastricht Boerderij Oan Köbbes, Maasvelderweg 1, 6229 XT Heugem, Maastricht
Activiteitenboerderij De Grubbe, Vijverdalseweg 1, 6226 NB Scharn, Maastricht
[Animal Farm Pietersheim](#), Neerharenweg 3620 Lanaken, Belgium

A.N.W.B. (Algemene Nederlandse Wielrijders Bond)

The [A.N.W.B.](#) (the Dutch motoring association) is the tourist organization for drivers, bicyclists and walkers/hikers. While many ANWB offices also house a [Tourist Information Desk \(VVV\)](#) and a travel agent, the ANWB provides many useful services in and beyond the office. They are located at Wijcker Brugstraat 24, 6221 ED Maastricht.



BABY CLINIC (CONSULTATIE BUREAU)

The [consultatiebureau](#) is a health clinic and will be responsible for providing routine healthcare and checking the development of your child from birth until primary school at the age of 4. [Groene Kruis Dominicura](#) runs baby clinics in Maastricht and surrounding areas and can be contacted on 043 - 3690 680. When your child turns 4 routine health care is taken over by [Municipal and Regional Health Service \(GGD\)](#), Gelissendomein 8, 6229 GJ Maastricht

BABY SITTING (OPPAS)

[Baby-sitting Service Klaas Vaak](#) has been running as [MIK's](#) babysitting service since 2006. They have around 30 babysitters to fall back on who are thoroughly screened, are at least 18 years old and are experienced.

It also pays to ask around. Some families who have been here a little longer might be able to help. Some secondary school students are keen to earn some extra pocket money and some families use university students to help out.

BICYCLES (FIETSEN)

Cycling is popular as a form of daily transport. Wearing a helmet is not required by law and therefore still optional. For further information: [biking in Maastricht](#) and [where to park you bike in Maastricht](#).

BIN LINERS / GARBAGE BAGS (RESTZAKKEN)

You can only use special red coloured city council bin liners or garbage bags! Most grocery shops sell these bags at their customer service counter. For further information: [Maastricht's Waste Policy](#).

€ 0,75 for a 25 litre bin liner (restzak)

€ 1,14 for a 50 litre bin liner (restzak)



BIRTHDAYS (VERJAARDAGEN)

Cake (Taart)

If you plan to bake your own cake you might like to know that Dutch supermarkets do sell icing pens. [Amazing Oriental](#), the Asian food shop at [Mosae Forum Maastricht](#), does sell “Betty Crocker” type cake mix and food colouring. Food colouring can also be purchased at Belgian supermarkets.

Bakeries and grocery shops sell regular cakes. [Carrefour](#) in Belgium sell cakes (sponge cakes with sugar paste) which are very similar to English cakes. However, if you are after a special and/or personalized cake, then you should go to a bakery such as [Patisserie Noblesse](#) or [Patisserie De Vries](#). They have special cake books from which you can order personalised novelty cakes. Alternatively, you can also order through [Jayne's Cupcakes](#), which is run by a British lady who lives in the Maastricht area. However, these cakes will not come cheap! You can also order a “taart op maat” cake at [Hema](#) which is a far cheaper option.

Decorations, etc. (Versiering)

Grocery shops, toy shops, [Action](#), [Blokker](#), [Hema](#) and [Xenos](#) sell a good variety of birthday invitations, decorations, party bags, etc. If you are after helium balloons, Piñata's and so on: [In't Panhuis](#) or the [Funny Deco Store](#), both located in Maastricht.

Party Ideas (Kinderpartijtjes)

Please find attached a few ideas of birthday party venues!

[A GoGo Valkenburg](#)

[Afrikacentrum Cadier & Keer](#)

[Bisschopsmolen Maastricht](#)

[Bonnefonten Museum Maastricht](#)

[Bowling Maastricht](#)

[Bowling & Soft Play Schin op Geul](#)

[Discover Corner - Ontdekhoeck](#)

Go-karting

[Hoensbroek Castle](#)

[Kiddiez, Maasmechelen \(Belgium\)](#)

[Maastricht Underground](#)

[McDonalds Geusselt, Maastricht](#)

[Mosaic Workshop Maastricht](#)

[Natural History Museum Maastricht](#)

[De Pannekoekenmolen Gulpen](#)

[Pietersheim Lanaken \(Belgium\)](#)

[Rocca Climbing, Gulpen](#)

Lasertag and paintball in Valkenburg caves

Children birthday parties, djembe sessions, etc.

Vlaai baking workshop:

Guided museum tour, crafts, etc.

Bowling and birthday meal:

Bowling, usage of indoor soft play and birthday meal

[Cargo Maasmechelen](#) & [All In Echt](#)

Children can dress up and go on a treasure hunt through castle.

Special birthday packages!

Guided Sint Pietersberg Tour

Children can play in play area, tour kitchen and have a meal!

Children are taught and can make their own mosaic!

“marl practical session” is popular, since fossils can be taken home.

The animal farm has facilities to host birthday parties: different themes: farm party, gnome party, Indian party and craft party.

[Buitengoed Slavante Maastricht](#)

Children can enjoy themselves in small play area, then go on a treasure hunt in caves followed by a birthday meal.

[Sterrenland at Brasserie Dali](#)

Play room, children can bake their own pizza or decorate a pancake followed by another play!

[Neerharen, Belgium](#)

Theme park De Valkenier does offer birthday packages too.

[De Valkenier, Valkenburg](#)

Visit of Velvet Cave and treasure hunt in Castle Ruins grounds!

[Velvet Caves, Valkenburg](#)

Presents (Verjaardagskadootjes)

In addition to regular toys shops (see Toy Shops), shops like [Action](#), [Blokker](#), [Kruidvat](#), [Wibra](#), [Xenos](#), [Zeeman](#) and even non-food sections at supermarkets offer a good selection.

BOOK SHOPS (BOEKWINKEL)

- [Amazon](#) is a great way to get books in your own language. Shipping fees have come down and you get your books within a week. [Bol](#) is the Dutch version of Amazon!
- [Books4life](#) is a second-hand university bookstore that is located in the beautiful historic cellar of the Maastricht Graduate School of Governance, Kapoenstraat 2, 6211 KW Maastricht. You can buy second-hand books as well as travel guides, dictionaries, novels etc. All proceeds are donated to charity. You can also donate books.
- [De Slechte](#), on second floor they have reasonably cheap second-hand English books!
- [Selexyz Dominikanen](#), This is a great book shop which is located in a renovated church and includes a [Coffeelovers](#) outlet. They also carry a selection of foreign books, English books on the Netherlands and have a great children's books section. Please find attached another [interesting link](#).
- Anne-Marie Thus, an UWC parent, is an Independent [Usborne](#) Representative. Usborne is a major, independent, award-winning UK publishing company. Usborne publish almost every type of children's book for every age from baby to teenager. For further details: Annemarie.thus@yahoo.co.uk or www.usborneonline.org/cb.
- A couple of times a year an English book shop organize a book fair at UWC Maastricht. Also, [MECC Maastricht](#) is host to a yearly book fair "[Boekenfestijn](#)" which includes a good selection of foreign books.

CARNIVAL (CARNAVAL)

Dutch carnival has the same origins as carnival in other parts of the world: a short period of excess before a long one of fasting during Lent. It is celebrated in the Netherlands with particular passion in the Catholic provinces of North Brabant and Limburg, where virtually all businesses except cafés and restaurants close for three days. In Maastricht, Carnival begins with the running up the flagpole of "[het mooswief](#)" (Maastricht dialect for the green-grocer-woman) and the firing of the cannon on [Vrijthof square](#). These events are followed by a grand procession. Despite the cold, people get dressed up and go from café to café singing songs, participating in parades and consuming large quantities of beer.

During the run up to Carnival, toy shops and department stores like [Blokker](#), [V&D](#), etc. sell carnival outfits, accessories and other decorations. Two other stores are worth a mention: [In't Panhuis](#), Markt 74, Maastricht and [Karnevalswierts Heerlen](#), Winkelcentrum 't Loon, Homerusplein, 6411 AW Heerlen. Carnival is also the time to buy Halloween outfits since they will not be on sale later in the year. Please find attached an [interesting link](#) on Carnival in Maastricht and what to expect!

