

Information booklet for international students

2025-2026





1	Life in the Netherlands	6
	Your destination	6
	Dutch Social Life	6
	Food	6
	Religion	6
	Public holidays 2025-2026	7
	Transportation	8
2	Life in Den Bosch	11
	The city of Den Bosch	11
	Medical Care & dentists	11
	Shopping	13
	Public Library	14
	Tourist Information Office & Events	14
	Nightlife	14
3	HAS practical matters	16
	Academic Calendar	16
	Contacts in the International Office	16
	Contacts for the Study programmes	16
	International Student Association	17
	Dutch language	17
	Appendix: A few words and phrases in Dutch	18

Welcome to HAS green academy!

This guide provides you with the most important information you will need to find your way around 's-Hertogenbosch (Den Bosch) and the campus. It's worth taking the time to read it thoroughly, to get you off to a smooth start at HAS green academy!

You know you've lived in the Netherlands when:

- you think **orange** is a **fashionable colour**
- you can **ride a bike** with 2 crates of **Heineken** on the back
- you think **cloudy weather** 200 days a year is absolutely **normal**
- you know what "**dropjes**" are and you know how to **pronounce** it
- you think any hill higher than **100 meters** is a **mountain**
- you're familiar with the concept of '**traffic jam flirting**'
- you start calling everyone by their **first name**
- you've discovered what '**gezelligheid**' means.



1 Life in the Netherlands

Your destination

The Netherlands is a small, yet very diverse country. The Dutch are known as a nation of traders, who are open to change and are progressive in their economic as well as political policies. The Dutch way of doing business internationally has been famous for hundreds of years.

The Netherlands is responsible for a large share of the world’s trade in a number of sectors, including in particular dairy and meat production, floriculture, bulb growing, nursery stock and glasshouse horticulture. Using the latest technology and making optimum use of available resources, the Netherlands has been one of the largest exporters of agricultural products in the world for a long time. This success in agricultural trade is not only the result of highly effective production methods, but also due to sound management, marketing and logistics.

Of course, the Netherlands is best known for its windmills, clogs, cheese and tulips, but also its liberal attitudes towards controversial subjects such as drug use, prostitution, abortion and euthanasia.

These are all still aspects of Dutch culture and have, without doubt, influenced Dutch society. Living in the Netherlands, however, you’ll soon realise that there is much more to the country and its people than this stereotype suggests... so come and find out for yourself!



Dutch Social Life

The Dutch generally prefer an ‘organised’ life. Most Dutch people plan their days in advance, using their diaries intensively. When they get together, it’s often by appointment. It is generally considered impolite not to show up, or to be late (although in the south it is not unusual for colleagues or guests to arrive a few minutes late). If you’re invited to someone’s home, it should be clear from the invitation, whether or not you can expect a meal.

Dutch people are often very direct in their communication towards others. This can sometimes come as a bit of a surprise to people from other cultures, and it can easily lead to misunderstandings. On the other hand, it also makes communication quite straightforward. So, if you have a problem or a request, don’t be afraid to approach your lecturers, student adviser, or the staff of the International Office.

Food

The traditional Dutch food is based on the ‘farmer’s cuisine’ and is usually simple, but filling. The Dutch generally have only one warm meal a day, usually in the early evening around 6 pm. A traditional Dutch meal consists of boiled potatoes, vegetables and meat or fish, sometimes preceded by soup, and followed by a dessert of pudding or yoghurt. The Dutch have also adopted lots of international recipes, especially from Indonesia, Surinam, China and other European countries, such as Italy. So traditional Dutch food is now eaten much less often. For lunch, the Dutch generally take their own sandwiches from home.

Religion

Traditionally, the northern part of the Netherlands is Protestant, and the southern part Roman Catholic. But this has changed greatly over the past few decades. Fewer than a third of Dutch people have a religious faith and nearly one in four describe themselves as atheists, according to the latest census of belief in the Netherlands.

