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Dear ACCESS readers



Steve Voyce

ACCESS Editor

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A lifetime ago one of my fellow students at art college was a street artist. This was a long time before it was known as “street art,” though. Back then it was simply called, positively and negatively, *graffiti*.

In those days street artists produced their art in the dead of night, working quickly with one eye over their shoulder. At his college interview my friend had shown a photobook of his artwork and our tutor commented “it’s brilliant, but is it legal?” Almost thirty years later street art remains a controversial art form, often prohibited and often still created under the cover of night. Yet during those intervening years street art has also emerged blinking into the commercial mainstream. The works of international pioneers Keith Haring and Jean-Michel Basquiat are posthumously displayed in museums and galleries and sell for huge amounts, and Banksy’s work seems everywhere despite—and perhaps because of—his (or her) continued anonymity.

While street art influences art and design worldwide it manages to stay true to its urban roots, connected literally and intrinsically with the inner-city streets and environments. Not least in Dutch cities, where it thrives as a vibrant part of urban life... officially and unofficially.

Art is not only oil on canvas

For a relatively small nation, the Netherlands’ impact on the world of art is undeniably huge. And the national creative character, while aware and respectful of its past, has never stood still. This is no more apparent than in the art we can see on our streets. If we know the right places to look.

Which is where passionate street art evangelists, like Amsterdam Street Art Museum’s Anna Stolyarova, come in. For Anna, and Alexandra Elroy—who wrote our cover story—the connection with the urban environment gives street art its relevance. More importantly, street art builds communities, for both the artists and in city neighbourhoods which might otherwise be overlooked.

While Rembrandt is rightly being celebrated this year—the anniversary of his death—across the Netherlands, it’s good to remember that art is not only oil on canvas and in museums. It could be around your street corner.

ACCESS is

a dynamic volunteer run, not-for-profit organisation that serves the needs and interests of the international community in the Netherlands. We do so by:

- personally responding to inquiries and providing information through our helpdesks
- providing face-to-face support through the expat centres we work with
- offering answers to the most frequently asked questions on our website
- fostering cultural diversity, facilitating connections and encouraging growth for the volunteers we work with
- offering childbirth preparation courses in The Hague, Amsterdam, Utrecht and Rotterdam
- maintaining an on-call Counselling Services Network
- facilitating a network of Trainers to support the community
- producing an informative magazine intended to help the community get to know the Netherlands
- being available to international employers and their HRs to support their staff, partners & families



0900 2 ACCESS (0900 2 222 377)
local rate 20c per minute



helpdesk@access-nl.org



www.access-nl.org



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PHOTO: MARTHA VIEIRA COSTA

How can we help you?

BY OLIVIA VAN DEN BROEK-NERI

An important service that ACCESS offers is its Helpdesks.

Located in four cities, the Helpdesk volunteers are ready to answer questions from internationals settling into the Netherlands. We asked a volunteer from each Helpdesk to tell us what led them to volunteer and to give their favourite tip for internationals.

Beste's tip "Contact the Training Network! The trainers are coaches, nutritionists and career coaches who target the international community."



Beste Dolanay
Turkey
IN Amsterdam

Beste first learned about ACCESS 20 years ago while she was studying for her Master's in the Netherlands, and volunteered for two years. "It was an amazing experience," she says. "That's why when I moved back to the Netherlands later in life I wanted to come back and do more."

Aside from volunteering at the Helpdesk, Beste is also the Community Education Manager and coordinates the ACCESS Training Network. "I have many different hats," she explains. "But I really enjoy the position at the Helpdesk in Amsterdam because it is face to face. People sit across from you, so we can talk directly and learn what they need and help them." This immediate response from the people they help, helps motivate the volunteers. "They thank us!" Beste says. "That's the biggest difference."

Joke Versteeg,
the Netherlands
Expat Centre Leiden

Last summer, Joke and her family returned to the Netherlands having lived in three different countries over



Joke's tip "You may not expect it from an international organisation, but ACCESS organises childbirth courses. Expectant parents can sign up for one-day intensive courses or weekly classes. Our trainers suggest that you be at least 26 weeks pregnant or during your third trimester when starting a course."

15 years. She found ACCESS and after attending an information morning knew that she wanted to volunteer with the organisation.

"When you move back to your country you can still be part of the international community," says Joke. Sometimes being Dutch even gives her an advantage, "doing research, it can be easier to find answers," she says.

Joke takes her time to speak with the people who visit the Helpdesk because she knows this will lead to further questions. "When there's a little conversation, another question often comes up: 'I want to go cycling. Where can I buy a bike? How does it work?'" she says.

Recently a couple from Chile visited the Expat Centre. "Two weeks later they came back and had questions about a huisarts (GP)," she recalls. "People can be so happy when you answer basic questions."

But she points out that ACCESS volunteers merely offer suggestions. "We never tell them you should do it this way or this," she says.



Tory DeBassio
USA
Expat Center Utrecht

Boston native Tory first came to the Netherlands to study at the University of Amsterdam and returned to the country

almost four years ago. "I moved back in the cold and dark of the first day of 2014," recalls Tory. "I went to register my address and bumped into the Expat Center and thought this is so cool."

Due to a busy work schedule, Tory couldn't volunteer at the time. "It was always in the back of my mind," she says. "that it would be good to volunteer when I had time."

Due to a change of circumstances, that day did arise, "I left my job on the last day of January 2018, and I went to the information morning on 5 February."

Tory reflects happily upon her time as a volunteer at the Helpdesk, "I've met some amazing people; both looking for information and my fellow volunteers." »

Tory's tip "Go to an information morning! When I went to the orientation session, I was impressed by the high order of how things are run."



Interested in becoming a volunteer?

You are welcome to attend one of our volunteer information mornings!

Check online for details, access-nl.org/volunteering-for-access/info-morning-dates



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**Heiner
Pierenkemper**
Germany
The Hague
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Heiner Pierenkemper volunteers at the Helpdesk in The Hague (THIC) and is also the Manager of the IRD (Information Research Department), where currently he is updating the database with the team. "I also do shifts at THIC because I find it very interesting to meet people." It is the personal contact that interests Heiner the most, "the contact that you can have with people face-to-face is a very nice," he says. Originally from Germany, Heiner was a self-proclaimed workaholic who decided that his life needed to take a different path. He and his Dutch husband bought a house in 2013, and then Heiner found out about ACCESS, and decided that volunteering was for him.

"It is more important to do something that I like to do, and that is what I have found with ACCESS," he says. Heiner enjoys meeting people from all over the world. "I am always trying to have a little conversation with them, trying to find out about the person in front of me," he says.

Heiner also enjoys meeting fellow Germans. "I tell them that we can speak in German," he smiles. "It's a little bit of home away from home when they meet someone who can speak their language." It also helps that he understands what visitors to the Helpdesk are going through. "Volunteers have come across the same things that they will come across," he says. "which is very unique."

Heiner's tip "Our database contains a lot of addresses and contacts and has a lot of useful information for the expat community. All Helpdesks have access to this database."



Qin Cai,
United Kingdom
Operations Manager,
ACCESS Organisation

Qin, Operations Manager, is responsible for the recruitment and training of ACCESS's volunteers,

and she also oversees their progress.

Every month, ACCESS recruits between five and ten volunteers, and it is required that every volunteer begins at the Helpdesk. "We see the benefit of the volunteers starting at the Helpdesk," Qin says. "They can learn so much and pick up so much information."

Ten years after moving to the Netherlands with her family from London, Qin realises that she also faced difficulties. "I deal with a lot of expats in the situation I was in a long time ago," she says. "The problem

was there, but I didn't talk about." Which is why Qin encourages people to contact a Helpdesk whenever they are dealing with a problem. Confidentiality is an important part of the services ACCESS offers. "We are not here to judge you, we are only here to help. We never judge a query." «

Contact the Helpdesk

Telephone 0900 2 ACCESS, (0900 2 222 377) 0.20c per minute (mobile charges may apply)

Monday-Friday 10:00-16:00 Helpdesk@access-nl.org



About the author

California native Olivia van den Broek-Neri works as Project Coordinator Communications & Events at Holland Expat Center South in Eindhoven, and was previous an ACCESS volunteer. Her favourite Dutch artist is Vincent van Gogh (because he was from Noord-Brabant!)

Urban identity



PHOTOS: GERBEN VAN HEIJNINGEN

Any saunter through an urban street could lead to an encounter with a sprayed artwork left on the walls, an image hidden off the regular walkways or a tag proudly displaying bulging initials.



BY ALEXANDRA ELROY

Depending on whom you ask, street art can be seen as anything from creative enrichment of the street view to downright vandalism. Opinions may vary, but the sheer range of creativity, from a hastily scribbled message to giant scenarios that cover entire buildings, is undeniable.

Getting to know Dutch cities through their street art

The growing appreciation of the creativity found in good street art has led to the emergence of enterprising projects. These initiatives channel a sense of identity—not just that of the artists, but of the very

streets they paint on. In the Netherlands, municipalities have even started funding, supporting and seeking out street artists.

This legalising and promoting of street art, something that is still largely seen as an underground movement, may seem like a forced attempt to tame a wild, creative beast, but there could be more to it. The projects of artists and initiatives in the major Dutch cities culminate in a visual spectacle of fun, rebellion and visual stimulation.

Utrecht is a city of hidden gems; Rotterdam, the city of innovation; The Hague, a city of culture; and Amsterdam, a city of internationals.

Hidden gems - Utrecht

Utrecht has often been called a hidden gem, with its charming canals and historic city centre. Those who know their way around its smaller streets will point out little shops and cafes that delight the playful, the curious and the adventurous—from board game stores to comic book shops, artisanal beer to coffee places.

If you descend the stairs down to the canals you'll find the "werfkelders", waterside cellars from as far back as the Middle Ages. Below their arched stone ceilings are even more finds—unique restaurants, escape rooms and artists' workshops.

KBTR

This rich environment with its many nooks and corners offers prime opportunity to leave behind little surprises for perceptive city dwellers. Probably the most famous of this branch of creatives is the elusive KBTR.

KBTR is an iconic name inextricably linked to Utrecht. Some call him the Banksy of the Low Lands. Although his work is famous enough to make him rich, he prefers to leave his paintings on the walls for free, just for the love of it. His identity is unknown, because his signature style would incriminate him

when left in unapproved spots. This anonymity also serves another purpose, giving KBTR a roguish mystique. His notoriety is good for his image and safety!

KBTR is the creator of *De Utrechtse Kabouter* (the Utrecht Gnome), a nude little man with a wide grin, white beard and pointy red hat who pops up in the most unexpected places. Mainly appearing in Utrecht, the graffiti'd gnome plasters itself to the bricks in ludicrous situations and rude poses.

