

Free  
for you  
to pick  
up



In this  
together

2020  
Summer

**In this issue** | Good self-care | Voorlinden Museum | Cycling |  
Children and sport | Positive parenting | Schooling during lockdown |  
Island breaks |



**Homelike environment  
with dedicated teachers!**

## Day Care - Preschool - After School Care Forest After School - Early Bird Care

Wide range of activities

Early learning programme

Free transport from school

Scheveningen, Wassenaar, Kijkduin

Long opening hours

English speaking staff

Learn and play in nature

Healthy meals twice per day

---

*“Second home for my children!”*

*“Fantastic care for the children with very a personal touch,  
allows the parents to relax and know that the kids are in good hands!”*

*“It is like leaving the kids with their grandparents.”*

*“Safe and secure environment for the children.”*

# Dear ACCESS readers



**Steve Voyce**

ACCESS Editor

[editor@access-nl.org](mailto:editor@access-nl.org)

Here at ACCESS Magazine we plan our issues in advance, and when our team was looking at the amazing sporting events scheduled for summer 2020 in the Netherlands, we decided to dedicate our summer issue to ‘sport.’

Throughout spring, as Covid-19 went from curiosity, to headline news, to a pandemic affecting every one of us, the theme of our summer issue was overtaken and it was obvious that the large-scale events we were going to feature would be cancelled or postponed.

While a bump in the road for our magazine planning, it pales into insignificance compared to the catastrophic impact this virus has had worldwide. Those of us not affected directly by the illness are undoubtedly getting used to a different ‘normal’—socially-distanced; most likely working at home; perhaps schooling our children ourselves; probably separated from family and friends. As we become familiar with seeing friends and relatives who we would have once hugged now in the rectangle of a computer screen, and people wearing gloves and masks in the bus or supermarket, it is understandably an anxious time.

Hannah Behrens spoke to Katarina Gaborova, a psychologist working with many internationals through the ACCESS Counselling Network (CSN), about maintaining our mental health and wellbeing during these unprecedented times. The Cover Story is must-read: interesting and informative and a reminder that we are not alone.

## Understandably an anxious time, but we are not alone

For our Education article, Jaqueline Pemberton spoke to education professionals about their challenges during the pandemic. While many students have benefited from online learning, Jacqueline writes that a school is a social community which we perhaps previously took for granted.

Elsewhere in this issue, an easing in restrictions means we can plan for summer trips to the Voorlinden Museum or one of the Dutch North Sea islands. We also look at parenting a child with ADHD, Dutch driving regulations, children’s sports activities in the Netherlands, and one of the greatest sports books ever written (it’s Dutch and about cycling).

For now, from all of us at ACCESS, we wish you good health.

# 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, Rijswijk, 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



+31 (0)85 4000 338



helpdesk@access-nl.org



www.access-nl.org



Lange Voorhout 12  
2514 ED The Hague

## 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

### Publisher

Stichting ACCESS

### Editorial content

editor@access-nl.org

### Advertising

070 345 1700

fnd@access-nl.org

### Editor

Steve Voyce

### Assistant Editor

Nancy Kroonenberg

### Design & Layout

M-space | graphic designers

### Printer

Edauw + Johannissen Drukkerij

### Cover image

Elisabeth Schettle

### Contents images (clockwise)

Alex, Christian Fregnan, RS,

Annie Spratt, Elizabeth Explores

### Contributors

Hannah Behrens, Katarina Gaborova,

Lorne Holyoak, Lisa Medved,

Jacqueline Pemberton,

Giulia Quaresima, Elisabeth Schettle,

Ann Raben, Tracey Taylor,

Deborah Valentine, Kim van der Velden,

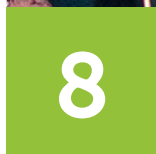
Daphne Vlachoianis

Join ACCESS on   





28



18



23



41

# ACCESS

Summer 2020 Vol. 33 No. 2

Circulation: 5,000

Also available online at: [magazine.access-nl.org](http://magazine.access-nl.org)

## Contents

- 6 **ACCESS Family** Municipalities and ACCESS
- 8 **Cover Story** In this together
- 15 **Dutch Lifestyle** Join the clubs
- 18 **Education** Schools rediscovering themselves during lockdown
- 23 **Arts & Entertainment** Voorlinden Museum
- 28 **Food** I love summer berry much
- 31 **International Community** Happy motoring
- 35 **Health and Wellbeing** Positive parenting
- 38 **Review** *The Rider*
- 41 **Travel** The North Sea islands

Copyright ACCESS 2020

All rights reserved. No part of the ACCESS Magazine may be used in any form without explicit permission in writing from the Publisher. Every effort has been made to ensure that the information in this publication was correct at the time of going to press. However, ACCESS and its writers cannot accept any responsibility for the accuracy of the information included.

The ACCESS team of volunteers provides an invaluable level of expertise to municipalities welcoming newcomers from all over the world. Representatives from four municipalities share their experience of how ACCESS helps internationals settle into their region.

## ACCESS and municipalities

BY OLIVIA VAN DEN BROEK-NERI



**Gerko Visée**, Adviser and Account Manager, The Hague International Centre (THIC)

THIC works with the cities of The Hague, Delft, Rijswijk and Leidschendam-Voorburg, ACCESS and the Immigration and Naturalisation Service (IND). “Our goal is to make internationals feel at home in The Hague region,” says Gerko.

“ACCESS is a vital partner helping to provide internationals with a soft landing in the region,” Gerko says. This year, 2020, marks the 10-year anniversary of the direct public/not-for-profit cooperation between ACCESS and the Municipality of The Hague.

“ACCESS is an essential part of our international community,” he says. “They help with the questions we get on the ‘softer’ side of relocation—how to make the Netherlands and The Hague their new home,” he says. Gerko points out that ACCESS also assists companies by offering additional support for their international employees. ACCESS volunteers also provide valuable feedback to the THIC. “ACCESS is part of our eyes and ears in the community,” Gerko says.

“The ACCESS volunteers are a great example of giving back to your community by helping international newcomers feel at home,” says Gerko.



**Robert Snoeijenbos**, Managing Director, International Welcome Centre Utrecht Region (IWCUR)

The IWCUR provides services and events for international talent and entrepreneurs in the Utrecht Region. Robert Snoeijenbos spent over four years in Vienna Austria which helped prepare him for his job as Managing Director. Four days a week, ACCESS volunteers answer questions from internationals who visit the IWCUR office, located in the Utrecht Stadskantoor (City Hall).

“Because of the mostly international volunteers there is a natural connection with our target group,” he says. “The volunteers of ACCESS are experienced and very dedicated to help internationals in finding the way in their new hometown,” he says. “and making the settling-in process easier, which is the purpose of the centre.”



**Corine van der Ceelen**, Manager, Expat Centre Leiden

Since 2016, Corine has worked at the Expat Centre Leiden. ACCESS provides the centre with five to six volunteers. “They are really part of our team,” Corine says, “they know what the expat life is like. They know how to answer the questions.”

“The value for money that we get as a partner and what they do for our clients is really great,” says Corine. The information the volunteers gather is also helpful to the Expat Centre. “From a business point of view, the data that ACCESS collects is really important,” she says. “We can see what people are asking, what areas they need help and assistance. It is invaluable.” This information is used to improve the Expat Centre’s services.

Corine states that the success of ACCESS is due at least partly to its members being actively engaged in the community. “They are always out there,” she says. “This is why ACCESS is so good at what it does as it really has its ear to the ground of international and community life!”

“I recommend volunteering with ACCESS to internationals who are looking to get into volunteering or back into the workplace,” Corine says.



**Sietske van Tuin,**  
Director, IN Amsterdam

ACCESS volunteers operate a helpdesk in the IN Amsterdam centre, five days a week. Sietske believes “it’s great having people at IN Amsterdam who have gone through what our clients are going through.”

IN Amsterdam provides a one-stop shop service for international newcomers in the Amsterdam area, serving companies and their highly skilled migrant employees, scientific researchers, international entrepreneurs and international graduates by simplifying immigration processes and helping international newcomers settle.

The ACCESS Amsterdam helpdesk volunteers are a vibrant and vital part of the IN Amsterdam team. “They are a brilliant addition,” says Sietske, “adding a vibrant international flavour to our office, and offering valuable information to our clients.” The advice the vol-

unteers give complements the service internationals get from IN Amsterdam, “ACCESS know everything, and have a real understanding of international life,” adds Sietske.

## The true voice of international life in the Netherlands

Sietske always recommends ACCESS, and, “if I have questions from the press, I often direct them toward ACCESS, who are—as I call them—the true voice of international life in the Netherlands.” The relationship between ACCESS and IN Amsterdam is set to continue, “I’m really happy with it,” Sietske says. “It’s wonderful to have ACCESS as part of our team.”

ACCESS and the municipalities continue to offer help and support to the local international community. «

---

### More info

Find out more about volunteering with ACCESS online at [access-nl.org/volunteering-for-access](https://access-nl.org/volunteering-for-access)

---





# In this together

BY HANNAH  
BEHRENS

The Covid-19 pandemic has thrown us all into flux. As we wait at home, hoping that everything will improve, our daily lives are inevitably stressed and the strain on personal and community well-being is widespread. It's natural at times like these to feel lonely and helpless. But we can protect our families, and the health of our communities, while still looking after ourselves. Good self-care is vital for our own health and those around us.



ILLUSTRATION: CATHERINE CORDASCO FOR UNITED NATIONS GLOBAL CREATIVES



Even though regulations and restrictions are being updated in the Netherlands, we are still in a unique situation. We keep our distance to maintain safety, and changes in many things we once took for granted forces us to look at things differently.

We have had to find ways to replace going out, traveling, visiting friends, getting a haircut, celebrating a special occasion, going to school or work, or going to a concert or sports game. It's a time of great upheaval.

### Everything has changed

The free movement that we were used to only a matter of months ago is still restricted. Shelter-in-place rules, hygienic and social distancing regulations, travel restrictions, and business and school closures have ground everyday life to a halt and look to affect our lives for the foreseeable future. We do our best to hold it all together and do our part, but even the bravest and cool-headed among us can be vulnerable to anxiety and fear.

While our parents and grandparents may have shown the notion of putting on a brave face, holding emotions together, and carrying on as usual, contemporary psychology maintains that bottling up anxiety and emotions can actually be harmful.

But if it feels as though we are headed for a breakdown, often it only takes a little reaching out and a small adjustment to maintain one's own health and wellbeing.

### Help is at hand

Katarina Gaborova, a psychologist, works with many internationals through the ACCESS Counselling Network (CSN). She has been working closely with clients throughout the pandemic and has seen individuals struggling with anxiety, depression, insomnia, negative thoughts, worries about the future and tensions between domestic partners and/or children, loss or separation from a loved one, vulnerability toward substance abuse, and other chronic or ongoing mental health issues.

