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Fashion revolution

2019
Winter

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Textiles in Tilburg | Fashion for good | Finding your roots |

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Dear ACCESS readers



Steve Voyce

ACCESS Editor

editor@access-nl.org

The Netherlands is emerging as a world-leader in fashion and textile innovation

For a country not necessarily famous for fashion, the Netherlands is emerging as a world-leader, particularly when it comes to innovation in all things clothing and textile.

Molly Quell's fascinating Cover Story looks at how the Dutch fashion industry is breaking new ground, and how it is viewed internationally. Most importantly, Molly looks at how the industry is making itself more sustainable and tackling the enormous amounts of waste and pollution that fashion, and in particular *fast fashion*, causes. Fashion innovation and sustainability can go hand-in-hand, and the Netherlands is leading the way.

Visitors to Amsterdam's Fashion for Good Experience can see sustainability innovations first-hand. At the Experience's core is a business platform for the brightest start-ups driving innovation in sustainability, circularity and transparency. The museum is close to reviewer Huw Hughes' heart and is a must-visit for everyone, not only fashion people.

Lorne Holyoak took a trip to Tilburg's TextielMuseum and reports, "if you think that a textile museum would be endless bolts of cloth displayed in low light conditions, think again." Elsewhere, Allison Hamilton-Rohe explains how one thing all of us do (most) days, getting dressed, can really improve how we feel.

Sophia Zürcher writes that one hundred years ago Flevoland was beneath the sea, but now is the Netherlands' newest province and home to some astounding pieces of Land Art. Winter is as good a season as any to visit these amazing monuments, and if you need warming-up afterwards, Tracey Taylor has some traditionally Dutch, purpose-built, comfort dishes. Also, warm your heart this winter with Anuja Tipnis-Randive's article about a search for family roots—a jaw-dropping story that I'm sure will inspire many genealogical investigations.

Finally, if you're looking for something engaging to read by the fire, acquaint yourself with *The Penguin Book of Dutch Short Stories*, reviewed by Giulia Quaresima. The collection sounds intriguing, fascinating, extremely readable, and a great starting point into Dutch literature.

For now, I wish you Season's Greetings from all of us involved in the ACCESS magazine.

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



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MISSION

ACCESS is an independent not-for-profit organisation serving internationals to settle successfully in the Netherlands.

ACCESS

The ACCESS vision is to provide unique, comprehensive and essential services nationally, through the expertise and experience of its volunteers to the community.

Important note

ACCESS' number has changed. You can now reach us on **+31 (0)85 4000 338**. Also when calling from **overseas**.

Colophon

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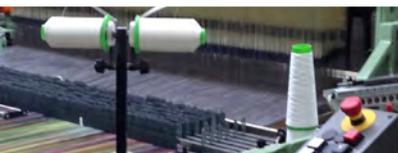
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ACCESS

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PHOTO: CHRISTINE FISHER

Many people work behind-the-scenes to make ACCESS better known.

Getting ACCESS seen

BY OLIVIA VAN DEN BROEK-NERI

ACCESS Public Relations

“We once had an average of 20 events per year; now we have almost 60,” says Carolina Isola, PR and Events Manager at ACCESS. Originally from Italy, Carolina moved to Rotterdam five years ago and has been involved with ACCESS since May 2017. “ACCESS doesn’t organise the majority of events ourselves” she says, “but we always try to be at as many as we can.” While ACCESS is involved in larger fairs across the Randstad, including the IamExpat Fair and the Feel at Home Fair, it often also participates in smaller events.

Carolina is in charge of recruiting volunteers to attend the events, “I now have a ‘team’ of around 20 volunteers who enjoy representing ACCESS,” she says. But, if needed, she can put out an open call to all volunteers, “to give everyone an opportunity to represent ACCESS with their own smile.” Carolina ensures that new volunteers are paired with an experienced volunteer, “someone who has been going to events and knows how they work,” she says. Representing is at heart a simple concept, “the ACCESS scarf and a nice smile, that’s what we like,” she says.

Carolina also enjoys her role building relationships with potential ACCESS partners. “When I am approached by a potential partner, I have to build a relationship with them from scratch,” she says. Carolina remains the contact person until the contract is signed, at which time she passes the partner along to the funding department, which guides them through their relationship with ACCESS.

Sharing what ACCESS does

“I started giving presentations for ACCESS by accident, as normally I am quite shy and reserved,” says Antonio Gutierrez, a dual Spanish/French citizen who has volunteered with ACCESS for six years. “When I was first asked to give a presentation, I said ‘yes.’ But I wasn’t expecting there would be 120 people there,” he says. The audience at that first event included a member of Parliament and the

French ambassador. “I enjoyed it,” Antonio says and he continues to give presentations about ACCESS at events when he is not training ACCESS volunteers.

Representing ACCESS

Antonio calculates that he attends around 20 events a year to promote or represent ACCESS. “I could be on the stand at events such as the ‘i am not a tourist expat fair,’” he says, “or I might present at the Welcome to the Hague event.” One outcome of his presentations is often new volunteers for ACCESS. “That result is very rewarding,” he says. For someone who is shy and reserved, presenting to a room full of people still surprises Antonio, but he has found huge enjoyment in it.

Building relationships

Maria Bazan, originally from Argentina, has lived in the Netherlands since 2000. She first learnt about ACCESS from a customer in the shop where she was working, and in April 2017, decided to volunteer. Since February 2019, Maria has been Relationship Assistant at ACCESS and her role is to help partners get in touch with the international community. “I keep the relationship with the service providers



PHOTO: JOÃO RAFAEL CAIRO NABAIS CONDE

I wasn't expecting there would be 120 people at my first presentation

healthy and growing,” she explains. While she thinks her sales background has helped her in this position above all she finds “the job very nice.”

Searching for new partners

Companies often contact the ACCESS helpdesks to inquire about partnership possibilities. “They might want to be promoted through ACCESS to the international community,” says Maria, who will contact them to explain about the possibilities of reaching out to the international community via ACCESS. “We like to think that we are the interface on many different levels between internationals here and Dutch society.” ACCESS’s strong position in the Netherlands makes it uniquely valuable to internationals and partners alike.

Maria tells companies interested in working with ACCESS, “we are a great way to get in touch with internationals, to develop new possibilities and develop your business.” »



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ACCESS Social Media

As with all ACCESS volunteers, Katerina Triantafyllou spent her first six months of volunteering at the ACCESS helpdesk. She was asked to be Social Media Coordinator at ACCESS and “was very happy to dive into something new.” Her creative background makes her a great fit for the job—originally from Greece, she is an architect, holds a Master’s in architecture and a Master’s in graphic design and multi-media.

Katerina manages the ACCESS Facebook and Instagram accounts, sharing cultural events, information from partners and news from the ACCESS Training Network. Throughout the year,

ACCESS social media also focuses on relevant or seasonal topics. For instance, during the summer months, at a time when ACCESS knows most people tend to be relocating, they will highlight information about moving to or leaving the Netherlands.

A growing number of followers

Shares of ACCESS’s social media posts are increasing, and its number of followers is also growing. Katerina is looking forward to ACCESS reaching 500 followers on Instagram, and “on Facebook we are preparing for the 5,000th hit,” she says. While the majority of ACCESS’s social media followers are from the Randstad, followers are everywhere. “Recently a ladies organisation in Greece started following us on Instagram,” she says.

Most recently, Katerina introduced a new corporate identity for ACCESS across its social media platforms which will help reinforce the organisation’s brand image.

ACCESS in the community

ACCESS draws on collective knowledge and experience to guide people arriving to live and work in a new country. Through the volunteers we recruit, train and respect with professional courtesy, we provide a community where connections are made. Our activities and the events we participate in contribute to extending our spirit of co-operation and collaboration. We welcome partnerships with others who share our vision, and we work to mentor one another. For our volunteers, the community we serve and the organisations we are partners with, growth is defined by improvement and extending the service we provide to individuals and organisations. «

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 previously an ACCESS volunteer.

Recently a ladies organisation in Greece started following us on Instagram



PHOTO: CHRISTINE FISHER

Leading

When the Museum of Fine Arts in Boston wanted to celebrate the collaboration of designers and scientists, curator Pamela Parmal brought together examples of 3D-printed shoes, reinventions of runway fashions and laser-cut jackets in an exhibition called #techstyle. Nearly one third of the pieces were by Dutch designers or came from Dutch-based design companies.

BY MOLLY QUELL

Ahead of the crowd

“The Netherlands isn’t at the forefront, it’s six months ahead of the forefront,” says Dr. Troy Nachtigall, a designer who completed his PhD at the Eindhoven University of Technology. Nachtigall helped design the 3D-printed dress and shoes that former Dutch Education Minister Jet Bussenmaker wore to *Prinsjesdag* (when the reigning monarch of the Netherlands addresses a joint session of the Dutch Senate and House of Representatives to set out government policy for the coming parliamentary session) in 2015.



PHOTO: TEAM PETER STIGTER



PHOTO: ELISE TOIDE

fashion innovation

Through the years

Dutch innovation goes beyond one museum exhibition—the Dutch have a history of innovation in design, clothing and fashion. The Dutch invented the first high-precision watch—the precursor to the pocket watch, developed and refined the ice skate, invented Dyneema which is used in the production of body armour, and Cornelis Drebbel—who also invented the submarine—developed a process for creating a scarlet dye which became all the rage amongst the rich in Europe in the 1630s. Bringing things up-to-date, Eindhoven has the first ever city councillor dedicated to design, Mary-Ann Schreurs.