KBTR prefers to leave his paintings on the walls for free, just for the love of it

Proud of his hometown, the Kabouter has been seen brandishing the Utrecht coat of arms, admiring the famous Dom Tower and declaring war on rival football teams in the name of FC Utrecht. He is often directly influenced by the location where he is placed, and he does not shy away from conveying political messages.

The gnome has been popping up for almost twenty years. Scavenger hunters even make a sport of trying to find as many Kabouters as they can.

Those who wish to find out more about KBTR's motivations might be hard put to contact the invisible spray painter, but luckily Alfredo Pouwiel, a filmmaker who is currently working on a documentary about him, agreed to pass on some questions.

When asked why he decided to start painting the gnome (whom he calls KBTR as well), KBTR says, "It started as an inside joke for me and my friends. I loved seeing the little guy claim a spot that could have held a tag (the writing of a nickname or mark on a surface by a graffiti artist), or other art piece. KBTR is mainly there for people to enjoy him, and it just gives people hope when you stir things up once in a while." »

Getting to know Dutch cities through their street art

Street art is not just focused in the Hague, Amsterdam, Rotterdam and Utrecht areas. If you know the right places to look, you can see it across the Netherlands.

Begin your journey by looking at your city or town from a new angle with an organised street art tour.

Search online for street art maps, guides and tours.

Hospital

KBTR explains that his art is a mix of humour, Utrecht identity and messages on current affairs. Each KBTR creation has its own identity, and he leaves people to make their own interpretation. One of his personal favourites is his new work *Hospital*, on the walls of the St Antonius hospital in Leidsche Rijn. The sizable piece took him six nights to finish and came as a great surprise to the building's employees. *Hospital* consists of three panels, showing a number of KBTR's in the Utrecht canals and the streets around the Dom Tower, each telling their own story. KBTR used all of the techniques that he has mastered throughout his years of experience in this work.

Innovation – Rotterdam

Rotterdam is one of the few big cities in the Netherlands that doesn't have a historic city centre, because it was destroyed in an aerial attack in World

War II. The centre had to be rebuilt from the ground up, meaning the architecture is more modern than in many other Dutch cities. Having lost its historical footing, the city is constantly renewing and redefining itself. Chaotic projects and differences in taste have led to the accusation that Rotterdam was plagued by an identity crisis, unsure whether it wanted to be a bustling metropolis or a cosy town. In the last few years, it has started to find its own way more and more, and with that, street artists are rushing in to claim a wall. Ironically, slang for leaving your street art in a town is “bombing the city”.

Ox-Alien

Ox-Alien is an artist who has been leaving his marks for fifteen years. When asked about the connection between Rotterdam and his art, Ox-Alien's answer is strong and simple, “Ox-Alien IS Rotterdam. OX are the Latin numbers for 1010, which is the Rotterdam area code.”

His work follows a classic graffiti style of brightly-coloured characters with a strong outline. Like KBTR, he repeats his characters so they pop up in different situations, developing a life and identity of their own.

Much of Ox-Alien's art is part of collaborations by multiple artists, resulting in a rich blend of signature styles, explosive colours and joyfully chaotic storytelling. His trademark aliens burst forth from the mouth of KBTR's gnome, gawks at Mark Goss' white ape and morphs out of the tentacles of Pinwin's pink octopus.

“When I started out, I mainly worked in my artists' collective called Lastplak. I have less time these days due to work, children, you know how it is. So the last few years I've been heading out by myself more often, or together with KBTR, who is my friend and colleague.”

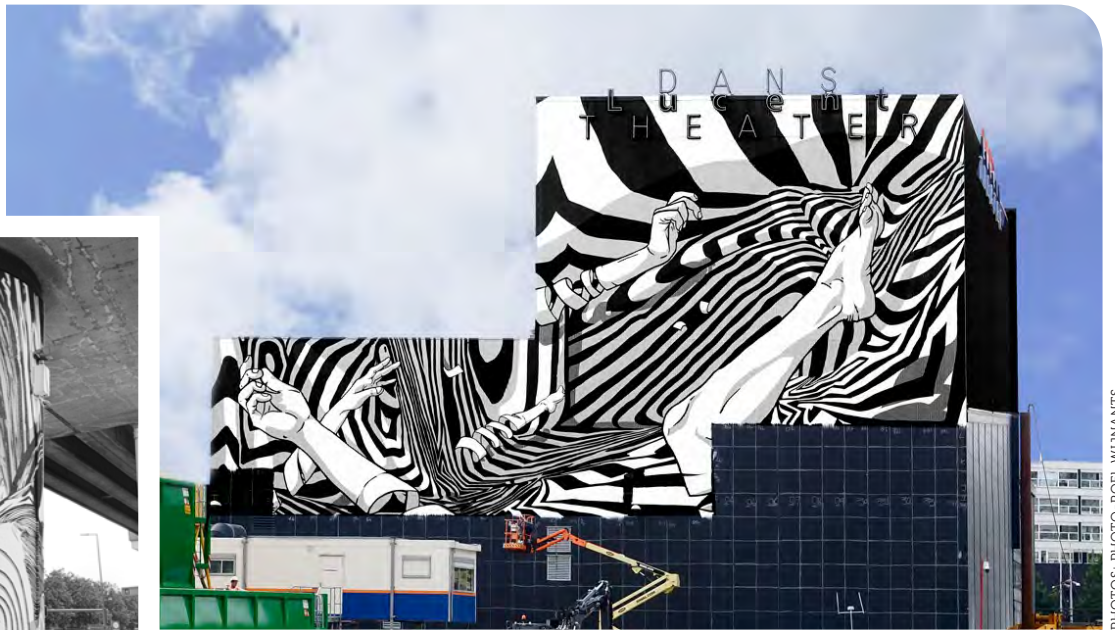
Collectives are a great way to meet with fellow artists, expand creative projects and form a strong group culture.



Ox-Alien IS Rotterdam



PHOTOS: OXALIEN & EDO RATH ROTTERDAM



PHOTOS: PHOTO-ROEL WIJNANTS

The immense work features rolling limbs that symbolise the flurry of a passionate dance

A collective can also function as an organisation that can be contacted for projects, making it easier to realise larger, legal initiatives.

Lately, the constant push for innovation in Rotterdam has led to an increase of large, impressive murals, but Ox-Alien feels that these works are not the true street art representative of the city. “Those, and the works you see in the so-called ‘street art’ festivals, are mainly created by artists who aren’t from the area. They say more about the artist than the city. The stuff you find on the roller shutters and lower walls says much more about the real Rotterdam. What we do is actual street level, it reflects our roots and it’s right in your face.”

Culture –The Hague

Large murals seem to have been embraced as a part of The Hague’s identity. Many projects were instigated by the municipality, which approaches local artists and pays them to create certain works on buildings or construction sites. The city was twice awarded the title of Best Mural during the Street Art Awards. This seems to fit with The Hague, where local art culture is constantly encouraged through all kinds of initiatives and projects.

Bier & Brood

Duo Bier & Brood was the winners of Best Mural in 2018 for their gigantic piece gracing the side of the Nederlands Dans Theater.

A duo with a background in set building, consisting of one artist from Rotterdam and one from The Hague, Bier & Brood seem less focused on their home city’s identity, considering themselves to be world citizens, arguing that The Hague and Rotterdam are like one city with a few parks in between, anyway. This doesn’t mean that their art doesn’t reflect local identity. Their winning piece was part of a project to create murals featuring icons from The Hague. In this case, the focus was on the prestigious theatre itself. The immense work features rolling limbs that symbolise the flurry of a passionate dance.

The charm of legal street art

The Hague Street Art, the local artists’ platform, has good arguments for the promotion of legal street art projects; that art deserves to be sponsored, and creating socially accepted, legal street art can lead to the appreciation of new audiences and encourage more municipalities to fund similar projects. Also, legal street art can prevent illegal tagging, »



PHOTO: STREET ART MUSEUM AMSTERDAM

Locals gain a sense of pride for their home turf

posters and vandalism, which can bring about a cleaner, safer and more colourful neighbourhood. In Rotterdam, the Segbroek area now has legal street art featured on the streets' electric cabins.

Together with the municipality, The Hague Street Art has realised three graffiti spots where people can paint street art legally. Local and international artists alike make their way to these areas, increasing interest. The projects by The Hague Street Art can be admired in the new Binckhorst Street Art Route, featured in a free guide sponsored by the municipality, and found in local VVV tourist centres.

International – Amsterdam

Much of the art left in the streets of Amsterdam is created by internationals—not just tourists but immigrants—expats and refugees. The international nature of the work forms a strong individual vibe, while proudly acknowledging the local identity of Amsterdam. Not sticking to the tourist hotspots, Amsterdam street art even enriches lesser-known areas that might otherwise be forgotten by the public.

Street Art Museum Amsterdam

Street Art Museum Amsterdam (SAMA), located in Amsterdam Nieuw-West, was founded as a means to stimulate the local economy. Putting this under-appreciated neighbourhood on the map stems from the vision of Anna Stolyarova.

“SAMA uses Street Art as a tool to promote social dialogue. In a rapidly changing society, SAMA tells stories that we should not forget,” Stolyarova explains. “The museum challenges the typical expectations of the presumed authority of a museum. With a careful look at gentrification, real estate development and urban renewal, the museum expands its collection and creates a dialogue about the once neglected neighbourhoods around Nieuw-West. Now, the city government recognises the area’s value much more.”

The new prestige of the area also stimulates local residents. Where people may have maintained an unsocial life, staying in their houses and feeling unsafe in the streets, the projects of SAMA have encouraged a sense of community and interaction.

“Our art acts as education points for the locals, as well as subjects for discussion and entertainment. Those with limitations in language, time and health can earn extra income as volunteers by becoming storytellers about the collection. Streets featuring our artworks are cleaned much more regularly. In some cases extra lights were installed to highlight the art, indirectly leading to a safer environment.”

Stolyarova stresses that the international nature of SAMA is one of its main strengths. “We are the only truly international non-profit in the area; we host students from all over the world, as well as newcomers from the nearby refugee centre—helping them learn English, make friends, develop skills and earn their keep. Tourists seek the artworks out in our tours. Thanks to this, locals gain a sense of pride for their home turf, which was previously considered a ‘no go’ area.”

Glory

Curiosity often drives residents to stop at SAMA and chat about works in progress, often influencing the final product. Stolyarova specifically instructs the artists to slow down their work for optimal engagement. As an example of local involvement, she mentions *Glory*, a large adaptation of *The Milkmaid* by Vermeer.