Katarina explains that anxiety actually plays a vital role in our survival, as a warning system, telling us when something might be out of our normal experience. Fear manifests itself in our brains to guide us away from danger, to lead us toward safety. Anxiety wants nothing more than to keep us, and those we love, safe, comfortable and alive.

### The science of stress

Just as the body's immune system protects us against disease, the sympathetic and parasympathetic nervous systems in the body and brain work to protect us during periods of emotional and physical stress.

The sympathetic nervous system prepares the body for fight or flight when things are stressful. During a physical incident or accident the system kicks into survival mode, giving us stored energy in the form of adrenaline to help us do what we need to do to survive, whether to fight, run or save a life.

Afterwards the parasympathetic nervous system helps us calm our body with serotonin, slow our inhibitions, rest, heal and recover after a high-energy exertion. In normal function, the body naturally adjusts to periods of stress and periods of relaxation.

Katarina further explains that during periods of long-term stress, such as the current global pandemic, we may start questioning whether we will be able to get through this, and the body's natural psychological immunity can break down in what scientists call a state of 'immune neglect.' However, luckily our bodies have evolved with all sorts of survival mechanisms to protect us physically as well as psychologically.

### Self-care is vital

Katarina continues, "the sympathetic and parasympathetic nervous systems work sort of like a debit/credit system. When the body suffers long periods of stress, the faculties of the body wear down and can actually lead the body toward a possibly fatal meltdown. Exhaustion, burnout, uncontrollable mood swings, insomnia, Post-Traumatic Stress, »

### Help is here

During this unprecedented time of stress, a mental health check-in can be as easy as looking at your own internal resources, reaching out to a friend or loved one, or contacting the many avenues of available help from professional therapists and counsellors. The most important thing to do is seek help.



The ACCESS Counselling Network, with registered therapists and on call staff, can be found at [access-nl.org/counselling/counselling-network](https://access-nl.org/counselling/counselling-network)

#### Resources and activities for children during quarantine

Get children to make a gratitude jar. Write what you are grateful for, or positive messages to the people in your family, on slips of paper, and once a day, draw them out of the jar to read and share.

Send care packages or video messages to elderly loved ones or isolated people, essential services workers, and others who may be vulnerable.

Katarina Gaborova [psychologistinthehague.com](https://psychologistinthehague.com)

and other mental health conditions are direct results of prolonged stress. The lack of restorative practices may feel like stoicism or hard-line self-reliance, but the reality is that stress and bad health habits wear the body down, and self-care is vital to get us through an uncertain world.”

#### What is “self-care”?

On the most basic level, self-care is eating healthy, getting adequate rest, exercising regularly, and finding a chance to relax the mind and body.



PHOTO: CHARLES DELUVIO

Art, listening to music, meditation, being in nature, spending quality time with loved ones, maintaining healthy relationships, cooking a meal, learning a language, engaging in volunteering and other positive and healthy habits create general nourishment of well-being and life satisfaction and add ‘credit’ to the psychological immune system. Restorative self-care practices don’t cost money, they are not just self-indulgent luxuries or hobbies, they are what we do with our energy and how we spend our time. They are the true building blocks for quality of life.

The reality is that there will always be stress in the world and in our personal lives. The loss of a loved one, the loss of a job or a relationship, work stress, family tension, traumatic experiences, political tension, mean all our lives might already be filled with challenging circumstances, and now, with the pandemic, we are being challenged in a new way. Seeking out the things that put us at ease and make us feel good about ourselves can bring comfort, satisfaction, and a sense of peace.

#### Quarantining and practising self-care with children

As a counsellor, Katarina has a few recommendations for parents with children during the pandemic.

- **Allow children to normalise their feelings**  
Just like adults, children feel and observe the stress of the world and need time and space to adjust to the new situation. They look to the adults caring for them to set the precedent for the emotional mood of the household. Children are vulnerable and susceptible to the emotions of adults. In a house with younger children, gently talk to children in an age-appropriate language about the situation and explain why precautions are important. Children, just like parents, may feel scared or upset. Allow children space to normalise their feelings by speaking with them openly. It is important to remind children that being scared or sad is okay, and a very natural response. It is equally important to emphasise that they are safe and cared for.



- **Establish a routine and try to keep similar hours**

Children thrive in a routine. Waking up and going, as if to school, at the usual time is a good way for the whole family to maintain a sense of normalcy. If the long day feels overwhelming, break it into smaller pieces, with a variation of structured work, free time and alone time.

Exercise helps calm and release pent up energy. Going for a walk or a bike ride or tossing a ball around, even just for 15 to 20 minutes a day, can be a huge relief, break up the day and relieve cabin fever.

- **Limit exposure to misleading social media and troubling news**

Older children may be more aware of bad news. While it is important to still be honest, open and well informed, fixation on bad news statistics, infection and death rates can build anxiety and lower morale at home.

Setting limits on social media and establishing a routine is important and keeps lines of communication open. Having a short emotional check-in every day with teenagers will help ease any tension and create an atmosphere of support. Allowing older children to have alone time or talk to friends and peers helps them feel engaged socially. At the same time, teenagers may be encouraged to participate in family activities and take initiative on their own self-care and wellbeing.

- **Creative activities**

Creative projects or activities can help build family morale. Activities such as painting, crafts, making a video of a song or dance, or setting up a home obstacle course allows everyone to focus energy into creativity and team-building and helps build confidence and takes focus from troubling thoughts and feelings. Creative activities could also involve reaching out toward others, perhaps writing a letter or message to elderly or isolated grandparents.



PHOTO: TIM DENNELL

## We need to be reassured by the people who love and care about us

- **Acts of kindness**

Katarina suggests that, “positive messages and random acts of kindness are also needed during this unique time of stress.” Families and especially children need to feel reassured with positive reinforcement. “Positive messages from loved ones reinforce our psychological immunity debit account. Sad news coming may feel gentler if reassured by the people who love and care about us,” she says. »





Curious



Connected



Compassionate



**The International School  
of The Hague** [ishthehague.nl](http://ishthehague.nl)

*Curious, Connected and Compassionate*  
Inspiring personal excellence in a strong and diverse community





PHOTO: MOLLIE SIVARAM

## Self-care is vital to get us through an uncertain world

### Isolating alone

Many people are finding themselves quarantining alone, which has its own challenges, particularly social isolation. For those isolating alone, the same rules of self-care apply: keep a routine, pay attention to sleep habits, nutrition, and mindfulness practices.

However, the natural need for social connection poses a challenge. This can be helped by staying in connection with friends, family and community via phone or video call so as to maintain a social distance.

Being alone might allow for time to indulge in reading, home-decorating projects, crafts, art, writing, making music or learning a new skill. People can stay connected by participating in live online events, exercise classes, online language classes, art activities, or online gallery tours. Many universities, libraries, and film archives are offering materials for free online and many musicians are offering free concerts online.

### Be flexible

It is important to accept that the epidemic may not clear for many more months, so Katarina believes we need to be flexible and adjust expectations, to be choosy with the resources we use to fill time, and limit the time we spend reading bad news. Negativity can easily decrease energy and increase harmful feelings.

We may allow time to feel sad and to be in the moment. Focusing on the future can often stimulate anxiety so sometimes it is useful to decide that it is okay to not know what will happen.

### Help for internationals separated from loved ones far away or overseas

As the Covid-19 situation has affected all global communities, many internationals in the Netherlands have found themselves homesick, worried or feeling guilty about not being able to be with family and friends. While social media and news help us feel connected and informed, it can also leave us feeling depressed, troubled and helpless. The ACCESS website, helpdesks and Counselling Network are there to answer questions and give advice to all internationals in the Netherlands, especially during this current situation.

### Empathy for each other

We're all in this together is not just a slogan but a way of coping and seeing further than our own situation. In a state of strain, it's easy for a stressful mind to react negatively. Simply recognising that we are all under stress in some form and being kind to our fellow humans has a far-reaching impact. «

### About the author

Hannah Behrens is a freelance writer, editor, poet and writing coach. Resident in the Netherlands since 2016, she writes a blog, [weedsandwilderness.com](https://weedsandwilderness.com), leads a creative writing group, and is currently working towards her PhD in Expressive Arts Therapy.



# Classroom, curriculum and countryside

## Knowledge through nature at Eerde

At Eerde International Boarding School (EIBS), learning goes beyond the classroom walls. Students are encouraged to develop their full potential by interacting with nature and the world beyond the traditional academic setting.



Located on a tranquil estate in the forested region of Overijssel, EIBS provides a serene escape from city life and the traditional school model. EIBS is home for students from more than 20 countries, who are eager to embrace nature at every opportunity. While the main school building remains Eerde Castle, classrooms and learning spaces are integrated into the surrounding environment, providing students with the chance to expand their thinking to outside of classroom walls.

+31 (0)529 451 452  
[www.eerde.nl](http://www.eerde.nl)  
[admission@eerdeibs.nl](mailto:admission@eerdeibs.nl)

This overarching, problem based learning ethos is apparent throughout the combination of our curriculum; IPC, IMYC, Cambridge IGCSE, and the International Baccalaureate Diploma Programme.

As well as including nature in on-campus learning, EIBS provides students with multiple outdoor educational adventures to learn, appreciate and understand surrounding environments. Annual trips incorporate education-based activities that draw on a range of subjects and academic skills. Flexibility and freedom, and a focused student-to-teacher ratio, allow EIBS to organise international trips such as wellness retreats, skiing, and community service projects, creating well-rounded, cultured, and dedicated global citizens.

## Sporting opportunities

At EIBS there is no shortage of ways to stay active and experience the beautiful countryside. Students can enjoy a range of team sports with the opportunity to join competitive local sport clubs, and also connect with nature through swimming, canoeing and yoga. Through our partnership with the internationally-renowned De Hazelhorst Equestrian Centre, students are able to train and compete in a variety of equestrian fields, while still pursuing their collegiate goals.

## A student's potential is within

## Reaching their full potential

At EIBS students are encouraged to reach their full potential by stepping beyond the classroom and discovering the world. We believe that each student's potential lies within, we simply provide the educational tools, diverse experiences and an encouraging environment, to shape their path to success. EIBS is unique with its on-campus boarding program, offering both full or flexible boarding options to meet student needs. «



# Join the clubs

The popularity of sports clubs in the Netherlands could partly be explained by how sports are organised from early childhood, which is quite different from other countries.

BY KIM VAN DER VELDEN



PHOTO: SHERI HOOLEY

According to a 2018 report published by the EU Commission on sports and active lifestyle, 27% of the Dutch population are members of a sports club, more than double the EU average of 12%.