CHILD BENEFIT ALLOWANCE (KINDERBIJSLAG)

[Child Benefit Allowance](#) is money from the government towards the expenses of raising a child. If you live or work in the Netherlands and you have a child or children under 18, you will be entitled to Dutch child benefit. [Sociale Verzekeringsbank \(SVB\)](#) is the organization that implements national insurance schemes in the Netherlands.

CHRISTMAS (KERSTMIS)

[Christmas Day \(25 December\)](#) is normally reserved for religious observances and family gatherings. [Boxing Day \(26 December\)](#) is also a holiday in the Netherlands. There are many [Christmas Markets](#) leading up to Christmas. From late November through early January Vrijthof square, downtown Maastricht turns into Winterland Maastricht.

CINEMA (BIOSCOOP)

Most films are shown in their original language and subtitled in Dutch. A few foreign films aimed at younger children are shown in two versions: the original (subtitled) version, and a version dubbed into Dutch for those who may be too young to read. Make sure you specify which version you want to see when buying tickets. Movies are shown with a pause, a 10 minute break to buy snacks and/or going to the toilet!

Maastricht has 2 cinemas: [Lumiere Cinema Maastricht](#) and [Minerva](#). There are also cinemas in neighbouring [Lanaken and Maasmechelen \(Belgium\)](#). Prices of Belgian cinema tickets are cheaper and another bonus is free parking, generous seats and leg space.

CITIZEN SERVICE NUMBER (BURGERSERVICENUMMER)

The Citizen Service Number ([Burgerservicenummer \(BSN\)](#)) is a unique personal ID number of every citizen who is registered in the population register (Municipal Personal Records Database) at the municipal authorities and the successor to the 'SoFi' number. The citizen service number will be used by all government organisations.

CULTURAL YOUTH PASS (CJP)

In order to encourage young people (12-27) to take an interest in culture, the cultureel jongeren paspoort (CJP – Cultural Youth Pass) has been introduced. It costs € 15 and can be bought at the VVV (tourist information office), theatres and through their [web](#). It offers considerable reductions for many events, as well as an overview of what is happening on the culture scene in the Netherlands.

CLEANING COMPANY (SCHOONMAAKBEDRIJF)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list cleaning companies under "schoonmaakbedrijven". It also pays off to ask around and check notice boards at supermarkets where some people offer domestic help.

CLOTHES (KLEDING)

Maastricht has a good selection of [clothes shops](#) and quite a few clothing brands have a Maastricht shop. In addition to some boutiques, here is a small selection of some main shops: [Bijenkorf](#) (department store), [C&A](#), (clothing & shoes), [Hema](#) (clothing), [H&M](#) (clothing), [V&D](#) (department store), [Wibra](#) (clothing), [Zara](#) (clothing), [Zeeman](#) (they sell many Disney articles and great children's presents too).

CLOTHING ALTERATIONS & REPAIRS/TAILOR (KLEDINGREPARATIES/KLEERMAKER)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list clothing alterations and repairs/tailor under "kledingreparaties" and "kleermaker".

CLUBS (INTERNATIONAL)

- [Alliance Francaise des Pays-Bas - Maastricht](#) is an organisation whose mission is to promote French language and culture outside France.
- [Genootschap Nederland-Engeland Zuid-Limburg](#) promotes links between the United Kingdom and the Netherlands.
- [International Women's Club South-Limburg](#) promotes networking between women of many ages, cultures and backgrounds.

- [Lions Club Maastricht Mondial](#) is an English-speaking and mixed club, which was founded in 1994, making it probably unique in the Netherlands. Also, when interested in becoming a member, please contact secretary via their web.
- [Maastricht International Playgroup](#) - e-mail: mipmip@home.nl is a wonderful way to meet other international families and they provide an English-speaking environment for parents to socialize and relax with their children (0-4). They meet weekly from 09:00 until noon at [Judo Hall "The Dojo"](#) which is near UWC Maastricht. No membership is required!

CONVERSION TABLES

For further information click [here](#) or for more details on the metric system click [here](#) .

DENTIST (TANDARTS)

Dentists are listed in the [Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) under "tandartsen". Finding a dentist in the Netherlands is much like finding a doctor, although you do not need to find one located in your neighbourhood.

Dentists have an on-call service for each other. In non-emergencies at weekends, you should phone the ordinary number for your dentist to find out who is on call.

[Smile Dental Studio](#) is an international practice near UWC Maastricht and [Royakkers Tandheekunde](#) is recommended by [Jules & You](#).

DOG TAXES (HONDENBELASTING)

Dog-owners are required to pay [dog taxes](#).

DRIVING (AUTORIJDEN)

The Dutch [Ministry of Transport, Public Works & Water Management](#) (Ministerie van Verkeer & Waterstaat) has published an English publication: [Road Traffic Signs & Regulations](#).

DRIVING LICENCES (RIJBEWIJS)

The [RDW](#) (Rijksdienst voor Wegverkeer) issues Dutch driving licenses and includes English information on their [web](#).

DRY-CLEANER (STOMERIJ)

Maastricht offers a good variety of dry-cleaners (stomerijen), just check [Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#). Some of them also do repairs and offer shoe repair services. [Wasserij Stomerij 't Washoes](#) is located at Burgemeester Cortenstraat 25, which is very close to UWC Maastricht.

DRUGSTORE / CHEMIST (DROGIST)

There is a difference between a drugstore / chemist (drogist) and a pharmacy (apotheek). Drugstores (such as [DA Drogisterij & Parfumerie](#), [Etos](#), [Kruidvat](#) and [De Tuinen](#)) supply non-prescription medications, general toiletries, cosmetics, etc. Pharmacies are the only outlets for prescription drugs. Also, supermarkets like [Albert Heijn](#), [C1000](#) and [Plus](#) sell medicines.

DUTCH PUBLIC HOLIDAYS (NEDERLANDSE FEESTDAGEN)

The Dutch word for [Public Holiday](#) is feestdag. Banks and shops are closed on public holidays and public transport is limited. Police stations and hospitals do NOT close. Public holidays that fall on a weekend are not forwarded! However, certain companies may choose to take this holiday on the previous Friday or the following Monday.

ELECTRICITY (ELECTRA)

Many utilities companies offer integrated services, providing both gas and electricity supplies. For further information click [here](#).

FAIR-TRADE

Dutch grocery shops sell more and more fair-trade products. The Fairtrade mark is an independent consumer label which appears on Dutch products as a guarantee that they have been certified against internationally agreed Fairtrade standards and indicates that the product has been certified to give a better deal to the producers involved. At Albert Heijn look out for "[puur&eerlijk fairtrade](#)" or [Max Havelaar](#) products while Albert Heijn, C1000, Jumbo and Plus all sell "[fair trade original](#)" products. Maastricht also has two Fair-trade shops: "[dit is waar](#)", located at St. Amorsplein 5, 6211 GT Maastricht and [Wereldwinkel Maastricht](#), Brusselstraat 7, 6211 PA Maastricht.



FAMILY DOCTOR / GP (HUISARTS)

In the Netherlands, the family doctor (huisarts) is the key in the world of health care, treating patients for basic non-surgical problems and providing consults for most of your general health questions. The huisarts also serves as your link to most other services such as hospitalization, specialists, midwifery, physical therapy, etc. They are listed under "Gezondheidszorg" or "Artsen" and in the [Yellow Pages](#) and [Maastricht City Guide \(Gemeentegids\)](#) under "(huis)artsen". For out-of hours emergency services: [Huisartsenpost \(HAP\)](#) - 043 - 387 7777.

FARM SHOPS (BOERDERIJWINKELS)

On the outskirts of Maastricht, there are several farms which have a shop where you can buy fresh local produce. [De Poshoof](#), Postbaan 8, 6218 HT Maastricht is a shop where you can buy fresh white asparagus (spring only) and other local produce and they also sell products from other local suppliers, e.g. Hoeve Nekum wine.

FLOWERS (BLOEMEN)

You are spoilt for choice when it comes to flowers which you can either buy at the [market](#), supermarket or [flower shop](#). Bloemisterij 't Heerderhofke at De Leim 8 is near UWC Maastricht and depending on your budget and choice of flower/colour, they put together a fresh bouquet of flowers. Also, [Intratuin](#), Molensingel 75, 6229 PC Maastricht, has a nice fresh flowers section.