Today, the Dutch have an even broader impact on technology in fashion—in 2016, a student at the Industrial Design Engineering Faculty at Delft University of Technology (TU Delft) developed a 3D printed bra; Dutch denim designer G-Star Raw is aiming to be a completely sustainable company by next year—a huge leap for the most polluting segment of the fashion industry, and denim brand Kuyichi is the world's first organic denim company.

Innovation and education

Amsterdam boasts Fashion for Good, a start-up incubator focusing solely on sustainable fashion, and its headquarters also houses the world's first interactive fashion innovation museum, The Experience (see page 39).

“The Dutch don't have a deep history in fashion, like Italy, so they don't carry that weight,” says Marina Toeters, a fashion innovation expert. She also emphasises how collaborative working in the Dutch educational system has influenced the industry. “Fashion is a dispersed industry,” she says, “designers and brands, manufacturers, retailers, and consumers all have to learn to work together to move forward.”

Lucie Huiskens, former programme manager at MODINT, a network of fashion industry companies, agrees. “Fashion institutes here create a climate that fosters technological development,” she says. Several Dutch universities offer degree programmes in fashion that emphasise the technological side of the industry, and other faculties, such as industrial design and engineering, often have fashion-focused research groups. »



PHOTO: KUYICHI



PHOTO: LENA

Did you know...
The Dutch app United Wardrobe allows users to buy and sell second-hand clothing.

Looking back to go forwards

In the fashion industry, however, steps forward reflect the past. “One thing we are working on is very local production,” says Toeters. She predicts a situation where a customer could bring a worn out garment to a local store for a designer to redesign or repair. Elsewhere, G-Star Raw and other Dutch denim manufacturers have started air-drying their denim to reduce energy consumption, a method that harks back to one used in the 1800s.

Fast fashion, a contemporary term used by fashion retailers for designs that move quickly from catwalk to high street to capture current fashion trends, is a concept that our grandparents wouldn’t have been familiar with. “The idea that you buy an item that you invest more in, take better care of and keep for

10, 20 years hasn’t really existed for many for a while. People aren’t used to that anymore,” says Peter Leferink, the founder of the M-ODE Foundation. They want to help the fashion industry move toward a slower model—one that identifies sustainable fashion solutions, such as buying vintage clothes, redesigning old clothes, shopping from smaller producers, making clothes and accessories at home and buying garments that last longer. Something our grandparents would be more familiar with.

Innovations in sustainability

In 2018, designers Viktor&Rolf partnered with fashion retailer Zalando to create RE:CYCLE, a 17-piece womenswear collection created entirely from Zalando overstock “to explore garment recycling and environmentally conscious design” according to the company.

Technology improves clothing and how it works for wearers



PHOTO: HOLST CENTRE

PHOTO: BY-WIRE.NET/CLSAF

“We tackle throw-away culture by only providing you with the essentials, and we never go on sale,” advertises Unrecorded, an Amsterdam fashion brand with two locations in the city. They don’t have seasonal patterns or styles, but aim to sell a few basic pieces of clothing that last longer, and their cotton is 100% organic.

Futuristic

Not everything, though, is going back to how your grandparents shopped. Dutch design innovation also looks toward technology to improve clothing and how it works for wearers. Toeters refers again to local garment repair, where “you could ask for your garment to be more supportive of your hurt back and the designer could take that into account.”

Other futuristic projects Toeters has worked on include wearable technologies—a shirt that monitors your posture or stress level—and clothing that could text a friend for you, a project she worked on with artist Contrechoc. Designer Maddy Ekkelkamp came up with the concept for her Biometric Couture while she was studying, asking “imagine what it would be like if there were no longer any boundaries between the online and offline dimensions?” Her clothing concept would allow wearers to embed information in sensors in the clothing itself which can be read by a smartphone. So you could wear your entire Twitter profile or Tinder bio on your shirt.

Future fashion

Amsterdam is home to the unique and world’s only digital fashion house, The Fabricant. “Free from the constraints of the material world,” it was founded by Amber Slooten and Kerry Murph. They sold a digital dress, *Iridescence*, that only exists online.

“The world doesn’t need more physical clothing, so many beautiful things already exist, does it need another? Our answer is no,” says Murph.

While wearable technologies and futurist concepts feel like the freshest advances, many of the developments in fashion by Dutch entrepreneurs take place

behind the scenes, during the manufacturing process. These are making significant impacts on helping the fashion industry become more environmentally friendly.

Dutch denim

Denim production is one of the fashion industry’s worst contributors to environmental pollution. The average pair of jeans takes 2,200 gallons of water to create, the popular distressed look is created using heavy chemicals and the waste from dyeing processes often pollutes rivers and streams.

The 2016 award-winning documentary *River Blue* found that 70% of waterways in Asia are contaminated by waste from the denim manufacturing industry there.

In response, G-Star Raw has invested heavily in making their manufacturing process more environmentally friendly. Dutch bio-design research project Living Colour is developing technology to produce dyes from bacteria. Living Colour collaborators Laura Luchtman and Ilfa Siebenhaar met while taking a course on textiles in Amsterdam, which included a workshop on dyeing fabrics with bacterial pigments. Living Colour uses bacteria from the roots of plants to dye fabrics during a process that takes three days.

Recycle and reuse

Founded in California, Ambercycle recently joined Amsterdam’s Fashion for Good incubator, and is working on a process to recycle old clothing to create polyester. Polyester is synthetic, used across fashion, but cannot be broken down. Ambercycle’s technology aims to turn these complex ‘end-of-life’ textiles into new yarns that can be used again and again.

Wieland Textiel isn’t a new start-up but was founded in Amsterdam in the 1960s as a rag recycling company. They recently pioneered a method for sorting textiles—to precisely sort old clothing, bedsheets and any other fabric into similar groups to make the recycling process easier and cheaper. »

Wasteful

Each year Dutch households discard about 210 tonnes of used clothing and textiles. Only a third of this, 75 tonnes, is collected separately; the rest, 135 tonnes, is incinerated with residual waste. With optimal separation, about 65% could be suitable for reuse and recycling. Besides household textiles, each year 30 tonnes of workwear and uniforms are thrown away.

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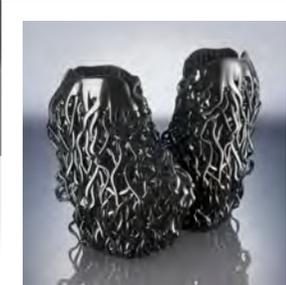
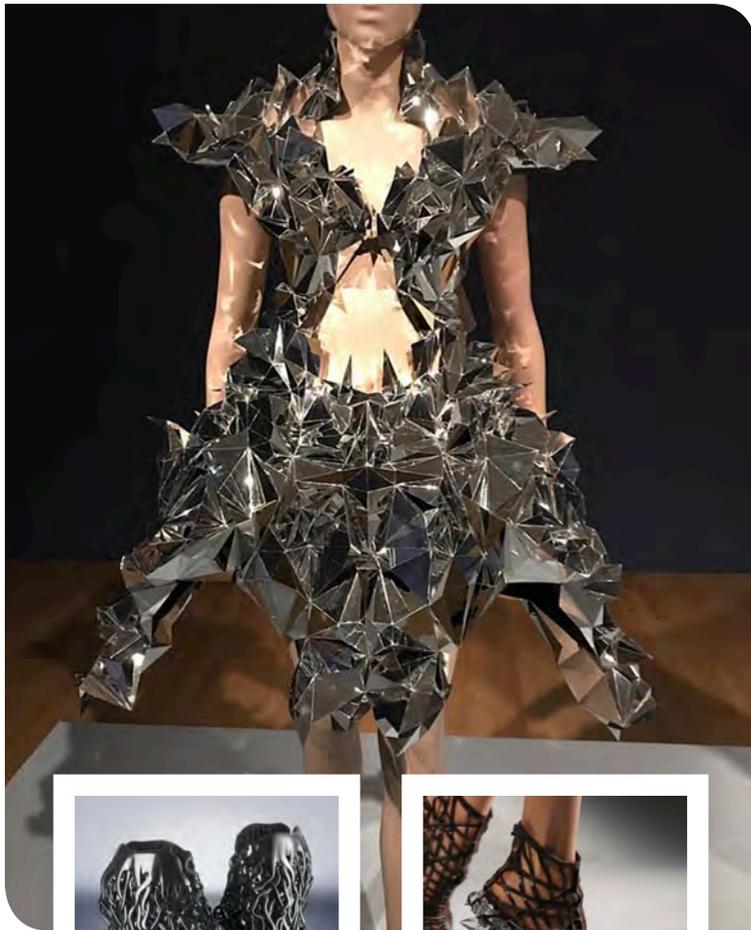
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PHOTOS: LENI HEINZ



PHOTO: CYNTHIA SMOOT

One of van Herpen's 3D-printed dresses was in a list of the 50 best inventions

Iris van Herpen

No discussion of fashion and technology in the Netherlands is complete without mentioning Iris van Herpen. Her 3D-printed cape and skirt were displayed in the #techstyle exhibition in Boston; Scarlett Johansson wore Iris van Herpen outfits in the movie *Lucy*; Beyoncé wore an Iris van Herpen dress in her music video for the song *Mine*; and Rihanna wore one on the cover of *Vogue*.