As a mother of two teenage children, who have practised and still are practising a variety of sports activities, I've had extensive experience of how sports in and around Dutch schools work for both children and parents.

## Sports and School

Being newly introduced to the Dutch school system, one might wonder whether the sports activities are sufficient for children whose energy levels seem sometimes boundless—both time (typically two hours per week) and facilities might appear limited, and inconsistent with the focus on healthy lifestyle most schools are promoting. However, behind this apparent contradiction lies a very different reality.

In the Netherlands, children in primary school finish their school day early in the afternoon and have no or very little homework. This allows children to practise one or more sports after school, during the week and play competitive matches during the weekends.

School days in secondary school finish later and the children have more homework. Therefore weekday practice times are later in the afternoon, sometimes early evening. Similar to the challenge adults have to make time for sports, teenagers need to make efforts and might need extra stimulation to find the motivation to fit sports into busy social and school lives.

## Sport as a basic need for children

There is a network of sports clubs offering a wide variety of sports. For families having difficulties making ends meet, funds and local subsidies are »

### Different sports

*Krav Maga* is originally a self-defence system practised by the Israeli army, but as a kids' sport it teaches not only physical ability, but also helps building mental strength to stand up against bullies in the playground.

*Freerunning* is a fun sport for those kids who like to run and climb on and jump from obstacles. They will learn how to practise falling and rolling in a safe way.

*Capoeira* is an Afro-Brazilian martial art that combines dance and acrobatic moves to music. Not only will your child learn the sport, but will also be exposed to the cultural heritage aspects of this sport.

*Figure roller skating*, the name says it all, figure skating on roller skates, what's not to like?

*Beeball* is a simple and safe form of baseball, for kids between 5-10 years, where the emphasis is less on performance and more on building team spirit and practice.

available so no child should miss out on sport. The local clubs, social workers or schools can help completing the application. Find out more at [jeugdondssportencultuur.nl/](http://jeugdondssportencultuur.nl/) (in Dutch).

#### Swimming and cycling: life skills

In the Netherlands, swimming and cycling are not regarded as sports activities but as basic life skills for children. Mastering both are considered major childhood milestones.

## Similar to challenges adults have to make time, teenagers might need to fit sports into busy social and school lives

Most children in the Netherlands get their first bicycle around the age of three or four and can cycle without training wheels by age five or six. This means that many primary-age children go to school by bike, laying a solid foundation for adult lives as part of a cycle-centric nation. To achieve this milestone, parents help by running behind their wobbly kids



PHOTO: JESPER STECHMANN

practising cycling without training wheels. From personal experience I can confirm that this is a sport in itself.

According to *ZwemOnderwijs Nederland* (National Swimming Education Organisation), it is best for children to start swimming lessons between four-and-a-half and five. For non-Dutch nationals this can seem quite early, but in a country like the Netherlands, where water is everywhere, it can be literally a life-saving skill to be learned as early as possible. There are three official certificate ("diploma") levels to be obtained, Levels A, B & C. Swimming lessons can be organised by school or after-school care organisations, or parents choose the swimming school themselves.

#### How to choose a sport?

Next to swimming and cycling, children typically will want to join a sports club or activity around the age of five or six. Often children have an inclination towards an activity or might have friends who practise a sport they would like to try. In many cases, local clubs have trial lessons or training sessions where children can test whether the sports activity lives up to their expectations. Be aware that local and popular





PHOTO: BEVIS G



PHOTO: SAMUEL CASTRO

sports clubs have waiting lists, so some travel might be required to join a club that can accommodate new members.

To pick the right sport activity, it is important to consider the child's personality and needs. Some municipalities have 'Sports Passports', where children can try different sports for a limited period of time, before settling for a sport of their choice.

I was lucky enough that my children's after-school care organisation arranged a new menu of sports activities every three months. Besides the classical sports such as football and field hockey, the kids could try more unusual sports such as fencing, squash, kung fu, or even line-dancing (my son ended up joining a football club, the end of my secret hope of watching an exotic sport).

To assist with picking the right sport for your child, an online test ([sportkeuzewijzer.nl](https://sportkeuzewijzer.nl)) has 14 questions that assess sporting preferences, such as team/individual, agility/endurance, outdoor/indoor, and gives a recommendation based on the results. If your Dutch is limited, ask for help from a Dutch-speaking friend.

### Join the club!

Once your child has joined a sports club, you will meet the parents of your child's teammates, and often during long matches end up bonding on the side-lines. Parents might also be expected to be involved with some activities, such as running the bar service at the football club, carpooling to matches, helping the coach—even volunteering to be the coach—or performing administrative tasks. This is a nice way to socialise with the other club members and parents, and any help will be appreciated as many sports clubs are run by volunteers.

At the time of writing, one of the first relaxations of lockdown measures means children are allowed to start practising outdoor sports again (without competitive matches and with necessary precautionary actions). This is clear public acknowledgement of the importance of sports for our children. Something to remind myself of next time I need to get up early on Saturday to drive my kids to a match. «

### About the author

Kim van der Velden works full-time at a large multinational, but is also full-time mother. A combination which can be considered as a highly-competitive sport.

# Schools rediscovering themselves during lockdown



PHOTO: CHRIS MONTGOMERY

Who would have thought when we were sipping our champagne, eating our *oliebollen*, or hearing the last of the fireworks fizzle out on New Year's Eve that just a few months later, we would be all be donning facemasks, and that terms like 'social distancing,' 'flattening the curve' and the 'new normal' would become part of our vocabulary?

BY JACQUELINE PEMBERTON



PHOTO: IVAN ALEKSIC

Dutch Prime Minister Rutte, when the pandemic first began to tighten its grip on the Netherlands, said, “many people will recognise the feeling that we have been on a roller coaster in recent weeks that seems to be getting faster and faster. You wonder: is this really happening? Because the measures taken here and elsewhere are unprecedented for peacetime countries.”



## Impact

AS UNESCO Director-General Audrey Azoulay said, “while temporary school closures as a result of health and other crises are not new, unfortunately, the global scale and speed of the current educational disruption is unparalleled, and if prolonged, could threaten the right to education.”

Moreover, the lockdown on schools that first began on 16 March has led to disruptions for pupils, teachers, and parents alike. Most pupils are missing their friends and the continuity and structure of a physical school, while parents are having to make major adjustments to accommodate the change to their family’s routine.

## Children having a safe place to go is really important

Teachers have also felt overwhelmed by the increase in their workload, as they work to provide their pupils with sufficient educational resources and schoolwork online. Many teachers have been thrown into the digital deep end and are having to tread water. As one educational innovator told the *Volkskrant* newspaper, “it’s as if we’ve gone from 2020 to 2030 in one weekend.”

## Taking it in their stride

However, it is not all bad news, as many teachers, pupils and parents have seen their tech skills improve in a very short period and while the crisis has exposed cracks in the educational system, it has initiated a conversation as to how teaching can be improved.

As Elise Reynard, an art teacher at Winford Bilingual Primary School in Amsterdam says, “creating some new online learning options for our students has made us all more technologically savvy.”

While the consensus in the Netherlands, is that *het valt wel mee* (it isn’t too bad), and it may not quite be business as usual, it is reassuring that schools are doing their utmost to ensure they continue to run as smoothly as possible.

Jack Fox-Powell, director of admissions and marketing at Nord Anglia International School Rotterdam says, “we wouldn’t say there have been too many big problems, mainly because we have placed a lot of emphasis on regular communication with our parent body. In times like these, it’s important to communicate a lot more, not less, so we’re together with our parents to get through this challenging situation.”

This is supported by the International School of The Hague’s secondary principal Richard Matthews, “we were able to learn from countries that went into lockdown ahead of Europe, and our state-of-the-art technology provision meant we overcame these challenges very quickly.”

## Digital divide

But what about schools which may lack learning resources, or pupils have slow or no Internet access at home? Or parents who may not be able to afford (especially during the crisis when jobs are on the line) to provide their children with the technology needed to participate?

While many consider the Netherlands to fare quite well in this area, there are invariably pupils who will be left out of the equation.

An article on the World Economic Forum website discussing the digital divide points out, “among the many inequalities exposed by Covid-19, the digital divide is not only one of the starkest, but also among the most surprising. Even in developed countries, Internet access is often lower than you might think.” »



## Education | Schools rediscovering themselves during lockdown

Karin Cordewener, an internal supervisor at Openbare Montessori School Jan Prins and a former school principal, said one of the biggest challenges she is facing is in having to “ensure all students are offered remote education and not only on request. As well as caring for vulnerable students in difficult home situations.”

### Covid-19 and education

At time of going to press, the Dutch government's information for pupils, parents, students, teachers and educational institutions is:

#### Primary schools

Primary schools are open for half of pupils at a time. From 8 June, primary schools will provide the regular number of teaching hours to all children, unless the research currently being carried out shows that this is not safe. In the coming weeks agreements will be made with the education sector on the arrangements for fully reopening schools.

Out-of-school care (BSO) will also reopen fully on 8 June and children will be able to attend on their regular days.

From 8 June emergency childcare will only be available for the children of healthcare professionals working evening, night or weekend shifts (until 1 July).

Children and parents should not come to school if they have cold-like symptoms.

Pupils in facilities for newcomers to the Netherlands can go to primary school every school day. This applies only to schools linked to an asylum reception centre and schools that provide education exclusively to newcomers.

#### Secondary schools

Secondary schools, including special secondary schools, will reopen on 2 June. Schools will take measures to ensure that everyone can keep 1.5 metres apart.

Pupils should walk or cycle to school if possible, especially if they live less than eight kilometres away. Pupils should not travel to and from school by public transport.

Schools will arrange special transport for children who live a long way from school.

Practical details will be worked out by secondary schools in accordance with the hygiene and physical distancing instructions. Different schools may opt for different measures. Schools will inform parents about the arrangements at their child's school.

#### Schools for secondary vocational education (MBO)

Schools for secondary vocational education (MBO) can open for tests and practical training from 15 June.

MBO students could already do their final exams at school. Students are being taught via distance learning. All national exams for this school year have been cancelled.

Find up-to-date information at [government.nl/topics/coronavirus-covid-19](https://government.nl/topics/coronavirus-covid-19)

Indeed, many vulnerable pupils, who are used to seeing school as a refuge and a respite from an unsafe home environment are needing help now more than ever.

Paulien Meijer, an educational scholar, in an interview with Tjidde Temples from Radboud University said, “although teachers are right to worry about fragile families, we can also see a positive side as well. We see teachers that are really active in trying out webinars, online classrooms and music lessons via Zoom.”

