



Universiteit
Leiden

LEIDEN UNIVERSITY PRESENTS

THE HOPWEEK

2018 20th - 24th of August

A WEEK OF INTRODUCTION INTO THE HAGUE, LEIDEN UNIVERSITY, AND STUDENT LIFE

Dear student,

Welcome to the Hague! I myself have been living here for over a year and I love this city. I hope you will too. The Hague has a lot to offer, for relaxing but also for your new study. To start with the fun part: The Hague is near the sea, has beautiful beaches and gorgeous parks. The city is also very international: you will meet other students from all over the world. You can practice any sport imaginable here, with special student discounts. Several active student associations offer you the opportunity to make new friends. There are also many cultural activities you can explore in the city. The nightlife is diverse and offers many opportunities to have fun together and to celebrate the success of your studies.

Because you are also here to study! You are here to develop yourself, to broaden as well as deepen your knowledge and to finish your studies with a diploma. The Hague also has a lot to offer for studying because of its unique character, which is why The Hague has that little extra for you: The Peace Palace with its library with an infinite amount of knowledge on international Law and the Royal Library where you can find any works that have ever been published in the Netherlands. The presence of the Dutch government as well as many international organizations, NGO's and companies also offers you the possibility to do research and to use your knowledge in real life, for example in an internship.

In short, this beautiful city has everything you need and so much more! I wish you all the best of luck with your studies and I hope you will have an amazing time here. We will see each other around in our lovely city!

Kind regards,

Pauline Krikke
Mayor of the Hague

Dear Students,

Welcome to our Leiden University Campus the Hague. I am very happy that you have chosen to come to us for your studies.

After the successful introductionweek (HOP) from last year, we are proudly organizing this week again this year. This way, you can get to know the city of the Hague, city of peace, justice and safety. A lively, international city, full of possibilities.

In Leiden University, you have all the opportunities and freedom to make your own choices – within and outside of your education. My advice to you is: take all the opportunities that suit you, but do not lose balance between education and other activities. Plan your time smartly, so that there is time for your studies, your development and relaxation.

This special city and your choice for our university form the perfect base for a student time you will never forget. But only with the right contacts, everything comes to life. Maybe you do not know anyone in the Hague, just like many others: in that case, this introduction week is the perfect way to get to know many people in a short amount of time.

Of course in this week, you will learn about all kinds of practical matters for your best possible start in the Hague. Think about a tour in and around all the university buildings, so you will easily find your way around and you can be on time to all your classes! Your mentors will also show you all the fun hotspots that you do not want to miss out on and you will get to know the student- and sports-associations that will make your life more fun in the Hague.

I am very pleased to see the amount of enthusiasm with which our students make this HOPweek possible. By careful planning, they manage to actively organize this week, next to their own studies. This is not only fun to do, but also wise: you discover and develop many qualities within yourself that can be useful and fun for you later in life. Perhaps you can take on one of these roles next year and you will experience this week from a whole different perspective.

Discover The Hague, discover our university and all its associations, discover each other and especially discover the leader within yourself, that will determine the course towards your future. As the American author Warren Bennis wrote: Leaders keep their eyes on the horizon, not on the bottom line.

I therefore encourage you whole-heartedly to participate in this week to broaden your horizon. You can take that literally, because in the Hague, you can easily cycle to the beach if you want to and, if you have the time, you can also cycle to Leiden in an hour where there are also many beautiful things to discover and experience. Enjoy your time here, just like the Hague will enjoy your lively presence. I wish you a happy introductionweek and successful and beautiful years of study!