Van Herpen studied at the ArtEZ Institute of the Arts in Arnhem, which is where she started her fashion label in 2007, and her career took off after Lady Gaga wore one of her dresses in 2009. *Time Magazine* included one of van Herpen's 3D-printed dresses in a list of the 50 best inventions in 2011. "Both art and fashion are linked to our deepest desires, moods, and our most personal expressions," she says of her vision.

Techstyle

Representing a nation with a population of only 18 million people, compared to the USA with 330 million or Japan's 128 million, it feels that a disproportionate number of pieces in the Museum of Fine Arts' #techstyle exhibition were Dutch. That the Netherlands isn't necessarily famous for its fashion only adds to how impressive this is. «

There's a mobile-phone app for everything these days, including how to make better purchasing choices and recycle your clothing. Project Cece is an online platform that launched in 2017 and will show you how ethical your purchase might be, focusing on how well the workers who produced the clothes are treated.

Lena, which exists both online and as a physical store in Amsterdam, lets you borrow clothes for a fee. MUD Jeans, headquartered in Larven, has jeans for sale at around €120, but can be leased for a monthly fee. When you're ready for a new pair, return them to be recycled.

About the author

Molly Quell is an American journalist, based in Delft. She is The Hague correspondent for Courthouse News Service and a contributing editor at Dutch News. When she's not working, you can find her enjoying a beer and hanging out with her dog. You can follow her on Twitter at [@mollyquell](https://twitter.com/mollyquell).

The Penguin Book of Dutch Short Stories

A collection of short stories from the past century, edited by Joost Zwagerman.

BY GIULIA QUARESIMA



If you're looking for brief but intense stories to enjoy with a cup of coffee or tea, then this collection from Dutch writers is for you.

The *Penguin Book of Dutch Short Stories* is a compilation of 36 different short stories from a range of Dutch writers, many translated into English for the first time. This collection began life as a monumental 250 short stories in Dutch and Flemish before Joost Zwagerman reduced the amount and they were translated into English for this 2016 version. The curator, Zwagerman, was a novelist, poet, essayist and editor of several anthologies, with a love for Dutch literature.

I picked up *The Penguin Book of Dutch Short Stories* as an expat with a curiosity to learn more about Dutch literature. While there have been some exceptions,

it could be said Dutch literature is less well-known than other European fiction. Zwagerman, in his introduction, explains how one of the reasons is that the Dutch language has flowed and changed over time, so that many writers and stories are unknown even

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Pages: 592

Available as paperback or e-book at amazon.co.uk and bol.com

by contemporary Dutch readers. His argument is that if readers at home in the Netherlands are largely unaware of their own literary history, it's unsurprising that international readers know even less: "Many great works of seventeenth-, eighteenth- or nineteenth-century Dutch literature have to be translated into modern Dutch to make them accessible to the average reader, to whom eighteenth-century Dutch—and I do not exaggerate—seems almost like a foreign tongue."

This collection introduces Dutch writers to the wider world via some of its best short stories. For an interested international, a Dutch reader, or even the wider literary world, *The Penguin Book of Dutch Short Stories* is a welcome taster to the delights beyond.

With their power, shorter lengths and fewer characters, short stories at their best are strong and sharp and stay in readers' minds. The finest short stories are as good as longer literature novels. Which is true for many in *The Penguin Book of Dutch Short Stories*.

Melancholy and humour, fervour and dourness, realism and fantasy

The opening tale *An Eccentric*, by Marcellus Emants, is about a man, Z., and his anthropologic questioning of a life, where he sees himself "doomed to live in absurdity." Joost de Vries' *A Room of my Own* offers similar sentiments and ponders similar questions from the perspective of a man taking part in a re-enactment of the Battle of Waterloo and facing death.

The tale of *Winnie and the Innocence of the World*, by Joost Zwagerman, concerns the unrealistic experience of a man who becomes a clandestine and unpowerful guardian-angel of the woman he loves, Winnie. The mix between detailed and realistic descriptions and a fantastic trip inside another's mind

is captivating. Nescio's *Young Titans* recalls five friends' lives, their great dreams, their daily experience and discoveries, and their plans and projects to change the world.

The Penguin Book of Dutch Short Stories is a trip through the time and space of Dutch literature, or in critic Clare Lowden's words, "a fascinating guidebook to a landscape you'll surely want to wander in again."

Either in the realistic Amsterdam of the early years of the twentieth century in *Young Titans*, or on the magic and imaginary island of *The Sirens* by Maria Dermout, this collection takes the reader on a journey through different places and times, following the interesting and remarkable characters' actions and inner lives.

Each story in this volume could be seen as a snapshot of Dutch life, taken all together they are a remarkable introduction to Dutch literature's surrealism and subversion. This anthology contains melancholy and humour, fervour and dourness, realism and fantasy, with a story for everyone.

This collection could be seen to illustrate clichéd traits of "being Dutch," such as tolerance and flexibility, and being level-headed and hardworking, characteristics which contributed to build "a nation governed by rationality, with a vision of classlessness at its heart," according to Jonathan Gibbs in the *Guardian*, but also one able to expand its colonial power over the centuries. The Golden Age casts its shadows on Dutch literature, which is, on the other hand, enriched by writers from overseas Dutch territories. To better understand a country's culture start from its literature, and *The Penguin Book of Dutch Short Stories* is no better place to begin. «

About the author

From Italy, Giulia Quaresima lives in Den Haag with her husband, and enjoys writing, reading and travelling.

IamExpat: The go-to website for all your international needs

Over the last 10 years, IamExpat has helped millions of internationals with everything from updating them on the latest news in the Netherlands and helping them to find services and information, to offering them a platform to find jobs and housing.

The company also hosts the bi-annual IamExpat Fair in The Hague and Amsterdam, where expats from all over the globe can come together to get expert advice from local businesses, on everything from taxes to leisure. Not only this, but attendees can attend inspiring and informative workshops throughout the day.

Find your dream house

In 2011, IamExpat launched their housing platform, which provides housing listings from both estate agents and landlords, to provide you with the largest choice possible. No more scrolling through suspicious ads in a language you don't speak—IamExpat screens ads to make sure you don't get scammed!

Find your perfect job

In 2012, IamExpat unveiled its job board, a place where companies and recruitment agencies can search for international talent and where internationals can find their perfect job. All jobs are posted in English, making your job search much easier!

The leading English-language media platform for internationals in the Netherlands

IamExpat's mission is to facilitate interaction between expats of "all backgrounds, shapes and sizes," to address their needs and thus improve the life of the modern expat, which is no small feat. IamExpat is a one-stop shop for information on everything from visas to tips for day trips. Everything you need, in one place!

IamExpat's mission is to facilitate interaction between all expats

Expansion into Germany

Recently, IamExpat Media launched their German counterpart, IamExpat.de. As with IamExpat.nl, you can expect the latest news, up-to-date information, articles, lifestyle tips and so much more! «

Join the IamExpat community

Get involved with the IamExpat community by checking out the IamExpat.nl website and following IamExpat's social media channels:

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LinkedIn: [IamExpat Media](https://www.linkedin.com/company/IamExpat-Media)

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An incredible connection

BY ANUJA
TIPNIS-RANDIVE

“Like many internationals who move around, I felt somehow misplaced,” says Janine Beukes-Almeida, a volunteer at ACCESS. “Like I had forgotten where I belonged. That was until I moved to the Netherlands and began researching my family history.”

Beginning the search

“Growing up I heard stories about my family having German roots. As a white South African, I always knew I was an immigrant, but had no real idea where we were historically from,” says Janine, who grew up in South Africa and lived in Mozambique, Portugal and the UK before moving to the Netherlands in 2013. “My family had no interest in our past, and no one knew of any connection to the Netherlands. There was another story, though, that my father’s grandmother was Scottish, a piano-player, and had married a gold miner in Johannesburg.”

Inspired by that story and also by her son’s school project, Janine began looking into her family’s history. “What I discovered was so surprising and gave me an amazing connection to the Netherlands.”

Janine found the website familysearch.org and “spent that whole first weekend investigating. The deeper I dug into the past, the more it revealed itself. It was fascinating.” She uncovered ancestors from France, Germany, India, and Golden Age Netherlands, which led, finally and extraordinarily, to a student of Rembrandt.

Murder

Her investigations revealed other surprises, such as a family connection to a female Tamil slave. “To begin with, my family wouldn’t believe we were descended from slaves,” says Janine. What’s more the woman had been deported to South Africa from India as »



PHOTO: RIJKSMUSEUM

the first female VOC (Dutch East India Company) prisoner after being convicted of the murder of her lover. “I’m sure she must have had a reason for what she did,” says Janine. “But the murder report is horrific.”

Janine is fascinated by the connections between global and historical events and her family’s past. “You start to see patterns,” she says. “How occurrences in our family match things happening around the world. How populations flow for example. I also found

one of my great-grandparents had been killed by the Spanish Flu in 1918, which was devastating in South Africa.”

Surprising discoveries

To her family, Janine began being known as ‘the historian,’ and as her interest got deeper she joined a network of fellow enthusiasts online. She recommends investigating family histories as “it teaches you so much about life,” but cautions “we tell newcomers to our online groups, make sure you have plenty of free time. You’ll need it.”

