



# Food innovation

2020  
Winter

**In this issue** | An appetising podcast | Tasty vegan hotspots |  
Inspirational food production and cuisine | Delicious Dutch street food |  
Nederlands Dans Theater | Nutrition and wellbeing | **Free** to pick up



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

*“A hidden gem in Wassenaar!”*



# Dear ACCESS readers



**Steve Voyce**  
ACCESS Editor  
[editor@access-nl.org](mailto:editor@access-nl.org)

With different levels of lockdown becoming regular—but difficult—facts of life, not only here in the Netherlands but across the world, perhaps one side-effect may be our changing relationship with food. For some, this might mean less—or no—eating out; while others may have discovered a new-found love of cooking or baking; and many of us have become really close friends with the many food delivery people zipping around our towns and cities.

During the twenty or so years I've lived in the Netherlands, there has been an enormous change in the food available in supermarkets and restaurants. This has become even more apparent in the last few years, with the growth and expanse of plant-based alternatives and ethically-sourced ingredients, and not just in the cities. For a country perhaps previously synonymous with a dairy- and meat-based diet, these changes are nothing short of remarkable. In this issue, Tracey Taylor's excellent Cover Story looks at many innovations in food in the Netherlands.

We also travel around the country looking for vegan treats, review a food-based podcast, and look at how nutrition can affect our wellbeing. But we couldn't help ourselves when it comes to delicious Dutch street food. Often perfect for a chilly day. It is all about balance, after all.

## There has been an enormous change in the food available in the Netherlands

Elsewhere in this issue Daphne Vlachoannis spoke to the managing director of the Nederlands Dans Theater about how they are responding to the issues arising from the pandemic, and we investigate retraining as an adult, and international family networks in the Netherlands.

Winter tends to be a season for enjoying more heartening food—dishes to keep the cold at bay and to warm and comfort us. But that doesn't mean some of those dishes can't be inspiring, conscientious and perhaps even innovative.

For now, from everyone involved in the ACCESS magazine, we wish you Season's Greetings and a safe and healthy 2021.

# 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



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## MISSION

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

# ACCESS

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

### Important note

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

## Colophon

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**Corrections**

In the ACCESS Family article in our previous issue, Autumn 2020, we should have referred to Godelijn Boonman, as 'a partner at GMW,' and in the same issue's Arts & Entertainment article we inadvertently misspelt Evelina Kwartūnaitė. We are happy to be able to correct both now.



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# ACCESS

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ACCESS introduced a Patron Programme that offers companies the opportunity to get personalised service for their newly-arrived international employees.

In this issue, three organisations share their experiences of being an ACCESS patron.

# Being a patron

BY OLIVIA VAN DEN BROEK-NERI



**TU Delft**

Delft University of Technology's Delft Service Team is part of HR Services, and addresses the needs of appointed international employees and their accompanying partners and families.

The team not only shares practical information, but also organises workshops to prepare partners for the Dutch labour market and hosts (networking) events.

Ideas shared by the community are followed up on and initiatives are being embraced.

ACCESS organises a Coming to Delft Event bi-annually for TU Delft and the municipality of Delft to welcome new internationals to the Delft region, and supports their monthly New Joiners Drinks. "During these events new international employees of TU Delft can ask all sorts of questions to the volunteers," says Fabiënne Scholte-Buijs, one of the advisors of the Coming to Delft Service Team.



"ACCESS helps by sharing their experiences to our new international employees and their families," she says. "If we have questions from internationals we can't answer we connect to ACCESS' helpdesk, or refer to the extensive resources on ACCESS' website." Additionally, the opportunities to volunteer with ACCESS are attractive to the accompanying spouses. "ACCESS provides spouses with a work and life experience in the Netherlands and is therefore a valuable contribution to one's job search in the Netherlands as an accompanying spouse," she says.

Moving forward, TU Delft looks to continue their partnership with ACCESS: "It is a solid relationship, where we each year evaluate our cooperation and check based on our experience if changes need to be made," says Fabiënne.



**Expatriate Help**

Expatriate Help is a full-service relocation company with offices located in Amsterdam and London. Expatriate Help became a partner and an ACCESS patron in 2018.