Kind regards,

Prof.dr.ir.drs. H. Bijl
Vice-rector Magnificus
Executive Board
Leiden University



**Universiteit
Leiden**

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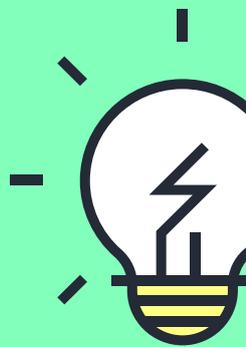
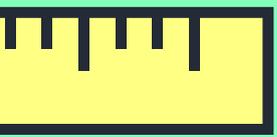
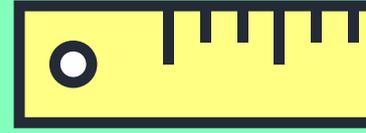
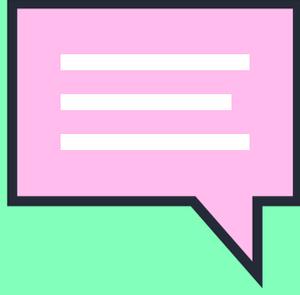
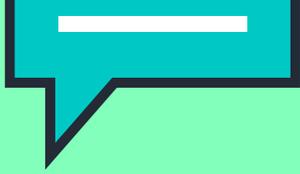
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UNIVERSITY SPORTS CENTER

GET A BIKE AT SWAPFIETS!

UNIVERSITY APP

Studying in The Hague



Campus The Hague

STUDYING AT LEIDEN UNIVERSITY CAMPUS THE HAGUE



THE THREE BUILDINGS

At first, it might be a bit confusing to study at Leiden University while never actually having to visit the city of Leiden. But do not worry, as there is nothing to miss about living and studying in The Hague! Leiden University has three modern campus buildings here. The biggest of them, Wijnhaven, only opened last year and provides innovative facilities. The second one, a bit more cosy, is located at Schouwburgstraat and rumours say that the cafeteria there has better soup! The third building is located just next to the Central Station. Unless you are studying at Leiden University College, you will probably never need to go there, but you will have the chance to visit it during the HOPweek anyway!

As a prospective student, you will of course be faced with a lot of new and exciting things- a new city, a new home and living on your own. But the most important thing is of course ... your study! All those lectures, work groups and examinations will probably take some getting used to. The following tips & tricks can hopefully help you make a flying start of your studies!



Universiteit
Leiden

STUDY TIPS

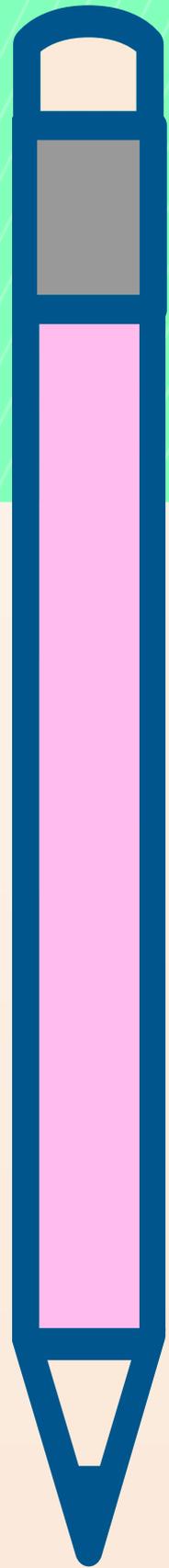
TIP 1: Preparation is key! In order to be ready for the exam, it is important that you prepare, follow and keep up with the lectures and work groups so that you do not get stressed just before the exam. Therefore, carefully read all the material for each lecture.

TIP 2: Also once you are in your lecture, do not forget to take notes!

TIP 3: Make a plan in advance that shows which course and which material you will be studying and when. This way, you spread the study material over time resulting in lower study pressure.

TIP 4: Study together! By studying together you will automatically work harder because you have agreed work on your study together plus it's a lot more fun!

TIP 5: Set a time at which you get started every day and stick to it. For example, agree with a friend to be on time at the University Library at Wijnhaven or go to a nice study cafe.





The Hague

What the city has to offer

Restaurants



The Hague is full of delicious restaurants and cute lunch places. Being a poor student doesn't always allow you to feast on all the delicious cuisine available in the Hague. Luckily the city offers different options for every budget! Let's look at the list below:

Café Franklin

Café Franklin is a restaurant that is always crowded and I guess that should be a good sign right? What can you eat here? Actually everything that can be cooked on their charcoal barbecue. Think of pork ribs, half a chicken and a tasty burger. And of course a nice beer will suit your dinner perfectly!