### Interaction is key

For children and teenagers with ADHD, autism and other neurodevelopmental disorders, the sudden break in routine and structure is particularly daunting. According to Lisa Medved, a mother of a teenager with ADHD, “many children with special needs—whether they have ADHD or dyslexia or autism or something else—have various teachers and support aides, aside from their family members, who help them in a face-to-face way with their schoolwork and other tasks.”

She goes on to say that many also struggle to “interpret non-verbal cues and they rely on close face-to-face interactions to effectively communicate.” However, most of all, she says, like all kids, they miss their friends. “Both my children miss their friends terribly. While they chat online, it's not the same as being in a room full of friends, laughing and hanging out.”

Who would have imagined that children, for whom being online is almost a part of their DNA, would start to miss school? What's more their teachers miss them as well. As Reynard explains, “the biggest frustration is not being able to see our students in person. Witnessing their joys and breakthroughs is so rewarding and is hard to be away from them. Teachers teach because they love it and they care deeply for their students, and so much of that magic takes place when we're together in the classroom.”





### Give us back our education

Clearly, while there are limitations and disadvantages to traditional education, many miss it much more than they would have thought.

“I think many teachers are realising—maybe even society as a whole—that we took certain things for granted that we now realise we value. For example, a school is a social community, and that a school has more value than just a place to go to get your certificate,” Meijer says.

“I work in a Montessori school,” says Cordewener, “here you automatically regard pupils differently and aim to provide them with a tailor-made customised, appropriate education. The traditional educational may be insufficient, but you have to retain the things that work and then fine-tune them to the current time and to what the students’ requirements are.

However, it is especially important not to jump too quickly into various developments or hypes, because in my experience, after a few years, everyone invariably returns to [the core aspects] of traditional forms of teaching sooner or later.”

### Ensure all students are offered remote education

While the benefits of online learning cannot be denied—some pupils prefer its flexibility and self-paced learning—the bottom line is children miss going to school and interacting with their friends. It therefore seems unlikely online learning will replace traditional learning any time soon.

As Reynard says, “there are many schools that reject screen-time for a reason. Children are crisis-learning right now. I think the answer is complicated because the social aspect is really important at schools. Children having a safe place to go other than home is really important. Their school is their community.” «

---

### About the author

Jacqueline Pemberton is a British-Australian freelance writer based in Ubbergen. She has an M.A. in Writing from Swinburne University and enjoys writing screenplays, drawing, and playing guitar in her free time.

# IAMEXPAT JOBS

The most popular job board for internationals in the Netherlands



IamExpat Jobs helps recruiters attract skilled internationals and provides expats with a targeted, English-language job board.

**Get your next big adventure started.**

**APPLY NOW!**



IAMEXPAT  
JOBS

[www.iamexpat.nl/career/jobs-netherlands](http://www.iamexpat.nl/career/jobs-netherlands)

## Looking for international talent?

With IamExpat jobs you can hire international candidates faster. Publish your vacancies now!

[www.iamexpat.nl/career/job-posting-employer-netherlands](http://www.iamexpat.nl/career/job-posting-employer-netherlands)




# The British School

in The Netherlands

## YOUR WINDOW TO THE WORLD

- British Curriculum and International IB programmes
- Ages 3 – 18
- The Hague and Voorschoten

Contact us for a private tour:

 [admissions@britishschool.nl](mailto:admissions@britishschool.nl)  
 +31 (0)70 315 4077  
 [www.britishschool.nl](http://www.britishschool.nl)



# Voorlinden Museum

The Voorlinden Museum in Wassenaar, near The Hague, is not just a place for seasoned contemporary art lovers; it offers a great summer day out for the whole family.

BY ANN RABEN



PHOTO: HELENA

**Editor's note:** The Voorlinden Museum reopened 1 June. The gardens are not re-opening this season, events have been cancelled, and the restaurant has been transformed into a deli. However, we decided to include the pre-Covid-19 information for when all of Voorlinden's offerings re-open.

Having vast grounds with beautiful and extensive gardens to explore, and nearby dunes and forests for walks and playtime for children, the museum's location makes it perfect for family visits.

## Something for everyone

The museum has a wonderful feeling of space, and its collections are always bright, exciting and diverse—comprising a permanent collection and regularly-changing temporary exhibits. Often a single work or artist in the main collection will generate an idea for a new exhibition and will be joined by works—in the theme—by artists from other renowned museums. There is always something for everyone.

Previous exhibits have been curated around the late iconic American artist Ellsworth Kelly; the extraordinary hand-crafted architectural installations of South Korean artist Do Ho Suh; contemporary Japanese artist Yayoi Kusama's memorable art; the haunting work of Dutch post-war artist Armando; and, more recently, the incredible work of the late Franco-American artist Louise Bourgeois—best known for her infamous large spider sculptures.

## Current and Upcoming exhibitions

There is much to look forward to in the coming 12 months. The current and rather aptly named *Momentum* exhibition running until September 2020 is full of exciting new and established artists offering us insights into personal and collective challenges of our time. From 7 November, the museum will exhibit the works of the highly-acclaimed Italian conceptual artist and sculptor Giuseppe Penone, whose work primarily focuses on the relationship between humankind and nature.

Definitely not to be missed, in spring 2021 is the exhibition of British artist Anthony Gormley. His immense sculptures are famous around the »

world, from his *Angel of the North* in Gateshead, UK, to, located closer to home on the edge of a Lelystad polder, the extraordinary 26-metre tall *Exposure* (affectionately known locally as *de hurkende man*—the crouching man) that weighs 60 tonnes, contains 5,400 bolts and consists of 2,000 components (see *ACCESS* magazine *Winter 2019* for more about Land Art).

### In tune with its surroundings

The museum is housed in a building designed to sit perfectly with its surroundings while showcasing its art in the best possible light. For owner Joop van Caldenborgh, this is the realisation of a dream “to create an oasis of tranquillity where people can come to marvel and be surprised and where art, people, nature and architecture are intrinsically connected.”

Kraaijvanger Architects, in close cooperation with the museum, designed a long building—the size of a football pitch—of alternating surfaces of natural, sand-coloured stone and transparent glass to serve as a backdrop for the art, and bring some of the outside natural world inside the building.

### Natural light

The characteristic bright light of the Dutch coast illuminates the museum’s artworks where possible through an ingenious series of diagonal roof ducts. Additional indirect LED lighting incorporated into the glass roof ensures that the artworks are lit in the most natural way, whether on a sunny day or at night. Every feature of the building is there primarily to best display the art.

### An influential collection

Joop van Caldenborgh, a Dutch chemical tycoon, has been one of the most influential collectors of modern contemporary art since the 1960’s.



## An oasis of tranquillity

PHOTO: ANN RABEN







PHOTO: ANN RABEN

## Museum information

### Voorlinden Museum and gardens

Buurtweg 90  
2244 AG Wassenaar  
The Netherlands  
+31(0) 705121660  
[info@voorlinden.nl](mailto:info@voorlinden.nl)

Voorlinden Museum is open 365 days a year from 11:00-17:00  
The deli is open until 18:00

### On display now

Museum Voorlinden has three exhibition rooms: a changing selection from the collection, a solo show by a renowned artist and the museum's highlights. Many works are made by the artists especially for the Voorlinden. The exhibitions change regularly, so there is always something new to experience; check the museum's website for updates.

### Sculpture Garden Clingenbosch

Due to the national measures concerning the coronavirus, Sculpture Garden Clingenbosch will remain closed this season. Visitors are invited to come back next season.

Having spent seven years closely involved with every aspect of designing a place to house his private collection, the museum's doors opened in 2016.

### Museum highlights

Not to be missed artworks in the permanent collection are Ron Mueck's giant *Couple under an Umbrella*, who appear completely lifelike and rendered in incredible detail. *Swimming Pool* by Leandro Erlich gives the surreal experience of looking into a swimming pool and watching people below walking under water.

Maurizio Cattelan provides intrigue for junior members of the family with his delightful miniature elevators. Little ones love to get down on the floor for the endless entertainment of opening and closing doors.

*Open Ended*, an incredible large-scale sculpture by Richard Serra, invites visitors to walk in and explore its maze-like interior, and the room designed by James Turrell with its rooftop that allows visitors to experience the ever-changing weather and light beyond. However the hole is closed over during snow or rainstorms. »

**Bright,  
exciting  
and  
diverse**

PHOTO: CHRISTIAN-FREGNAN



international newcomers  
amsterdam

# MAKE YOURSELF AT HOME



There are thousands of reasons top talent is drawn to Amsterdam, but it shouldn't take a thousand steps to move here. IN Amsterdam simplifies the process.

IN Amsterdam is the official governmental office focussed on making it easier for internationals to work and live in the Amsterdam Area.

We help newcomers settle into life in the region with our combined one-stop immigration and registration process, information-packed website, helpdesks, newsletters and other valuable resources that will guide your colleagues through finding housing, healthcare, schools and all the other logistics that come with relocating.

Visit [www.inamsterdam.com](http://www.inamsterdam.com) to get started.

I amsterdam.



Deutsche  
Internationale  
Schule  
Den Haag  
German  
International  
School  
The Hague

## German High School Diploma "International Abitur" opens the door to universities worldwide.

Excellent multilingual education for  
children & youth aged 3 to 18.

[www.disdh.nl](http://www.disdh.nl) [info@disdh.nl](mailto:info@disdh.nl) T +31 70 354 94 54



### Stunning place to eat

Within the museum's grounds and overlooking the manicured gardens and meadows sits a wonderful old-manor country house. Built in 1912, in the 'English' style, the building's ground floor now houses the museum's restaurant and offers a welcome respite after the business of art appreciation and perhaps after a long walk in the dunes and forest. Visitors without a museum ticket can enjoy the restaurant, and there are also separate rooms for groups of more than eight (these should be booked in advance).

### Library and auditorium

Aside from the wonderful museum collection, the Voorlinden also has an extensive library and auditorium. Housed in a beautiful space, the library includes books from, and about, many modern artists, including Matisse and Picasso, and every collection artist.

### Education and restoration

Workshops and activities are organised in the museum's education studio to correspond with current exhibitions. Elsewhere, visitors can watch through a glass wall the work of a restorer. Modern art often can pose conservation challenges due to unusual materials and delicate surfaces.

### Clingenbosch sculpture garden

For those who love sculpture, it is a treat to find only a short distance from the museum but accessible by a different entrance the beautiful Clingenbosch sculpture garden.

Also owned by van Caldenborgh, the garden is home to over 60 works by national and international artists including Henry Moore, Sol LeWitt, Berlinde De Bruyckere, Carel Visser and Atelier Van Lieshout.

The sculpture garden can only be visited by way of supervised guided tours every Thursday afternoon, from May to October, and separate tickets must be purchased in order to gain entry.