"ACCESS became a valuable partner and trusted resource of Expatriate Help during the EMA (European Medicines Agency) relocation project," says Roz Fremder, Owner/Director of Expatriate Help. Her company uses ACCESS's national network of service providers to find her clients referrals to healthcare professionals, service providers, and sports clubs. "ACCESS has a proven track record in providing resources and accomplished business professionals, enabling Expatriate Help to deliver high-quality solutions to clients.

ACCESS and Expatriate Help share the same dedication to delivering high-quality, personalised services to the expat community and are working together to adapt how we deliver those services given the impact of the pandemic," says Roz. "I would highly recommend ACCESS to anyone in the relocation industry looking for additional support and resources," she says.

"ACCESS can be an extension of the core relocation



services provided. These resources and connections would be nearly impossible to attain through one's own initiative."



### European Medicines Agency

The mission of the European Medicines Agency (EMA) is to foster scientific excellence in the evaluation and supervision of medicines, for the benefit of public and animal health in the European Union (EU).

Fergal Cooney, HR Specialist, European Medicines Agency, learnt about ACCESS during a relocation project. "Their work was highlighted to us by INAmsterdam and by Expat Help," he says. "Then we noticed that its spread was even beyond Amsterdam during a relocation visit to The Hague, and we realised that having a partnership of this kind will be useful."

A partnership develops another channel for staff members to get information, and guidance on life in the Netherlands and will be especially attractive for the families of employees. "This is a way for us to help staff members and members of their families to develop their own Netherlands know-how," he says. This will make their settling in process easier, which he sees as mutually beneficial for the employees and the organisation. "If people are content it shows in their productivity and in the workplace," Fergal says. The current restrictions in place due to Covid-19 have made it more difficult for newcomers to settle into the Netherlands. "People often gather information via social events, but if you don't have those events, where do you ask those questions?" asks Deborah Valentine, ACCESS Executive Director.

"Companies have seen the difficulties that they had convincing accompanying partners to accept relocation, and this programme can help," says Deborah. This service can be especially useful for companies who do not have time to assist newly-arrived internationals, but would like to contribute to a better settling in process for their staff, and families.



## A dedication to delivering high-quality, personalised services to the expat community

Currently, ACCESS has four patrons. Patrons are recognised in the ACCESS magazine and are encouraged to mention the programme in their recruitment policy and literature. The programme can be tailored to the company's needs and the fee is determined by the size of the company. «

To find out more about ACCESS's Patron Programme, contact Deborah Valentine at [edirector@access-nl.org](mailto:edirector@access-nl.org).

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### About the author

California-native Olivia van den Broek-Neri works as Project Coordinator Communications & Events at Holland Expat Center South in Eindhoven, and was previously an ACCESS volunteer.



# Pioneering food innovation



While the Netherlands may be a relatively small country, it is a big player in food production and consumption innovations.

BY TRACEY TAYLOR

Earlier this year, Amsterdam found itself on the Top 10 list of best vegan cities in the world. Within the Netherlands, the capital is closely followed by Maastricht in South Limburg in terms of restaurants and take-aways offering vegan and plant-based dining options and meat-free menus. But this is not the only way the country is showing change in the way we look at, purchase and consume food.

*“If we take care of nature, nature will take care of us”*

Sir David Attenborough

A strong sentence that reads so true. But in these days of food wastage, cheap produce and over-farming, are we really taking care of nature?

2020 has been influenced by Covid-19 restrictions and the impact that this virus is having on all aspects of our lives. Perhaps one upside of this, however, is that humans have somehow ‘turned’ and begun to look to nature once again. We are spending more time in nature, adopt-

ing animals from rescue shelters, changing our eating habits, buying more fresh food, growing our own vegetables and generally reconnecting with a simpler way of life and a more sustainable way of living.

For many there is a new hunger for change, and, whatever the cause, it is still a positive change and a move in a better direction.

### You are what you eat

Many Dutch farmers and food companies are looking at more innovative ways to approach food production. Supermarkets are offering more and more vegetarian and vegan alternatives alongside foodstuffs that come without plastic packaging.