Lapsang

Lapsang has been known for years as a nice lunch spot right in the center. But good to know you can also eat here in the evening. The menu offers a variety of small and somewhat larger dishes. Or you go for a menu that has been put together by the chef. One thing is certain: every time it is a hit!

Instock

Instock is also located in Amsterdam but there is also a restaurant in The Hague. This restaurant is at the opposite of the Binnenhof. The menu is different every day, because they only use the freshest ingredients. Instock is both delicious and you can contribute to reducing food waste!



Milú

Milú is a big and trendy place! Because Milú is in the heart of The Hague, it is often full. How is that? The menu is full of small dishes to share and the gin and tonic choices are endless.

Central Foodmarket

Here you score three for the price of one. Not literally, of course, but there are three different things under one roof. Namely Firma Pickles, where you eat hamburgers with a nice wine, Fishbar Saltzer and wine bar Bar Bellota.

De Twee Heeren

Bar Bistro De Twee Heeren is run by, yes, two gentlemen. And that's what these guys do very well. On the menu you will find all kinds of French cuisine and the lunch menu is also delicious. But do you know what this place mostly is? Cozy!

Little V

Vietnamese is hot! Every day more Vietnamese toko's are added in the city. Little V was the first and now also the largest. Very special is the interior, because you really have the feeling that you just arrived in Vietnam.

Zeta

Zeta is a famous restaurant on the Grote Markt in The Hague. Here you can easily hang out all day with some friends, a newspaper or a laptop. In the evening you can eat a good Thai meal and after you might even dare to dance!

Lola bikes and coffee

With your bike in a drive-in cafe? It is possible at Lola bikes and coffee! This hotspot in The Hague is for real cycling and coffee lovers. Problems with your bike? Do not worry because this cafe even has its own bike repair shop!



*Going out
in The
Hague*

1 HET PLEIN

This is a place where you can have a drink between politicians and administrators. On het Plein, next to the political heart of the Netherlands, ministers and state secretaries regularly come to drink after 5 pm. The terrace of het Plein is therefore the place to encounter them.

On het Plein you will find Restaurant Brasserie Luden, Millers, De Eeuwige Jachtvelden, De Haagsche Kluis, Bar and Restaurant Barlow, Café Bar Berger, Eetcafé Plein XIX and Restaurant Gusto. At a number of cafés you can still have a beer until 5 am. And in the adjacent street Lange Houtstraat you will find the disco Danzig. Whether you are coming for a snack and drinking in a café-restaurant or for dancing in one of the trendy clubs, Plein is the place to be!

2 GROTE MARKT

Let's move on to another square that live music fans will love! If you are one of them you should definitely go to the Grote Markt. The Grote Markt is one of the nicest parts of The Hague and that is why we will let you discover it during the HOPweek! The atmosphere on the Grote Markt is always pleasant and the nightlife crowd is often creative and quirky. On the square in the middle of the city there are several places that offer something for everyone: from a pub to a cocktail bar, from a pop venue to a restaurant. In addition, the Grote Markt also bears the label 'Pop District'. Under this name, live concerts take place all year round, organized from a collaboration with the pop venue Paard van Troje.

On the Grote Markt there are various bars including De Zwarte Ruiter, Zèta, September, Boterwaag and Vavoom Tikiroom. In the summer, the square turns into a large terrace that is crowded.

3 BLEYENBURG

Bleyenbergh is a completely new catering and entertainment concept in the old Kwantum building on the Grote Markt in The Hague. In addition to a restaurant, a coffee bar and cocktail bar you will also find meeting spaces, the nightclub Het Magazijn and The Hague's first real rooftop bar.

4 'T PAARD VAN TROJE

't Paard van Troje guarantees a broad and varied program: pop, rock, hip-hop, jazz, blues, americana, world music, stand-up comedy, from concerts to dance and much more. Within the walls of the Hague pop temple you will find two concert halls and a stage café. During the HOPweek you will definitely discover this amazing place!