The Dutch consider themselves to be tolerant and open towards other cultures. There are now as many religions as there are ethnic groups in the Netherlands, which is a lot. Christianity and Islam are most common.

Public holidays 2025-2026

Year	Day	Month	Event
'25	26	October	Change to daylight saving’s time, one hour forward
	5	December	Sinterklaas
	25	December	Christmas Day
	26	December	Boxing Day
	31	December	New Year’s Eve
'26	1	January	New Year’s Day
	14,15,16	February	Carnaval
	29	March	Change to daylight saving’s time, one hour ahead
	3	April	Good Friday
	5	April	Easter Day
	6	April	Easter Monday
	27	April	King’s Day
	4	May	Remembrance Day
	5	May	Liberation Day
	14	May	Ascension Day
	24	May	Whit Sunday
	25	May	Whit Monday

Transportation

The city of Den Bosch has a lot of one-way streets. These generally apply to cars, but check the signs for exceptions. Cyclists, for example, are often allowed to cycle ‘the wrong way’ down a one-way street. Parking is expensive and spaces can be hard to find. The easiest way to get around is by bike or by bus.

Cycling

Almost all streets have separate bike lanes. At various places all around the city, you’ll find special parking areas for bikes. There is also free secure bike parking at the central railway station, and near the city centre. For further details, type in ‘bicycle storage’ on the tourist information office website: visitbrabant.com.

Make sure you lock your bike at all times. Bike locks and padlocks in all shapes and sizes are available in cycle shops and departments stores. There is a bike shop at Den Bosch railway station. You can also find bike shops in the centre of the city, or you can look for a second hand bike on marktplaats.nl (in Dutch only).

Road safety

If you are driving or cycling in the city or the suburbs you need to be aware of the ‘right has priority’ rule. Even if you think you’re on the main road, this may not be the case. If there are no markings on a road joining from the right (to indicate that they need to stop or give way) you MUST let any traffic, including bikes, go first.

You will see people driving or cycling over a pedestrian crossing when someone is waiting to cross. Although this is common, it is illegal – and dangerous. So, please let the pedestrian cross!

Public transport

If you travel by public transport, you can use your bank card. This is the payment method for public transport in the Netherlands.

It’s possible to use your card for busses, trams and trains. Remember to check in and check out with your bank card on every journey!

Plan your journey

You can plan your journey by public transportation in advance on the travel website: 9292.nl. Dutch Railways (NS) also have a journey planner: ns.nl. Both 9292 and NS have an app you can download.

Travel Discount

Dutch Railways do not offer discounts for foreign students. However, with an off-peak season ticket (Dal Voordeel) you can travel at a 40% discount outside peak hours. Check out www.ns.nl/en for more information. Occasionally, different stores such as Kruidvat, Hema and Blokker sell cheap tickets (train and/or other public transportation) for a weekend or for a day. The following website (in Dutch only) shows the current special offers: treinreiziger.nl.





2 Life in Den Bosch

The city of Den Bosch

's-Hertogenbosch (or Den Bosch in short) is a lively city in the south of the Netherlands. It is the administrative centre of the province of North-Brabant and the focal point of a region of rapid economic growth. Den Bosch has approximately 151,000 inhabitants and is known for being one of the most hospitable cities in the Netherlands. Den Bosch is a city where old and new come together. In some ways it represents 2 key aspects of Dutch culture: it's busy and sometimes hectic but, at the same time, attractive, intimate and friendly.

The city has good connections to major cities in the Netherlands as well as the rest of Europe. E.g. Amsterdam (1 hour), The Hague (1.5 hours), Brussels in Belgium (2 hours) and Cologne in Germany (2.5 hours).

As one of the oldest cities in the country, Den Bosch has numerous monuments, including the impressive Saint Jan Cathedral. It also has various important nature reserves close by, such as the fens of the 'Oisterwijkse Vennen' and the largest sand plain in north-western Europe, the 'Loonse & Drunense Duinen'.