PHOTO: ANN RABEN

### Enjoy and remember

The spacious Voorlinden Museum really allows for admiration and appreciation of the art. The rooms never feel overcrowded and permit focused concentration on individual works, with the space and time to move between individual pieces away from distraction.

The variety of art, sculpture and installation also make the museum an exciting multi-sensory experience. Matched with a stroll through the manicured gardens or a more robust wander through the dunes, and you have a complete museum experience. One to savour and remember. Definitely this writer's current favourite in the Netherlands. «

---

### About the author

Ann Raben is Irish, a lover of art and a regular visitor to museums across the Netherlands. She has lived in the Amsterdam area for 10 years and volunteers at the ACCESS Helpdesk.

# I love summer berry much

It's summertime and although the living may not be as easy as one might hope right now, we can still embrace all that it has to offer. And where better to start than with some fabulous fruits?

BY TRACEY TAYLOR

**L**ately, it is not uncommon to feel like all days are merging into one, but, summer has found its way to our shores—how wonderful that we can still rely on the seasons.

## Summer Lovin'

Long and lazy-hazy days, the sound of bumble bees, birds and lawnmowers and aroma of freshly-cut grass, lavender and barbeques... Summer is a favourite of so many.

While the Netherlands may not be known as a typical sun destination, when the country does get a bit of good and settled weather, it can be almost as beautiful as a tropical island. Almost!

Summer seems to make everything come alive—with warmth and golden hues—it enhances the landscape and makes it sparkle and full of vibrant energy.

## Feeling Fruity!

Summer in the Netherlands is the perfect time to indulge in the fruits (and veggies) of the season. In fact, the Netherlands is a rather large producer of home-grown produce and many of these suppliers are also now going organic too. These fabulously fresh and tasty fruit and veggies are not only for us lucky folk who reside in the Netherlands, but a lot of Dutch produce is also exported globally, such is the quality.

## Support Local

There are some truly fantastic farmers' markets cropping up—excuse the pun—all over the country (check local online listings for times and dates) and they offer a wonderful way to support local producers and buy the freshest items directly from the source.

Is there nothing more lovely than buying potatoes or carrots that are still covered in soil? Or apples or cherries freshly picked from the tree?

Aside from farmers' markets, you can also often find little stands at the side of the road selling fruit and vegetables (usually for an inexpensive price) that come directly from gardens or allotments. A great way to buy fresh and support local.

Dutch supermarkets also stock a huge array of fruit and vegetables these days, from produce which is home grown to those more exotic—sometimes unusual—imports.

## Summer Kings

One of the most popular of the summer fruits in the Netherlands are strawberries. Yes indeed, the Dutch love this pretty little fruit. In fact, the Dutch often refer to strawberries as the “Kings of the Summer” or *Zomerkoninkjes*. These “summer kings” can be consumed plain, dipped in sugar, smothered in chocolate (though this is not necessarily the best idea in the height of summer!) or used to make jam or a tart (*vlaai*). The Dutch strawberry in particular is known for its deliciously sweet taste.



---

## Is it a fruit?

The strawberry is a pseudo fruit! A pseudo fruit develops from a ripened ovary or ovaries but also has tissue derived from part of the plant outside the ovary. A pseudo fruit is also known as a false fruit or accessory fruit. Other examples include the pineapple and blackberry.

---

## Strawberry Fields Forever

Strawberries are officially in season—when left to grow naturally—from June, but such is the love for this fruit that the Dutch are busy cultivating from March and it's not unknown to get strawberries as late as November in the Netherlands.

There are a vast number of strawberry fields in Gelderland (in the east of the country), the key fruit-growing region of the entire country. A fun option—when restrictions permit—is to pick your own Dutch strawberries (where allowed) from designated farms and growing areas. Such strawberries are in plentiful supply in the summer months and it can really make for a pleasant and rewarding experience, not to mention a tasty one.

**Always try to buy  
fresh and support local  
producers**

## Cocktail o'clock

Now if a summer cocktail is more your thing, there are tonnes of options to try over the coming months and many yummy ways to utilise your favourite fruits and veggies in your tipples of choice! Why not consider a gin cocktail with strawberries? Or a Banana Daiquiri? Or a Pineapple Mojito? And let's not forget a Cucumber Martini, or a good old Sangria or Fruit Punch. So many options, so little time...



Summer is here in all its glorious glory so let's mix, drink and be merry! «

---

## About the author

Tracey Taylor lives in Maastricht with boyfriend Dave and cat Little Tubbs. She is Irish, a blogger, radio host and aspiring photographer.

[@traceytaylor\\_nl](#) | [@taylormade.theblog](#) | [@littletubbs\\_nl](#) | [@themaastrichtedition](#)

# Dismissal law in the Netherlands 2020

While headlines have been dominated by the Coronavirus outbreak, you may have missed a key change in Dutch employment law that has consequences for your rights when it comes to dismissal.



GODELIJN BOONMAN



070 361 5048  
[www.legalexpatdesk.nl](http://www.legalexpatdesk.nl)

A new act called the Balanced Labour Market Act (*Wet Arbeidsmarkt in Balans*, hereafter WAB) has been in effect since 1 January 2020. If you work in the Netherlands, the WAB may change your rights as an employee.

## Temporary employment contract

If your employment contract has an end date, then it is a temporary employment contract. The WAB will not change your rights regarding dismissal – but it delivers two important changes:

1. The maximum number of consecutive temporary employment contracts has changed.  
From 1 January 2020, a maximum of three consecutive contracts is allowed.
2. From 1 January 2020, employers will (in general) have to pay transitional compensation at the end of an employment contract that has lasted fewer than 24 months.

## Permanent employment contract

If your contract has no end date, then it is a permanent contract and the grounds for dismissal have changed. From 1 January 2020, an employer can dismiss you using the so-called “i-ground”.

Until now, there were only eight reasonable grounds for dismissal in the Netherlands, and these could

not be combined. The WAB now allows employers to combine certain grounds to make a cumulative case to end a permanent employment contract using the new “i-ground”.

Grounds for dismissal in 2020:

- a. Headcount reduction for business reasons (redundancy)
- b. Long-term disability (more than two years)
- c. Frequent and disruptive absence relating to sickness
- d. Incapacity to perform contracted work other than for a medical reason (e.g. poor performance)
- e. Serious misbehaviour
- f. Refusal to perform contractual duties for moral reasons (conscientious objections)
- g. A working relationship that has broken down so badly that the employer cannot reasonably be required to continue the relationship
- h. Other reasons such that it cannot reasonably be expected that the employer should continue the employment relationship (such as detention or difference of opinion between directors and shareholders)
- i. Combination of grounds c-h which, when combined, form a compelling case for dismissal.

If your employment is terminated according to the “i-ground”, be aware that you may be entitled to a higher transitional compensation. «

## Get expert advice

GMW lawyers has a team of employment law experts who can assist you in English. Call us on 070 3615048 or [make an appointment online](#).





PHOTO: CORY BOUTHILLETTE

# Happy motoring

There are numerous ways to get around the Netherlands, but many moving here may be used to travelling by car. How does this bike-friendly country fair for those more used to four wheels?

BY LORNE HOLYOAK

## Driving licence

If you are planning to stay long-term in the Netherlands, you will likely need to exchange your foreign driving licence for a Dutch *rijbewijs*. If you are eligible for the 30% ruling, you can exchange your

licence directly, and this applies to your partner and children, too. If you hold a licence from within the EU or EFTA, you can exchange your licence whether you are covered by the 30% ruling or not. Apply to exchange your licence at the municipality (*gemeente*) where you are registered.

For several other countries, a direct licence is permitted (including certain Canadian provinces but not the United States). Information about obtaining a Dutch driver's licence is online at [rdw.nl](http://rdw.nl) (see sidebar), including a list of the countries allowed a direct licence exchange. If you are not able to exchange your licence you will have to take a standard theory and practical driving test.

Please note that those seeking a licence exchange or seeking a driving licence for the first time may be asked for a certificate of fitness, and for those coming to the Netherlands with licences from outside the EU/EFTA, your existing driver's licence is only valid for a period of 185 days. »



# EXPATHELP

**ONE STOP SHOP FOR HIGH-QUALITY  
RELOCATION SERVICES**

- IMMIGRATION
- HOUSING
- SCHOOLING
- 30% TAX RULING



[WWW.EXPATHHELP.NL](http://WWW.EXPATHHELP.NL) / [HELP@EXPATHELP.NL](mailto:HELP@EXPATHELP.NL)



## True Colors childcare

A magical forest where we can lounge and read books on big fluffypillows. A building sight with all the props we need to build houses, flats and castles. A place where children can dress up and totally be someone else for a change. Sounds magical doesn't it?



### The place to have fun and grow

At True Colors Rijswijk we find it important to get to know each child and their individual needs, interests and characters, so we can offer them activities in extend to their interest. Think about nature, sand, water, outdoor, messy play, art music and dancing. Children from all different backgrounds are visiting us.

- Dutch and bilingual groups
- 5 hot meals per week
- Toddler gym
- Yoga
- Music lessons
- Pre-swimming lessons
- Hairdresser



In other words: children have a fabulous time at True Colors.

[www.truecolorschildcare.com/info](http://www.truecolorschildcare.com/info)

**In Rijswijk near The Hague**



## BOEZEMVRIEND BREASTFEEDING CENTER

Consultations (live, by phone or email), Courses, Coaching  
Boezemvriend Overtoom 205 Amsterdam [www.deboezemvriend.nl](http://www.deboezemvriend.nl)





---

### Further information

Exchanging your licence  
[rdw.nl/over-rdw/  
information-in-english](https://rdw.nl/over-rdw/information-in-english)

Dutch road rules  
and regulations  
[traffic-rules.com/en](https://traffic-rules.com/en)

Importing your car  
[rdw.nl/over-rdw/  
information-in-english](https://rdw.nl/over-rdw/information-in-english)

---

### Certificate of fitness

If exchanging a licence, you may also be asked for a certificate of fitness or VvG (*verklaring van geschiktheid*) to prove you are physically and mentally fit to drive. Forms are available from your *gemeente*, online at [cbr.nl](https://cbr.nl) (log in with your DigiD–Dutch digital identity) or from certain expat centres. Details about whether you are required to complete a VvG are available at [rdw.nl](https://rdw.nl)

Submit your form to the Centraal Bureau Rijvaardigheidsbewijzen (CBR) which will notify you when your VvG has been registered and if you need an additional health check. After this, you can apply to exchange your driving licence.

### Driving test

If you cannot exchange your licence or are learning to drive for the first time, it is best to take some lessons before attempting a driving test. The CBR has an online *Rijschoolzoeker* to locate local approved driving schools.