5 FIDDLER

The Fiddler is a real English pub located opposite the Grote Kerk in the center of The Hague. The decor is entirely in English style including red London telephone booths. The Fiddler is the largest international pub in The Hague and therefore attracts a wide international audience, including many students. The Fiddler is distinguished from other cafés in The Hague by the large assortment of beers - more than 200 - and the in-house microbrewery where traditional English beer is brewed. In addition to a wide range of beers, The Fiddler also has an excellent kitchen that serves everything from small snacks to main courses.

6 THE PENTHOUSE (SKYBAR)

The Penthouse in The Hague, in a tower of 135 meters high and the highest restaurant in the Netherlands. The best news is that it has opened the highest sky bar in our country! So if you want a combination of an amazing view and a delicious drink, this is the place to be! One tip: The Sky bar entrance fee is €9 which includes a drink of your choice. So definitely order a drink more expensive than € 9 euros!

7 SCHEVENINGEN (ZWARTE PAD)

The Zwarte Pad is a cozy beach on the coast of Scheveningen. On the one hand it is less touristy than on the left of the pier and on the other hand it is the place where in summer the most beach parties are. As a party goer you are at the right address here. But you can also enjoy a glass of rosé or prosecco on a trendy lounge sofa. A relaxed atmosphere and a wonderful holiday feeling go hand in hand on the Zwarte Pad on the Noorderstrand!

From about mid March to October, the Zwarte Pad is the domain of about ten colorful beach tents. On this part of the Noorderstrand you will find trendy beach clubs that are visited by young, trendy beachgoers from The Hague and surroundings. For example, Whoosah and Colorado Charlie regularly offer beach parties. Beachclub Indigo is known for its laidback atmosphere, hammocks and cheerful colors. And at Culpepper they bake the tastiest organic pizzas in the wood-fired oven. In short: the beach clubs on the Zwarte Pad guarantee you a relaxed holiday feeling!

Sun, sea, music: the beach is a perfect place for a night out. The evening sun that sets, the sand beneath your feet, nice music ... that is to enjoy the Hague during the summer months. In the summer there is no weekend without a fun beach party in one of the beach clubs on the Zwarte Pad. Last but not least: HOPweek is going to show you this amazing place!



Culture in The Hague

—
MUSEUMS & EVENTS

MUSEUMS

The Hague is home to many wonderful museums. If you're interested in modern, illusionist artwork check out the Escher in the Palace museum. Plus they offer a student discount! The Gemeentemuseum is another fantastic museum housing modern art. Works include Picasso, Mondriaan, Monet, and Toorop. If you want to visit a painting truly notable, visit Maritshuis. Here one can find the famous- Girl with a Pearl Earring. Panorama Mesdag is another famous museum housing a painting with a 360 view of the beach.

Museums are fascinating but if you are looking for a more exhilarating adventure, head to Planet Jump. Located just a few tram stops away from the Peace Palace, this trampoline park inside of a church is a great place to visit if you need to let off some steam. Another fun and educational spot is the Omnispace. The Omnispace brings guests films on their large IMAX screen. The theatre practically brings you into the films whether it's under the sea or through the jungle.

EVENTS

With many festivals and events around the year, The Hague is the ultimate festival city. Get crazy at largest Dutch free music event Parkpop, enjoy spectacular shows during the Fireworks Festival Scheveningen, and let yourself be transported to another continent at the Tong Tong Fair, the world's largest Eurasian event.

THE STUDENT & STUDY ASSOCIATIONS OF THE HAGUE

The Hague is home to many study and student associations. Study associations include BASIS, for the International Studies, SPIL for International Relations and Organizations, BIL for Public Administration, FORTUNA for LUC, and LUSSA for Security Studies. In addition there are multiple student associations-such as INTAC and HSV. There are also a variety of religious associations. Each association organizes parties, allowing for students to meet other members. Some also organize excursions, other different fun activities, or even the opportunity to buy your school books for a cheaper price!

Other organizations such as UNICEF student team, Leiden University Green Office, and Conscious Kitchen will be presented during the information market during the HOPweek- so don't miss it!