Ekoplaza was recently voted the healthiest supermarket in the Netherlands following a two-year survey conducted by Questionmark for Superlijst gezondheid 2020 (the Health Super-list 2020). Ekoplaza is all about organic food and supporting a healthy lifestyle. They believe that the soil is everything and if we treat the earth well, it will yield healthy, tasty produce that is rich in nutrients and flavour, food as it was intended to be, as it were. This is coupled with a fair price for farmers, growers and producers.

But beyond the merits of this supermarket chain, many other interesting innovations in food are happening here in the Netherlands.

### Meet the new meat

*“If we all had a largely plant-based diet, we would need only half the land we use at the moment”* Sir David Attenborough

In 2013, Scientific Officer Mark Post (who would become Chief Scientific Officer of Mosa Meat) unveiled the world’s first hamburger—the Mosa Burger—made by growing cow cells, rather than slaughtering an animal. The burger was the result of many years of research at Maastricht University and the aim was to create a sustainable, healthy and animal-friendly approach to food. »

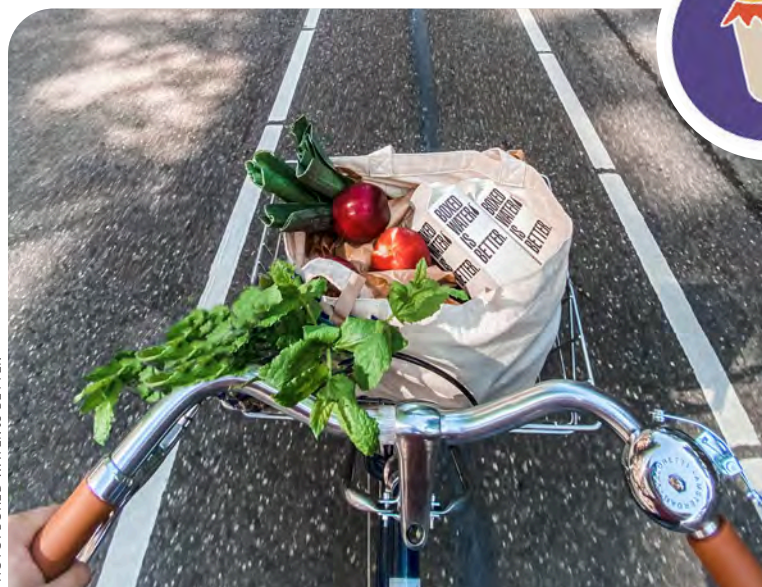


PHOTO: BOXED WATER IS BETTER





PHOTO: MOSA MEAT

**Did you know...**

In 2019, American company Beyond Burger® arrived in the Netherlands and works in partnership with a Dutch meat processing company to produce its plant-based products for the European market. [beyondmeat.com](http://beyondmeat.com)

Following the success of the Mosa Burger, the team went on to create Mosa Meat in order to commercialise “clean meat” and be pioneers in a kinder way of making beef. It is very exciting to see what will come from this firm next. [mosameat.com](http://mosameat.com)

Dutch company *De Vegetarische Slager* (The Vegetarian Butcher) also has a rather inspirational story. Jaap Korteweg is a ninth-generation farmer and the founding father of the company. He developed ‘innovative meat substitutes with the help of top chefs’ and went back to the land by seeing the potential of the ‘protein rich and organic lupine (a legume alternative to soy) in Dutch soil.’

*De Vegetarische Slager* offers a range of foods that are as impressive as they are extensive. Consumers can choose between meat-free burgers, sausages, chicken, meatballs, bacon, sausage rolls, and

the much-loved Dutch bitterballen and kroketten. The company has gone from strength to strength over the past ten years and their products are available at supermarkets across the Netherlands and in 25 countries around Europe.

This company is a true revolution in the world of plant-based food and has been chosen as the ‘coolest Dutch brand!’ [thevegetarianbutcher.com](http://thevegetarianbutcher.com)

**Yes please, to cheese!**

The Dutch have long been known as producers of fine cheeses—most famously Gouda, Edam and Leerdammer—and you will most likely find some form of cheese in every home in the country.