FURNITURE & APPLIANCE SHOPS (MEUBELS EN HUISHOUDELIJKE APPARATEN)

- [BCC](#) (Beek or Heerlen): For white goods, TVs, computer equipment, audio, digital cameras and mobile communication devices.
- [Dixons](#) : High street chain selling consumer electrical goods, such as audio equipment, computers, kitchen appliances and mobile phones.
- [IKEA](#): The largest chain of furniture shops in the world. For indoor and outdoor furniture, sofas, dining tables and chairs, book shelves, futons, kitchens and storage containers. IKEA is situated at [Furniture Boulevard Heerlen](#) (Woonboulevard) which is also open every last Sunday of the month (10:00-17:00). As of June 2010, Furniture Boulevard Heerlen has its own railway station too: [Station Heerlen Woonboulevard](#).
- [Media Markt](#): Chain of stores selling a wide range of white goods (fridges, washers, cookers), kitchen equipment such as coffee makers and food processors, computers and laptops, photo and video equipment, TVs, DVD players and other players such as I-pods.

GARDEN CENTRE (TUINCENTRUM)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list Garden Centres under "tuincentrum". [Aveve](#), [Groenrijk](#), [Intratuin](#) are all part of a chain. Home Improvement shops also sell garden plants and accessories. Garden centres are also the place to stock up on seasonal and Christmas decorations.

GIFT VOUCHERS (CADEAUBONNEN)

[Boncadeau](#) can be purchased at post offices and redeemed at 12 different Dutch chain shops.

[VVV Cadeaubon \(tourist information office\)](#) can be redeemed at 167 Maastricht shops!

For an overview of more gift vouchers click [here](#).

GROCERIES (BOODSCHAPPEN)

Shopping in the Netherlands is a very different experience.

- The first thing you learn as a Dutch shopper is that you must provide your own bag. They do not have bags for you unless you want to buy one!
- Trolleys (winkelwagens) are coin operated, remember to take a 50 Euro cent coin with you. You can also get a free key ring that includes a special trolley coin at Albert Heijn (customer service desk).
- [Plastic \(PET\)](#) soft drinks bottles carry a 25 Euro cent deposit (statiegeld). Glass beer bottles carry a 10 Euro cent deposit with a further 1.50 Euro deposit for the plastic crate. When you return empty bottles to the shop, there is a machine that collects them and gives you a receipt which you have to redeem at the checkout counter or customer service desk.
- You can find almost everything you want but there are speciality shops such as the butcher (slager), the fresh bakery (bakker), and fishmonger (viswinkel).
- The "Food Shopper's Guide to Holland - Ada Henne Koene (€ 11.95)" is a great book and will provide you with the English and Dutch names of a broad array of food.
- Shops are not open 24 hours and most are closed on Sundays. For further information on shopping evening and shopping Sundays: [Maastricht Shopping](#).
- Maastricht also has a night shop "[Nightshop Maastricht](#)" which is located at Stationsstraat 5, 6221 BM Maastricht.
- [Albert Heijn](#) at Maastricht railway station is open on Sunday (08:00-22:00) while their Scharnerweg shop is open until 10pm on week days.
- Albert Heijn (09:00-18:00), [Aldi](#) (11:00-17:00) and [Jan Linders](#) (09:00-17:00) in nearby Valkenburg are open on Sunday too.
- Some Maastricht bakeries such as [Bakkerij Paulissen](#), [Patisserie Noblesse](#) and [Patisserie Peter Lemmens](#) open for a couple of hours on Sunday morning, just like the bakeries and grocery shops (e.g. [Delhaize](#), Maaseikersteenweg 231, 3620 Smeermaas / Lanaken) in Belgium, which are open from 08:30 until 1pm.

THE NETHERLANDS



- [Albert Heijn](#) has several shops in Maastricht from a small shop at Maastricht railway station to an XL shop at indoor shopping mall [Brusselse Poort](#).
- [Aldi & Lidl](#) are German discount grocery shops. You might be surprised, their shops in native Germany has a bigger and slighter different selection (more organic products). Since they have shops all over Europe, you have no difficulty figuring out what you are buying since their labelling comes in many different languages!
- [C1000](#), [Jan Linders](#), [Jumbo](#), [Spar](#)

BELGIUM



colruyt **cora**



- [Carrefour Liege](#)
- [Colruyt](#) (similar to Aldi & Lidl), Kiezelweg 16, 3620 Veldwezelt
- [Cora](#), Chaussée de Tongres 269 4000 Rocourt
- [Delhaize](#)

GERMANY (great to stock up on breakfast cereals, more choice and bigger boxes)



real

- [Kaufland](#)
- [Real](#)

FOOD FROM HOME

There are quite a few shops in and around Maastricht where you can buy “food from home”. Most Dutch supermarkets have a foreign food section. Jumbo has a good selection, including a small halal meat section! Also, families frequently travel back and forth to their home country so do not hesitate to ask!

African Food:

- [Afrikana](#), Grote Gracht 55, 6211 ST Maastricht (they sell Indian flour and spices too)

American & British Food:

- [Food from home, Dusseldorf \(Germany\)](#)
- [Gourmet Food & Gift, Brussels \(Belgium\)](#)
- [Maastricht based on-line expat shop](#)
- [Stone Manor, near Brussels \(Belgium\)](#)

Asian Food (Chinese, Indian, Indonesian, Japanese, Korean, Thai, etc.):

Düsseldorf (Oberkassel) has the largest Japanese population in Germany and Europe!

- [Amazing Oriental](#), Mosae Gusto Maastricht
- [San Wah](#), Sint Antoniuslaan 37, 6221 XJ Maastricht
- Toko, Markt 63, 6211 CL Maastricht
- [Dae-Yang GmbH](#), Dusseldorf, Germany
- HARU Chan, Rue des Begonias, 1170 Brussels, Belgium
- KEN Chan, 120 Rue Kelle, 1150 Brussels, Belgium
- [Shilla, Brussels \(Belgium\)](#)
- [Shockiku, Dusseldorf \(Germany\)](#)
- Super Store Tagawa, Chaussée de Vleurgat 119, 1000 Brussels, Belgium

Greek Food:

- [Elfo](#), Schönebergstraße 29, 52068 Aachen, Germany

Irish Food:

- [The Cottage](#), Annastraße 36, 52062 Aachen, Germany

Italian Food

There is a large Italian community in Genk and Maasmechelen (Belgium)

- Baldi Supermarkt, Oude Baan 137-139, 3630 Eijsden (Maasmechelen), Belgium
Da Gianni (bakery), Oude Baan 153, 3630 Eijsden (Maasmechelen), Belgium
open on Sunday morning, great Italian breads, focaccia's and pizza's!
- [Delhaize](#), a Belgian grocery chain shop also sell a good variety of Italian food.
- Felicetti, Thomasboslaan 86, 3630 Maasmechelen, Belgium

Jewish Food:

- Hoffs, Lange Kievitstraat 52, Antwerp, Belgium, Telephone: +32 3 234 3535

Middle Eastern Food:

- Carthage Markt "Halal", Koning Clovisstraat 3a, 6226 AE Maastricht
- Icen Markt, Oude baan 62.64, 3630 Eijsden (Maasmechelen), Belgium
- Mini Super Persia, Boschstraat 103, Maastricht
- Turkish Halal supermarket [Yildiz Plaza](#), Holsteinbastion 49, 6217 LZ Maastricht

Nordic Food:

- [Ikea](#) Heerlen has a small food shop.
- [Scanshop](#), Waterloo (Belgium)

Polish Food:

- Polski Sklep "Lidya" A. Thijmstraat 67, 5921 BB Venlo
- [Polish Delicatessen](#), Rijksweg 98, Geleen
- [Swojskie Jadlo](#), Kuringersteenweg 132 3500 Hasselt, Belgium

Russian Food:

- Sascha Russische Waren, Kleinmarschierstrasse 55, 52062 Aachen, Germany

HABERDASHERY (FOURNITUREN)

[Panhuis Kreatief](#), Grote Gracht 15, 6211 SR Maastricht sell a wide variety of haberdashery. You can also buy fabric (stoffen) and haberdashery at the [Maastricht Market](#).