BASIS



Are you a Bachelor of International Studies student and do you wish to get the most out of your student life? Join our nearly 600 (international) members and take full advantage of a BASIS membership! We take being social and engaged seriously and organize 150+ events per year for our members. Besides academic activities, we do professional-, sports-, arts-, travel-, and social- (weekly borrels and a lot of parties) events! A BASIS membership is the perfect opportunity to make friends from all over the world. We also give you the opportunity to become active in a committee and work on your social, organisational, and professional skills; practice things you will never learn during courses.

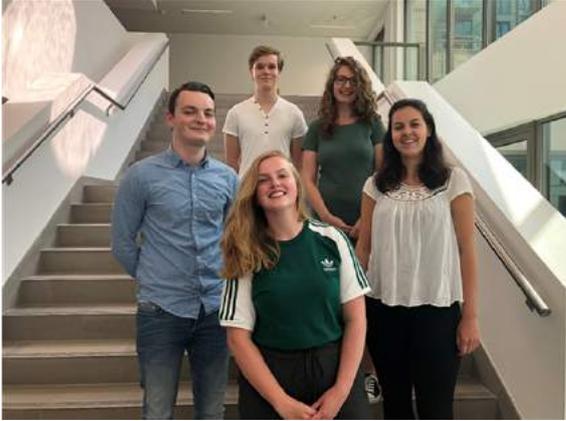
A BASIS membership, furthermore, offers substantial discounts on your study books and with our many local partners, like McDonalds and Subway.

Learn more or sign up to become a member: <http://www.basisthehague.nl/join>



SPIL is a study association for political science students in Leiden and The Hague. Unlike a student association, a study association focuses mainly on formal and informative activities. For example, last year, we went to the International Court of Justice (ICJ) in The Hague and invited some famous Dutch politicians to come and talk to us about their careers. Moreover, SPIL focuses on the many possibilities IRO students have, regarding their career path. We aim to help students make a more informed choice about their future career by organizing networking events with people working at different companies or institutions. Furthermore, there is also room to relax at SPIL. Once every month, SPIL organizes an evening with drinks in Leiden and after every exam week, a similar evening is organized in The Hague! So, if you want to make the most of your IRO studies and looking forward to furthering your professional and personal life, stop by us and join SPIL!

BACHELOR SECURITY STUDIES AND THE MASTER CRISIS AND SECURITY MANAGEMENT ASSOCIATION



Hi new students of Leiden University!

We're the board of the study association for both the bachelor Security Studies and the master Crisis and Security Management. We are the ones responsible for organizing all kinds of events you as a student can go to the coming year(s). These events will range from serious, educational trips to for example embassies, to social events such as drinks and movie nights.

If you want to get to know your fellow students better, signing up for the association is the right thing to do. Our aim is to make sure all of the students get in touch with one another, to make sure your time at Leiden University will be a time you'll never forget.

We hope you'll all have an amazing time during the HOPweek, and we look forward to meeting the new Security Studies and Crisis and Security Management students!

Cheers!

B.I.L.



The Bestuurskundige Interfacultaire vereniging Leiden is the study association for students that study Public Administration, both bachelor and master, in The Hague at Leiden University. We offer a wide range of activities for our members, which ranges from formal to informal. We offer our members assistance with writing papers and making exams for example, but also give them the opportunity to buy literature summaries at our own room at the Campus The Hague. We think that is also important to keep informal contact with our members, by inviting them to our room and offering them a drink or just some small talk. We also offer them a fun time with different parties and drinks throughout the academic year, a fun way to get to know their fellow students. The B.I.L. aims to be an addition to our members study time at Leiden University, by broadening their academic horizon but also facilitate activities to broaden their social environment.

NAVIGATORS



Nice that you take the time to read this piece! Navigators Student Association The Hague is a cozy, student-friendly and warm association that is focused on the Christian faith. We are interchurch, which makes it a diverse group. Even non-Christians are part of our association. We were founded in 2003, so this year we are celebrating our lustrum, with one of the highlights being the Lustrum trip to Budapest.

Our weekly activities, which take place every Thursday and Tuesday, are both in the sign of faith and in conviviality and student spirituality. This is expressed in Bible study circles and debate evenings, but also in beer pong drinks and fun parties. All in all, I am sure that we are the most diverse, intellectual and friendly student association of The Hague and surroundings.