Whatever you're looking for, Den Bosch has lots to offer to you as an international student!

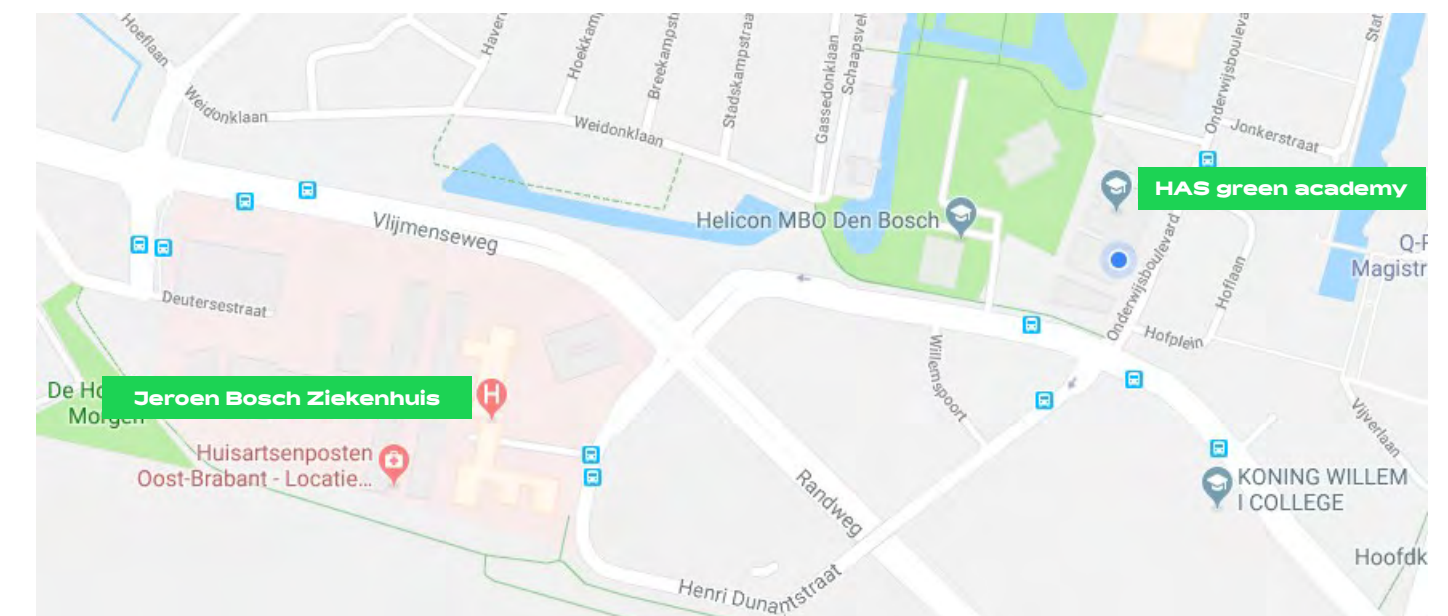
Medical Care & dentists

Hospital and Emergency help

If you're ill during the night or at the weekend and need a doctor, you can call 088 – 876 5050 ('Huisartsenpost'). There's also an emergency room in the main hospital close to the university, but you need to call the huisartsenpost first. They will tell you what to do and where to go. In the case of a genuine (life-threatening) emergency, you can call 112. This will connect you immediately to the central service for the police, fire brigade and ambulance. The main hospital in Den Bosch, which is also the one closest to the university is called 'Jeroen Bosch Ziekenhuis'. More information (in Dutch only) can be found on the website: jeroenboschziekenhuis.nl.

If you need to go to the hospital or emergency room, always bring the following with you:

- your Identification Document or passport,
- insurance pass,
- means of payment e.g. a bank pass/debit card or cash.