After registering with a school, book the theory test (available in English) immediately on the CBR website. You will need a valid DigiD to make any CBR appointments. Your driving school will book your practical test—you cannot take the practical test until you have passed the theory, but can start practical lessons alongside theory test preparation.

Children can start driving lessons at 16 and-a-half-years-old and take the exam when they are 17. They will be allowed to drive under supervision of an adult driver until age 18.

### Bringing your car to the Netherlands

For detailed information of bringing your car to the Netherlands, see the *rdw* web address in the sidebar. The process is simpler for a vehicle from within the EU/EFTA. If you import a vehicle from elsewhere, your car must pass environmental, safety and other inspections, in addition to the registration process.

If you buy a vehicle in the Netherlands or import it from abroad, there is a car purchase tax called the BPM (*belasting van personenauto's en motorrijwielen*). If you buy your vehicle from a dealer, the BPM will be included in the purchase price. However, if you import your own vehicle to the Netherlands, you can apply for an exemption from the BPM if you have lived outside of the Netherlands for one year or more and have owned the car for at least six months. You may be liable to pay customs duty and BTW (VAT), depending on how long you have owned the vehicle.

### Car sharing

An alternative to owning a vehicle is car sharing; if you need a car occasionally, there are several easy to use car sharing services in cities across the Netherlands, which have affordable membership plans. Check with the sharing service for their specific regulations for driving licences, proof of residency and identification.

There are no surprises involved in driving in the Netherlands, except how little driving you might actually do. Happy motoring! «

---

### 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.

# A summer experience to remember at Zein

The run-up to summer has been very different this year. With children attending school on a part-time basis, bursting to see their friends and spend time outdoors, and parents working from home, the prospect of a long summer holiday isn't as exciting as usual. With air travel to sunnier places restricted, Holiday Activity Camps may be the answer...!



To provide children with a memorable summer experience, Zein offers a wide variety of day-long Multi-Activity and Themed Holiday Camp programmes that allow children aged 4-12 to have fun, learn new skills, discover new talents... and make a few new friends along the way!

070 326 8263  
info@zeinchildcare.nl  
www.holidaycamps.nl



## Become a junior chef, young creative or super scientist

Campers can express their creativity while refining their artistic skills at art and craft camp, delve into the world of theatre and improvisation at performing arts camp, study bubbles and bangs at science camp, embark on a culinary journey at master chef camp and enjoy improving team-building skills in our sports camp. There is something for every child.

Grouped according to their age, campers participate in age-appropriate activities and workshops designed to spark children's interest and develop their skills and self-confidence. Every day brings a new adventure. The staff – registered childcare teachers with extensive pedagogical and safety training – passionately lead the themes related to their area of expertise, whilst paying particular attention to making each child feel at home at camp.

## Summer is a time for exploration, sparking joy and building friendships

### Join the Adventure at Zein Holiday Camps

Summer is a time for rest, but also for exploration, sparking joy and building friendships. Zein International Childcare has been running children's Holiday Camps for the international community of The Hague region for over 10 years. Camps are run across multiple spacious locations with outstanding indoor and outdoor facilities. A full-day programme from 8am to 6:30pm costs € 99,50. Cost includes warm + organic meals and snacks, all workshop activities, and learning and play materials. And unlike most other day camps, most families where both parents are working or studying can claim some of this cost back via the Dutch Childcare Allowance (kinderopvangtoeslag). The Zein office team can even provide full assistance in applying for this subsidy. «



Joining a support group is one of the most proactive steps you can take to managing a significant challenge in your life. Whether you've newly arrived in the Netherlands or you've lived here for twenty years, developing connections with others who understand your situation is vital for maintaining a positive outlook.

# Positive parenting

## for families with special needs children

BY LISA MEDVED

When Linda Bosma-Malley was told by a doctor 13 years ago that her son Lars had Attention Deficit Hyperactivity Disorder (ADHD), she was determined to seek out other parents who were experiencing the

same challenges as her family. "A diagnosis of ADHD affects the entire family," she says, "and I wanted to talk with other mums who understood what our family was going through."

Lars' mischievous behaviour became more challenging once he began school. She recalls the disapproving looks from parents at the school gate. "When Lars was diagnosed, I wanted to protect him from being misunderstood about his behaviour, so I told friends and teachers about the diagnosis so they would understand," says Linda.

Linda found that most parents and teachers were supportive. "People made an effort to learn about ADHD and didn't wrongly judge behaviour as being naughty or due to poor parenting."

Originally from the UK, Linda now lives in Wassenaar with her Dutch husband Nils and three children. Linda rolls her eyes when reminiscing about the numerous appointments they attended with Lars. "Family doctors, specialists, paediatricians, audiologists, teachers," she says. "We saw them all."

### Sharing knowledge

"By far the best thing I ever did," says Linda, "is open up and share about my family's experiences with ADHD."

Support groups help participants increase their knowledge and learn strategies for dealing with the challenges they face. Linda joined the ADHD Support Group in 2009 and instantly felt that she had discovered a group where she could learn from other parents in a similar situation.

Members from the ADHD Support Group are from a range of backgrounds and are connected through their common bond of raising a child with ADHD. Their children, who attend Dutch or international schools, are equally diverse, with many having additional conditions such as dyslexia, autism, anxiety or depression. »



PHOTO: LINDA BOSMA-MALLEY



PHOTO: BROOKS RICE

## The best thing was to open up and share about my family's experiences

### Finding acceptance

Helen Claus, an educational consultant for children with additional needs, agrees that support groups are helpful as a way of feeling affirmed as a parent. "Raising a child with special needs can be isolating," says Helen, "so it's important that families feel encouraged, accepted and part of a supportive, like-minded community."

Helen hosts a weekly meet-up for international parents through her educational consultancy Inclusion4All. "Parents can share their joys and frustrations," says Helen, "as well as exchange ideas and resources."

"There's always lively discussion," says Helen, "often laughter, occasionally tears. There's no judgement or criticism, only acceptance and understanding."

Helen is also involved in the Autism Association for Overseas Families (AAOF), which encourages families who have a child with autism to connect through a Facebook group. "Online groups can help reduce the feeling of social isolation that some

"We've discussed mindfulness, alternative therapies, diet, medication, family dynamics, sibling rivalry, homework and routines," says Linda. "Many of us have teenagers, so we've also discussed the challenges they go through, especially when curious about alcohol, sex and drugs."

Activities organised by the group focus on creating face-to-face connections. Coffee mornings, potluck dinners and guest talks allow members to meet on a regular basis. While social media also plays a positive role by providing members with information and encouragement, the activities make the connections stronger and more personal.

(Throughout self-isolation, in place during the Covid-19 pandemic, face-to-face gatherings have been postponed, and participants encouraged to connect online.)



families go through,” says Helen. “It’s a safe place for parents to share frustrations, especially for those unable to attend a face-to-face group.”

“It’s reassuring for parents to know that they’re not alone in their journey,” says Helen, “and that there are people facing similar challenges who understand and can help.”

### Support for Global Families

Support groups are beneficial to families living away from their home country or have a cross-cultural family by encouraging connections with people from diverse backgrounds.

Dr. Anisha Abraham, paediatrician and teen health expert, agrees that speaking to other parents who have children in similar situations can be uplifting. In her book, *Raising Global Teens: Parenting in the 21<sup>st</sup> Century*, Abraham advises “being aware and proactive about children’s needs can go a long way in helping teens with ADHD to thrive.”

“In many of the places I’ve worked,” says Abraham, “there is stigma and shame attached to having a special educational needs diagnosis or getting extra help. Sometimes there can be differences in cultural views between parents as to whether the diagnosis exists and whether medical treatment is needed.”

Organisations from around the world have different treatment strategies for special needs children, which can cause challenges for international families navigating the procedures of an unfamiliar country. These challenges may be magnified when parents come from different cultures.

Finding a specialist who understands the challenges of being an international family is vital. Family doctors can provide assistance with this. Likewise, word-of-mouth recommendations from parents in a similar situation can be invaluable to finding the best specialist for specific needs.

### Top Five Tips for Parenting a Child with Special Needs

- 1 Diagnosis from medical practitioner – Organise qualified medical practitioners to assess your child in the child’s first language.
- 2 Help from experienced specialists – Use medical specialists who are experienced in helping children with special needs.
- 3 Be open-minded – Explore diverse ways of helping your child reach their potential.
- 4 Join a parents’ support group – Share your experiences with like-minded parents. Be responsive to the ideas of others. Be supportive of one another.
- 5 Focus on the positives – Be kind to yourself, recognising your successes and those of your child. Be your child’s strongest advocate. Believe in yourself and your child.

### Focus on Positives

Support groups can help participants focus on the positive aspects of raising a child with special needs. “The best part of connecting with other families who have a special needs child,” says Linda, “is that it reminds us that our children are the same incredible people with or without a diagnosis of ADHD or any other additional need. The diagnosis does not have to define who they are or what they are capable of doing, now or in the future.”

People with ADHD tend to be highly energetic, spontaneous and creative. Known for looking at situations from a different perspective, ADHD thinkers are often quick to think of inventive solutions and hyper-focus on tasks until a solution is discovered. Tenacity, stamina and drive are positive character traits that many people with ADHD are endowed. Linda beams with pride when talking about Lars, who is now studying mechanical engineering at university. “He’s doing brilliantly,” she says, “and he’s just as fearless, inquisitive and full of energy as he was when a young boy.” «