Would you like to have a look? Send an email to abactis@nsdh.nl. We hope to see you at our beautiful club on the Brouwersgracht 2D in The Hague!

PELARGOS



We are H.S.R.V. Pelargos, the students rowing association of The Hague. Our boathouse is located behind The Hague University. Our association is all about rowing, without the necessity of rowing experience. Our more experienced members will teach you how to row during our introduction period. However Pelargos is not only about sports. We actually combine sports with a nice student life. Every Wednesday we eat together and go into the city together. Furthermore we have different other activities beside rowing every month! For a student who just arrived in The Hague, Pelargos is the perfect place to meet new people, stay fit and explore The Hague!

INTAC



Are you an incoming student in the beautiful city of The Hague? Are you eager to meet new people and to form bonds that last through your entire years of studying? Join INTAC, the biggest and most fun student association that The Hague has to offer! Within INTAC you will meet kindred spirits, who want to make the most out of their college years, just like you do! INTAC will guide you into quickly building a social network that you will benefit from your entire life. If you want you improve your organisational skills and gain some experience governing, you can join the various committees INTAC has. But if your mind is set on solely partying, then we have something for you too! Immerse yourself in foam with our annual American Pool Party, get your sexy on at the Playboy Mansion Party, or celebrate holidays such as Koningsdag and Christmas within our society. Each year in September we have our “open month” where everybody is welcome to party with us and start off the new school year right. We are open every Tuesday and Thursday evening from 21:50. Have we caught your attention? Come see for yourself at the Zieken 197-199! Your study has started, now your student life.

HSV
HAAGSCHE
STUDENTEN
VEREENIGING



- anno 1929 -

The Haagsche Studenten Vereniging is since 1929 the oldest and most traditional student association of The Hague. Besides our monumental manor at the Burgemeester van Karnebeeklaan 3 does the association itself have a rich history as well. Next to our regular “borrels” on Wednesday and Friday it is possible to develop yourself in several commissions and even the board of HSV. With your membership you will start the best years of your life, namely your student years! Besides your usual membership you’re also able to join various fraternities and sororities which consist of members and ex-members of HSV of all ages. Take a dance or just have a drink with the people who will become your friends for life, everything is possible at the Haagsche Studenten Vereniging!

If you would like to know more you are more than welcome to visit our parties which are given throughout the year! Also, check out our Facebook to stay up to date on the ins and outs of HSV!

UNIVERSITY OF LEIDEN PRESENTS

THE HOPWEEK 2018



WWW.HOPWEEK.ORG



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JOIN OUR WEEK!

WHAT IS THE HOPWEEK?

The HOPweek is the official introduction week of Leiden University in The Hague. This includes the Bachelor studies Public Administration, Leiden University College, International Studies, Security Studies, International Relations and Organizations and Informatics & Economics. In addition, various Masters can be found in The Hague.

WHAT DO WE PROVIDE?

Our week is focused on introducing students to the Hague, Leiden University, & student and study associations. We have a variety activities from a pub crawl to faculty mornings aimed to introduce you to all aspects of student life. You will be placed into a group with around 15-20 participants and will have two mentors who will assist you. For more information about program parts, the Hague, and all things HOP head to our website at www.hopweek.org!

HOPWEEK GOES CASHLESS

Even though the times of the Wild West have passed, we do not want to be walking around with a big bunch of goldies. After all, it is 2018 people so we want to promote cashless payments. Thus, we kindly ask you to bring your credit cards and debit card instead of cash. Thanks and see you at the bar!

SEE YOU SOON!



HOP 2018 BOARD



A Brief Introduction

Six dedicated students spent the past year working hard to provide the best experience possible to everyone involved with the HOPweek. This half a dozen heroes surely deserve some recognition. This is not LinkedIn so we did not ask them for their CVs; instead, we present them by the means of a brief quiz!





Daniel Besselink

-

Chairman

Favourite place?

My favorite place in the Hague is het binnenhof. It's the political center of the Hague. This area is one of the most historic places in The Hague, and therefore the buildings are beautiful.

Favourite food?