What I discovered was so surprising and gave me an amazing connection to the Netherlands

Tracing roots back means checking through records of births, marriages and deaths, leading to surprising and unexpected discoveries. “The moment I first saw Oude Kerk in a birth record, I couldn’t believe it,

it was only six kilometres from where I was sitting,” she says.

Reading the 400-year-old record gave her a “bizarre feeling.”

Jan Victors

Born in Amsterdam in 1619, Jan Victors was believed to be a student of Rembrandt van Rijn, and it is clear from his paintings that he was influenced by the great master. Jan Victors is Janine’s grandfather, 12 or 13 times generations back.

With help from Amsterdam’s Rijksmuseum Janine investigated further. “They helped me a great deal,” she says, “showed me Jan’s



PHOTO: RIJKSMUSEUM

The world is a complex place, with myriad problems that can sometimes feel insurmountable. It's easy to shake your head and feel overwhelmed. However, one of the best ways to easily improve how you feel every day is by tweaking how you approach one thing you're already doing: getting dressed.

Improve how you feel, every day

BY ALLISON
HAMILTON-ROHE

When I get dressed, I choose not only what might be appropriate for that day's activities, but also how I want to feel. It's intentional, but it's also easy because I've designed my wardrobe to work this way. By observing what makes you feel powerful and confident, integrating meaningful colours, patterns or accessories into your wardrobe and spending just a little bit of time imagining the person you want to be, you can actually make that person show up.

Priming yourself

When your personal style is aligned with the person you want to be, you allow yourself to become that person. This is critical—and proven.

Carol Dweck, a psychology professor at Stanford University who wrote *Mindset: The Psychology of Success*, explains that our self-image influences 40% of our overall happiness. Ellen Langer, a professor of psychology at Harvard University, built on that mindset work and details in *Counterclockwise* how one-word primers can shift not only your self-image but change the way your actual physiology works.

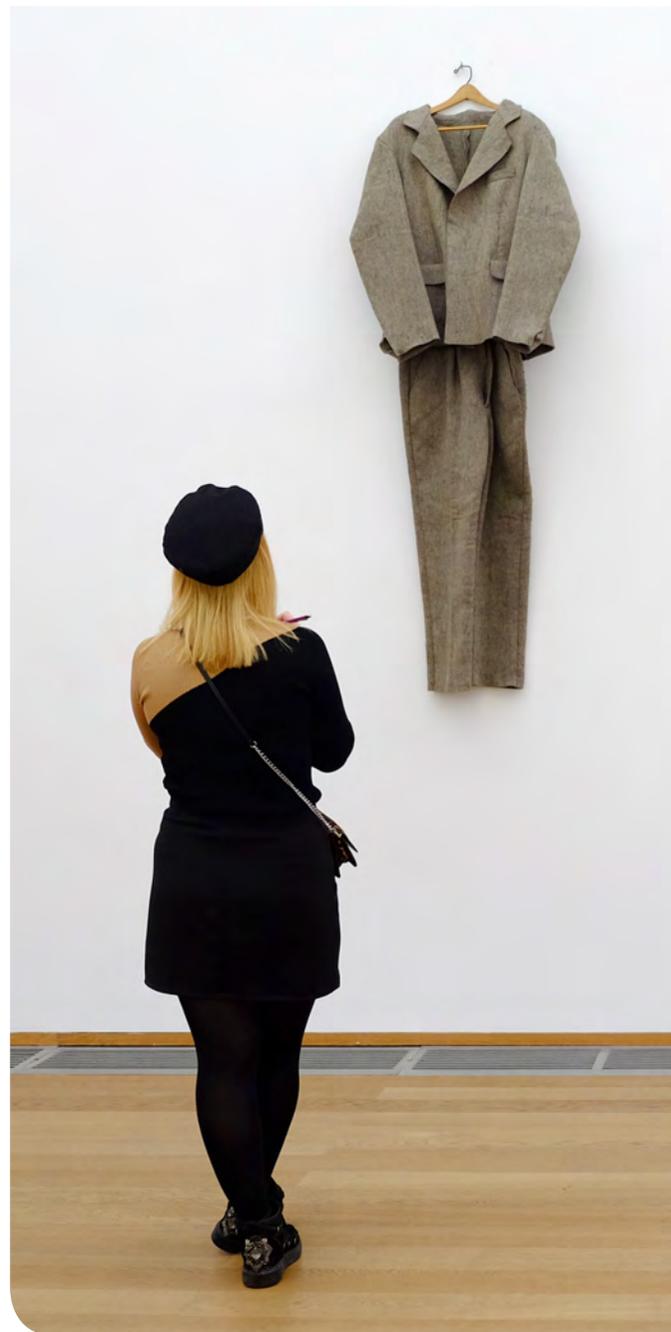


PHOTO: JUREK D

Finally, Christopher Petrilli, MD, assistant professor of hospital medicine at the University of Michigan Medical School demonstrated in a recent study that when doctors wear their white coat, patients immediately see them as more knowledgeable.

This is stunning research we can use in our everyday life. You can ask yourself: what would your white coat look like? Clarifying the answer to that question can create a positive feedback loop that informs not only the people you see every day but also reminds you who you are, what you stand for and where you're going.

Manifest the gifts you already possess

Showing up as your true self

When I began my business, DailyOutfit, I started out doing wardrobe review and personal shopping. One of my first clients was Anne*, a physician who regularly met with cancer patients. Her job was to take biopsies, read scans and deliver results, which is an incredibly technical and critically important job.

Her work wardrobe consisted of crisp, black clothing under her doctor's white coat. She had chosen black cotton because it hid the blood stains and could easily be washed. It was a practical and appropriate solution. The white coat has been proven to increase physician's performance as well as improve patient outcomes, so I knew we were good there. But, the black, crisp cotton clothing underneath was not helping her be approachable and represent compassionate care.

We had to shift her daily outfits to convey her true warmth, generosity and caring side. She is the kind of doctor who welcomes questions and wants to calm her patients at their most vulnerable, exactly the kind of doctor you want in this sort of situation. However, she was showing up as something else entirely—a bit scary, a touch off-putting and definitely not someone you'd feel comfortable shedding tears around.

Using colour meaning

When co-creating her personal style, we began by employing a completely different colour palette to change the way her patients literally saw her. In the process, we also primed her to show up as her true self. We kept the fabrics washable and added in some prints to hide any blood stains.

She went on to champion the need for ultrasound as a new standard-of-care for testing women for breast cancer, testified in front of Congress and went on to

do segments on breast cancer screenings on the local news. In other words, she was able to truly step into her purpose.

Let's be clear: personal style did not make Anne a great doctor. That was already true. However, her new, authentic personal style allowed her patients—and colleagues—to literally see her as a great doctor. It gave her the confidence to acknowledge and recognise her particular brand of genius on a daily basis. That confidence led her to trust the strength of her own voice to champion a new standard of care.

Leveraging the power of personal style

Personal style can prime you to achieve similar success in your own life. It can make manifest the gifts, effort and purpose you already possess. All you need to do is recognise its power and allow yourself to embrace it. First, think about the outfit that makes you feel the most confident or the most powerful. What comes to mind? Is it that fabulous green shift dress you wear with your grandmother's pearls? Or the suit with the crisp dress shirt you picked up in London and your brown loafers?

Hold that outfit in your mind and allow yourself to feel the feeling you have in your body when you imagine yourself wearing it. Wouldn't you love to have that feeling every day? It's totally possible. Now, observe what you are wearing today. Does it give you the same feeling? If yes, wonderful! If no, why not? Give yourself permission to feel confident and powerful every day—it is absolutely allowed. In fact, that's what I want for you! Every day, you can leave the house feeling amazing when you tweak how you approach getting dressed. «

**not her real name*

About the author

Allison Hamilton-Rohe helps you define your true beauty and translate it into a personal style you can inhabit with ease. To receive your Personal Style Starter Series, check out her site dailyoutfit.com.

New job?

Do the five point check

Being offered a new job is exciting, especially when it offers the next step to your career. You may want to sign the new contract immediately to secure the deal—but before you do, take a moment to quickly check these five points. They are key to your future rights at work.



GODELIJN BOONMAN



1 Check the law

If you work in the Netherlands, Dutch employment law will often apply in full or in part to your employment, even if the law of another country is declared applicable in your employment contract. This is important as the applicable law determines your rights, and employees enjoy very strong legal protection under Dutch law.

2 Check the non-compete clause

If your previous employment contract included a non-compete clause, check that it does not prohibit you from accepting this new job. If your new employment contract contains a non-compete clause, check this too before signing. Do not violate your non-competition or client relations clauses. Doing so will incur heavy penalties. Instead, try to negotiate these clauses upfront, or seek legal advice if you feel an existing non-compete clause is invalid or unreasonably restrictive.

3 Check the job description

Pay particular attention to the job description in your contract. When you sign, you are legally committing to these duties and responsibilities.

Your job description can also be used in performance appraisals or, in case of a future dispute, as evidence of the scope of your role.

4 Check the term(ination)

Is your contract an offer for permanent employment or for temporary employment? If there is an end date in your contract then it is for a fixed term, so it is a temporary employment contract. If your contract has no end date, or states that the offer is for an undetermined duration, then it is an offer for permanent employment. Your employment type determines how you and/or your employer can terminate the contract.