Glory was created by El Pez and Danny Recal. The monumental painting was made without a projector and using only spray paint technique, freehand and freestyle. The mural is infused with symbolism and hints at dialogues with locals—the Milkmaid herself shows a little leg for the enjoyment of the residents. The work contains a Colombian Guakamaya parrot, and kitchen utensils symbolise SAMA's initiative to cook a soup of dialogue with local groups that normally don't engage with each other.

On the plates covering the ventilation shafts at the bottom of the piece, you'll find a character wearing a yellow crown from *The Little Prince*, the book by Antoine de Saint-Exupéry. *The Little Prince* appeared in another local work. Music, watching children play on his outstretched hand. In an unexpected twist, the local (mainly Moroccan) youths complained of the work, saying the crown reminded them of the yellow hair of rightwing politician Geert Wilders, making the playing children seem like he has the lives of Moroccan juveniles in his grasp. As a compromise, the crown was hidden under the skirt of the Milkmaid.

The street art community

The next time you see a piece of street art, pause to think about the immense world behind it and the connections it has strengthened – the strong sense of community in the different street art movements in various cities. Where one might expect singular eccentrics in hoodies or antisocial gangs tagging their territory, we actually find thriving artistic movements.



PHOTO: STREET ART MUSEUM AMSTERDAM

Did you know...
Street Art Museum Amsterdam has created and registered more than 200 artworks over the last 7 years, and many are still present.

Street artists connect with each other and with the residents of the neighbourhoods they work in. There is social interaction in the planning, creating, discovering and discussing of a piece, strongly infusing it into local identity. It is art outside of museums, without frames and thresholds. Friends, colleagues, art lovers, locals and tourists—street art creates stories for all to see and sheds light on places and people that might otherwise be overlooked. «

About the author

Raised with a mix of Dutch, English and Japanese culture, Alexandra Elroy is a director, coach and writer. Currently, she directs international actors in her theater group English Theatre Utrecht, and is also a voice actress and writer of fiction. In addition to Dutch street art, Alexandra admires Hieronymus Bosch's *Garden of Earthly Delights* and Van Gogh's *Almond Blossom*.

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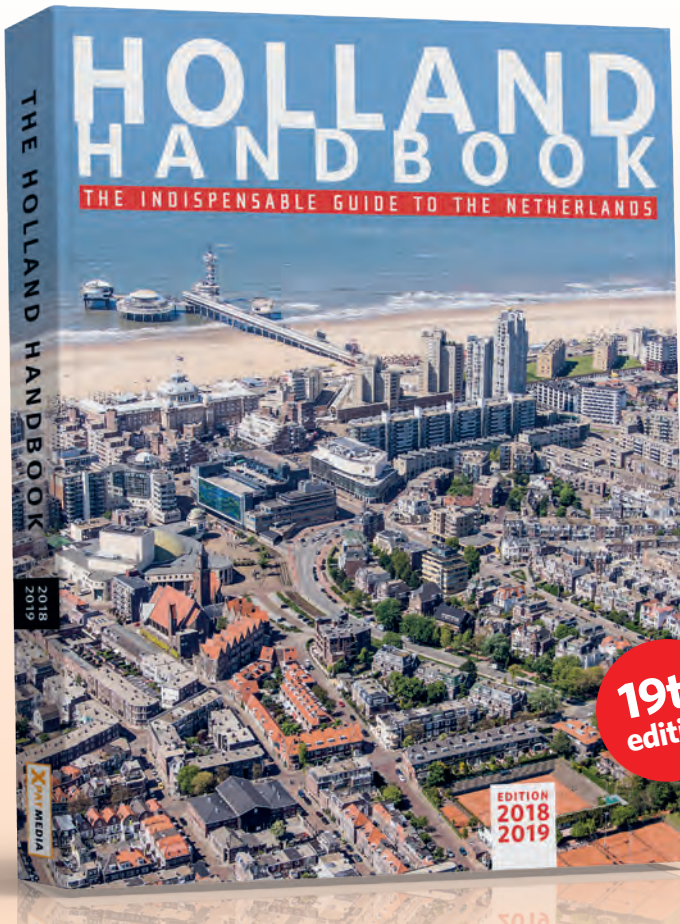
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Saudade: An Intersection of Archives and Art

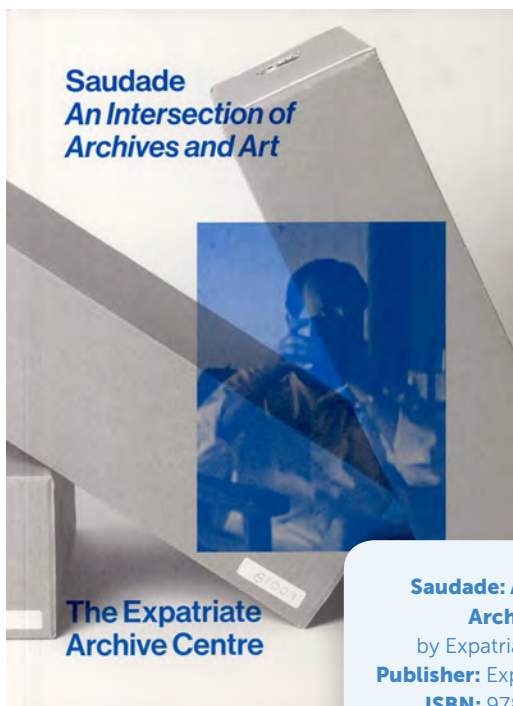
Commemorating the 10th anniversary of the Expatriate Archive Centre (EAC) in The Hague, *Saudade: An Intersection of Archives and Art* showcases ten unusual but phenomenal works from ten international artists. The works, encased into a suitcase, are being exhibited at the Expatriate Archive Centre and across the Netherlands.

BY ANUJA
TIPNIS-RANDIVE

Why Saudade?

Saudade, a Portuguese word referring to a melancholic longing or yearning, is the perfect word to describe this project. Archive Centre founders Dewey White, Glenda Lewin and Judy Moody-Stuart explain how the exhibition *Saudade* came into existence and this book documents the artists' experiences working on their respective pieces. For an expat, the book

is an excellent medium connecting a love of art with remembrances from native countries. *Saudade: An Intersection of Archives and Art*, divided into five major sections, documents how the Expatriate Archive Centre united with artists and art from across the world.



Saudade: An Intersection of Archives and Art
by Expatriate Archive Centre
Publisher: Expatriate Archive Centre
ISBN: 978-90-9030842-5

The artwork

The first section opens with photographs of the artists' phenomenal artwork, each beautiful and unique in its own way. Later on, the artists outline the creation process for each piece, here each artwork simply appears in all its glory. Be it the "Olifantenstapel" (A pile of elephants) by Thomas Nondh Jansen—different-sized toy elephants stacked together—or "Required Field" by Natalie McIlroy, concerning the significance of the missing puzzle piece, each composition is intriguing, prolific, creative and enchanting.

The Globetrotter

The second section, one of the book's highlights, is the fascinating story of the suitcase, a brown Globetrotter brand that has travelled throughout decades, through many countries including Australia, Malaysia, Thailand, with its owner Judy Moody-Stuart, before settling down as a repository for these 10 artworks. Curator Natalie McIlroy describes the suitcase in beautiful poetry, a real emotional ride, bringing a personal attachment to the Globetrotter and its contents.

The artists

An archive, while a fabulous collection of historically important pieces, is equally an enriching resource for research and education. The third section of the book »



Did you know...

The *Saudade* exhibition will be on show from 18 March to 13 May, 2019 at the City Hall of The Hague. See eacanniversary.com for more details.

outlines the artists' engagement with archival remnants, sharing their nostalgic experiences, and connecting with their own memories. This section beautifully describes how archives play an important role for expats to connect with their memories, transporting them to times that have left a permanent imprint on their hearts.

Inspiration

In the fifth part of the book, the artists explain their thoughts and the development of each piece, from initial idea, through the process of pouring their heart and soul into converting it for the collection. The book concludes with photographs of the original archival collections that were used to create the artwork for *Saudade*.

This book provides a valuable record of how the *Saudade* artists worked with a variety of media, including porcelain, gold, rubber, wood, oil and acrylic paints, photography, textiles, and printing. Each artwork represents personal interactions with the letters, photographs, diaries, children's drawings, and other materials in the EAC's collection. It is a remarkable testament to a remarkable collection.

***Saudade*, a Portuguese word referring to a melancholic longing or yearning, is the perfect word to describe this project**

While this book may feel initially complicated, particularly for those unfamiliar with unique forms of art, it rewards persistence, becoming fascinating and enriching. The beautiful story of the Globetrotter, and its travels stands out as the real highlight of the book.

Saudade: An Intersection of Archives and Art is a fitting record for looking back on ten years of collecting important documents and stories. This book is packed full of artistic responses to the irreplaceable pieces of social history the EAC holds in its archive.

About the exhibition

The *Saudade* has been to the Boekhandel Dominicanen in Maastricht, and most recently at an event in the Koninklijke Bibliotheek in The Hague. It will continue its travels in 2019.

More information about *Saudade*, the artists, their project experiences, and the EAC can be found at eacanniversary.com, where the book is also available for purchase. Details about where to see the exhibition in 2019 can also be found on the site. «

About the Author

Anuja Tipnis-Randive is a freelance writer and blogger. You can follow her writings on wordsandimagination.wordpress.com. One of her favourite and inspirational pieces of Dutch art is *Starry Night* by Vincent van Gogh.

Photography – An Expression of Art



Create the idea, seek the image, catch the moment! That is the creative process students engage in when they participate in the popular German International School The Hague Photo Competition.



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Students take the theoretical elements they have learned as part of the art curriculum and apply them outside the classroom taking photos to enter the contest. The results are varied and a treat to the eye.

Each year, a different theme is chosen and students are invited to send in their entries. The topics have ranged from “Nature in the City” to “Winter Light” and “Big and Small”. It is fascinating to see how students interpret the various themes and how different the results are from one another. “I’m always excited to hear what the theme of the contest will be and then fascinated to view the interpretation of

others,” says one student. There are almost no rules and no limits to the students’ imagination. There is only one stipulation: photoshop is not permitted. It is the student’s eye and artistic sensibility which are at the focal point and not their ability to technically alter an image.

Photos are taken with professional cameras but also with mobile phones. The camera allows for higher quality photos with sharper contrasts but students explain that the mobile phone allows for a degree of spontaneity which would otherwise not be possible. Thanks to mobile phones, taking constant photos has become a part of daily life. However, taking photos with a camera and spending hours observing the same motif with different light and perspective still attracts young people today.