The food I like the most is sushi. There are many different options which I really like. This one time in Croatia I had some fresh sea food sushi, which is the best sushi I ever had.

Special characteristic?

As a chairman it's important to have an overview over every detail of the introduction week. Hopefully I'm capable of having the overview and push everyone in the right direction.

What drives me mad?

When things can go in a simple way and people choose for the difficult way.

Favourite time of the year?

Spring and summer. I really enjoy the sun and the temperature to have a drink outside.

Music taste?

Not really a favorite one. I listen to some 80's and to the modern music. When I'm with my friends I prefer to listen to the 70's, 80's, 90's and 00's.

Free-time hobby?

I like to visit my friends and have some drinks at a park or at someone's home.

Weak point?

Want thing to be done to quickly, sometimes better to think about it a bit longer.

What is my favorite animal?

My favorite animal would be the leopard. I like the way he hunts and I think it's a beautiful animal.



Marielle Millevoi

-

Volunteers

Favourite place?

Bali, Indonesia.

Favourite food?

Mexican!

Special characteristic?

Being very enthusiastic and social!

What drives me mad?

Lazy people or people that aren't passionate about what they do.

Favourite time of the year?

May because it's my birthday month and the weather is usually great.

Music taste?

Everything from rap to indie music.

Free-time hobby?

Shopping, writing, taking photos.

Weak point?

I can be very impatient.

What is my favorite animal?

Hippo!



Gaia Bagnasco

-

Acquisition

Favourite place?

Definitely my bed. Sleeping is my passion, all day every day!

My superpower?

Flying! Would be amazing to fly to The Hague every day instead of taking the stupid train every morning. Besides a quick flight to the Maldives for a tanning session and a fresh coconut is never a bad idea!

Favourite food?

Since i'm half italian definitely Italian food.

Special characteristic?

Because of my function as Assessor Partners I think that my social skill are quite on point. Just chatting with companies and coming up with ideas to make the HOPweek a great week is so much fun!

What drives me mad?

Not being able to sleep during our HOP office days. Especially the office days on Mondays.

Favourite time of the year?

Definitely summer! Just going to the beach, festivals and bbq-ing with friends is always great.

Music taste?

True Beyonce fan! But as a genre i would say R&B '90s and '00s music.

Free-time hobby?

I do not really have hobbies but just shopping and going out with friends and maybe trying to go to the gym twice a year.

Weak point?

Never enough sleep...

What animal would I be?

Haha I feel that a sloth is my true spirit animal. Just hanging in a tree all day, snacking bananas, chilling with my buddies and last but not least SLEEP .



Thijs Wittenberg

—
Logistics

Favourite place?

Spain. There are few places where you can have a better time.

My superpower?

Telekinesis. It would really make my job as commissioner Logistics a lot easier.

Favourite food?

Surinamese Roti

What drives me mad?

People that wear sunglasses indoors

Favourite time of the year?

Definitely the Summer

Music taste?

I like nearly everything, but what I really love is good rock music (Arctic Monkeys, Led Zeppelin)

Free-time hobby?

Drinking beer in the sun

Weak point?

Wanting to drink a lot of beer in the sun

What animal would I be?

An Elephant



**Jeanine
Noordhuis**

—
Participants

My superpower?

Shapeshifter. I'd love to just change into anything I want.

Favourite food?

Calamari and fresh fruit. You could wake me up in the middle of the night for one of those.

Special characteristic?

Uhm... I'm very organized and communicative.

What drives me mad?

Making big problems out of simple things that can be fixed very easily.

Favourite time of the year?

Summer. Definitely, 100% Summer.

Music taste?

Literally everything!

Free-time hobby?

Reading, shopping and cooking!

Weak point?

I get stressed way too easily.

What animal would I be?

I'd probably be a yellow lab



Jiri Kadlec

-

Treasurer

My superpower?

Finishing all leftover food I see around me

Favourite food?

Lekker fruit salad is always good

Special characteristic?

I change my name and my country of origin quite frequently

What drives me mad?

Nothing coz I am a zen master

Favourite time of the year?

Summer, but most importantly the HOPweek time!!

Music taste?

Afro funk, baby!

Free-time hobby?