5 Check the holiday allowance

If you work a 40-hour week, then you are entitled to 20 holidays per year, as well as national holidays and company holidays. Vacation money comprises eight percent of your annual salary, which is often paid out annually. As such, your holiday allowance and vacation money are a valuable part of your new job offer.

Check your new work contract before you sign it

Still unsure? Get advice

If your new contract does not contain these five points, or if you are concerned about another clause in your employment contract, please contact us. Our experts in employment law can give you the insight and answers to understand your legal position before you begin. «

Godelijn Boonman is an expert in international employment law at GMW lawyers. Godelijn advises and litigates for both domestic and international companies, organisations, embassies and employees. A bilingual expat herself, Godelijn Boonman is considered an employment law specialist for the international community.



PHOTO: TOMASZ BARANOWSKI

Land Art and Flevoland in all seasons

It could be said that the province of Flevoland is an open-air museum for Land Art. Currently Flevoland has nine monumental artworks made by world-renowned artists, including artwork in Zeewolde by the world-famous sculptor Richard Serra, one by international star architect Daniel Libeskind in Almere, and one by Marinus Boezem, one of the Netherlands' most important conceptual artists.

BY SOPHIA ZÜRCHER

All these artworks are situated in public space and can be discovered free of charge, day and night, by car or as part of an organised bus tour.

The artworks tell the story of the surrounding landscape, so travelling around the province and getting to know the art means getting to know the unique man-made landscape of Flevoland.

Culture for a young province

Flevoland is the smallest and youngest province of the Netherlands. A hundred years ago, this region was submerged in the Zuiderzee (Southern Sea), a bay of the North Sea. In 1918 the Dutch passed a law, the *zuiderzeewet* (South Sea Law) to initiate the largest land reclamation project. Most of the land was reclaimed in the 1950's and 1960's.

The land was cultivated, cities were built, and it was decided that as this young region had no cultural tradition as yet, it needed landmarks of artistic value. Unlike the rest of the country, this new province had the space and the know-how to realise large monumental artworks. The planners and engineers opted for an art form that spoke to their imagination: Land Art. »



PHOTO: GERT SCHUTTE

Did you know...

On the plot parallel to De Groene Kathedraal, Boezem has left open the outline of Reims Cathedral in a forest of oak and hornbeam hedges.

Land Art is originally an American art movement which came to prominence in the late sixties and early seventies. American artists such as Robert Morris and Robert Smithson left the galleries and their studios and travelled into nature to create art on location and made art about the landscape, in the landscape, most often using natural materials such as rocks and wood. One of the most famous pieces of American Land Art is *Spiral Jetty* by Robert Smithson in Great Salt Lake—a spiral made of six thousand tons of black basalt rocks.

Nine in one day

Visiting all the Land Art in Flevoland is possible in one day, for a persistent driver, a unique situation in the world. While visiting Land Art might seem like

a summer activity, when you can go for a stroll and picnic near the art, it can also be rewarding to visit these works in the autumn or winter.

De Groene Kathedraal (the Green Cathedral) by Marinus Boezem is a living artwork, made of 178 poplars planted according to the ground plan of the famous cathedral in Reims, France. The artist has therefore given the young province of Flevoland a gothic cathedral—where wedding ceremonies do take place. *De Groene Kathedraal* looks stunning when its leaves turn colour in the autumn.

The work *Observatorium* by Robert Morris in Lelystad concerns the passing of time, and therefore per definition is worth visiting in different seasons.

It was the first Land Artwork in the polder, realised in 1977 and consists of two large concentric earth walls, with the outer wall's diameter 90 metres. The round contours contrast with the straight lines of the surrounding roads and plots, and within these circles three V-span (visor) openings were made casting views of the polder landscape.

On 21 March and 21 September, when the day and night are equally long, the first rays of sun can be seen creeping through *Observatorium's* central steel visor. On the longest day of the year (21 June), the sun rises through the northeast visor—a moment celebrated every year with the poetry festival *Sunsation*. On the shortest day (21 December) get to *Observatorium* at 8:46 am to see the sun come up through the southeast visor—if it's not too misty.

Pilgrimage

Part of the experience of Land Art is approaching it, which is almost like a pilgrimage. *Observatorium* feels like it is situated in the middle of nowhere, a real hidden gem. But the best climax to a rewarding journey is surely *PIER+HORIZON* by Paul de Kort in *Kraggenburg*. A drive down winding roads is followed by a kilometre walk, all the while with the *Zwartemeerdijk* blocking your view of the artwork, until finally the artwork is spectacularly revealed.



PHOTO: PAUL DE KORT

A hundred years ago this region was submerged by the sea

Paul de Kort's jetty prolongs the path so you can walk 'on' the lake. So-called *kraggen* encircle the jetty, these are clusters of grown-together aquatic plants, especially reeds, which float like little islands, changing direction depending on wind and currents. *PIER+HORIZON* is located where a dam once in the *Zuiderzee* that connected the lighthouse Old *Kraggenburg* with the mainland at *Genemuiden*.

A Land Art Safari also helps understand the history of the Netherlands. When looking at the green fields, the trees, and the cities in the province of Flevoland, it's hard to imagine that all this used to be sea. The Land Art makes you aware of this history, and helps you look at the landscape in a different way.

The Zuiderzee

The Land Art monument with the enigmatic title *Riff*, PD#18245 was unveiled in October 2018 and was created by Swiss artist Bob Gramsma to commemorate the 100th anniversary of the passing of the *Zuiderzee Act* by the Dutch government, when the sea was quelled, and the land reclaimed. »



PHOTO: MARTINE VAN KAMPEN

More info

Visit landartflevoland.nl for more information and the addresses of the artworks. Land Art Flevoland organises bus tours every last Sunday from the months of May until September.



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PHOTO: GEERT VAN DER WIJK

Climb the stairs of the artwork, and look out over this new land to the old land of Elburg in the distance

Gramsma began his work by making a foundation and poured some 15,000 cubic metres of earth—both agricultural soil and original Zuiderzee soil over it. He dug an irregularly-shaped hole in this huge mound, and then poured a layer of shotcrete (concrete projected at high velocity into a cavity). After that, the earth was bulldozed away, leaving a hollow cast of concrete with a skin of Zuiderzee soil.

The shape is defined by the mound of polder soil and echoes characteristics of other cavities in the polder, like canals and ditches. At the same time, Riff, PD#18245 also appears foreign in this environment—a hull resting on slanted pillars, aligned with the dikes. It is reminiscent of other human interventions in this particular landscape such as the water management and flood protections.

The sculpture literally emerges from, and melds into, the artificial land that is the polder. You can climb the stairs of the artwork, and look out over this new land, and see the old land of Elburg in the distance.

Sea Level

Experience the history of this young land with Richard Serra's *Sea Level* in Zeewolde. Two concrete walls cross a park level, and at their outer ends disappear into the landscape. At the park's lowest point the walls are several metres high. Without the dikes, the water would reach the top of the artwork. When you walk alongside this artwork, you can imagine yourself submerging in the water—or coming up for air, depending which direction you take. It makes you feel like you're walking on the bottom of the sea. Which of course you are. «

About the author

Sophia Zürcher is an art historian and lives in Utrecht but can often be found in Flevoland.



PHOTO: DENNIS BURGER

From the Netherlands with love

BY TRACEY TAYLOR

When the clocks go back and the shorter evenings begin to draw in, it's only natural that we start to crave different foods to nourish and warm the body and soul. And where better to look than right here in the Netherlands, where traditional Dutch cuisine offers tasty delights for the winter months.

Many might chuckle to hear the words “Dutch” and “cuisine” in the same sentence, and it’s probably fair to say that food coming from the Netherlands may not hit high on the “fine-dining” scale. Some may even see Dutch food as boring and bland, but the traditional fare of this honest kitchen remains

Food

as popular as ever, in particular the hearty dishes available around this time of year, when comfort food is definitely “in!”

Despite being a relatively small country, the food of the Netherlands has been historically influenced by cultures from around the world. Traditional rustic dishes marry deliciously with spices and seasonings from further afield. A preconceived lack of sophistication in Dutch food is cancelled out by the colour, flavours and textures.

Starters

This time of year, it's natural to change our diet and gravitate toward more “chilly weather meals” that keep our energy levels up and metabolism in check. A first stop should be a bowl of Dutch *erwtensoep* (pea soup) which is very popular in Dutch homes and restaurants throughout winter. Most home cooks will have a family recipe for this hearty dish, and it's said the soup should be thick enough to stand a spoon upright in! Dutch pea soup is made with split peas and vegetables such as onions, carrots and potatoes and is traditionally served with slices of a smoked sausage mixed in. These days, many cooks even add vegetarian sausage so there's no excuse not to give this a try!

Mains

Another tasty winter dish is *stamppot* (literally “smash pot”) which is generally a mix of potatoes, onions and curly kale all mashed together. The spud-mix is served in piping hot dollops with lashings of gravy, usually with a piece of meat on the side. But again, these days a vegetarian option is available more often than not.