Jeroen Bosch Ziekenhuis

Address: Henry Dunantstraat 1
Postal Code: 5223 GZ
City: 's-Hertogenbosch

Doctor

A doctor (general practitioner) is called a ‘huisarts’ in Dutch. Some doctors ask you to make an appointment, others have special consultation slots where you don’t need an appointment (‘inlooppreekuur’). Home visits are only possible for patients whose illness means they are unable to visit the doctor by themselves. In all other cases, you need to make an appointment with the doctor.

When making an appointment, the receptionist will ask you a few questions regarding your symptoms. She is trained to schedule appointments and to give advice over the telephone. She follows a standard protocol that has been drawn up by the doctor, who is jointly responsible for any advice the receptionist gives. Like the doctor, the assistant is also bound by professional confidentiality.

A consultation with a doctor will cost approximately € 35 - € 50. If you have Dutch basic health insurance and are registered with a doctor, you sometimes still need to pay directly (in most cases only possible in cash). If you do not have Dutch health insurance, you will allways be asked to pay in cash on the site. You may be able to claim any costs back from your own health insurance. If you need to see a doctor, you can contact:

Fonkelzorg Den Bosch

Address: Hinthamerstraat 217
City: ’s-Hertogenbosch
Telephone: 073-6132450
Website: https://fonkelzorg.nl/

If you want to see the doctor, you need to register first, via this link. When making an appointment, make sure you mention that you are a student at HAS green academy. Fonkelzorg has set up a special care process for international

students. They speak several languages in our Medical Contact Center (currently Dutch, English & Polish). If you need to go to the doctor’s, always bring the following with you:

- your Identification Document or passport,
- insurance pass,
- cash (> € 50).

Pharmacy

If you need any medication, you can get it at the pharmacy (‘apotheek’). There are several pharmacies in Den Bosch. There is one near HAS University of Applied Sciences, Apotheek West, at the beginning of Copernicuslaan. There is also a pharmacy in the hospital, near the main entrance. Note: for many medicines you need a prescription from your doctor. Medicines that are provided without prescription (such as certain painkillers) can also be bought at cheaper chemist shops such as Kruidvat, Etos, as well as at several supermarkets.

Dentists

A dentist (‘tandarts’) works by appointment only. A consultation with a dentist can be expensive and is not always covered by your insurance. If you need to go to the dentist always bring the following with you: your Identification Document or passport, Insurance pass, means of payment e.g. a bank pass/debit card or cash. The following dentist is available for international students, who are not registered as a patient:

Centrum voor Tandzorg

Address: Eekbrouwersweg 4
Postal Code: 5233 VG
City: ’s-Hertogenbosch
Telephone: 073 641 65 65
Email: info@centrumtandzorg.nl
Website: www.centrumtandzorg.nl

Shopping

Den Bosch city centre offers a wide choice of shops. Most of them are situated around the market square. Here, you’ll find clothes shops, bookshops and various department stores as well as a number of speciality shops. A large market is held in the market square every Wednesday and Saturday. On Friday mornings there is also an organic fruit and vegetable market. Fruit and vegetables are generally cheaper on the market than in the supermarket. Supermarkets in the Netherlands are similar to many others around the world, although generally not on the same scale as the hypermarkets in some countries. As you might expect, they vary in price and quality. Most supermarkets are located in shopping malls or in residential areas. Below is a short list of the most common supermarkets:

Supermarket	Logo	Price	Product range
Albert Heijn (AH)		€€	++
Jumbo		€€	++
Nettorama		€€	++
Plus		€€	++
Aldi		€	-
Lidl		€	-

Opening hours vary, but they generally open their doors every day at 8 a.m. and stay open until 8 p.m. Some supermarkets have longer opening hours, and many are also open for a limited time on Sundays.

Other useful shops

HEMA

Address: Pensmarkt 36
Type of store: Department store

WIBRA

Address: Vughterstraat 10-16
Type of store: Cheap clothes, stationery, cleaning materials, etc.

Zeeman

Address: Hinthamerstraat 26
Type of store: Cheap clothes, stationery, cleaning materials, etc.