Students are encouraged to observe the world around them with fresh eyes. The photos demonstrate how they perceive their surroundings and how they have learned to artistically design an image. The creative process begins when the photographer finds a motif which then becomes a work of art. One of the photographers who regularly takes part describes it as “catching a moment that is unbelievable.” The goal of creating the beautiful out of normal everyday life is the art of a photographer, and the annual Photo Competition at the German International School The Hague encourages its students to do just that. «

Students perceive their surroundings with fresh eyes

- Artistically
- Creatively
- Voluntary
- Honoured by their school
- Observe the world around them with other viewers

Super smooth, classic hummus



The debate over which kind of hummus is the best, the chunky or the smooth, is a controversial one among hummus lovers.

RECIPE AND PHOTO BY MAGDALINI ZOGRAFOU

I used to be on team chunky hummus, simply because I love the added texture and slight crunch of the chickpeas when I savour my favourite dip.

A little while ago, however, I became a convert after tasting one of my good friend's super smooth hummus.

The secret to a perfectly creamy, velvety hummus is to peel the chickpeas after you cook them. It's a bit of a tedious task, yet, believe me, the result is greatly rewarding.

I always make hummus with dried chickpeas that I soak overnight, but if

Ingredients

- 200 grams of dried chickpeas (or 250 grams of already cooked, drained chickpeas, from a can)
- ½ teaspoon baking soda (if using dried chickpeas)
- 1 garlic clove, peeled and finely grated
- 2 tablespoons of good quality tahini, stirred well
- 2 tablespoons of freshly squeezed lemon juice, plus more to taste
- ½ cup of liquid from the cooked chickpeas (if using dried chickpeas)
- 1 tablespoon of extra virgin olive oil, plus more for drizzling on top
- Sea salt
- Ground cumin
- Black pepper or dried chili

you're making this on short notice or you'd rather simplify the whole process, you can use canned chickpeas. Below, are instructions for both and I leave it up to you.

Make sure to serve your hummus with freshly baked pita bread or crusty sourdough, and an array of fresh, crunchy, seasonal vegetables. Happy dipping!

If you're using already cooked, canned chickpeas, you don't need to do any advance preparation. If you're using dried ones, you need to start the night before. Place them in a large bowl, add the baking soda and a litre of water. Stir with a spoon and leave the chickpeas to soak overnight. The next day, empty the chickpeas into a colander and rinse them well under cold running water. Place them in a large pot and add 1½ litres of water. Bring to boil over a high heat. You will notice that once the water boils, white foam will rise to the surface. Remove it with a large spoon and discard it. Then drain the chickpeas in a colander, return them in the same pot and add 1½ litres of boiling water. Bring to boil over a high heat, turn heat down to low, put the lid on and cook the chickpeas for 20-30 minutes, or until they soften. You want them to be tender but not mushy. One way to check for doneness, apart from tasting them, is by pressing one with your finger; if it breaks easily, it is ready, if not, cook them longer. The chickpeas must not be tough, otherwise your hummus will be grainy.

When the chickpeas are cooked, reserve ½ cup of the cooking liquid, then drain into a colander and allow to cool completely. The 200 grams of dried chickpeas will yield around 400 grams of cooked chickpeas. Weigh out 250 grams to use for the hummus and the rest can be tossed in salads or added in soups. You can also freeze cooked chickpeas for up to a month.

Gently rub the cooked chickpeas between your hands to loosen the skin, peel it off and discard it. The peeled chickpeas will result in a smooth-textured hummus as opposed to a chunky one.

If you're using canned chickpeas, before using them to make the hummus, drain them in a colander, rinse them well under cold running water and remove the skins as described above.

To make the hummus, take a food processor or blender and add the prepared chickpeas, the garlic and 3-4 tablespoons of the reserved cooking liquid from the chickpeas (or, if you're using canned chickpeas add cold water instead). Blend well until you have a smooth, creamy paste. If needed, add more liquid in order to achieve the desired consistency. Then, add the tahini, the lemon juice and the olive oil, and process until you have a smooth puree. Finally, add sea salt to taste, as well as a pinch of cumin, and process to incorporate. Check the seasoning, adding more salt if needed, and check the overall flavour, adding more lemon juice or cumin depending on your taste.

Serve your hummus with freshly baked pita bread or crusty sourdough, and an array of fresh, crunchy, seasonal vegetables. Happy dipping!

Transfer into a serving bowl, drizzle with olive oil and sprinkle with some black pepper or dried chili.

The hummus keeps in the refrigerator, in an airtight container, for up to 5 days. Remove it from the fridge ½ hour before serving, stirring well with a spoon to make it smooth again. «

About the author

Find Magdalini at mylittleexpatkitchen.blogspot.com - A Greek girl cooking in her little expat kitchen in the Netherlands. Her favourite Dutch art is, unsurprisingly, Van Gogh's *The Potato Eaters*.

Sending children to Dutch schools

BY UTE LIMACHER-RIEBOLD

When moving to a new country with children, the priority for most is finding a suitable school.

Very mobile families tend to prefer international schools, where curricula may promise a smoother international transition. Families expecting to stay longer tend to send their children to local schools.

This is not simply cost-related, as they may want their children to integrate into the local community, learn the local language and develop a sense of belonging.

What if my child doesn't speak Dutch (yet)?

The main concern when sending a child to a local school is that most, if not all, subjects are taught in the local language. In order to make transition and integration easier for newcomers, some Dutch schools offer special classes for children to learn and improve their language skills in *schakelklassen* (newcomers primary bridging classes) for children who are under 12 years old, or *kopklassen* (international secondary bridging classes) for those who are older.

For families with English as their home language, a bilingual education or *tweetalig onderwijs* (TTO)



might be an attractive option, as some subjects are taught in English and the rest of the curriculum in Dutch. However, these schools require a certain degree of Dutch fluency.

Anne Voyce, who is Dutch, lived in the UK, USA and the Netherlands as a child and attended local and international schools, now teaches English in an Amsterdam Dutch school. She observes that “not all schools are geared towards international pupils, but although a regular school will be eager to help non-Dutch speakers, letting them use the English lessons to further their Dutch, for example,” she says. “It might be a good idea to organise a personal tutor in the first transitional year(s) from an international system to Dutch school.” Another option is to enroll the children in online language classes, where they get personalised attention and tutoring even before moving to the Netherlands. This helps to fully immerse them in the language, and parents can also learn Dutch, thus leading by example.

What are the main differences between an international school and a Dutch school?

The variety of international schools and Dutch schools makes it difficult to point out the major differences. “International schools may provide a full service to the students,” says Voyce. “Most Dutch schools offer excellent tutor-, extracurricular- and care-programmes.” Furthermore, local schools have “fewer friends coming and going, the mix of backgrounds is more in line with the location, and learning Dutch is inevitable: it should make it easier to join clubs outside school and build up your own local network”.

Good integration into the local community and being fluent in the local language helps children fitting in and having a sense of belonging. International children, in particular, who switch back and forth between their home culture and the local or community culture on a daily basis, can find it is reassuring in an international school to know that they are not the only ones in this situation.

Secondary school education (12–18 years)

After group 8 (the final year of primary school), students attend *voortgezet onderwijs* (secondary education)

There are different types of Dutch secondary education:

- VMBO*: preparatory secondary vocational education (four years), followed by MBO (secondary vocational education)
- HAVO*: senior general secondary education (five years), followed by HBO (university of applied sciences)
- VWO*: pre-university education (six years), followed by a research university

* These are standard paths followed by most students but there are exceptions.

(Many secondary schools offer a mixed-level “bridge class” in the first year. After obtaining a diploma for a lower level, if the student’s grades are good enough, they may proceed to the next level, but this educational pathway may take additional time)

While parents often prefer the international community found in international schools, many Dutch schools welcome children with an international background and have systems in place to help them integrate easier. But international parents should consider that school-parent communication at local schools is most likely in Dutch and in order to better support their children with school-related matters, making the effort to learn the local language is greatly beneficial.

Where can I find information about the different schools?

Generally speaking, the Dutch secondary school system is similar to that in other European countries: the VMBO prepares students for vocational training, the VWO prepares them for research universities, and the HAVO prepares students for universities of applied sciences.

Across the Netherlands, every city or town has its own school application policy. In January and February, secondary schools organise open days, then, “In Amsterdam, junior school pupils now have to list 12 middle schools, in order of preference, in accordance with the relatively new ‘matching’ system,” says Voyce. “This means that they all want to visit almost all the schools in their region!” »



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“The Dutch support system in schools is thorough, with specialised systems in place for AD(H)D, dyslexia, autism, fear of failing or motivational issues. In addition, the routes between parents, the school and the council are well-trodden: a child that misses school for medical reasons will be kept on course, a pupil needing psychological support will be closely monitored,” says Voyce. Families who require this special support need to find a school meeting their expectations—what is common practice in one country might not be in another—and that support is in a language that both child and both parents sufficiently understand.

What if I want my child to become biliterate in the local and home language?

For internationals whose home language is not English or another language part of the Dutch school curriculum, the main concern is how to support home languages and cultures. Depending on the school, by law, Dutch and English are compulsory in Dutch schools. Most offer French and German from the first or second year of secondary school at all levels, some offer Spanish; *Gymnasium* (a secondary school with a strong emphasis on academic learning) offers Latin and/or Greek. For all other languages, families will have to find alternative ways to foster them, such as weekend classes or providing the necessary lessons themselves, privately or with home tuition.

State-run schools are technically not allowed to refuse admission, unless they are full. On schools’ websites you can find information about their open days. Be prepared that most of the information sessions will be held in Dutch.

School inspection reports can be viewed online at owinsp.nl under Zoek Scholen (enter the name of the school or town), with a visual representation of green (good) and red (weak) performance. This applies to state schools and Dutch international schools only. Go to scholenopdekaart.nl for more information about schools in the Netherlands and their results.



PHOTO: ZACH-VESSELS

Integration into the local community and being fluent in the local language helps children have a sense of belonging

Making a choice

Cost and length of stay in the country are the most likely considerations when choosing which school, local or international, as are cultural issues. It is true that many internationals are more comfortable in an educational environment with other internationals. However, the standard and diversity of local Dutch schools make them a good option for international children. «

About the author

Ute Limacher-Riebold is a multilingual Language Consultant and Intercultural Communication Trainer. She has lived “abroad” her whole life, in Italy, Switzerland and France, and now the Netherlands. She is fluent in six languages and her children grow up multilingually. Ute provides workshops and trainings for parents and teachers working with children from diverse cultural and linguistic backgrounds. She often uses two paintings to talk about Dutch culture; Pieter Bruegel the Elder’s *Netherlandish Proverbs* and *Children’s Games*.
utesinternationallounge.com

The artbook as co

While the Rijksmuseum's galleries and cookbook's images captivate us with the mystery and eloquence of the Dutch Masters, they also stimulate our culinary appetites.