What's more winter than a stew? Dutch *hachée* is a traditional beef and onion stew originating humbly as a peasant dish. During the winter months, *hachée* epitomises comfort food—the slow cooking in a rich gravy sauce, flavoured with a heady mix of aromatic spices, tenderises the meat. A few spoons of succulent stew alongside some smooth and creamy mashed potato will have everyone asking for more!

Traditional rustic dishes marry deliciously with spices and seasonings

Desserts

Talk of desserts and there has to be a mention of *pannenkoeken* (pancakes), which are usually smothered in chocolate or dusted with sugar. *Lekker!* Be sure to also try some *spekkoek* (spiced cake), which is thought to be one of the oldest desserts in the country, with its roots in the Dutch spice trade. *Spekkoek* is grilled rather than baked and is built up in layers. Although the preparation process is time consuming, this cake remains one of the nation's favourites.

Oliebollen (oil balls!) are large round sugary ‘donuts’ (without the hole) and traditionally eaten during winter, particularly around New Year. Bags of *oliebollen* can be found in your supermarket, at the bakery and from food trucks at Christmas markets and are best eaten warm! Another wintertime ‘sweet’ are *kruidnoten*, little crunchy biscuit discs generously flavoured with cinnamon and nutmeg. *Kruidnoten* often come covered in chocolate and (thanks to the innovative folks at Van Delft) in various other coatings too.

Night cap

No winter would be complete without a glass of something to warm your hands and heart. *Glühwein* (mulled wine) is the order of the day—a heated red wine flavoured with a bunch of spices, fruits and cloves. *Glühwein* (made to varying recipes) is often found throughout winter in pubs and restaurants but a mug is often the most enjoyable at a Christmas market, a perfect remedy for those winter chills! «

About the author

Tracey Taylor lives in Maastricht with boyfriend Dave and cat Little Tubbs. She is Irish, a blogger, foodie, radio host and aspiring photographer. [@traceytaylor_nl](#) [@taylormade.theblog](#) [@littletubbs_nl](#) [@themaastrichtedition](#)



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Dutch brands make it big

It's hard to define the Dutch way of doing things. Is it pragmatism? Almost-but-not-quite-Scandinavian simplicity? Street style not bound by fuss or frills? Original Dutch brands are popping up beyond the Netherlands.

BY KIM MCCLURE

Scotch & Soda, G-Star Raw, HEMA, Patta and Ace & Tate are bright orange tulips proudly representing the Netherlands around the world. What is it about these Dutch brands that carries such worldwide appeal?

Everything, everywhere, for everyone

The iconic red-on-white lettering, the plethora of colour on shelves and the ability to provoke the “I didn't know I needed this leopard-print soap dish, but now I can't possibly not buy it.” There's nothing more Dutch than HEMA.

If you need it, you can probably find it at HEMA. Before it was affordable-funk, HEMA was a dime store, *Hollandsche Eenheidsprijzen Maatschappij Amsterdam* (Dutch Standard Prices Company Amsterdam), and HEMA still caters to the thrifty, while delivering on the immediacy of novelty—lots of millennial pink, masses of black and white polka dots and gos nostalgia, alongside freshly-made hot dogs.

Thrift carries international appeal. HEMA now has stores across Europe, the USA and the Middle East, and travellers fill the last empty space in their carry-ons in HEMA stores in Schiphol Airport, Amsterdam Central Station and London's Victoria Station. At its heart, HEMA understands that no matter what you earn or where you live (or shop), we all want something that makes us feel good. HEMA doesn't pretend to be anything other than what it is. Authenticity is worth everything.

From an atelier in Amsterdam

The crew at Scotch & Soda are travellers and explorers—it's at the heart of their brand—so the ubiquity of their stores outside of Amsterdam isn't surprising. Their Keizersgracht atelier is in the heart of Old Amsterdam (although their head office is in the slightly less romantic Hoofddorp), and Scotch & Soda's brand lives and breathes the spirit of Amsterdam, with travel in its DNA.

Scotch & Soda now sells denim in 100 stores from Beverly Hills to Johannesburg, weaving a thread of Amsterdam-style around the world. A closer look at any Scotch & Soda item reveals attention to detail, small XXXs (the municipal symbol of Amsterdam) sewn into the seams of jeans and imprinted on the backs of leather brogues, tiny tulips printed onto cuffs. The world can't get enough of Scotch & Soda's ready-to-wear classics.

View from the top

Affordable, direct-to-consumer eyewear may not have been an entirely original idea when Ace & Tate was founded in 2013 but that's not to minimise its



PHOTO: MARTI



PHOTO: MAINSTREAM

We all want something that makes us feel good

well-deserved success. The brand added a layer of Dutch directness and style to the concept and the result is an eyewear company that's expanded with more than 30 stores across the Netherlands, Scandinavia, Spain and the UK, supported by a big online presence. Ace & Tate glasses are just the right balance of hipster-vogue, fresh, straightforward and no-nonsense. They're affordable too, so it's no wonder the company is a real Dutch firecracker.

Worth the hype

Patta is about as anti-brand as it gets, a story that reads like a sneaker-culture streetwear daydream. Founded in 2004 by Edson Sabajo and Guillaume 'Gee' Schmidt as a part-time 'footwear and gear' business for friends and family, Patta rose to iconic status thanks to the founders' deep ties to the Dutch Hip-Hop scene.

Beyond carrying a range of designer sneakers, Patta's own brand—emblazoned with their unique logo—has become a favourite with sneakerheads and hypebeasts. Also sold from their London outlet, the success and expansion of Patta is an intersection of music, sneaker culture, anti-brand mentality and the kind of pure, deeply embedded meaning that big brands wishfully imitate (but often cannot).

Star of the raw kind

G-Star Raw was founded in 1989 under the name Gap Star. The name was soon changed to avoid confusion with the other Gap. This was last time the brand imitated—and has grown into a well-loved urban wear brand, dedicated to all things denim.

G-Star's famous 'unwashed' denim forms the basis for their simple and structural designs. Like any smart fashion brand, they've prioritised sustainability



PHOTO: FRANKLIN HEIJNEN

Did you know...
All A&T frames are designed by their in-house design team in Amsterdam.

as they grow. And grow they have, with flagship stores in fourteen cities around the world.

Orange Thread

The Dutch way of life is unique: the small spaces full of *gezelligheid* (coziness), the weather conditions, active lifestyle, and no-fuss approach to work and play. These all create a pragmatism that is perhaps the orange thread running through Dutch brands making them big abroad. «

About the author

Kim McClure is a copywriter and Brand Language Creative at Design Bridge Amsterdam.

Fashion for good

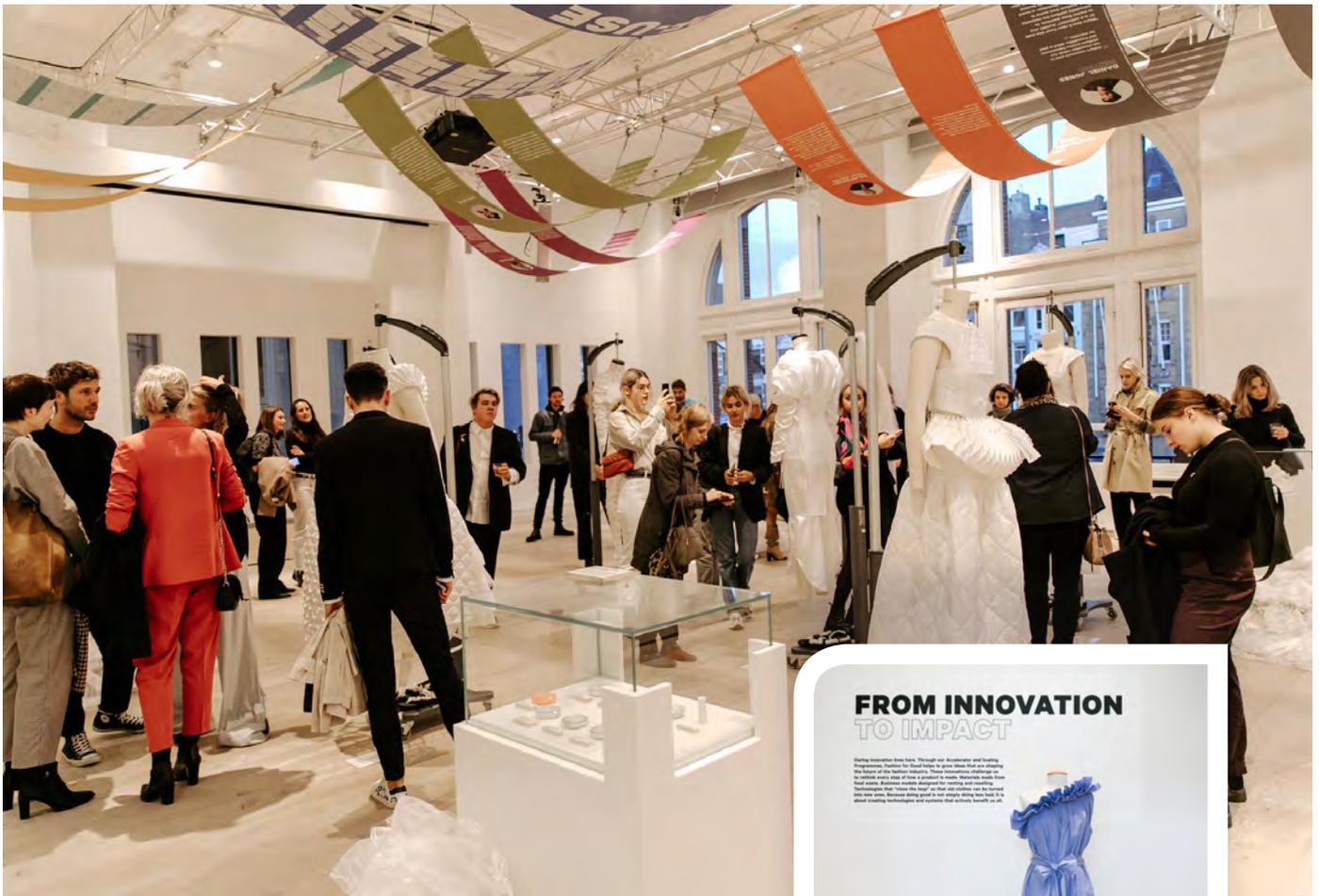


PHOTO: ALINA KRASIEVA

There are few industries with a worse environmental record than fashion. But the Fashion for Good Experience in Amsterdam is driving the cleaning up of the apparel business.