HAIRDRESSER (KAPPER)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list hairdresser under "kapper". In addition, several UWC families go to [Colette Fleming Hairstylist](#), Europalaan 27, 6226 CM Maastricht, 043-362 6226. This UWC mum is from Ireland and has her salon near UWC.

HEALTH INSURANCE (ZIEKTEKOSTENVERZEKERING)

For more information: [Ministry of Health, Welfare & Sport](#)

HEALTH SHOP (NATUURVOEDING- OF REFORMWINKEL)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list Health Shops under "natuurvoeding / reformwinkels".

HOME IMPROVEMENT / HARDWARE (DOE-HET-ZELF)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list home improvement and hardware shops under "doe-het-zelf winkels. Shops like [Formido](#) (opposite UWC Maastricht), [Gamma](#), [Hubo](#) and [Praxis](#) are all part of Dutch home improvement chains.

HOSPITAL (ZIEKENHUIS)

[Academisch Ziekenhuis Maastricht \(AZM\)](#), P. Debyelaan 25, Maastricht
[Full English telephone directory](#)

Emergency Room: 043 - 387 6700

Open 24 hours a day, the Emergency Room ('Spoedeisende Hulp', she) cares for people who urgently need medical treatment. Most patients will be seen by an ER doctor, but depending on the complaint they may also be examined by a different medical specialist.

IKEA

[IKEA](#), the Swedish home products retailer has two nearby shops, [one](#) is situated at [Furniture Boulevard Heerlen](#) (Woonboulevard) which is also open every last Sunday of the month (10:00-17:00). As of June 2010, Furniture Boulevard Heerlen has its own railway station too: [Station Heerlen Woonboulevard](#). The other IKEA shop is located in [Hognoul](#) near Liege in Belgium.

INSURANCES (VERZEKERINGEN)

The following main types of insurance are available: [health insurance](#) (mandatory), vehicle insurance, house (bricks and mortar) insurance, house contents insurance, legal costs insurance and personal third party (WA Wettelijk Aansprakelijkheid) insurance. Third party insurance is almost always necessary for people with children (balls through school windows, riding a bike into people's cars, damage to a friend's clothes during rough games in the playground, taking other people's children in your own car, etc). [Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list insurance companies under the "verzekeringsmaatschappijen".

IRONING SERVICE (STRIJKSERVICE)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list Iron Services under "strijkservice".

JUNK MAIL (RECLAME)

If you prefer not to receive any unaddressed junk mail through your letter box, then you can collect an "antireclamesticker" at the [Maastricht Municipality Office](#).

[Nee/Nee](#): no junk mail and no free local newspapers.

[Nee/Ja](#): no junk mail but delivery of free local newspapers.

In both cases, your normal mail will always be delivered!



KENNEL (DIERENPENSION)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list kennels under "dierenpension". Also, please click [here](#) for more info on dierenpensions in the Maastricht area.

KUMULUS CENTRE FOR AMATEUR ARTS & MUSIC

[KUMULUS](#) offer individual music lessons, visual art courses, audiovisual and digital art subjects, theatre and musical lessons, creative writing, art theory, ballet and dance.

LANGUAGE COURSES (TAALCOURSUSSEN)

Maastricht University has Dutch language courses available. You should contact the language center or "[Talencentrum](#)". There are a variety of language schools in Maastricht or nearby, such as [Berlitz](#), [Jules & You](#), [Leeuwenborgh](#),: some of these have evening courses, some will be held during the day. Also, there are a number of courses provided by the City of Maastricht, for which there are specific rules. There is the "inburgering" course, for which you need to contact [Werkplein](#) (the labour office). For more information on language courses in the area click : [here](#).

LAUNDERETTE (WASSERETTE)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list launderettes under "waserette". De Wasbeer is a self-service launderette, located at Frankenstraat 153, Maastricht.

LAUNDRY SERVICE (WASSERIJ)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list laundry service under "wasserij". There are quite a few laundry services who also offer dry-cleaning. [Wasserij Stomerij 't Washoes](#) is located at Burgemeester Cortenstraat 25, which is very close to UWC Maastricht.

LIBRARY (BIBLIOTHEEK)

Public libraries are great places, not only to find books in your own language (many libraries have sections in English, French, German, and other languages), but also to access the Internet and to find information on culture in general. [Centre Ceramique](#) is home to Maastricht's largest library. Children and teenagers (<18) can obtain free membership. Please check "[public library section](#)" for further details on libraries in the Maastricht area.

LIGHT BULBS (GLOEILAMPEN)

If you bring lamps with bayonet fittings, also bring a good supply of [light bulbs](#) as you can only buy screw-in bulbs in the Netherlands. Screw-in-bulbs can be purchased at grocery shops and hardware shops.

LOCKSMITH (SLOTENMAKER)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list locksmith under "slotenmaker". [Sleutelcentrale Maastricht](#), Grote Gracht 39, 6211 ST Maastricht can also be contacted when you have locked yourself out of the house (buitensluiten) and forgot your key (sleutel)!

LUNCH BOXES & BEAKERS (LUNCHTROMMELS EN BEKERS)

Supermarkets such as [Albert Heijn](#), toy shops and shops like [Action](#), [Blokker](#), [Wibra](#), [Xenos](#), [Zeeman](#) sells a good variety of lunch boxes and beakers.

For name labels, please note that this [Dutch mail order company](#) has an Anglo/Dutch web through which you place an order.

MAASTRICHT DIALECT

Maastricht has its own dialect: [Mestreechs](#). Please find attached an interesting article: [Do you speak Mestreechs?](#)

MAASTRICHT EVENTS

For information on Maastricht events such as [Preuvenemint](#), [Tefaf](#), etc: [2010 Maastricht Events](#).

MAGAZINES (TIJDSCHRIFTEN)

Some Maastricht supermarkets and "boekhandels" such as [Bruna](#) and [Primera](#) sell foreign magazines. [Selexyz Dominikanen](#) and "Internationale Lektuurhandel Nick", located at Muntstraat 17 have quite a big selection of foreign newspapers and magazines.

MARKETS (MARKTEN)

On Wednesday and Friday mornings, the Market Square is full of stalls selling fresh products, meats, cheeses and other merchandise. The Wednesday market is particularly known for its clothes and fabrics and the Friday market is renowned for its excellent fish. For further info: [Maastricht Markets](#) and [Markets in and around Maastricht](#).

- Weekly Market: Wednesday, 08:00-13:00 at the Market Square
- Organic Market: Thursday, 13:00-15:00 at Wycker Burgstraat
- Weekly Market & Fish Market: Friday, 8:00-13:00 at Market Square
- Antique & Flea Market: Saturday, 08:00-15:00 at Stationstraat

MUNICIPAL & REGIONAL HEALTH SERVICE (GGD)

[GGD](#) (Gemeentelijke Gezondheidsdienst) is the municipal health organisation for preventive healthcare. The services they offer include screenings, check-ups for school age children, immunisation, etc. They are also responsible for the medical screenings which is sometimes required to obtain a residence permit (chest X-Rays or tuberculosis check). Once you have registered at the town hall, the GGD will automatically inform you about their immunisation programmes. The GGD is located at Gelissendomein 8, 6229 GJ Maastricht, 043 - 850 6666.

MUSEUM CARD (MUSEUMKAART)

The "[museumkaart](#)" represents a personal pass to enter more than 400 Dutch Museums! It is valid one year and costs €39.95 (€22.45 up to 24 years of age): a cheap way to explore Dutch museums and every time you wish to! It is quite easy to purchase, you only have to complete a form and the card is immediately yours, together with a leaflet explaining the card's advantages and the museums you can enter for free.

NIGHTSHOP (AVONDWINKEL)

Maastricht has a night shop "[Nightshop Maastricht](#)" at Stationsstraat 5, 6221 BM Maastricht.

OPTICIAN (OPTICIEN)

You can visit an optician without an appointment. They will test your eyes and can prescribe glasses. They will also test for glaucoma. An optician can neither treat eye diseases nor make referrals. If you have problems with your eyes go to your family doctor / GP. [Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list opticians under "opticiens".