BY NANCY
KROONENBERG

The modest simplicity of Vermeer's *Woman Reading a Letter* and the domestic warmth of Jan Steen's *The Feast of Saint Nicholas* are enthralling, and it goes without saying that *The Night Watch* can transfix and pay repeated viewing. Perhaps less attention is given to the still lifes, which also demonstrate the artists' mastery of skills and techniques. Many of these extraordinary studies portray a culinary voyage through the Netherlands' bygone days. While our visual senses are satiated, can these culinary still lifes satisfy our other senses? How does the bread smell? What does the asparagus taste like? How do you make that pastry? How did a 17th century kitchen look? Now in the 21st century we can find out.

Food as art

The Rijksmuseum's culinary still lifes range from the simple and daily to the sumptuous and scrumptious. Coorte's *Still Life with Asparagus*, simple depiction of white asparagus, the "white gold" delicacy harvested and eaten only in May and June, catches the viewer's attention, while Claesz van Dijck's *Still Life with Cheese*

is a typical image of cheese, bread and fruit, still staples in any 21st century Dutch home. Van Utrecht's *Banquet Still Life* is almost ostentatious in composition and comparison; an overflowing table brimming with a huge lobster, bulging meat pasty and cornucopia of fruit.



PHOTO: RIJKSMUSEUM

ookbook



50 foodstuffs...
50 chefs or bakers...
130 recipes

Artbook and cookbook

When Rijksmuseum director Wim Pijbes was finishing one undertaking—the Rijksmuseum’s renovation—he hatched another project, a cookbook capturing the Rijksmuseum’s culinary treasures and all of the associated senses. He turned to Jonah Freud, well-known on the Dutch culinary scene, to create this 600-page “canon of Dutch gastronomy”

(published in both Dutch and English). Two years’ in the making, the feat was accomplished by a large team of cooks, bakers, designers and Rijksmuseum staff.

Freud’s first step was to determine the Dutch ingredients to be featured in the cookbook. These would range from anchovy to yoghurt, from aardappel (potato) to zeewier (seaweed). Fifty foodstuffs in all. Some, such as butter, cabbage, cheese, and onions, are commonly seen on dining tables worldwide, others are more limited to special occasions or to Dutch cuisine, such as periwinkles, wild boar, pheasant, eel, and oysters. Each of the 50 professional chefs or bakers was assigned to one ingredient, with the task of contributing at least one signature dish. The resulting volume has 130 recipes.

Art meets the kitchen

Selecting and organising artwork for the cookbook’s 50 sections was a huge undertaking. The volume is a journey through the Rijksmuseum’s collection with 900 images, not only of paintings and sketches but also of porcelain, silver and gold serving dishes and even dolls house kitchens. If a literal portrayal of the subject wasn’t available, illustrations of the growing region were sourced instead.

Freud sets the tone for each section with appropriate histories and stories in intimate introductions. While the Dutch East India Company (VOC) bringing spices from the Far East to the Netherlands is well-known, she also regales us with lesser-known tidbits. In the 18th century, Catharina Mulder, a fishmonger and political activist, played a major role in the Rotterdam mossel (mussel) industry, earning her the name Kate Mossel. Bringing events up-to-date, Freud notes that seaweed is the food of the future, already vastly popular in Korea and Japan.

Each section bombards the senses with ingredients that one can almost taste. While the beautiful photographs could spark self-doubt in the home cook, Freud saves the day, transposing every culinary masterpiece into easily followed recipes. »



Author: Jonah Freud
Publisher:
De Kookboekhandel

Rijksmuseum Kookboek
(in Dutch, paperback)
ISBN 9789082543704

Rijksmuseum Cookbook
(in English, paperback)
ISBN: 9789082543711



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Recipes and ingredients

Leafing through the baking paper-type pages—a charming culinary detail—the section on “grain” peeks into the 17th century kitchen, starting with two recipes for the well-known New Year’s *oliebollen*—Dutch donuts. There is also a dose of humour and whimsy; a painting shows sparrows nibbling bread, and the third recipe is for the curious-sounding *piccalilli oliebollen*.

Even the distinctive and lowly *spruitjes*—Brussels sprouts—get their own section! While home cooks can often be deterred from cooking sprouts because of their strong cooking odour, Freud comes to the rescue with tips on how avoid a smelly kitchen. So there is no barrier to creating a typical Dutch *hachee* with Brussels sprouts—a dish of meat, vegetables and mashed potatoes.

Venturing from the simplicity of such dishes is the more complex “Pheasant with 24-hour sauerkraut.” A three-page step-by-step explanation entails six recipes: 24-hour sauerkraut, pheasant breast sous-vide, pheasant thigh sous-vide, pheasant gravy, sauerkraut sauce, and crispy potato slices. This gastronomical creation would be a crowning glory for any home cook.

The author and her cookbooks

At the age of 14, Freud began working in *de Kookboekhandel*, an Amsterdam cookbook shop where she is totally in her element surrounded by 3,000 cookbooks. Dividing her time between her shop, her nearby houseboat and a home in the north of France, Freud sometimes has three identical cookbook collections, one for each location. She publishes and translates cookbooks, writes for Dutch newspapers, appears on TV and radio, and serves on the Cookbook of the Year jury. While the *Rijksmuseum Cookbook* intersects food and art, Freud cannot not be pinned down about her favourite artist, but does admit a preference for sculpture, architecture and modern art. In the cookbook world, she has a special place in her heart for Claudia Roden as



PHOTO: RIJKSMUSEUM

The book includes a recipe for the curious sounding *piccalilli oliebollen*

she translated Roden’s *Book of Jewish Food* into *De Joodse Keuken*. She is also a fan of London-based Israeli Yotam Ottolenghi.

Like the museum itself, the *Rijksmuseum Cookbook* is a voyage through the world of paintings, sketches, porcelain and more, exploring the joys, masterpieces and creations of Dutch cuisine. Visit Jonah Freud in *de Kookboekhandel* at Haarlemmerdijk 133, Amsterdam, where you can purchase a Dutch or English copy of the *Rijksmuseum Cookbook*. «

About the author

Nancy Kroonenberg enjoys leafing through her 999 cookbooks, visits nearby Dutch museums and has a special affinity for Monet’s *Waterlilies*. (The autumn Monet exhibition in The Hague is one not to miss).

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We all have individual strengths, interests and goals. For young adults, at an important stage of their lives, choosing which pathway to follow through school and beyond is an important decision. Typically, students in Dutch education choose their path in the third year of middle school (ages 13-14, the “Profielkeuze”). In the British education system, students choose a path in Year 11 (ages 15-16).

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For the greater good

Working is not always what it's cracked up to be. There are deadlines to meet, bosses to please, and petty office drama. This doesn't necessarily go away when you decide to volunteer, but doing something because you want to, not because it is paid, feels to many as the purest form of work.

BY TORY DEBASSIO

Why volunteer?

People volunteer because they want to make a difference in their communities, in their own lives, and in the lives of those around them. The 2017 Dutch Social Cohesion and Well-being study from Statistics Netherlands (CBS) confirms this, finding that people volunteer primarily because they like what they're doing and want to do something for someone else; a small minority of volunteers do so to increase the chance of a job offer.

Representatives of several platforms helping facilitate volunteering in the Netherlands—NL Cares (nlcares.nl), Deedmob (deedmob.com) and Oranje Fonds (oranje-fonds.nl), the organisation planning the NLdoet

nationwide volunteer day on 15 and 16 March 2019—all have one thing in common: they are passionate about helping others.

Nerina Vilchez, Advisor of Publicity and Social Media at Oranje Fonds, says it best when she points out that the only skill you need to be a volunteer “is to be human, to have empathy and the wish that this country can be a place where everyone can live and not be left out.”

Andre Pijaux Jr., Head of Growth at Deedmob, mirrors the same sentiment, liking their platform (that matches users to volunteer opportunities) to a playbook helping create a grassroots movement to affect change. To a certain degree, society depends on the government to provide a certain quality of life, but volunteers can also create and improve the community they live in.

Vilchez loves her work because she enjoys helping Dutch society become more social. As the head of social media, she only hears positive stories at Oranje Fonds. While her work can only exist when there is a problem to solve—poverty, inequality, environmental injustice—she works every day with people who want to address and solve those issues in their communities. She is confronted regularly by the goodness of human beings, and in collecting volunteer stories, is constantly reminded not to see the bad, but to see the solutions.

Want to be involved?

- NLdoet, the largest volunteer action in the Netherlands, is coming up on 15 and 16 March. Sign up here: maatjesgezocht.nl (in Dutch) and get ready!
- Have you heard of plogging? Plogging is the act of jogging while picking up trash. Debuting in Sweden in 2016, it has become popular worldwide following increased concern over plastic pollution. Check out plogging events throughout the Netherlands, organised by volunteers in many city beaches and parks!
- ACCESS is a volunteer organisation too. You are welcome to attend one of our volunteer information mornings. Check online for details, access-nl.org/volunteering-for-access/info-morning-dates. Or contact the ACCESS Helpdesk for information about other language-no-problem volunteering opportunities.

The difference between working and volunteering

Vilchez hopes that everyone would have a job that they'd do even if they didn't need the money, but sometimes jobs just pay the bills. Volunteering can provide fulfilment, a sense of happiness and well-being, and the Dutch lifestyle seems to support it.



Volunteers create and improve the community



PHOTO: NASSAUODIJKHOF

Pijaux, an American expat who recently moved to the Netherlands to work at Deedmob, says volunteering is part of Dutch culture. (In fact, seven million people volunteer at least once a year!). Despite his job being more taxing, he feels he has more time in the Netherlands. Now he can contribute to his community in a different way.

What are the statistics? How does the Netherlands compare?

This fine country is actually rated number one out of 163 countries assessed in The Good Country Survey, and, in fact, it is not retired people who volunteer the most, but those between 35 and 45 years old. Many organisations want to make volunteering easier for the younger generations, especially millennials. As Renske Kleijn points out, the platform she works for, NL Cares, tries to provide flexible activities for volunteers at times that suit them, as opposed to longer-term commitments. Deedmob's mission is

also to allow people to volunteer when, where and how they like. The numbers prove this approach is working. A CBS survey shows that 51% of all 15- to 24-year-olds volunteer at least once a year, female and male alike. Overall, there are relatively more young people than adults who volunteer, at 49%, and on average, a person spends four and a half hours a week volunteering. As the numbers and research show, the Netherlands is a country of volunteers for the greater good! . Even the king and queen volunteer! «

About the Author

Tory quit her full-time job last year and has been happily volunteering ever since. She likes helping internationals, making friends, yoga, drawing and cats. Her favorite Dutch artwork is Vermeer's *Girl with a Pearl Earring*. Originally from Boston, Tory has lived in the Netherlands for four years.