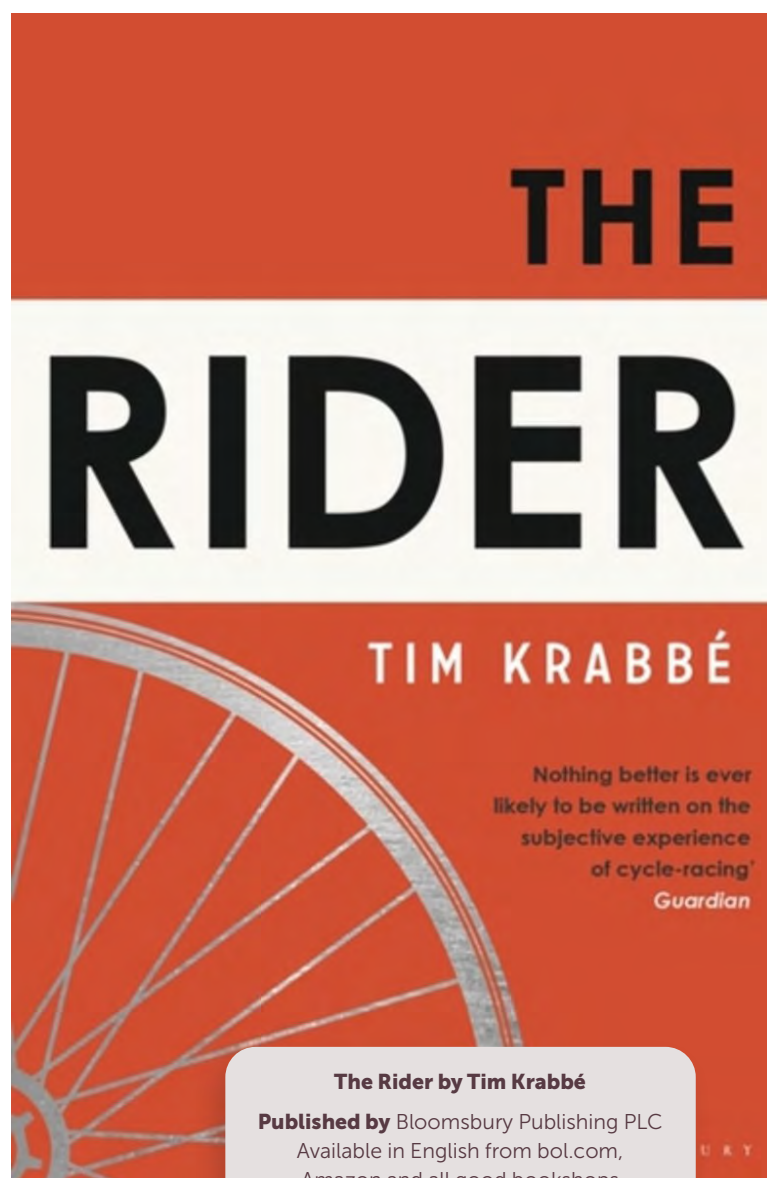
### About the author

As well as being the parent of a teenager with ADHD, Lisa Medved is a founding member of the ADHD Support Group.

# The Rider

by Tim Krabbé

REVIEW BY GIULIA QUARESIMA



Hot and overcast. I take my gear out of the car and put my bike together. Tourists and locals are watching from sidewalk cafes. Non-racers. The emptiness of those lives shocks me.

This is the first paragraph of *The Rider*, by Dutch journalist and writer Tim Krabbé, published first in the Netherlands in 1978, but translated into English only in 2002. This book examines the competitive cyclist's unusual mix of confidence and fierceness, but also the companionship of the group of riders. *The Rider*, a combination of autobiography and fiction, is a love story to road-racing and a compelling story of its single-minded competitors.

#### Cycling bible

Since publishing, *The Rider* has become a bible for cycling lovers and a touchstone in the sport. *The Guardian* counts *The Rider* among the best ten books about cycling, as "nothing better is ever likely to be written on the subjective experience of cycle-racing" (Matt Seaton).

*The Rider* is constructed in stages, kilometre after kilometre, of the Mont Aigoual Tour, on a hot 26 June, 1977. Actually, this particular race, as told in the book, never happened. But despite its fiction, the tale is extremely realistic, thanks to a strong autobiographic component.

#### The writer

Tim Krabbé was already famous as a journalist and for his talent in chess (he was in the top twenty players in Holland) when he came—relatively late—to cycling in his 30s. He soon became a keen amateur racer, taking part in many competitions. And this newfound aptitude for cycling is fully expressed in *The Rider*.



---

The novel focuses on the whole cycling experience, from accurate descriptions of climbs and downhill, to journalistic reporting of the race and fellow competitors. We see their strategies and quirky rituals and prayers, in what feels like a real episode of cycling history.

#### Dreams and goals

The novel shows how rival riders share the same dreams and goals with one another, and make temporary alliances and secret pacts. But these fellow cyclists are also the enemy to fight.

Road racing imitates life, the way it would be without the corruptive influence of civilization. When you see an enemy lying on the ground, what's your first reaction? To help him to his feet. In road racing you kick him to death.

#### The struggle

The reader follows the race in the mind of a cyclist who is motivated to win. We follow the journey, the feeling to be with him on his bike, in the peloton; we experience his fatigue, his adrenalin, his thoughts, and his struggle—mental as much as physical.

## A touchstone, and among the best books about cycling

We feel the rain dropping on the rider's forehead, or a bee sting on his arm, and share his struggle for the victory.

*Because after the finish all the suffering turns to memories of pleasure, and the greater the suffering, the greater the pleasure.*

"Suffering always appealed to me—it's the essence of cycling," Krabbé explained in an interview. "When I was eight or nine, I loved running against my friends. I had an image of myself as able to endure physical strain."

#### Cycling for all

While Krabbé's rather extreme personal need for suffering may not be for all, there are many benefits linked to cycling, whether as a hobby or competitively. And of course, the Netherlands is the global home to cycling. Where better to cycle?

## Rival riders share the same dreams, but these fellow cyclists are also the enemy

#### Environmental benefits

Cycling benefits the environment, by emitting no greenhouse gases and air pollutants. Cycling reduces noise pollution and congestion, and decreases the need for new roadways, saving valuable green space from development. As consequence, by improving urban air quality, cycling is good for everyone's health.

#### Health benefits

Moreover, cycling increases physical activity. Cardiovascular exercise can reduce anxiety and risk of depression, has been seen to help with better sleep, to improve memory, sharpen creativity, and, of course, exercise boosts energy.

Particularly during the Covid-19 outbreak, cycling is an activity that can maintain social distancing. It also helps in with keeping a positive attitude and individual resilience, while being a really great way to stay healthy and active.

#### After all, in Krabbé's words:

*Bicycle racing is a sport of patience, on a bike your consciousness is small. The harder you work, the smaller it gets.* «

---

#### About the author

Giulia Quaresima lives in The Hague with her husband, loves reading, and is dealing with the Covid-19 situation with a stockpile of books. And a bike.

# The International School of The Hague Home of the Silverbacks

Sports at the International School of The Hague (ISH), home of the Silverbacks, is set up to allow every student the opportunity to participate in a variety of athletics and activities, which we believe is a vital part of a student's education.

Our Athletic and Sports Department aims to inspire personal excellence outside of the classroom and promote active and healthy lifestyles to all students whilst they balance the rigorous IB programme.

We provide three different programmes which encompass both competitive sports and non-competitive activities. Each programme offers its own unique experience and yet focuses on the same goal which complements and supports a challenging academic program. The sports programmes focus on teaching young people values and lifelong skills such as—accountability, sportsmanship, confidence, leadership, organisation, persistence, work ethic, self-discipline, social skills, teamwork, performing under pressure, and the ability to take instruction whilst striving for personal excellence.

Quote from student “I feel that I have so much opportunity to not only show off the skills I have, but to also improve upon them, and develop new ones”

ISH Sports is part of The International Schools Sports Tournament (ISST) considered

a pioneering organisation in International School sports competition. Being involved in the ISST has allowed the sports programme and sporting culture to grow at ISH. ISH now has its own Sports and Athletic Department with a team working at continuing to move ISH forward in becoming one of the top International Schools in Europe for sports and activities.

Situated in one of The Hague's green recreational areas, near the dunes and the beach of Kijkduin, we are ideally placed to expand links with outside facilities and clubs. This creates more opportunities for ISH students to have access and try new activities, especially in the Recreational Programme.

What's next? Securing a more consistent league and end-of-season tournaments for the Under 12 and under 14 Junior Varsity teams. We will be working together with other international schools to launch this project by 2021, to make sure that no matter their age, or their level, all students get equal opportunity to experience the comradery of playing sports against other international schools. «

  
The International School  
of The Hague

070 328 1450  
[ishthehague.nl](http://ishthehague.nl)





# The North Sea islands

## Let yourself get stranded



PHOTO: SASCHA ASSBACH

The Dutch North Sea islands are a wonderful and accessible escape from daily life. Beautiful all year round, they are especially enjoyable in the summer.

BY DAPHNE  
VLACHOJANNIS

### Texel

From the mainland, Texel is the most accessible island for a short trip, with the 20-minute ferry from Den Helder departing every hour.

**Where to Stay:** For rustic family camping in the dunes, try Camping Kogerstrand, with its restaurant, large social area and kinderdisco (kids disco).

Rent an old-school canvas tent, park your RV if that's how you roll, or really go for it by pitching your own tent. Opting for the latter can mean you are woken by the sound of the surf, but beware of the unpredictable



PHOTO: KARSTEN WURTH

Dutch weather. One hearty Canadian couple ended up sleeping in their car after the wind shook their tent so much. Perhaps opt for the canvas tent...

**Where to Eat:** The couple who own a craft beer shop in The Hague recommends the family-run, cosy Texel Brewery. Enjoy a beer in its sunny courtyard, sheltered from the wind that almost blew their tent away. Another *gezellig* (cosy) place is the Boerderij Eethuis Catharinahoeve. Great for kids, this old farmhouse is known for its pancakes but offers a full menu, and has a big central fireplace and huge outdoor playground. »

**What to Do:** As on all the islands, biking is the main event on Texel, with many bike rental shops and well-marked cycle paths through scenery full of “cute little farmhouses, sheep, cows and horses.” Cycle through the Nationaal Park Duinen van Texel to the north end of the island and the “cute” iconic lighthouse.

When the tide is low, try picking oysters from the sea floor. Ask a local for the best spots, as apparently “the island people know”.

For a break from nature, try Den Burg, Texel’s main town. Lively and picturesque, it boasts plenty of bars and boutiques, and the island’s ratio of sheep-to-people is reflected in the many shops selling wool sweaters and blankets.

### Vlieland

Want to get away from it all? Go to Vlieland.

The ferry docks in the island’s only village, which in line with Dutch no-nonsense is called “Dorp” (Village).

Half of Vlieland is completely wild and covered in dunes. Only residents can have cars so unlike Texel, tourists can’t bring cars. Instead, take a walk or a bike ride on the wild side.

**Where to Stay:** At Kampeerterrein Stortemelk pitch your own tent or rent a cabin. A Hague-based interior designer recommends the cabins for their “lovely interior design and architectural beauty”. The campsite has plenty of children’s play areas and is in the dunes, close enough to the sea to hear waves crashing.

**Where to Eat:** Dorp’s main street is lined with charming seafood restaurants, and—of course—a great pancake house, Poffertjeshuis de Lickebaert, with a long list of pancake varieties and a kids’ corner. Great for families, “the place has a wonderful familiar feel”.

**What To Do:** For anyone who loves biking through wild scenery, Vlieland is the spot, a “mystical, fairy-tale kind of island, especially during the less-crowded winter”.

### Terschelling

A holiday in Terschelling begins even before arrival. Drive to Harlingen where the ferry departs across the beautiful, scenic Afsluitdijk—a major dam that cuts off the Zuiderzee, a saltwater inlet of the North Sea and turns it into the freshwater IJsselmeer. Docking in the charming village of West Terschelling is an event in itself, as the ferry doesn’t only carry tourists. Arriving visitors are surrounded by locals collecting mail and groceries from the ferry.