ORGANIC FOOD (BIOLOGISCH)

Dutch supermarkets sell ever more [organic products](#). There is a weekly organic market at the Stationsstraat every Thursday afternoon. Look under markets for further details. Please click [here](#) for an overview of Limburg organic farm shops.

[Estafette Organic Shop](#), Rechtstraat 48a 6221 EK Maastricht

[Tuin van Sint Pieter](#), Recollectenweg, near #20, Maastricht

PARKING (PARKEREN)

After passing the parking zone limit in the city centre (signposted), you will not find any free parking. All remaining parking spots must be paid for via parking meters or machines. As a rule, this applies from Monday to Saturday from 8am to 6pm and on Thursdays and other shopping evenings until 9pm. For information (English) on where to park in Maastricht: [Maastricht Bereikbaar \(Maastricht within reach\)](#).

PARKING DISK (PARKEERSCHIJF)

[Disk parking](#) refers to a parking regulation with free parking when using a parking disk (or clock disk). In bordering Belgium you can still park for free (maximum of 2 hours) and parking disks are still used. You can purchase a parking disk at e.g. [Halfords](#) for a few Euro's.



PETROL/DIESEL/LPG

It seems to be cheaper to fill up in Belgium, so it might be worth a trip!

PET SHOP (DIERENWINKEL)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list pet shops under "dierenwinkel". Supermarkets do sell a small selection of pet food while some garden centres have pet section too. Belgian pet store chain [Tom & Co](#) has a shop in neighbouring Lanaken.

PHARMACY (APOTHEEK)

In the Netherlands it is a good idea to register with a pharmacy in the same way as with a family doctor / GP or dentist. Choose one that is convenient for you. During week days pharmacies are open from 08:30 till 18:00. Please find attached a list of [Maastricht pharmacies](#). In case of emergencies, please note that there is always a [pharmacy on call](#). [Straver pharmacy](#) is a 24 hour pharmacy on Akersteenweg 88, close to UWC.

PHYSIOTHERAPIST (PHYSIOTHERAPEUT)

Consult your doctor and you may then be referred to a physiotherapist.

POST OFFICE (POSTKANTOOR)

Please find attached [general information](#) about Dutch post offices and its services and an overview of [Maastricht post offices](#). Some [Albert Heijn](#) shops and [Primera](#) book/card shops have now started to offer some postal services too.

PLAY PARKS (SPEELTUINEN)

[Speeltuin Heer, Heer](#), Akersteenweg, Maastricht (next to Judo Hall "De Dojo")
[Speeltuin Fort Willem, Caberg](#), Kastanjelaan 50, 6217 SB Maastricht
[Speeltuin Merregelhoof, Sint Pieter](#), Mergelweg 259, 6212 XE Maastricht

Play Parks near Maastricht

[Dagstrand Oost Maarland](#), Oosterweg 5, 6245 LC Oost-Maarland
[De Nachtegaal, Meerssen](#), Gemeentebroek 6, 6231 RV Meerssen
[Taverne & Speeltuin 't Koetshoes, Valkenburg](#), Oosterweg 42, 6301 PX Valkenburg
[Kasteelpark Born](#), Kasteelpark 38, 6121 XK Born
[3 Country Point Vaals](#), Viergrenzenweg 97, 6291 BM Vaals
[Play Park & Animal Farm Pieterheim](#), Neerharenweg 12, 3620 Lanaken, Belgium
[Bokrijk, Belgium's biggest play park](#), Bokrijk 1, 3600 Genk, Belgium

PUBLIC TRANSPORTATION (OPENBAAR VERVOER)

For information on the various ways of Maastricht transportation click [here](#). Public transport journey planner [9292](#) is also available in English; a great tool to plan your journey.

QUEEN'S DAY (KONINGINNE DAG – 30 APRIL)

[Queen Beatrix](#) celebrates her official birthday on 30 April, although her real birthday falls on 31 January. There are two reasons for this. Queen Beatrix wanted to continue celebrating Koninginnedag in April as a mark of respect for her [mother](#) and the weather is much better at the end of April than at the end of January. People celebrate Koninginnedag either by visiting one of the two towns or cities the Queen visits on the day (which are different each year), or by going into town. Maastricht yearly organize a [flea market and open-air concerts](#).

RECYCLING

[Waste separation](#) has proved to be a complicated matter, please consult the [Maastricht Region website](#) to find out about waste management in your municipality.

Maastricht has over 60 bottle banks (mileuperrons) which are quite often located near supermarkets, as are collection points for unwanted clothing, batteries, etc. The recycle bins (glasbakken) are labelled: wit glas (white glass), bont glas (coloured glass) kunststof verpakking (everything plastic except for hard plastic, e.g. toys), papier & karton (paper & cardboard) and blik & drankkartonnen (tin & coated juice/milk cartons).

[Plastic \(PET\)](#) soft drinks bottles carry a 25 Euro cent deposit (statiegeld). Glass beer bottles carry a 10 Euro cent deposit with a further 1,50 Euro deposit for the plastic crate. When you return empty bottles, there is a machine that collects them and gives you a receipt which can be redeemed at the checkout counter / till.

- GFT (Groente, Fruit en Tuin): biodegradable waste (vegetable, fruit and garden waste)
- Restafval: residual waste, household waste that cannot be recycled, brought to waste-collection parks (afval- or milieupark) or is not collected separately (like glass, paper, plastics etc.). Maastricht has 3 milieuparken: Beatrixhaven, Noorderbrug and Randwijk.
- Biobak: A green plastic bin used for biodegradable kitchen and garden waste (GFT)
- [Afvalkalender](#): Waste instruction calendar for your neighbourhood.

RELIGION (RELIGIE)

- [Buddhism](#)
 - [Kadampa Temple - Schin op Geul](#)
- [Roman Catholic & Protestant Christian Church Services in English](#)
 - [AFNORTH International Chapel](#) – Protestant & Roman Catholic services
 - [Catholic Mass at Onze Lieve Vrouwe Basilica](#)
 - [Damascus Road International Church](#) – Assemblies of God / Pentecost
 - [Emmanuel Baptist Church](#)
 - [Maastricht International Church](#) – An English speaking community in the Anglican tradition
 - [Salvation Army](#)
- [Greek Orthodox Church](#)
 - [Griechische Gemeinde Kreis Aachen](#)
 - Griechisch-Orthodoxe Kirchengemeinde Erzengel Michael / Hagios Dimitrios
Jesuitenstraße 6, 52062 Aachen, Germany
- [Hinduism](#)
 - [Murugan Temple](#)
 - Sri Sivasubramaniya Thevastanam, Schipperswal 26c, 6041 TC Roermond

- [Islam](#)
 - Vereniging Moskee El Fath (Turkish), Sint Lucassingel 70, 6217 JC Maastricht
 - [Mosque Nour](#) (Maroc)
 - [Parkstad Mosque](#) (Turkish)
- [Jehovah Witnesses](#)
 - [Jehovah's Temple Maastricht Maaskant](#), Bemelergrubbe, 6226 NK Maastricht
 - [Jehovah's Temple Dousberg](#), Peymeestersdreef 22, 6216 PJ Maastricht
- [Judaism](#)
 - [Maastricht Synagogue](#)
- [The Church of Jesus Christ of Latter day Saints \(LSD\)](#)
 - Heerlen Military Ward, Burgemeester de Hesselleplein 26/A, 6411CH Heerlen

RESTAURANTS

Culinary traditions are deeply rooted in Maastricht, as attested by the no less than [5 Maastricht restaurants](#) sporting a total of 6 [Michelin](#) stars in front. [Maastricht restaurants](#) and [dinersite](#) (available in English) are great sources of info on local restaurants. Many restaurants offer children's menus and some have small children's corner too! For more information on typical Dutch dishes click [here](#). Please find attached a list of some family friendly restaurants which UWC families enjoy!