A good time to buy art



BY ROOS HOEK

It is a great time to buy art, especially with lavish art fairs approaching such as BRAFA Art Fair and TEFAF Maastricht.

Buying in today's art market could be a good investment as several reports have confirmed positive health indicators in the art market in 2017 and 2018. If buying art is on your wish list for 2019, it is important to be aware of some of the risks that buyers face.

Using information received from collectors, art and finance operators, the Art & Finance Report of Deloitte and ArtTactic identified three main threats affecting the reputation and operation of the art market:

- Authenticity
- Price manipulation
- Lack of transparency

Reduce your risk

The opacity of the art market requires greater responsibility by the buyer to reduce reputational and financial risks. Buyers are therefore recommended to conduct due diligence to check the seller, the artwork and the transaction itself. These checks include, but are not limited to:

- Identifying the legal owner(s) and all other persons who have a legal interest in the artwork and, in case of an intermediary, making sure that the seller has the authority to act on behalf of the legal owner(s);

- Establishing the provenance of the artwork. The lack of credible provenance could indicate an artwork is fake, forged, looted or illegally exported. In this case, the artwork should be checked against databases of lost and stolen art, such as INTERPOL's 'database of stolen works of art' and the 'Art Loss Register'.

The 'Art Transaction Due Diligence Toolkit' developed by Responsible Art Market (RAM) provides a useful tool for conducting due diligence and recognising red flag situations.

Leverage innovation

New technologies may force the art market to become more transparent and therefore better protect its stakeholders. Blockchain technology has the potential to overcome some of the biggest shortcomings of the art market. Blockchains can contain information such as sales records and provenance as digital certificates that link to works of art. This information is extremely difficult to manipulate, making fraud less likely. As a result, issues such as authenticity, legal ownership, credible provenance, and import and export could be placed on a more secure footing. On 13 November 2018, Christie's New York was the first auction house to record sales results on a blockchain.

Get expert advice

GMW lawyers provides specialised art law services, for due diligence and provenance, import and export regulations, art litigation and art recovery. Our art law specialists can carry out investigations to identify any suspicious circumstances that surround acquisition, with special attention given to ascertain if the original or consequent owner was a victim of loss or theft. Learn more and contact us via gmw.nl/en «

Roos Hoek is a specialist in art law at GMW lawyers. She is passionate about the importance of due diligence and has a special interest in the restitution of looted art.



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Why expats in distress should consider art therapy



PHOTO: IEVA-VIZULE

Living abroad can sometimes impact a person's physical and mental wellbeing in a negative way. Being in a different environment allows internationals to confront new problems and challenges, discovering new ways to think and feel.

BY CAROLYN VAN ES-VINES

International life

Even though it is exciting and enriching, living abroad does have its costs. Internationals often need to change or give up careers, readjust to different cultures and communities and sometimes make and familiarize themselves with new friends and families.

Moving in general is stressful, and doesn't exclude hardship from other major life events, such as the death of a loved one, unemployment, divorce or physical illness. In fact, perhaps sometimes the impact of these events is felt stronger because internationals are far away from their common support networks. Left unchecked, severe stress can sometimes result in depression and anxiety.

According to the most recent report from the *World Health Organization*, the number of people suffering from common mental health disorders is on the rise. Depression affects more than 300 million people worldwide while just as many are affected by anxiety. »

An uncommon approach to common problems

Throughout history, art has been used to document our greatest triumphs and darkest struggles, both personal and societal. We've turned to art to protest political injustice, calling for revolution and reform. It has been used as a means of communication, self-expression, as an educational tool, and for healing. Since the 1940s, it has become a bona fide career as well as an accredited therapeutic model.

Along with drama, dance, music and play, art therapy focuses attention more on the creative process than on a specific outcome. It emphasizes self-expression to help improve self-esteem, interpersonal skills, reduce stress, improve mental and emotional well-being and to resolve conflicts. Studies have also shown it can ease depression and anxiety.

Release negative energy and emotion through the creative process

The American journal *Psychology Today* claims that art therapy helps people examine psychological and emotional undertones through their art. The choice of media—drawing, painting, collage, coloring or sculpting—not only helps to express oneself creatively, but also serves as a symbol of what's going on subconsciously. Handling materials like paints, brushes, clay, sandstone and pencils appeal to the five senses, especially touch.

According to *The Positive Effects of Art Therapy and Its Affect on the Brain* by graduate researcher Lydia Walker, touch is the most social sense and provides the most fundamental way to interact with the world. Touching a specific texture can generate an emotional response, which makes materials like clay, finger paint, sandstone and paper so powerful.

More suitable for expats?

Lest any misunderstanding arise, this section does not presume to judge art therapy as “better” or “worse” than another form of therapy or self-help. It is merely to introduce art therapy as a different approach to suit the challenges arising from the international lifestyle. Expats can struggle to communicate; often they cannot use their native language in a new country. Since art therapy does not rely on verbal communication, it could be a good option.

Sivan Weinstein is a licenced art therapist, and member of the ACCESS Counselling Network, who works closely with expat families and individuals in The Hague. Though she specializes in the dynamics of couples in relocation, she has treated children with behavioral problems and ADHD as well as adults with anxiety and depression. She has noticed some frustration and lack of fulfillment in the expat community.

According to Weinstein, art therapy is a flexible and dynamic treatment that is successful without relying on medicating patients. Her goal is to always understand the source of a problem through accessing the subconscious. “The process stimulates verbal and graphic information, serving to externalize inner feelings and conflicts,” she explains.

Safe Spaces

The power behind art therapy is that it helps release negative energy and emotions through a creative process. Indeed, Weinstein notes that patients tend to be less guarded, which in turn lowers their defences. Feeling secure is important to the success of any type of therapy.

Julie (name changed for privacy), an 11-year old girl, had grown unhappy and developed problems sleeping. Since the girl had difficulty expressing her feelings through words, her mother was reluctant to continue talk therapy. An acquaintance suggested art therapy, and as Julie was very creative and possessed a vivid imagination, her mother decided to give it a go.



The experience with art therapy exceeded her mother's expectations. Not only did it help Julie express her emotions, it was surprisingly practical. "It taught her how to finish things she'd started. She learned mindfulness by creating the very tools that helped her focus." Art therapy had become a safe space where Julie could express herself.

Julie's opinion of art therapy was equally positive. "It was ideal for me because I liked drawing and artsy stuff. It helped me take my mind off things. I never got bored because going there was fun."

Not just for Artsy-types

Art therapy is not about the result, but about the symbols and images that arise from the subconscious; therefore, anyone can pick up a brush and paint, not just self-proclaimed artists. It's not uncommon for a therapist to ask a client to close their eyes and draw while focusing on an image, a memory or an emotion. Art can help patients

overcome an unwillingness or an inability to verbalize sensitive and intimate issues.

Weinstein recalls children who'd been bullied or didn't know how to form relationships. Often because of more mobile lifestyles. The images that arose from art therapy were quite vivid and helped "to understand what was going on at soul level". Weinstein respects the confidentiality of her patients above all. Judgement of artwork is checked at the door. Especially for children, "the art room is their safe space."

We all need a safe space, a place where we can go to tend to our lives holistically. Art therapy may just be what satisfies our souls. «

Did you know...
Hospitals have started studying the influence of arts on patient care and found that participants in art programmes have better vitals and fewer complications sleeping.

About the author

Carolyn van Es-Vines is a life coach and trainer as well an author of *black and (A)broad: traveling beyond the limitations of identity*, and she loves the work of Corneille.

Journey to The Hague

Have you just moved to the Netherlands? Have you been here for awhile and not figured out how the real estate market really works?



PHOTO: DAVID GALJAARD

BY KAROLA GRUNENBAUM



070 326 22 87
home@starkrealestate.nl

It's overwhelming. The language or Dutch customs and traditions can be a barrier. You might not be connected and don't know who to trust and which information is reliable. You are not sure how long you are going to be living here, or you don't know how to manoeuvre your way around The Hague. Above all, you could face social, legal, financial, fiscal and structural aspects and issues. It's easy to be overwhelmed.

Arriving here many years ago as a German, I had to figure everything out myself—before the bliss of the internet. Even though Germany is next door, we are different people. While we are both known for being very straight forward, reliable, efficient and effective, Dutch people think and act very differently. It was a bit of a culture shock. But don't misunderstand me, despite all I do love it here, and wouldn't want it any other way!

I can understand and relate to how you feel.

And after more than 25 years, I've learned how to deal with Dutch customs and traditions, language and laws.

You need to be set up properly in order to feel at home here.

If you've just arrived, I can help you find a place to live—purchase or rent—connect you to an immigration and/or tax lawyer, mortgage broker, utilities, direct you to schools, childcare, doctors, hospitals, chauffeur services, household services, interior decorators and last but not least the *do's and don'ts*.

When I arrived in 1992, I wish I had had somebody to show me the ropes. So, this is my mission—to help you settle in The Hague, a beautiful city, one of the best in the world to live in.

You need to be set up properly in order to feel at home

If you are ready for help to get settled, contact Stark Real Estate, a full-service brokerage firm, dealing with purchase, selling, renting and property management. «

For over 20 years we have served the international community



Heading south for spring



PHOTO: DEBORAH S

If Breda is the city of living well, then spring is the ideal time to embrace this spirit of style. As the weather warms up in April and May, the city comes alive with musical and artistic events.

BY KIM MCCLURE

Why Breda should be your pre-summer sojourn

Arts and culture are just some of the many attractive traits for which Breda is known. It's earned a reputation as one of the Netherlands more vibrant and romantic cities, with an exciting urban nightlife—largely due to the vast student population and impressive shopping opportunities. Add to this the city's fortification and two major rivers running through its heart, and it's

easy to see why visitors are charmed by Breda. During the spring and heading into the summer, Breda is a great destination for a day or longer.

Luxury in the low country

Breda sits in the province of North Brabant in the southern part of the Netherlands. It's long been a haven for wealthy families and royalty to build homes, and this is reflected in the sense of style in the city. High-end restaurants and boutiques are not in short supply.

Its gastronomic roots hark back to the establishment of many key food and drink industries here—sugar, liquorice and chocolate specifically. It was also home to the largest brewery in the Netherlands, but industry is now largely logistics and trade. »



PHOTO: ART BREDA



PHOTO: HOLLAND.COM



PHOTO: ART BREDA

Art Breda brings together some of the finest antiques, art and design work in the Netherlands and Belgium

Little but large

Even though Breda has a relatively small population, its residents and visitors are keen-spirited, which is why it has a lively nightlife nonetheless. This air of festivity intensifies during spring and into summer, with a range of interesting cultural activities for visitors (and locals).