Calisthenics, guitar

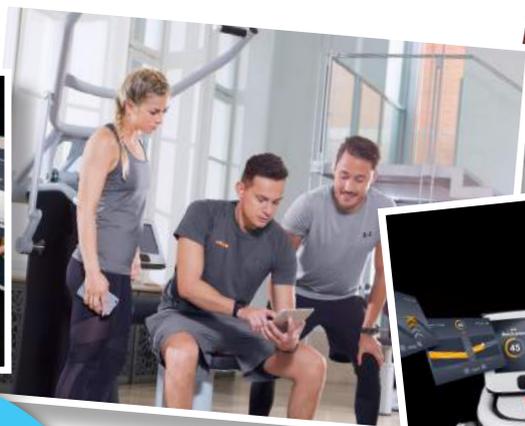
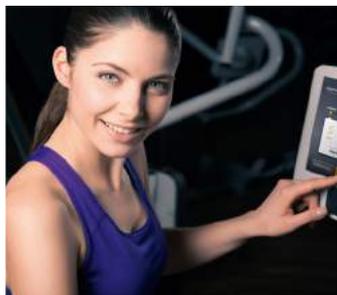
Weak point?

Dress codes

What animal would I be?

Salamander

ACHIEVE MORE THROUGH SPORT.



UNLIMITED ACCESS FOR JUST €10,85 PER MONTH



Universiteit Leiden
University College The Hague

Want to get your studies off to a sporting start? Membership of the **University Sports Centre** is great value for money. For just €10,85 per month you can enjoy our excellent brand new facilities in The Hague.

BRAND NEW eGYM IN THE HAGUE

Leiden University will be opening a new Student Centre in The Hague, in the Beehive at Turfmarkt 104. The Student Centre will be housing our brand new fitness The Buzz right across the street from the Wijnhaven Building. This fitness will be equipped with the latest technology in the world of fitness: eGym.

eGym is the best way to achieve your training goals fast and with fun. Before you start for the first time, the trainer will help you install all the fitness devices. After this, all settings will automatically be adjusted to your preferences. There are five types of training programs: General Fitness, Performance, Body Shaping, Fat Burning and Muscle Training.

The technology in the devices will make sure that you keep on developing and it makes every training a real challenge. The trainer will always keep track of your development and is always there to support you if necessary. You only need thirty minutes for a complete workout. eGym ensures you to maximize your training results!

GYM FACILITIES AT THREE LOCATIONS

Our eGym is expected to open in October 2018. Because of this you get the opportunity to use all our sporting facilities in Leiden for just €130,- until the official opening of our The Hague facility. That means this membership grants you access not only to our Einsteinweg location but also to PlexFit,

right in the heart of Leiden. Both have a wide range of cardio and strength training equipment. Professional trainers are on hand to offer free advice and instruction during personal appointments.

The University Sports Centre has been the sports centre for Leiden students for more than forty years. From dawn till dusk you can take part in a wide range of sporting activities. And as a student you pay a lot less than you would for a membership of a regular gym.

MORE THAN 67 SPORTS + FREE SWIMMING

As well as our excellent gym facilities we also offer classes in more than 67 different sports in Leiden: from ballet to self-defense sports, from yoga to spinning and from pole fitness to boxing. And there's more. You can also swim for free at the Vijf Meibad and De Zijl pools during designated times. Group classes will also be available in the Hague.

RATES FOR USC THE HAGUE 2018

Year membership	€ 130,-	All three locations € 200,-
6 months	€ 85,-	USC Leiden year € 159,50,-
3 months	€ 44,-	
1 month	€ 22,-	

A SWAPFIETS FOR €15 DURING YOUR ENTIRE INTRODUCTION PERIOD

Swapfiets has a special offer during your introduction period.

You can ride your bike carefree for the entire introduction period for €15. After this period you can still use your Swapfiets and enjoy our services for the regular fee of €12 a month.

For a fixed monthly fee you get a Swapfiets bicycle.

We make sure your Swapfiets bicycle always works.

Swapfiets



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20th till 24th of August

For more information check out our website
www.hopweek.org or download our app!