BY HUW HUGHES

The stages of the apparel supply chain—including sourcing materials, designing, manufacturing, selling and transporting clothing—is energy-intensive, wasteful and is responsible for an enormous carbon footprint. A report by Quantis found the global



PHOTO: PRESTIGIEUX

production of clothing and footwear accounts for eight percent of the world's greenhouse gas emissions, while research by the Ellen MacArthur Foundation found that one garbage truck worth of textiles is thrown to landfill or burned every second.

Progress

But as concern over the fashion industry's environmental impact continues to grow, it's possible to see real progress being made in certain areas of the business. For those living in or visiting Amsterdam, you have to go no further than the Fashion for Good Experience at Rokin 102 to see some of that progress first-hand.

"Our overarching goal at Fashion for Good is to change the fashion industry, to make it cleaner and more responsible, and if you want to change an industry, the consumer is as important as the companies and brands themselves," says Fashion for Good's communications manager Anne-Ro Klevant Groen. "Amsterdam is the perfect place to have the museum because people here seem to be very aware of the issue of sustainability and a lot of start-ups are situated here."

Dedicated to sustainable fashion

The museum, which opened last year in the heart of Amsterdam, is in its own words "the world's first interactive museum dedicated to sustainable fashion innovation," and is supported by founding partner C&A Foundation and corporate partners including adidas, C&A and PVH Corp. At the heart of the museum is information about the core business of the organisation, their innovation platform, with for example Fashion for Good's Accelerator Programme, a 12-week programme running twice a year that aims to find the brightest start-ups that are driving innovation in sustainability, circularity and transparency—those "on the verge of disrupting the fashion industry." The museum puts their innovations on display for visitors to explore through a series of interactive exhibits and activations.

Accelerating change

Engineering company Resortecs joined the latest Fashion for Good Accelerator Programme in September. The company, which won H&M's Global Change Award in 2018, developed a stitching thread that dissolves under high temperatures (between

160°C and 190°C). This innovation promotes circular fashion and aims to optimise the recycling process—which remains one of the biggest obstacles in the fashion industry—by allowing outfits to be separated easily into individual reusable components to be reused, reducing the need to create new materials from scratch.

Worn Again Technologies, as the name might suggest, is advancing the clothing recycling process. The London-based textile recycling company has developed a chemical process that can separate polyester and cotton clothing into raw materials. The company, which is now scaling this innovative technology, hopes that the process can close the loop on the excessively wasteful fashion industry, and allow reusable materials to become part of a continual and circular production process.

A company a little closer to home is Amsterdam-based digital fashion house The Fabricant, which uses motion capture, 3D animation software and body scanning to create hyper-realistic digital fashion. The company believes that fashion doesn't have to be physical to exist and envisions a future where people will buy clothes to digitally add to online photos of themselves. Sounds a little far-fetched? »

More Info

The Fashion for Good Experience is open seven days a week at Rokin 102, in Amsterdam. Entrance is free. [fashionforgood.com](https://www.fashionforgood.com)

The museum covers 844 square metres and 9230 metres of ECONYL yarn is used throughout.

Visitors can collect and commit to 33 engaging actions for personal change.

Choose a Good Fashion slogan, customise the design and print it on one of the museum's Cradle to Cradle Certified™ T-shirts, all in real-time in the Design Studio.



PHOTO: THE FABRICANT



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Apparently not. The company's first digital couture dress was sold for \$9,500 at an auction during the cryptocurrency conference, Ethereum Summit, held in New York in 2019. (see also our Cover Story page 10).

Retailers and manufacturers are coming together to make fashion more sustainable

The consumer is key

But it's not all about the start-ups. According to Klevant Groen, the consumer plays a huge role when it comes to the future of fashion, which is why the customer-facing museum was such an important step in Fashion for Good's evolution. "While it's great that fashion brands, retailers and manufacturers are coming together to make fashion in a more circular and sustainable way, in order to change the industry we need a different mindset from the consumer, too," Klevant Groen says. "A lot of that comes down to educating the consumer and showing them that there are alternatives to fast-fashion. We need to learn to stop buying as much as we do now, to treat our garments better so we can keep them for longer, to be mindful of what we buy, its quality and who is making it."

The museum

When entering the museum, visitors are given 'Action Bracelets'—made of recycled plastic, of course—which they can use to interact with the innovative fashion garments on display. The radio-frequency identification (RFID) bracelet then curates a personal 'action plan' for each person, showing them ways in which they can become a more sustainable fashion consumer in their everyday lives. Suggestions include only washing clothes with cold water or not buying any new clothes for a month.



PHOTO: PRESTIGIEUX

Small efforts, perhaps, but the cumulative effect of such small commitments by a lot of people can be profound, and that, according to Klevant Groen, is the key takeaway from the museum. It's about showing people that communication and collaboration is key to changing an industry, even one as enormous as the fashion industry.

"I personally see a lot of people accusing others of greenwashing (the practice of making an unsubstantiated or misleading claim about the environmental benefits of a product, service, technology or company practice), or not being honest. But I think that what is most important is that we change and in order for us to change we need to help and support each other instead of punishing each other," she says. "I think you will grow and change faster if you are motivated and I don't think being negative is the right way to go about that." «

About the author

Originally from Bath in the south of England, Huw Hughes is currently an editor for Amsterdam-based B2B fashion news platform FashionUnited. When he's not working, Huw enjoys travelling and socialising, and has a weakness for good Dutch beer and good English tea.



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Helping students find their **unique path** in the world

The education sector has not always been synonymous with innovation, but a new programme at The International School of The Hague (ISH) is seeking to transform the way students learn.



070 328 1450
ishthehague.nl

Walk around ISH at lunchtime or after lessons and you'll encounter students involved in a mind-boggling array of activities. They might be organising debates about "the complexities of the interconnected world" for the Model United Nations conference or tweaking the design of their Shell Eco Car. Or there might be independent endeavours like creating a new app to organise student life or setting up their own clothing company.

A close look shows immense learning—in terms of both knowledge and skills—associated with these activities. More importantly, students are invested in and leading the process. Why? Because it is something they care about, it is real to them and they are in control.

The Pathfinder Programme integrates student interests into their everyday curriculum

The Pathfinder Programme—now in its second year—harnesses this intrinsic motivation and integrates student interests into their everyday curriculum. It allows students to work with their teachers to design projects and investigations in each subject area. They all work towards the same objectives and assessment standards, but from the perspective of their own interests.

Investigations range from exploring environmental issues through using photography to utilising chemistry to put on a non-explosive firework show! Over the course of the year, students take part in at least 23 investigations covering all subject areas.

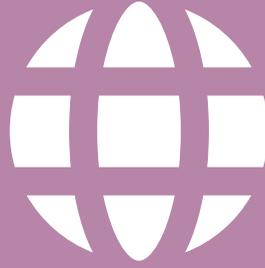
Although some investigations are theoretical, students are encouraged to apply their learning and connect it to their personal goals. For example, last year a student used investigations in English, Business and Design to fulfil a lifelong goal of writing and putting on a musical. All at the age of 14!

The results are not just personalised curricula, but also more choice about how to use learning time and a chance to experience a more authentic working environment. «

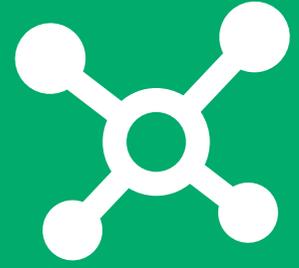
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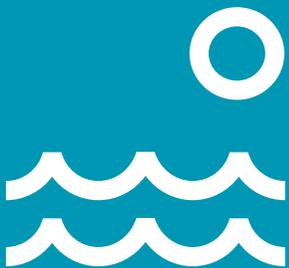
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Textiles in Tilburg

BY LORNE HOLYOAK

I wasn't sure what I would find at the TextielMuseum in Tilburg, but I definitely did not expect to discover a functioning steam engine. If you think that a textile museum would be endless bolts of cloth displayed in low light conditions, think again.

Housed in a former mill built in 1861, the TextielMuseum hums with energy and purpose. Exhibitions have historic and contemporary interest, with a focus on art and design and industrialisation, at the heart of which is the TextielLab, where artists, designers, and architects realise beautiful designs.