Jazz in the south

Although jazz in its purest form may be an acquired musical taste, there's no doubt that where there's jazz, a festive time will follow. The Breda Jazz Festival is no exception. An upbeat and diverse jazz line-up makes this one of the key events in Breda's cultural calendar. In fact, the Breda Jazz Festival is the oldest and biggest jazz festival in The Netherlands. Considering the number and vastness of Dutch music festivals, this is a feat in itself. Held for the

first time in 1971, the festival attracts around 250,000 jazz lovers for four days, kicking off on Ascension Day (30 May) at midday.

The 17 playgrounds and stages around the city attract crowds not only from within the Netherlands, Belgium and Germany—but from across Europe. International performers visit from the USA, France, UK, Japan and Australia and are joined by the finest local Dutch musicians. What's truly unique about the Breda Jazz Festival is that all outdoor concerts are free, with a select few paid indoor concerts. It is a truly democratised music festival, catering to all age groups and tastes. It's the perfect way to soak up the new spring sunshine with the best possible soundtrack—it's Breda festivity at its finest.

Design on show

Breda keeps its standards of style and culture high for its biggest annual art fair, Art Breda, in May. The fair has brought together some of the finest antiques, art and design work in the Netherlands and Belgium since it was started in 2010 (although at that time it was held in Utrecht, before later moving to the charming southern city).

Alive with the Dutch spirit of *gezelligheid* but with the distinctive character and personality of the south

The fair has grown in popularity and notoriety and now attracts art enthusiasts from across Europe, perhaps due to the fact that the collective works span so many periods and styles. Around 80 galleries, salons, antique dealers, jewellers, photographers and studios showcase the best in Dutch and Belgian art and design—from eclectic to Golden Age.

You can be assured of the quality of the exhibited work too, as every piece is voted on and vetted by the organising committee. The fair will enrich and educate, whether you're an art newbie or enthusiast. And if you're unsure where or how to navigate the impressive event, two free guided tours are given daily, in the morning and the afternoon. If you'd like to turn your fair visit into a southern sojourn, the festival also offers package discounts with local hotels.

Breda on a plate

In keeping with stylish Breda living, it would only be fitting to punctuate your jazz or art appreciation with fine (but relaxed) dining. Some local cafes loved by locals and tourists provide the perfect backdrop to soak up the vibe of the city.

PuiCk is conveniently located in the centre and serves feel-good healthy foods – with a side of artistic decor to browse as you wait. Expect fresh salad bowls, Middle Eastern bites and more.

Brasserie Bardot (and its little sister Petit Bardot) offers a bite of sophisticated European dining in a relaxed atmosphere, with seasonal eats. Perfect fuel for long days of cultural touring.



PHOTO: HOLLAND.COM

Did you know...
Redhead Day or Rood-harigendag is an annual gathering of natural redheads in Breda, but also a celebration of red-coloured or -inspired art.

Head south before summer

Although the major cities in the Netherlands offer so many experiences, venture beyond these and your home town to explore what the rest of the country has to offer.

Cities like Breda are gold – alive with the Dutch spirit of *gezelligheid* but with the distinctive character and personality of the south. Whether by train or car, it's a unique and romantic spring weekend getaway. And who knows, maybe you'll discover a new-found love for jazz and antiques? «

About the author

Kim McClure is a South African copywriter living in Amsterdam, Netherlands. Her favourite Dutch artists are Marlene Dumas (like Kim, born in South Africa) and Vermeer.



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Are you expecting your first child? Or are you moving to The Netherlands with young children and would like to arrange out-of-school care? True Colors offers professional bilingual day care and out-of-school care for the children of the international community in Rijswijk and Delft. This includes parents or guardians, who are either English native speakers or encourage English as a second language.

More information?

Please contact Regina Stork (manager):
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www.truecolorschildcare.com


Design technology

The International School of The Hague (ISH) has curious, connected, and compassionate students, who fight to leave the world in a better state than they found it.



The International School
of The Hague

070 328 1450
www.ishthehague.nl

 Susana Contreiras Fairhead, Design Technology Teacher at ISH, works tirelessly with our Design Technology students to find solutions using design to the challenges our world faces.

Global solutions

In Design Technology the focus of the students' work is "the global goals for sustainable development", as outlined in the World's Largest Lesson—worldslargestlesson.globalgoals.org—a global project that has aims to end extreme poverty, fight inequality and injustice and tackle climate change.

Examples of inspiring ISH student projects are:

- Designing refugee tents and coats
- Making solar-powered products
- Designing greenhouses
- Eco-friendly surfboards

Solutions within the school

ISH students also develop projects within the curriculum to solve the real problems we face in our school community.

Students can choose to develop projects to help specific needs in our growing school, such as designing a new student lounge or finding inventive storage solutions.

They have also devised a new portable drinking system for primary children, as well as made an outside-seating plan.

**Curious, connected,
compassionate students
who fight to leave the
world in a better state**

Creative solutions

Some students apply their skills in a more creative way, such as designing costumes for the school musical, or the kit for the sports teams.

They also produce beautiful pieces of art, using waste products from the school. These wonderful design pieces have prominent places around the school, so visitors can see how proud we are of our students and the amazing people they are turning into.

The International School of The Hague is very proud of the quality of education that we provide for students of all ages and nationalities. Our mission statement "Curious, Connected and Compassionate" aims to inspire personal excellence in our strong and diverse community. «

The IamExpat Fair – Amsterdam 2019

The IamExpat Fair in Amsterdam, will take place on Saturday April 6, 2019 at the Gashouder Westergasfabriek.



The meeting place for expats and local businesses

At the IamExpat Fair in Amsterdam, the biggest expat event in the Netherlands, you will learn all about life in the Netherlands: from finding a house, job or school for your kids, to choosing an accountant, legal advisor and so on.

Browse the many stands/booths, pick up a free goodie here and there, go to informative workshops and presentations and network with other expats and expat-friendly companies. All of this under one roof, for free!

Running from 10 am to 5 pm, the IamExpat Fair Amsterdam 2019 will take place at Westergasfabriek's biggest and most iconic venue, the Gashouder.

This former gasworks, covering more than 2500m², is a major cultural venue, hosting events and festivals such as Awakenings and Unseen Photo Fair.

Book your free ticket now!

Visitors to the IamExpat Fair can:

- Get assistance in finding the right rental property or understanding Dutch mortgages
- Learn how to advance their career through professional development
- Discover businesses with a focus on expats' needs
- Benefit from many special offers only available on the day of the Fair
- Meet with recruiters and companies that are hiring
- Attend workshops and presentations to learn about different aspects of life and work in the Netherlands
- Connect with local health and lifestyle organisations
- Network with like-minded locals and expats from around the world
- Bring the whole family and have fun with the little ones at the Kids' Area, a free play space.

The IamExpat Fair - Amsterdam 2019

Date: Saturday, 6 April 2019

Time: 10 am to 5 pm

Location: Gashouder Westergasfabriek, Amsterdam

Entry is free but online registration is necessary:

amsterdam.iamexpatfair.nl/free-registration

Full workshop program to be announced in March:

amsterdam.iamexpatfair.nl/program

For press inquiries please contact:

contact@iamexpatfair.nl

The IamExpat Fair - Amsterdam 2019 is sponsored by: ABN AMRO International Clients, Nyenrode Business Universiteit, Expat Mortgages, UvA Talen, Lassus Tandartsen, Projob, Mie-Lan Kok Estate Agency, FareHarbor, Stox Kitchens & Flooring and Westergasfabriek. «

Book your free ticket now!
[amsterdam.iamexpatfair.nl/
free-registration/](https://amsterdam.iamexpatfair.nl/free-registration/)



Curtain up!

The arts take centre stage with some of the English-speaking theatre groups and creative organisations around the country.

BY TRACEY TAYLOR

While the Netherlands is one of the most technologically-advanced countries in the world, in the land of bicycles, tulips and windmills the world of the arts and creativity still remains an important part of the national, cultural and economic landscape.

At the forefront of this movement are many English language arts and theatre groups—artistic outlets that are building communities, working to develop entrepreneurial skills and insights, and illuminating the approach towards those in society with special needs.

These pioneering organizations are evidence that the cultivation of creative expression is still very much encouraged, valued and needed in the Netherlands and the international community.

We are focusing on five such organisations, but there are many international arts and theatre groups across the country. Or you can follow the lead of these groups and their founders and start your own!

Kaleido Maastricht

Established by the University of Maastricht (UM) and the municipality, Kaleido Maastricht offers a place for students to meet, be inspired and make meaningful connections.

Josh Oudendijk moved to Maastricht to follow a course in European Studies at the UM. A talented musician, he quickly discovered that Kaleido hosted bands at the trendy Muziekgieterij and was so taken with the concept and vision that he joined the organisation. “Kaleido is now a home away from home for me” says Oudendijk, “and I’m thrilled how it’s gradually taking shape and becoming a place where *everyone* can feel welcome and express themselves creatively.”

The ambitious team at Kaleido hopes to create its own permanent location in the city to offer a diverse programme of

musical, social and educational events. “The dream is that during the day, Kaleido will be a work and study space,” Oudendijk says, “and by night, it will transform into a cultural spot, club or music stage.”

Kaleido also offers advice and support for smaller organisations and the creation of events including stand-up comedy evenings, boardgame nights, presentations and talks. Kaleido currently has three full-time project members and roughly 40 dedicated volunteers. “Our team-spirit and diversity make us very proud,”

says Oudendijk, “and we’re passionate about being part of this ongoing and ever-exciting project.” »

kaleido-maastricht.nl
facebook.com/KaleidoMaastricht



PHOTO: JOLIEN VAN GEFFEN

STET The English Theatre

STET was formed in the Hague in 2006 to fill a need for a professional English-language theatre. STET prides itself on its integrity and aims to treat everyone with respect and kindness.

Elske van Holk, artistic director, attended the Cours Simon School in Paris at London's Southwark Playhouse theatre. "Although theatre is a wonderful tool, it's often language based," says van Holk, "so for those yet to master Dutch but who still love the theatre, there is STET!"

STET also attracts native Dutch speakers to its performances staged at the *Paradijs theater*, *Theater aan het Spui* and *Zaal 3* in the Hague. Alongside the "traditional" theatre experience which includes classical texts and Shakespeare, STET also facilitates workshops to develop "theatre-in-education" programmes. "This platform is gaining recognition amongst international and Dutch schools," says van Holk, "of which I'm very proud." Read about STET's 10th anniversary in the Autumn 2016 issue of the ACCESS magazine.