- [Buitengoed Slavante \(Maastricht\)](#), Slavante 1, 6212 NB Maastricht (play park)
- [Coffee Lovers](#), they serve a large variety of coffees and have an excellent lunch menu.
- [Friture Royale](#), Spoorweglaan 1, 6221 BS Maastricht
- [La Place](#), V&D's top floor restaurant, Grote Staat 5-15, 6211 CT Maastricht
- [Pizzeria Napoli](#), Markt 73, 6211 CL Maastricht
- [De Bokkenrijder](#) Viergrenzenweg 232, 6291 BX Vaals (play room)
- [De Pannekoekenmolen](#), Molenweg 2a, 6271 JN Gulpen (play park)
- [De Nachtegaal](#), Gemeentebroek 6, 6231 RV Meerssen (play park)
- [Dennenhof at Bokrijk](#), 3600 Genk, Belgium (play room)
- ['t Koetshoes](#), Oosterweg 42, 6301 PX Valkenburg (play park)
- [Restaurant at Pietersheim](#), Neerharenweg 12, 3620 Lanaken, Belgium (play park)
- [Sterrenland at Brasserie Dali](#), Staatsbaan 19, 3620 Neerharen, Belgium ((play room)

SEASON TICKETS (JAARKAARTEN)

Swimming pools, [Bokrijk](#), [Dagstrand Oost-Maarland](#), [Gaiapark](#), [Kasteelpark Born](#), [Mondo Verde](#), [Snowworld Landgraaf](#), etc. sell different types season tickets that are valid for 1 year and offer unlimited entrance.

SECOND-HAND / THRIFT SHOP (TWEEDEHANDS / KRINGLOOPWINKEL)

- Beta, Mergelweg 6, 6212 XH Maastricht
- [Emmaus Kringloop](#), Hartelstein 204, 6223 HV Maastricht is also a good place, open on Saturdays (14:00-16:00) and Sundays (14:00-17:00).
- [Kringloop-Zuid](#) is located at Abdissenweg 1 in Limmel (Maastricht) and is open from Tuesday to Saturday from 10 AM to 5 PM. You may dispose of or purchase used goods in reasonable condition and they can also be picked up free of charge at your home.
- [Mattie's Kringloop](#), Glacisweg 67a, 6212 BN Maastricht
- [Regin's Kringloop](#), Tongerseweg 57, 6213 GA Maastricht
- [Terres des Hommes](#), Dorpstraat 18, 6227 BN Maastricht

Supermarkets also have notice boards where you can put up advertisements (e.g. sell chairs or ask for a baby-sitter or cleaning lady). [Marktplaats](#) is the Dutch version of [eBay](#) and [Craigslist](#) and very popular. However this web is Dutch only some basic knowledge of the Dutch language will come in handy.

SHOES

Children's shoes can be an expensive affair. However, in addition to specialized children's shoe shops, there are alternatives. Chain shops [Brantano](#), [Bristol](#), [Dolcis](#), [Durlinger](#), [Scapino](#), [Schoenenreus](#), [Van Haren](#), [Ziengs](#), etc. sell cheaper shoes.

Also both Brantano in Belgium and Dolcis sell a limited [Clarks](#) selection. For a wider selection of Clarks shoes: Schols Schoenen, Rijksweg Centrum 40, 6161 EG Geleen.

For very small or very large sizes of shoes (adults only) there is a specialist shop "[Beurskens Schoenmode](#)", Markt 104, 6191 JK Beek.

SHOE REPAIR (SCHOENMAKER)

[Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#) list shoe repair shops under "schoenmakers". Verheijen Schoenmakerij is located at Burgemeester Cortenstraat 6, close to .UWC Maastricht

SHOPPING HOURS (OPENINGSTIJDEN)

Shopping evening (koopavond): shops are open on Thursday evening until 9pm. Shopping Sunday (koopzondag): shops are open on the first Sunday of every month from 12:00 until 18:00. For further details click [here](#).

SINT NICHOLAS (SINTERKLAAS)

December 6th is [St. Nicholas'](#) birthday when, according to legend, this fourth-century Saint gave gifts to children. Dutch children still receive chocolate coins around this time. Throughout the centuries, Sinterklaas has been considered the patron saint of children, as well as of traders. Consequently, on 5 December he brings them gifts that are discreetly dropped off in a sack on the doorstep of each household. During the evening, families exchange small gifts.

Despite the initial similarities with Santa Claus, Sinterklaas lives in Spain, not at the North Pole. Santa Claus flies in from the North Pole on his sleigh; Sinterklaas and his white horse arrive in the Netherlands from the south of Spain on a steamboat. Santa Claus squeezes down, and then back up, chimneys himself; Sinterklaas has a whole crew of helpers named "[zwarte piet](#)" or Black Pete.

[Sinterklaas arrives in Maastricht](#) middle of November. Children greet him by singing [Dutch Sinterklaas songs \(Sinterklaasliedjes\)](#). Once Sinterklaas has arrived, children can leave out their shoe at night in hope of receiving a small gift when they have been very good.

You can also pay Sinterklaas a free visit at his [local residence](#) in Sint Truiden, near Hasselt (Belgium). At "huis van Sinterklaas" children can see for themselves where Sinterklaas sleeps, how ginger nuts (kruidnoten) are made, follow a lesson at the Black Pete school, etc.

SKATEPARKS

Maastricht has two skateparks. There is a small one under the Kennedy Bridge and a bigger one "Skatepark De Griend" at Franciscus Romanusweg, in front of Media Markt along river Meuse.

SOFT PLAY CENTRES (BINNENSPEELTUINEN)

THE NETHERLANDS

[Dagstrand Oost Maarland](#), [Kinderstad Heerlen](#), [Kinderspeeldorp Pee Wee](#), [Posterholt](#), [Soft Play Max & De Rakkers](#), [Schin op Geul](#), [Speelparadijs De Ballon](#), [Echt](#), [Toverland Sevenum](#)

BELGIUM

[Activ Tongeren](#), [Alles Kids](#), [Kessenich](#), [Kiddiez](#), [Maasmechelen](#), [Plopsa Indoor, Hasselt](#), [Pretland, Hasselt](#)

GERMANY

[Rocolinos Kinderwelt, Eschweiler](#)

SPORTS (SPORT)

Many different types of sports clubs are located in the Maastricht and surrounding area. [Sport Databank Limburg](#) is a great source of information and through this website you can search for a specific sports club. If you have difficulties using this Dutch website, then please do send them an e-mail: sportdatabank@huisvoordesport.org with your specific question. Sports clubs are also listed in [Yellow Pages](#) and the [Maastricht City Guide \(Gemeentegids\)](#), just look under "sportverenigingen" or just ask other parents at school what their children are involved in after school.

SOUVENIRS

Just a few shops that are worth a mention:

- Department shops like [Blokker](#), [Bijenkorf](#), [Hema](#) and [V&D](#) and shops like [Xenos](#) and the [Douwe Egberts Gift Shop](#) both located at [Entre Deux](#) sell great Dutch gifts!
- [Kiekoet](#) has two shops and sell a good selection of Maastricht presents.
- [Lief Lifestyle](#), Wycker Brugstraat 52, 6221 ED Maastricht
- [Bondefanten Museum Shop](#), Avenue Ceramique 250, 6221 KX Maastricht
- [Maastricht University Shop](#), Bondefantenstraat 2-4, 6211 LK Maastricht
- [Nijntje Winkel \(Miffy\)](#), Maastrichter Smedenstraat 2, 6211 GL Maastricht
- Book shop [Selexyz Dominikanen](#), Dominikanerkerkstraat 1, 6211 CZ Maastricht

SWIMMING LESSONS (ZWEMLESSEN)

Maastricht has two indoor pools, [De Dousberg](#) and [Zwembad Heer](#). However, [swimming pool De Polfermolen Valkenburg](#), [swimming pool De Otterveurdt Hoensbroek](#) and [Sauna Vilt \(Vilt, near Berg & Terblijt\)](#) do offer swimming lessons too. Several UWC children follow lessons (in English) at Sauna Vilt. Also, [zwemschool Aquarijntje](#) is another swim school where children have the option to be taught in English and can have private lessons. They practice in swimming pools all over town, incl. the indoor pool at Cortile Ceramique.

TAKE-AWAYS (AFHAAL- EN THUISBEZORGMAALTIJDEN)

Several Maastricht restaurants do offer take-away meals. You can either ring, place an order and collect meal at a certain time or have it home delivered.

Through ["thuisbezorgd"](#) and ["thuis uiteten gids"](#) you can check to see which restaurants do home deliveries in your area. Also, this [Thai take-away Maastricht](#) has an outlet at Emmaplein and one in Heer district.