While most of the cheese found in our supermarkets tends to come wrapped in plastic packaging and it is possible to recycle the plastic, even so consumers are looking for better (more sustainable) choices. An increase in farmers’ markets around the country—where you can buy fresh whole or sliced cheese in a paper packaging or its original wax—is certainly helping the cause. Many consumers are also bringing their own containers to take purchases home.

There is also a booming market that is vegan Dutch cheese. Willicroft, based in Amsterdam, works with nuts and tofu, and their vegan cheeses are packed with goodness. You would be hard pushed to say that their cheese is not the ‘real deal’.

Although some might argue that a cheese is not a cheese if there is no milk included, it does seem that there is a new hunger for vegan cheeses—even in the most traditional of Dutch homes – and Brad Vanstone, founder of Willicroft, is definitely on to something. [willicroft.store](http://willicroft.store)

**A little foraging is good for the soul**

It might sound like something of myth and legend, or at least from distant history, but it appears there has been a recent surge in the number of folks searching for food ‘in the wild’.



With the shift toward wanting a more sustainable lifestyle, the process around foraging is fast becoming a popular trend, and something most of us will need to learn from scratch to ensure we are gathering ‘safe’ foods.

With Covid-19 playing such a role in our lives these days, simple things like grocery shopping can take on new challenges. So, it stands to reason that being able to grow your own food or indeed, have the skills to forage are becoming more and more desirable.

If you are based in or around Amsterdam, why not check out the website of Lynn Shore at [urban-herbology.org](http://urban-herbology.org). It is a great source of information, and Lynn also offers guided foraging walks and online courses. A key component for Lynn is allowing individuals to feel confident about foraging and to learn how to search and gather food in a responsible way.

### Staying afloat

Did you know that Rotterdam has the world’s first floating farm?

An offshore dairy farm, built right in the middle of Rotterdam’s Merwehaven harbour, aims to help the city produce more of its own food in a sustainable way. The farm intends to reuse and recycle everything—even their cows are fed with leftover grain from local breweries and grass cut from nearby sports fields.

With a key focus on animal welfare, sustainability and innovation, the aim of the floating farm is to produce good, healthy food in the city, for the city »



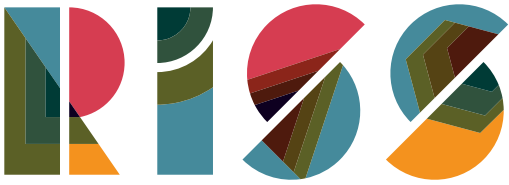
## Revolutionise food production and sustainable farming



PHOTO: FOAM



PHOTO: FLOATING FARM



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## Reconnecting with a simpler way of life and a more sustainable way of living

dwellers. It is all about reducing food waste and cutting down on how far food must travel. Bringing the farm back to the city as part of a ‘clean, liveable and conscious city transformation.’ [floatingfarm.nl](http://floatingfarm.nl)

### Small country in a global world

“To restore stability on our planet, we must restore its biodiversity, the very thing that we have removed”  
Sir David Attenborough

It is probably not a surprise that the USA is the largest food exporter in the world, but according to National Geographic the Netherlands is the globe’s number two exporter of food, as measured by value.

Dutch farming and farming practices have become strikingly innovative over the years – and duly recognised as so – and all the hard work and outlay that have been invested is certainly starting to pay off. In fact, our nearest neighbours Germany and Belgium are the largest international consumers of Dutch bio-products.

But it doesn’t stop there. Despite the agriculture/food innovation scene in the Netherlands being one of Europe’s most flourishing successes, Dutch farmers, growers, producers and inventors are always looking to the future. The industry remains hungry to find new ways to further improve their approach to sustainability, the avoidance of food waste, biodiversity, recycling and farming techniques.

Most recently the Netherlands has seen an increase in urban, indoor, farms where produce is grown vertically on stacks of shelves under ultraviolet lights. The Netherlands is also using its universities– particularly Wageningen which focuses on ‘healthy food and living environment’–to research ways to revolutionise food production and sustainable farming.