Kruidvat

Address: Hooge Steenweg 3
Type of store: Cheap chemist’s shop)

Sandeep Store,

Address: Vughterstraat 143
Type of store: Food shop

Sonay

Adrress: Chr. Huygensweg 127-129
Type of store: Turkish supermarket

Asian Supermarket Amazing Oriental

Address: Gruttostraat 37
Type of store: Oriental supermarket

Vindingrijk

Address: Afrikalaan 9a, outside the city centre
Type of store: Second-hand furniture shop)



Public Library

The library, ('stadsbibliotheek'), is located in the city centre. It's a pleasant and quiet place to study, use the internet and read digital newspapers from all over the world. For more information, check out the website.

Address: Hekellaan 2,
Postal Code: 5211 LX
City: 's-Hertogenbosch
Website: www.bibliotheekdenbosch.nl

Opening hours:

Monday till Saturday: 10.00 – 18.00 hours
Sunday: 13.00 – 17.00 hours
(from September till June)

Tourist Information Office & Events

The Tourist Information Office (VVV) is located in the city centre. VVV 's-Hertogenbosch can provide information and give tips and recommendations about the city, the region or the Netherlands in general. In its shop, you'll find a large selection of cycle routes, walks and bridle trails, books, gift vouchers, maps and souvenirs. VVV 's-Hertogenbosch also sells entrance tickets to amusement parks and for local events.

For more information, including opening hours and details of upcoming events in Den Bosch, visit the website: inyourpocket.com
For upcoming events in the Netherlands, check out the Holland.com website: holland.com

If you want to watch a movie, you can go to the VUE cinema in Den Bosch, vuecinemas.nl, De Verkadefabriek, verkadefabriek.nl, the Kinepolis Den Bosch, kinepolis.nl, or Theater aan de Parade, theateraandeparade.nl.

Nightlife

Den Bosch nightlife has a reputation for its southern friendliness. The bars and clubs area of the city is accessible and easy to find. Once you've located the first bar or club, you won't have any trouble seeing the next one just ahead. The bar owners in Den Bosch are very hospitable, which makes almost every bar worth a visit.



3 HAS practical matters

Academic Calendar

For the Academic Calendar, please check Sharepoint (Menu Schedules & Results).

Contacts in the International Office

Email: international@has.nl

Services offered to international students by the International Office:
Admission, accommodation for first year students, visa applications, practical support.
For information on who is responsible for which subject, please check HAS Intranet.

Meet the team



Marlinde Andersson



Karin Goossens-Kox

Contacts for the Study programmes



Esther van Lieshout

International Food & Agribusiness

Esther is your contact person for study related matters about the international Food & Agribusiness bachelor programme and can be assigned as a personal (study)coach.

Email: E.vLieshout@has.nl



Maud Putters-Bruurs

Horticulture & Business Management

Maud is your contact person for study related matters about the Horticulture & Business Management bachelor programme and can be assigned as a personal (study)coach.

Email: puma@has.nl



International Student Association

The aim of the society is to make international students feel at home in Den Bosch, create a network of friends that will last a lifetime, and challenge students to grow and develop their talents together at the HAS.

How?

Through social and educational events organized throughout the year using the themes related to the food industry, the International Student Association aims to stimulate students to mingle across various studies and creates an environment for cooperation and philosophical conversation while having fun.

For more information, or to sign up, contact International Student Association (ISA) via internationalstudentassociation@has.nl

Dutch language

Interested in learning Dutch? Has green academy offers a language course for the 1st year students and exchange students. If you want to sign up, please come by the International Office or send an mail to international@has.nl

Appendix:

A few words and phrases in Dutch

As with many languages, written and spoken Dutch (in particular) often uses a shortened form of a word. Some of the main cases where this happens are given in brackets.