In January 2021, the STET subsidy from *Gemeente Den Haag* is due to cease, coinciding with van Holk's retirement. While difficult to replace, the team is already searching for a successor to help continue the work and secure necessary funds to sustain the ongoing development of STET.

theenglishtheatre.nl – facebook.com/TheEnglishTheatre



PHOTO: AGNIESZKA WIELOPOLSKA

Inter-Acting

Saskia Maas is a founding member and current CEO of Boom Chicago, the renowned comedy institution marking 25 years in Amsterdam in 2019.

When Saskia's son was diagnosed with autism, she educated herself on how autistic brains develop, and identified Boom Chicago's approach to improvisation as valuable for individuals on the autistic spectrum.

"People with autism speak in scripts," Maas says, "and are often not 'fluent' in spontaneous interactions." Maas and Pim

Donkersloot, educational psychologist and director of the ChildCenter Foundation, founded Inter-Acting. "Our goal is to equip children with autism with social skills and understanding through improvisation," says Maas, "we also endeavour to help folks with severe shyness, depression or low self-confidence."

Inter-Acting is bilingual in terms of tuition and support and launches a new syllabus in Spring 2019 including taster classes for prospective students (age 13-22).



PHOTO: INTER ACTING

"There are many wonderful organisations and clubs in the Netherlands but the improvisational theatre Inter-Acting offers is unique," says Maas, "our wish is to continue bringing joy and growth to our students."

www.inter-acting.org

[www.facebook.com/InterActingNL](https://facebook.com/InterActingNL)

The Artist and the Others



PHOTO: JORIS HILTERMANN

Jessica Capra pursued a Masters in Art and Heritage Policy Management and Education at Maastricht University. Upon completing her studies, Capra – along with two friends – formed The Artist and the Others.

“We discovered that students graduating from cultural studies were often deprived of practical knowledge

connected to artistic practices,” says Capra, “how to make project plans, how to sell one’s product, where to find opportunities.”

The Artist and the Others initiates projects reflecting the needs of artists and cultural professionals with workshops, lectures, symposiums, exhibitions, tours and international artistic exchanges. The Artist and the Others also connects professionals to the broader Euroregion network and offers a platform for talent development by working and sharing knowledge with stakeholders such as the Arts and Humanities Hub and European Creativity business network.

“Our hope is to create a sustainable cultural education, economy and environment,” says Capra, “and to cultivate talent in Maastricht, the Euroregion and, internationally.”

www.theartistandtheothers.nl

www.facebook.com/TheArtistandtheOthers

Stichting 5D

Ellen de Ruiter previously worked at **Nederlandse Stichting voor het Gehandicapte Kind (NSGK)**, a Dutch foundation for children with disabilities. In 2010, NSGK marked its 60-year anniversary with a 5D festival. “5D stands for the five dimensions of the senses and was a festival,” says de Ruiter, “showing it was possible to hold a festival accessible for everybody.” They noticed that generally in theatre there were few individuals with disabilities represented, either behind the scenes or on stage. So Stichting 5D was formed. “Our initial goal was to train young people with a disability (physical or psychological) in marketing, theatre production and administration,” says de Ruiter.

Although 5D festivals are no more, Stichting 5D has continued with disability-led theatre productions, an accessibility advice bureau and training people for the work-floor and stage. And even though de Ruiter is stepping down from Stichting 5D, the next generation is already waiting in the wings! “My hope” says de Ruiter, “is that the young people taking over will have the support they need to claim their rightful role in the theatre world.”

wijzijn5d.nl – facebook.com/wijzijn5d



PHOTO: RENE DEN ENGELSMAN

About the author

Tracey Taylor lives in Maastricht with boyfriend, Dave and cat, Tubbs. She’s a writer, foodie and radio co-host
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Relocating

Whether you are planning a relocation to the Netherlands, or have recently arrived and are getting settled, these partners have some of the services you may require.

- ABN AMRO • AHL immigration lawyers • Elliot Lloyd International • Expat Help • FVB De Boer • GMW Advocaten (Legal Expat Desk) • Independent Expat Finance • J.C.Suurmond & zn. Tax Consultants • Rabobank Expat Desk Utrecht • Stark Real Estate & Relocation Services • Tulip Expat Services

Housing

The services of these partners speak for themselves – and cover your housing needs.

- Expat Mortgages • MVA Certified Expat Brokers • My Home Relocator (SVB Vastgoed)

Healthcare

Another category which speaks for itself, and includes members of our ACCESS Trainers Network.

- Alexandra Vos • Audrey Dickinson • Beste Dolonay • Bloom, House of Health • De Boezemvriend • Chitra Natarajan • International Health Centre The Hague • Jac Rongen • Marie-Christine Belemsigri Dezaire • Lee Tolman • Lelia Spada • Loonzorg B.V. • Ria Wiertz • Truus Gale

Learning and Education

For children as well as adults, includes language centres/schools.

- American School of The Hague • Amity International School Amsterdam • British School in the Netherlands • BSN Language Centre • Direct Dutch Institute • German Int'l School of The Hague • Hannah Behrens • HSV (Haagsche Schoolvereniging) • International School of The Hague • Nord Anglia International School Rotterdam (NAISR) • Rotterdam Int'l Secondary School (RISS) • Ute Limacher-Riebold

Childcare

Daycare, after-school care and support for your children.

- Big Ben Kids • Holiday Sitters • Kinderopvang 2SAMEN • The Expat Kids Club • True Colors Childcare • Zein Childcare • Zo Kinderopvang

Counselling Network

- Ann Kuis • Carolyn Tabak • Claire Boers-Stoll • Cristina Baroncelli • Elisabetta Ibernì • Elizabeth Pick • Gary Fishbein • Jack Cieplinski • Jeanine Souren • Jennifer Ruess Glaese • Jim Bender • Julie Sharon-Wagschal • Jutta König • Katarina Gaborova • Kate d'Anvers • Marja Kuzmanic • Nuria Maldonado Bellido • Patric Esters • Robin Roberts • Sivan Weinstein • Stephen Davies • Sylvia Silberg

For further support from the community, or to find out what is happening and where more information can be found, we refer you to the back page.

Acknowledging our Partners, Counsellors, Trainers & Volunteer Managers
ACCESS is grateful for many things, not the least, the work of our strong and diverse volunteer community. They do the work – but the partners invest in us so that we are able to carry out our mission to serve the international community. Should you make use of them, do mention ACCESS referred you. Should you wish to help us, serve the international community, and include you in our acknowledgements, get in touch with prd@access-nl.org.

8 March, Friday

Learn more about how we can help and what there is to discover during the Welcome to The Hague Region event.

 www.thehagueinternationalcentre.nl

14 March, Thursday

Meet the Experts on career development, housing and legal matters at the Expat Center Utrecht. Also takes place on 11 April and 9 May

 access-nl.org/what-we-do/helpdesk/welcome-events

29 March, Friday

Learn more about how we can help and what there is to discover during the Welcome to Delft event.

 access-nl.org/what-we-do/helpdesk/welcome-events



6 April, Saturday

Meet us at the IamExpat Fair in Amsterdam.

 amsterdam.iamexpatfair.nl

9 April, Tuesday

Register for our Volunteer Information Morning - find out how you can volunteer for us, and what we offer in return. Also takes place on 7 May and 4 June

 www.access-nl.org/volunteering-for-access

Management Team

Executive Director Deborah Valentine

Operations Manager Qin Cai

Project Manager Utrecht Shimrit Florentin

Project Manager Amsterdam Mona Hassan

Project Manager The Hague Silpa Jethwa

Coordinator Leiden Joke Versteeg

Childbirth Preparation Courses

Coordinators Bintou Keita (Den Haag/ Rotterdam) and Jodie Crockford (Amsterdam/ Utrecht)

Computer Services Manager John Pellet

Communications Manager Madhavi Mistry-Ajgaonkar

Magazine Editor Steve Voyce

Volunteers' Newsletter Editor Geetanjali Gupta

Social Media Coordinator Venera Papitasvili

Website Coordinator Marko Kuzhman

Helpdesk Manager Magdalini Zografou

Finance Manager Margaret Holland

Training Coordinator Nuria Garcia Saorin

Rota (Schedule) Coordinator Marzia Cailotto

Volunteer Resources Manager Sorina Ambrus Ludt

External Training Coordinator

Antonio Gutierrez

Relationship Manager Marta Mosquera

Public Relations /Events Manager Carolina Isola

Information Research Manager

Heiner Pierenkemper

Counselling Services Network Coordinator

Maria de Almeida Coehlo

Community Education Manager

Beste Dolanay

Executive Board

Chairman Gary Hays, Valshebnik Consulting.

Members Koosje Ploegmakers, ABN AMRO - Godelijn Boonman, GMW Advocaten - Lowri van der Linden, the Netherlands Foreign Investment Agency.

Discover more



Tips from our team for Spring

• Tip from Fontemaria Totaro



Tiengemeten

A little island south of Rotterdam which has been returned to the wild; offers beautiful walks of various distances during which you can enjoy the sights, numerous birds as well as the Scottish highlanders. Accessible by a small ferry (€6 for a return fare) from Nieuwendijk. Definitely worth a visit if you enjoy nature!

• Tip from Genoveva Geppaart



Texel

One of the islands in the north – is great to visit in spring. Nature is waking up after winter and lambs are being born. You can bike along the island and/or walk on the beach, in the dunes and the forest. Although it is great in every season, spring is very special.

Community & Media Partners

Our community partner groups and initiatives are listed below for additional support and information. Looking for something else, missing your community? Get in touch with our Helpdesk so we can help you further.

- American Women's Club of The Hague • Amsterdam Mamas • Broadcast Amsterdam • Delf MaMa • Dutch Buzz • Dutch News
- Expat Events • ExpatINFO Holland • Expatica • Expatriate Archive Centre • Expats Utrecht • Here in Holland
- i am not a tourist (IANAT) bv • IamExpat • ICP International Community Platform • International Community Advisory Panel (ICAP)
- International Locals Amsterdam • International Talent Community Utrecht • M-space Graphic Designers • STET (English Theatre)
- The American Book Center • The World in Your Classroom • TheHagueOnline • Xpat Media



Curious



Connected

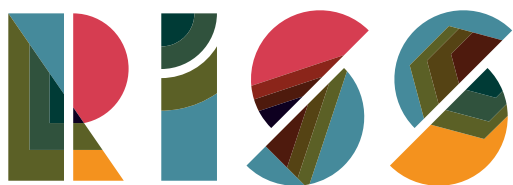


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