So, although the Netherlands may be a comparatively small country, it is quite the big player on the world stage when it comes to all things food, and those orange hearts for which the Dutch are famous for are in fact, rather green. «

### About the author

Tracey Taylor lives in Maastricht with Dave and their cat, Little Tubbs. Tracey is Irish and an aspiring photographer. She also writes a blog and hosts a weekly expat radio show [@traceytaylor\\_nl](http://@traceytaylor_nl) | [@taylormade.theblog](http://@taylormade.theblog) | [@littletubbs\\_thecat](http://@littletubbs_thecat) | [@themaastrichtedition](http://@themaastrichtedition)



# The new normal legally speaking

So much has changed in our day-to-day lives since “corona” became part of our vocabulary that it’s easy to believe that everything is different. So has this crisis fundamentally changed your legal rights in the Netherlands? The experts from GMW lawyers summarise what you need to know.

## The more things change...

The more they stay the same. You’ll be pleased to know that the crisis has not greatly changed your overall rights or your (strong) protection under Dutch law. What has changed is some of the detail surrounding how those rights are exercised.

### Family

The Dutch courts have continued to function and are still accepting applications for divorce, the division of assets, disputes related to the children, child- and spousal maintenance, etc. The result of the crisis may be that the previously established contribution can no longer be paid. The crisis has not automatically changed existing maintenance obligations or agreements. Changes must still be negotiated and agreed. If the parties cannot reach a settlement, the court can rule.

### Housing

Evictions were postponed during the crisis (except for extreme cases) and tenants and landlords enjoyed a temporary option to extend a fixed-term lease without it becoming an indefinite lease (now expired). Overall, the corona crisis has not changed landlord, tenant or owner rights and obligations.

### Business

The emergency bridging funding (NOW 1 and NOW 2) helped businesses pay wage costs and avoid reorganisation. From 1 October, the terms of the subsidy under NOW 3 will change, and companies would do well to reconsider their future viability. There are several legal options to avoid bankruptcy, from refinancing to reorganisation and creditor agreements.

### Immigration

The IND has continued to process applications and renewals, and has shown more understanding for internationals whose residence is affected by travel restrictions—however the terms of residence are unchanged.

### Work

The employer’s duty of care now includes corona-rules, which leads to (many) new workplace policies and processes. Some of these must be reflected in the employment conditions and contracts. Also in 2020, changes to employment law (*Wet arbeidsmarkt in balans* or WAB) meant a ninth ground for dismissal, transition allowance from the first day, and an increased maximum of three consecutive fixed-term contracts.

### Pension

The Dutch system for supplemental employer-provided pension plans will be fundamentally reformed in the coming years. Legislation, including consequences for the employment relationship, will be presented before the end of this year. Due to the WAB, payroll and on-call employees now enjoy equalised terms of employment. From 1 January 2021, this will further include an adequate pension.

### We can work it out

If you need legal advice, the team at GMW lawyers is here to help you: in person, by phone, via Skype, or through our website: [gmw.nl/en](https://gmw.nl/en) «



070 361 5048  
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[gmw.nl/en](https://gmw.nl/en)

# Family networks



PHOTO: GIFT HABESHAW

**Did you know...**  
Nearly 200 nationalities now call the Netherlands home.

Every person who has landed in a foreign country, with high expectations of their new life, knows how difficult it can be to find your feet and adjust.

BY LYNETTE CROXFORD

## Parents and communities

When the novelty and excitement wear off, you could be left with a feeling of anti-climax and in some cases, a good dose of confusion. Those first few months of figuring everything out, from the public transport to the internet providers and schools in the neighbourhood, takes its toll on even the most organised expat. Thank goodness here in the Netherlands there are

networks of volunteers, groups and communities helping new arrivals, answering questions, making recommendations, reviewing and advising to facilitate much softer landings. Not just the general expat networks such as IamExpat, Expatica, ACCESS, Internations, but more specifically, parental networks.

## Friends for life

When I first arrived in the Netherlands, with a two-year-old child and a husband starting working right away, I was the sole organiser and caretaker of our home. I quickly realised I would need to reach out to someone for help or advice and discovered DelftMama, a group for parents needing company, »

### ACCESS can help

Meeting new people in a new city may not be an easy task. Fortunately, there are ways to build a social life and make friends, and ACCESS is there to help you meet and connect with others. Find out more at [access-nl.org/living-netherlands/expat-groups-clubs](https://access-nl.org/living-netherlands/expat-groups-clubs)

#### Finding a school

Many schools (international and Dutch) provide open days and introductory sessions where families can get to know the campus and staff, and meet other parents. Check out school websites (some can be found in a feature in this issue).