While little buses collect suitcases to deliver to hotels, new arrivals can rent a bike, have a beer, or simply breathe in the fresh island air. One visitor says, “you adopt a completely different mindset the moment you arrive, and that’s what I really, really loved”.

**Where to Stay:** Easily within cycling distance of the harbour, Residence Terschelling Wellness Waddenresort in Midsland is a great place to stay, with a pool and relaxed atmosphere.

## A great place to really feel like you’re on holiday



PHOTO: RAYMOND KLASSEN





PHOTO: MARCO K.



PHOTO: SCOTT & ELAINE VAN DER CHIJS



PHOTO: MARC VAN DER CHIJS

**Where to Eat:** Unsurprisingly, Midsland has a pancake house. Pannekoekenhuis Hans & Grieje situated on a church square is a charming spot for a casual meal.

**What To Do:** Beautiful white-sand beaches and dunes line one side of Terschelling and wetlands make up the other side.

Birdsong is everywhere on Terschelling, and birds unseen elsewhere in the Netherlands are often found in the wetlands, so birdwatchers should definitely pack binoculars.

Finally, a typical Terschelling pastime is to strand yourself in the middle of the sea. Sailboats become stranded, on purpose, on sandbanks when the tide goes down. “Wij laten ons droogvallen” (“We let ourselves fall dry.”). Children play on the sandbank and people swim until the tide rises and they sail back to the harbour.

### Wadlopen in Ameland

“A bit of a weird one,” says one visitor about her recent experience in Ameland. Wadlopen is a unique Frisian activity that loosely translates to “mudflat hiking”.

The tour company’s instructions were to “take the ferry from Holwerd and walk across the island to meet your guide at a strandcafé (beach café). The trip will take three hours so bring a snack”.

From the café, a group of around 150 people went in tractor-pulled wagons the few kilometres to the tip of the island, as far as possible from any boat traffic.

Hiking across mud at low tide to the mainland can add another three hours to the day’s activity, so that snack comes in handy.

“Walking in mud is very difficult,” says our hiker, but when asked whether she would recommend it, her answer is a resounding yes, “because it’s just so crazy”.

### The islands

Requiring neither a long car ride nor a flight, the Dutch North Sea islands provide a stress-free escape from city life. The islands are easy to navigate and full of fun outdoor activities, and while particularly popular with families, also make for a great destination for anyone.

With nature so beautiful, a short trip to any of the islands is a great way to disconnect and really feel like you’re on holiday. «

### About the author

Daphne Vlachoianis is a New York-qualified international human rights lawyer who has worked in London, Florence, Sarajevo, Brussels and Kinshasa. In 2013 she settled in The Hague where she lives with her husband and three children. Daphne is passionate about languages and creative writing.

# Thank you for helping ACCESS

## Government & Patrons

**We thank and acknowledge the following for their support and trust.**

- City of Delft • The Hague International Centre
- Expat Centre Leiden • Expat Help • IN Amsterdam
- International Welcome Centre Utrecht Region
- Sapienza Consulting • TU Delft (Coming to Delft Services)

## Dual Career Support

**For the particular needs and interests of accompanying spouses/partners the following may be of value.**

- Angela Fusaro • Business Breakfast • Caitriona Rush
- Caroline van den Bogaard • Colleen Reichrath-Smith
- Connecting Women • Empower Amsterdam • Extraordinary Life • Helga Evelyn Samuel • Ida Rutten • Jacinta Noonan
- Janet Rodenburg • Marie Dewulf • Martine Hulsman
- Natália Leal • Nataliya Volosovych • O'ona Souissi
- Rawia Liverpool • Sylwia Borowy • Teresa Moynihan
- Veena Joseph • Volunteer The Hague • Women's Business Initiative International

## 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 • BYNCO
- Dutch Tax Returns • Expat Help • FVB De Boer
- GMW Advocaten (Legal Expat Desk) • Independent Expat Finance • Mynta Law Immigration Lawyers • Prijsvergelijken
- Tulip Expat Services

## Healthcare

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

- Beste Dolanay • De Boezemvriend • Chitra Natarajan
- Jac Rongen • Linda Malley • Meida van Baal • Nina Bogerd
- Ria Wiertz • Truus Gale

## Childcare

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

- Big Ben Kids • Kinderopvang 2SAMEN • True Colors Childcare
- Villa Bloom • Zein Childcare

## Housing

**The services of these partners speak for themselves**

**– and cover your housing needs.**

- !WOON • Expat Mortgages • Hospi Housing • MLP Real Estate
- Stads Daemes

## 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 • Eerde International Boarding School • German International School of The Hague • Hannah Behrens • HSV (Haagsche Schoolvereeniging) • International School Delft • International School of The Hague • Nord Anglia International School Rotterdam (NAISR) • Rotterdam International Secondary School (RISS) • SPEAK • Winford Bilingual Primary School • Ute Limacher-Riebold

## Counselling Network

- Ann Kuis • Carolyn Tabak • Claire Boers-Stoll • Cristina Baroncelli • Elisabetta Ibernì • Jack Cieplinski • Jeanine Souren • Jennifer Ruess Glaese • Jim Bender • Joanne B Rahusen • Jutta König • Karolina Fotyga • Katarina Gaborova
- Marja Kuzmanic • Nuria Maldonado Bellido • Ophirah Toff • Patric Esters • Robin Roberts • Rosie Glicklich
- 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 on the next 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](mailto:prd@access-nl.org).



The past period has been one of uncertainty for many. We have all learnt things – about ourselves, our neighbours, our colleagues, our families. We have admired and been less inspired. But, we have carried on. At ACCESS, we have done so spectacularly.



Our **Helpdesk** has attended over **400** inquiries since this period started.



Our **Childbirth Preparation Courses** have carried on most successfully, online.



Our **Counselling Network** has continued to provide the support the community needs.

And, our back-office teams have supported all the bits, pieces, puzzles and trickiness of transition. Why, because we know – in uncertainty, answers are welcomed.

We **thank everyone** who has trusted us, and just as importantly, everyone who has served **you**. And, we thank the **Partners who support** and fund our work. We will continue our work, and hope it continues to help those it intends to help.

## Looking for additional information?

Be sure to check the following expat centres' websites for localised information sessions about living in the Netherlands:

- **IN Amsterdam**  
[www.iamsterdam.com/en/our-network/in-amsterdam](http://www.iamsterdam.com/en/our-network/in-amsterdam)
- **Expat Centre Leiden**  
[www.expatscentreleiden.nl/en](http://www.expatscentreleiden.nl/en)
- **The Hague International Centre**  
[www.thehagueinternationalcentre.nl](http://www.thehagueinternationalcentre.nl)
- **International Welcome Centre Utrecht Region**  
[welcome.utrechtregion.com/en](http://welcome.utrechtregion.com/en)

### Management Team

**Executive Director** Deborah Valentine

**Operations Manager** Qin Cai

**Project Manager Utrecht** Shimrit Florentin

**Project Manager Amsterdam**

Susana Ortega Roig

**Project Manager The Hague** Rawia Liverpool

**Project Manager Leiden** Aishwarya Raman

**Childbirth Preparation Courses**

**Coordinators** Bintou Keita and Jodie Crockford

**Computer Services Manager** John Pellet

**Communications Manager**

Madhavi Mistry-Ajgaonkar

**Magazine Editor** Steve Voyce

**Volunteers' Newsletter Editor** Geetanjali Gupta

**Social Media Coordinator** Katerina Triantafyllou

**Website Editor** Nazlina Quadir

**Website Master** Eva Rogoan

**Helpdesk Manager** Veronica Auguste-Barbon

**Training Coordinator** Nuria Garcia Saorin

**Rota (Schedule) Coordinators**

Ljiljana Lelieveld-Gogic and Wendy Zhu

**Volunteer Resources Manager**

Sorina Ambrus Ludt

**External Training Coordinator**

Antonio Gutierrez

**Relationship Manager** Marta Mosquera

**Public Relations / Events Manager**

Carolina Isola

**Interim Information Research Manager**

Mauren Lopez Pons

**Statistics Manager** Queenie Escanyela

**Counselling Services Network Coordinators**

Qin Cai and Jennifer Glaese

**Community Education Manager** Sylwia Borowy

### Executive Board

**Chairman** Gary Hays, Valshebnik Consulting

**Members** Godelijn Boonman (GMW Advocaten),

Lowri van der Linden, Coen Wilms,

Lucas Hendrikse, Roy Fu

Discover more



## A move, while working from 'home'

Well, we are certainly going through interesting times these days. And, while most of the community was staying home—finding new ways of ‘doing things’, slowing down in many cases—we have had a busy time. Our Helpdesk, Counselling Network and Childbirth education courses were going strong, but, back ‘home’ we had news.

A move! Yup, in all we are going through we also found ourselves packing boxes and undertaking a move—in the safest of ways possible. Packing was done safely, and even the movers were working safely at a distance. Our new home is getting setting up—as this issue circulates—so keep your eyes posted on our social media for pictures of our new home, in the centre of The Hague.

## 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 • Delft MaMa • 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 • ICP International Community Platform
- International Community Advisory Panel (ICAP) • International Locals Amsterdam • M-space Graphic Designers
- STET (English Theatre) • The American Book Center • TheHagueOnline • Xpat Media





LEARN,  
LIVE AND  
DEVELOP



EERDE  
INTERNATIONAL  
BOARDING SCHOOL  
NETHERLANDS



- Day school, flexible and full boarding options
- Internationally accredited Primary and Secondary education

- Unique and stimulating learning environment
- Highly qualified educational staff

**ALLOW YOUR CHILD TO DISCOVER THEIR TRUE POTENTIAL**  
**ALLOW US TO PROVIDE THE PATHWAY**

curriculum

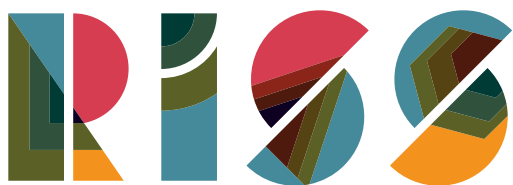
accreditations

official partner of



**RIJKS MUSEUM**

**[www.eerde.nl](http://www.eerde.nl) • [admission@eerdeibs.nl](mailto:admission@eerdeibs.nl)**



**ROTTERDAM  
INTERNATIONAL  
SECONDARY  
SCHOOL**

**Our mission**  
is for every student  
to enjoy their  
youth.

*Follow us on:*



*Admissions information:*

[admissions.riss@wolfert.nl](mailto:admissions.riss@wolfert.nl)

+31 (0)10 890 77 44

[riss.wolfert.nl](http://riss.wolfert.nl)