That steam engine, built in Utrecht in 1901 and brought to Tilburg to power the mill, is no longer the museum's power plant, but has been lovingly conserved, demonstrating the staff's devotion to maintaining their collection. The building, a former factory, is spacious and brightly lit, housing a variety of looms and historical equipment, along with a remarkable collection of punch cards that once programmed looms. Beyond textiles, the museum is a window on the industrial era in the Netherlands during the 19th and early 20th centuries that will be of interest to all visitors.

TextielLab

For those interested in all kinds of fabric arts, the museum, and particularly the TextielLab, does not disappoint. The TextielLab is open to use by artists, designers, architects, schools and other creators providing them access to the museum's modern looms and equipment. The Lab is open during regular opening hours, so visitors can not only see the equipment but watch and talk to designers and product-developers working together to create remarkable materials.

Production in the Lab includes embroidery, laser cutting, weaving, and passementerie (elaborate trimmings, embroideries and braids—helpfully explained by one of the designers). There is a tufting room where tapestries and carpets are made to design by experts who shoot the yarn into a fabric »



PHOTO: LORNE HOLYOAK



PHOTO: TEXTIEL MUSEUM



PHOTO: TEXTIEL MUSEUM

base with an electric tufting gun. Long gone are the days of armies of needlecrafters labouring by hand over massive works. A special exhibit on the Bauhaus movement includes a complex, 10-metre wide Bauhaus-inspired tapestry that was produced in the Lab in just a few months. Even so, the process of tufting is exacting work that requires patience and good technique, in addition to creative visual design.

Designers are attracted to the Lab to work with skilled product developers to convert ideas into reality, and to use the three state-of-the-art computer guided looms. The Lab's product developers are all highly skilled, some with a university fine arts background, while others are factory-trained technical and production experts. They all revel in the challenges of translating an artistic vision into a tangible object. The Lab's collaborative nature of work means that this museum doesn't just preserves the past, but is a forward-looking centre for ongoing technical innovation.

A window on the industrial era that will be of interest to all visitors

More Info

The TextielMuseum is open Tuesday through Sunday, and offers free and informative 30-minute guided tours at set times throughout the day. There is a café on site, and the museum is easily reached by bus or a 15-minute walk from Tilburg Centraal Station.

International reputation

The TextielLab has an international reputation attracting artists, designers and architects from around the world, where they can produce new works, or experiment with different materials, techniques and designs. A recent project involved creating a solar curtain using conductive yarns and built-in solar panels that could provide electricity to rural communities in developing countries. The Lab also produces contemporary artwork for other museums, such as Amsterdam's Stedelijk.



PHOTO: TEXTIEL MUSEUM

A forward-looking centre of ongoing technical innovation

The Lab works with more than 200 artists every year, which means there is a waiting list of applicants. Proposals from applications should demonstrate innovation and artistry and will be more likely accepted if they challenge the skills and capacity of the TextielLab staff. Artists or designers should have a strong record of creating works that demonstrate a knowledge of the various forms of textiles, and proposed projects also need to appeal to museum visitors, as the Lab aims to demonstrate how textiles are made and encourage the appreciation of textile arts. Only projects that will be exhibited in a museum, gallery, public building or other exhibition space are accepted by the Lab.

The Lab also invites visiting artists to produce works for the museum, to be shown in the Sample Studio where visitors can touch and examine the textiles closely before they move on to be exhibited in the main museum.

Many of the artists who work in the Lab are also invited to design textiles for sale in the museum gift shop under the museum's own label. Visitors can take home gorgeous towels, napkins, tablecloths, rugs, bags and other items. Many items are limited production and high-end, but for those looking not to buy, the gift shop is another part of the museum where you can experience the textiles hands-on.

For children

While the Lab's modern looms and functioning 1960s vintage punch card-operated loom are metal behemoths that give the Lab a strong industrial feeling, there is also a kid's corner where younger visitors can experiment working with yarn. Perhaps the most fun to be had is messing around with the bicycle-powered loom installed at one end of the Lab



PHOTO: TEXTIEL MUSEUM

Did you know...
The museum library contains 20,000 books and volumes

next to the new looms. This is a smaller wooden loom that is started by human power and allows visitors to try their hand at weaving by throwing the shuttle back and forth. For those more timid about operating a real loom, the museum also has a computer simulation of the weaving process to try instead. A much safer alternative.

The historic and contemporary combination of the TextielMuseum makes it well worth a visit for all ages. «

About the author

Lorne Holyoak is a development anthropologist and aspiring writer who hails from Canada. He has worked as a volunteer with ACCESS in Utrecht.



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Supporting Adolescent Mental Health and Wellness at NAISR

A growing body of research is placing mental health and well-being at the centre of an integrated approach to adolescent health. At the Nord Anglia International School Rotterdam (NAISR) a critical question has arisen: How do we ensure mental health and well-being forms a key part of our approach to adolescent health and wellness?

DANIELLE MASHON
AND TENLEY ELLIOTT



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Note This article has been adapted from the original, published in *International School*. Vol. 22, Issue 1. (Autumn, 2019.)

Firstly, our school has increased the offering of our middle years programme to include two extra lessons; a 'service learning lesson' where students engage with community-based organisations, and a daily 20 minute 'homeroom' class. In addition, important topics such as healthy eating, active lifestyle, friendships and healthy relationships form Health, Advisory and Physical Education (HAPE) classes where our students discuss international topics,

such as the UN Sustainable Development Goals or what it means to be a Global Citizen. These lessons are an important time for students and teachers to create trusting relationships, built on mutual respect.

To further improve our programme, strengthen our alignment as a Nord Anglia Education school, ensure our school's Core Values form the basis of all learning, and approach adolescent mental health and well-being in an integrated, holistic way, NAISR conducted a second strategic curriculum review and identified the following next steps:

- Ensure learning around mental health and well-being forms part of our comprehensive safeguarding practices.
- Encourage collaborative integration of health specialists in all learning settings (i.e. nurse, social-emotional coach, social worker, psychologist).
- Provide additional resources and training to our wider community about adolescent mental health and emotional well-being.
- Deliver school assemblies and whole-school initiatives to increase awareness and reduce stigma around mental illness and well-being.
- Strengthen our link to the International Middle Years Curriculum's '5 Needs of the Adolescent Brain'.

At NAISR, we understand the importance of mental health and wellness on the learning and development of each child and we are excited to see the impact that our initiatives will have as our students continue to grow.

Please contact us to learn more about our school and how we support adolescent mental health and well-being. <

Find out more
naisr.nl
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Another category which speaks for itself, and includes members of our ACCESS Trainers Network.

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

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For further support from the community, or to find out what is happening and where more information can be found on the next page.

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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.

»» Newsflash ««

ACCESS changes its number!

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16 January, Thursday

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 thehagueinternationalcentre.nl/events

2 February, Sunday

Join us and meet the international community at the Feel at Home in The Hague Fair – the annual event which introduces you to all there is to do in your new home.

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 feelathomeinthehague.com

Besides our telephone/email support, you can also come by (no appointment necessary) and speak to our team at the following locations:

- **Expat Centre Leiden, Stationsweg 26**
Monday & Wednesday 09:00-17:00
- **IN Amsterdam, WTC Amsterdam, Strawinskylaan 1767 – i-Tower**
Monday-Friday from 10:00-16:00
- **International Welcome Centre Utrecht Region, Stadsplateau 1, 2nd Floor**
Monday and Tuesday 09:00-17:00; Thursday 13:00-17:00 and Friday 09:00-13:00
- **The Hague International Centre, Spui 70 (Stadhuis)**
Monday-Friday 09:00-17:00

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Discover more



Tips from our team for Winter

Sometimes, I Wonder – NDT

Nederlands Dans Theater (NDT) is one of the world's most productive dance companies. This cultural season NDT celebrates its 60th birthday. *Sometimes, I Wonder*, an evening dedicated to artistic director and choreographer Jiří Kylián is showing exclusively in The Hague and Rotterdam. Explosive, sensual, sensitive, fragile and poetic, it should not be missed. The Hague and Rotterdam 6-23 February. ndt.nl/en/tickets/sometimes-i-wonder

The Waves – Maastricht

Marres, House for Contemporary Culture is a *presentatie-instelling* (institute for visual art) in Maastricht. The Waves is a spatial album composed by Norwegian composer Espen Sommer Eide for Marres. Visitors experience a musical journey transporting them from room to room, causing a collective stream-of-consciousness and making the spaces, architecture, and history of the house tangible. 15 November 2019-2 February 2020. marres.org/en/programmas/the-waves-2

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.

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- Dutch BuzZ • Dutch News • Expat Events • ExpatINFO Holland • Expatriate Archive Centre • Expats Utrecht • Expat Republic
- Expat Spouses Initiative • Families in Global Transition • Here in Holland • i am not a tourist (IANAT) bv • IamExpat
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- M-space Graphic Designers • STET (English Theatre) • The American Book Center
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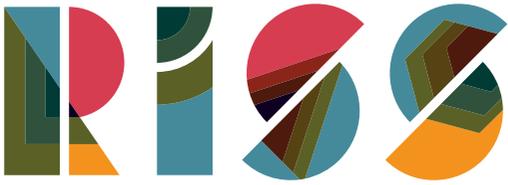
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