TELEPHONE & INTERNET CONNECTIONS (TELEFOON- EN INTERNET AANSLUITINGEN)

For further information click [here](#).

TELEVISION, SATELLITE & RADIO STATIONS (TV, SATELLIET & RADIOZENDERS)

The standard cable TV in Maastricht has the BBC and CNN in the packet. For further information click [here](#).

THEATRES (THEATER)

Maastricht has several theatres: [Huis van Bourgondie](#), [Kumulus](#), [Magisch Theatertje](#), [Pesthuys Podium](#), [Toneelgroep Maastricht](#) and [Vrijthof Theatre](#). The [wide range of entertainment](#) on offer means that there is always something on for someone!.

TIP (FOOI)

Tipping in restaurants, etc. is not obligatory. All waiters/waitresses are paid a full salary with benefits so tips are more like token fees to thank them for good services (approximately 5-10% of the bill). Even if service is not that great, Dutch people tend to round up, e.g. they leave €35 for a €33.50 bill.

TOURIST INFORMATION OFFICES (Vereniging voor Vreemdelingenverkeer)

In almost every Dutch city or village you will find a [tourist information office](#). Most VVV's offer local and regional tourist information, hotel booking services, local products, brochures and various maps. Brochures for hotels, local restaurants and attractions are generally free of charge and please do look out for the display of small discount cards of various local attractions and sights. Detailed maps for a city walk, cycling routes or larger, regional maps are often available at a tiny price. The [Maastricht Tourist Office \(VVV\)](#) is located at Kleine Staat 1, 6211 ED Maastricht



TOY SHOP (SPEELGOEDWINKEL)

Maastricht has several toy shops, such as [Bart Smit](#), [Intertoys](#) and [Top Toys](#) which are part of a chain. Department shops like [Bijenkorf](#), [Hema](#) and [V&D](#) have toy departments too and large supermarkets like the [XL Albert Heijn](#) at [Brusselse Poort](#) or [Carrefour](#) too. [Lego](#) is cheaper in Germany and can be bought at [Toys R Us](#) near Aachen while [playmobil](#) and trampolines tend to be cheaper in Belgium. [Dreamland](#) is a large toy shop next to [Carrefour](#) Liege. [Toy shop Krokodil](#), off the Market Square in Maastricht has a range of excellent quality, traditional toys.

UTILITIES (GAS, WATER, ELECTRICITY) – GAS, WATER, LICHT

For further information click [here](#).

VACCINATIONS (VACCINATIES / INENTINGEN)

Baby clinics take care of vaccinations for children under 4 while the [Municipal & Regional Health Service \(GGD\)](#) looks after older children and adults. The GGD will automatically inform you about [vaccinations](#) due.

VETINARY (DIERENARTS)

Maastricht has several practices (dierenartsen) and clinics (dieren spoedklinieken). They have joined forces, please find attached their [details](#).

VINEYARDS (WIJNGAARDEN)

Winegrowing in the Netherlands might seem a bridge too far, but the [vineyards](#) excursion ([Apostelhoeve](#), [Hoeve Nekum](#), [Wijngaard Slavante](#)) through the Jeker Valley is ample proof that this is not the case. Several grape varieties, including Pinot Noir and Riesling thrive very well on the sun-drenched hills of South Limburg.

WiFi HOTSPOTS

Maastricht has several venues that offer free WiFi: Restaurant at [Centre Ceramique](#), [Coffeelovers](#), [La Place](#) and [Mcdonalds](#). For a list of more Maastricht WiFi hotspots click [here](#).

ZOO (DIERENTUIN)

- The Netherlands: [Gaiapark - Kerkrade](#) and [Zoo Park - Overloon](#).
For a full list of Dutch zoo's click [here](#)
- Belgium: [Antwerp Zoo](#), [Olmense Zoo](#) and [Planckendael Zoo](#),
- Germany: [Aachener Tierpark](#) and [Wildpark Gangelt](#)
German zoos tend to be less expensive compared to Dutch and Belgian zoos!

DUTCH ABBREVIATIONS

BS	Basisschool (Primary School)
BSO	Buitenschoolse Opvang (after school day care)
CAS	Creative Action & Service (CAS) , secondary school students who enrolled in the IB programme need to achieve a certain number of hours from each category to get their diploma.
DAL	Dutch as an Additional Language
ESL	English as a Second Language
H&W	Health & Wellness
ICT	Information & Communication Technology
IPC	International Primary Curriculum
MIK	Maatwerk in Kinderopvang stands for made-to-measure in child care. This Limburg child care organisation has 26 different locations and offers several options for children aged between 0 and 12.
MT	Mother Tongue
PD Club	Personal Development Club provide children with the opportunity to further develop and enrich their skills in the areas of sports, worldly insight, logic, creative arts and language arts.
PSG	Parent Support Group is a voluntary organization of parents, which is run by a board of elected parents. Its objective is to support the school community made up of students, parents and faculty.
PDD	Professional Development Day: is a training day for UWC staff and on these days UWC is closed and children have <u>NO SCHOOL</u> . Please note that the following days are Professional Development Days: <u>25 October 2010, 10 January, 4 March, 21 April, 14 June 2011</u>
SEN	Special Educational Needs monitors all pupils' progress through the student monitoring system.
UWC	United World College

• a.s. (aanstaande):	coming; next, this
• aub (alstublieft):	please
• BTW Belasting Toegevoegde Waarde:	Value Added Tax
• BSN (Burger Service Nummer):	Citizen Service Number issued by Town Hall
• ca (circa):	around, about
• dag (dagelijks):	daily
• dd (de dato - Latin):	dated, from (our letter dated 6 January)
• dhr (de heer):	Sir
• dir. (directeur):	Chief Executive Officer (the boss)
• dmv (door middle van):	by means of
• dwz (dat wil zeggen):	i.e. (that is, that is to say)
• EHBO (Eerste Hulp bij Ongeluk):	First Aid [for accidents]
• eea (een en ander):	these things
• enz (enzovoorts):	et cetera, and so on
• exc (exclusief):	exclusive of
• geb. (geboren):	born/date of birth
• gesch. (gescheiden):	divorced
• igvn (in geval van nood):	in case of emergency
• iig (in ieder geval):	in any case
• ipv (in plaats van):	instead of
• itt (in tegenstelling tot):	in contrast with
• ivm (in verband met):	in connection with
• j.l. (jongstleden):	last (last Wednesday)
• k.k. (kosten koper):	costs charged to the buyer (of a house)
• KvK (kamer van koophandel):	Chamber of Commerce
• L.S. (lectori salutem - Latin):	To whom it may concern (on letter)
• m.b.t. (met betrekking tot):	concerning
• miv (met ingang van):	starting at date/time
• muv (met uitzondering van):	with the exception of, excepting, save
• M/V (man/vrouw):	man/woman (in job ads)
• mv (meervoud)	plural
• m.vr.gr. (met vriendelijke groeten):	with kind regards (letter)
• Mw (mevrouw):	Madam, Mrs
• nav (naar aanleiding van):	as a result of
• notk (nader overeen te komen):	to be agreed
• nl (namelijk):	namely
• o.a. (onder andere):	amongst other things
• o.l.v. (onder leiding van)	supervised by
• o.m. (onder meer):	amongst other, including
• ong. (ongeveer)	approximately / about / around
• oorspr. (oorspronkelijk)	originally
• svp (Si'l vous plait - French):	please
• tav (ter attentie van):	attention of, attn
• tav (ten aanzien van):	with regard/respect to
• teab = (tegen elk aannemelijk bod):	any reasonable offer accepted
• tgv (ten gevolge van):	as a result of
• t/m (tot en met):	up to and including
• trv (ten name van):	in the name of
• tov (ten opzichte van):	compared/ in relation to
• twv (ter waarde van):	worth, valued at
• v.a. (vanaf):	from (mostly used for pricing)
• vnl (voornamelijk)	mainly / especially / in particular
• zgn. (zogenaamd):	as a matter of speaking, so called
• zoz (zie ommezijde):	see other side, please turn over, p.t.o.