Pronouns	
English	Dutch
I/My	Ik/Mijn (m’n)
You/Your (singular informal)	Jij(je)/jouw (je)
He/His	Hij/Zijn (Z’n)
She/Her	Zij (Ze)/Haar (D’r)
We/Our	Wij (we)/Ons/Onze
You/Your (formal singular and plural)	U/Uw
You/Your (informal plural)	Jullie/Jullie
They/Their	Zij (Ze)/Hun

Greetings	
English	Dutch
Hello	Hallo
Hi	Hoi
Good morning	Goedemorgen
Good afternoon	Goedemiddag
Good Evening	Goedenavond
Goodbye	Tot ziens
See you	Dag/Doei

Adjectives	
English	Dutch
Good	Goed
Bad	Slecht
Nice/Fun	Leuk/Gezellig

Verbs	
English	Dutch
I have	Ik heb
You have (singular informal)	Jij hebt
He/She/It has	Hij/Zij/Het heeft
We have	Wij hebben
You have (plural informal)	Jullie hebben
You have (singular and plural formal)	U heeft
They have	Zij hebben

Verbs	
English	Dutch
I am	Ik ben
You are (singular informal)	Jij bent
He/She/It is	Hij/Zij/Het is
We are	Wij zijn
You are (plural informal)	Jullie zijn
You are (singular and plural formal)	U bent
They are	Zij zijn

Verbs	
English	Dutch
I want	Ik wil
You want (singular informal)	Jij wilt
He/She/It wants	Hij/Zij wil
We want	Wij willen
You want (plural informal)	Jullie willen
You want (singular and plural formal)	U wilt
They want	Zij willen

Months	
English	Dutch
January	januari
February	februari
March	maart
April	april
May	mei
June	juni
July	juli
August	augustus
September	september
October	oktober
November	november
December	december

Days of the week, expressions of time	
English	Dutch
Monday	maandag
Tuesday	dinsdag
Wednesday	woensdag
Thursday	donderdag
Friday	vrijdag
Saturday	zaterdag
Sunday	zondag
Today	vandaag
Yesterday	gisteren
The day before yesterday	eergisteren
Tomorrow	morgen
The day after tomorrow	overmorgen
Next week	volgende week
Now	nu
Later	straks/later

Shopping	
English	Dutch
trousers	de broek (singular)
the trousers are too big/too small	de broek is te groot/te klein
shoes	de schoenen
sweater	de sweater/trui
How much is it?	Hoeveel kost het?
Where can i pay?	Waar kan ik betalen?
May I ask you something?	Mag ik u iets vragen?

Public Transport, getting around	
English	Dutch
train ticket	treinkaartje
return	retourtje
single ticket	enkeltje
from/to	van/naar
platform	perron/spoor
to leave from	vertrekken van
to arrive	aankomen
bus stop	bushalte
left	links
right	rechts
turn right	rechtsaf
turn left	linksaf
straight on	rechtdoor
go back	ga terug
to cross over	oversteken
roundabout	rotonde
traffic lights	stoplicht
exit	uitgang
entrance	ingang
open	open
closed	gesloten/dicht

Asking the way	
English	Dutch
me sir/madam	Pardon meneer/mevrouw
Where is...	Waar is...?
Please	Alstublieft (formal)
	Alsjeblieft (informal)
Thank you	Dank u wel (formal)
	Dank je wel (informal)
Thanks	Bedankt
the station	het station
the bank	de bank
supermarket	supermarkt
bakery	de bakker
butcher	de slager
greengrocer	de groenteboer
cheese shop	de kaasboer
fishmonger	de visboer
flower shop	de bloemist
bike shop	de fietsenwinkel
bike repair shop	de fietsenmaker
pharmacy	de apotheek
the post office	het postkantoor
the Tourist Information	de VVV
bookshop	de boekhandel



HAS green
academy

DOE HET
Hoe doe je dat?
Hoe doe je dat?
Hoe doe je dat?

HAS
green
academy
Onderwijsboulevard 21
Hoe doe je dat?
Hoe doe je dat?
Hoe doe je dat?