USEFUL SEARCH TERMS

(Real) Estate Agent - Makelaar	Ice Skating Rinks - IJsbanen
Airline companies - Luchtvaart maatschappijen	Insurance Companies - Verzekeringsbedrijven
Airports - Luchthavens	Kennels - Kennels, dierenpensions
Allergies - Allergiën	Language Course - Taalonderwijs
Baby Health Clinic - Consultatie Bureau	Lawyers - Advocaten
Banks - Banken	Legal Aid - Bureau voor rechtshulp
Bicycle Rental - Fietsen verhuur	Library - Bibliotheek
Bicycle Shops - Fietsen winkels	Locksmiths - Sleutelservice
Car Dealership - Auto dealer	Martial arts - Vecht- & Zelfverdedigingssport
Car Rental Companies - Autoverhuur bedrijven	Maternity Assistant - Kraamhulp
Care - Zorg	Middle School - Middelbare school
Carpenter/Joiner - Timmerman	Midwife - Vroedvrouw
Church - Kerken	Music Schools - Muziekscholen
Cinema - Bioscoop	Notary - Notaris
Concert Hall - Muziekcentrum or Concertzaal	Painter - Schilder
Dentist - Tandarts	Pharmacy - Apotheek
Doctor - Huisarts	Playgrounds - Speeltuinen
Drug Store/Chemist - Drogist	Plumber - Loodgieter
Electrician - Electricien	Police Stations - Politie bureaus
Electricity - Electra	Post Offices - Postkantoren
Employment Offices (Temping) - Uitzendbureaus	Removals Companies - Verhuisbedrijven
Employment Offices - Arbeidsbureaus	Swimming Pools - Zwembaden
Fault-clearing Service - Storingsdienst	Tailor/Dressmaker - Kleermaker
Fire Station - Brandweer	Tax Advisor - Belasting adviseur
Football (Soccer) - Voetbal	Tax Office - Belastingkantoor
Furniture Shop - Meubel winkel	Taxi Call Centres - Taxi centrales
Garages - Garages	Theatre - Schouwburg or Theater
Garden Centre - Tuincentrum	Theme Parks - Attractie parken
Gynaecologist - Gyneacoloog	Travel Agencies - Reisbureaus
Home Care Association - Thuiszorg	Utilities Companies - Nutsbedrijven
Horse-riding - Maneges or Paardensport	Vet - Dierenarts
Housing – Rental - Huur huizen	Waste/Garbage - Afval
Housing – to buy - Koop huizen	Window Cleaner – Glazenwasser

USEFUL DUTCH PHRASES

In the street – Op straat

Could you please tell me...?:
 Can you help me, please?:
 Thanks a lot:
 I thank you so much:

Kunt u mij alstublieft zeggen...?
Kunt u mij alstublieft helpen?
Hartelijk bedankt
Ik dank u hartelijk

Introducing yourself – Jezelf introduceren / voorstellen

Good Morning:
 Good afternoon:
 Good evening/night:
 Where are you from?:
 What is your name?:
 I am from... :
 My name is... :
 How do you do?:
 Hi, How are you?:
 What is your job?:
 Where do you live?:
 How old are you?:

Goedemorgen
Goedemiddag
Goedenavond
Waar kom je vandaan?
Wat is je naam? / hoe heet je?
Ik kom uit...
Mijn naam is...
Hoe gaat het met je?
Hallo, hoe gaat het?
Wat voor werk doe je?
Waar woon je?
Hoe oud ben je?

The Weather – Het Weer

It is a lovely day!
 It is hot!
 It is cold:

Het is een mooie dag!
Het is warm
Het is koud

Expressing yourself – Jezelf uitten

I am hungry:
 I am thirsty:
 How cute!:
 Dandy, snob:
 Gossip (nosy):

Ik heb trek / honger
Ik heb dorst
Wat schattig!
Snob
Roddels

Saying Goodbye - Groeten

See you:
 Nice to meet you:
 Can you give me your phone number?:
 Shall I call you or will you call me?
 Shall I write you or will you write me?
 Take care!:

Ik zie je!
Leuk je te ontmoeten
Kun je mij je telefoonnummer geven?
Zal ik jou bellen of bel jij mij?
Zal ik jou schrijven of schrijft jij mij?
Pas goed op jezelf!

BOOKS ON THE NETHERLANDS (ENGLISH):

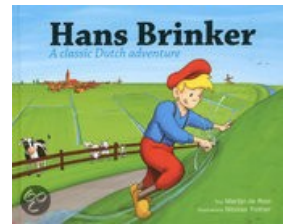
Just a few books that are worth a mention and great reading, either to give away as a present or to keep! These books are available through [Amazon](#) or at [Selexyz Dominikanen](#), downtown Maastricht.

- **Dutch Delight, Eating and drinking, the Dutch way (€ 14.95)**
Learn what they eat and drink, browse through their eating habits and recipes, and when you are done, try them!
- **Food Shopper's Guide to Holland - Ada Henne Koene (€ 11.95)**
With over 1,000 entries, the book provides the confused shopper with the English and Dutch names of a broad array of food and includes sections on: basic cooking ingredients, beverages, dairy products, breads and patisserie, types and cuts of meat, fish and seafood, fruit and vegetables, canned and dried foods, delicatessen and gourmet foods.
- **Minding your Manners by Magda Berman (€ 14.95)**
A Guide to Dutch Business & Social Etiquette.
- **.NL (€ 16.00)**
.NL is a two inch thick and 720 page long exploration of the Netherlands in words and pictures.
- **The Dutch I Presume by Martijn de Rooi & Jurjen Drenth (€ 14.95)**
Addressing more than 40 prominent aspects of Dutch society and culture, this book provides an instant insight into the mindset of the natives of the Netherlands.
- **The Holland Handbook (€ 29.90)**
This richly illustrated handbook offers the expatriate essential information on all aspects of living and working in the Netherlands.
- **The UnDutchables by Colin White & Laurie Boucke (€ 16.95)**
An Observation of the Netherlands: its Culture and its Inhabitants.
- **View on Maastricht by Thijs Tuurenhout / Karel Tomei/ Ger Houben (€ 49.90)**
A beautifully illustrated coffee table book that brings into focus the Dutch city with the most Mediterranean qualities, Maastricht.

CHILDREN BOOKS ON THE NETHERLANDS (ENGLISH)

Hans Brinker by Martijn de Rooi

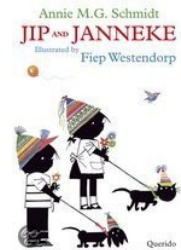
The exciting adventure of Hans Brinker is one of the classic tales about the Netherlands. From Japan to South Africa, millions of people know the story of the boy called Hans who saved his village from being devastated by flooding by putting his finger in a leaking dike.



Jip & Janneke by Annie M.G. Schmidt

For more than 50 years, [Jip and Janneke](#) have been the Netherlands favourite and most famous toddlers. Some of 5 minute stories have now be translated into English and great stories for bedtime reading!

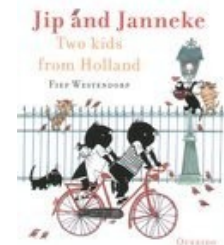
If you are after Jip & Janneke merchandise, then please visit Hema!



Jip & Janneke, two kids from Holland

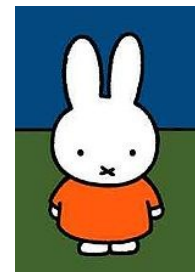
[Jip and Janneke](#), the two most famous toddlers in the Netherlands, take you on a journey through their country, introducing you to tulip fields and cows, cycling and ice skating and St. Nicholas celebrations.

Great keepsake to remind children of their time in the Netherlands!



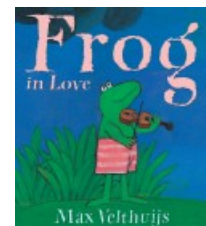
Miffy (Nijntje) by Dick Bruna

Books of this famous rabbit have been translated in many languages



Frog (Kikker) by Max Velthuijs

Frog is a picture book character created by Max Velthuijs. In the Netherlands Frog is known as Kikker.



The cow who fell in the canal by Phyllis Krasilovsky

Hendrika is bored with the life on the farm and longs to see the city she has heard so much about. One day her wish comes true in the most surprising way and life in the fields is never dull again!