#### Community groups

The Netherlands has a network of groups and communities for internationals, some of them are:

Delft – [delftmama.nl](https://delftmama.nl)

Amsterdam – [amsterdam-mamas.nl](https://amsterdam-mamas.nl)

Rotterdam – [facebook.com/groups/rdambabies](https://facebook.com/groups/rdambabies)

Leiden – [facebook.com/groups/leidenexpats](https://facebook.com/groups/leidenexpats)

The Hague – [facebook.com/groups/2406969948](https://facebook.com/groups/2406969948)

advice, information on all things Delft, and so much more. They have a thriving community of parents and volunteers who have teamed up with local organisations and Gemeente (municipality) Delft, facilitating a better experience for all newcomers to the city.

I also joined, with my daughter, a local playgroup for pre-school kids and met friends I still have today, 10 years later. Meeting people from across the globe in exactly the same situation was an eye-opening experience, and the most significant impact it had was a change in my mental health.

Those first few months were daunting and lonely, with little escape, much to get done, and a young child to look after. Meeting fellow internationals going through the same transition was not only



PHOTO: PRISCILLA DU PREEZ



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helpful but made me realise that I was not alone and that my experience was nothing unusual. I could talk to people about everything and anything, and there was often someone who had already gone through the same thing.

### Finding fellow countrymen

There are a number of other groups across the country, started by resourceful people who understand that support and a safe place to ask questions is essential to settling down, and even more so when you have children in the mix. Hearing the perspective of other parents—especially if they are from your home country and therefore know what you would be expecting—about schools, sports clubs, activities and medical facilities—is priceless.

International parents can find that doctor visits and medications might be different from those in other countries. In the beginning this can be rather difficult to navigate, especially if you have children who need vaccinations or repeat prescriptions, so recommendations from other parents are invaluable. While any advice is opinion-based, it still hugely comforting and helpful to know that others have gone through similar experiences.

### Across the country

Amsterdam Mamas was founded by a group of expat mothers in need of information and friendships, and has grown from a Facebook page to a non-profit organisation supporting and encouraging a wide community of families in the area. With a reach of almost 20,000 people on Facebook alone and over 100 nationalities visiting their varied online groups and website, this group touches many lives—mothers, fathers and children alike.

Rotterdam Mamas are a vibrant and lively community of English-speaking parents maintaining a Facebook page with a similar aim, to provide information, resources and support for international families settling in the area. Although smaller than their Delft and Amsterdam counterparts, Rotterdam

## The most significant impact was a change in my mental health

Mamas are no less active or helpful, with daily information pertaining to local events, activities, services and recommendations.

Across the country a multitude of other expat community groups have information relating to children and families. The Leiden Expat Facebook group has over 11,000 members supporting each other in a vibrant community with group gatherings, school forums, activities and events. Expats in The Hague, a well-known Facebook page for The Hague and surrounding suburbs, often has questions about the international schools. The community provides a huge amount of insight from all perspectives, making the decision on which school to attend a lot easier for its members. Finding a school close to your new home, where your children can develop and be a part of the local community, make friends and move forward is an immense relief.

### Good news

All in all, the Netherlands has its ducks in a row when it comes to internationals and their stay in this country, with support, assistance and welcoming communities that make an incredible difference to so many facing the daunting reality of moving from their comfort zones into new jobs, homes and schools.

All it takes to become part of your nearest community is to reach out and join an online group or to attend an event in your region. Soon, you'll fit right in and forge new friendships with the many people coming to the Netherlands every year. «

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### About the author

Lynette Croxford is a British freelance copywriter and translator living in Delft with her husband and daughters.

PHOTO: RAHI REZVANI



# Dancing in the time of Corona

BY DAPHNE VLACHOJANNIS

The Nederlands Dans Theater extends its reach. An interview with Willemijn Maas, managing director.



PHOTO: RAHI REZVANI

## Willemijn's story

Speaking with Willemijn Maas, one is under the impression that she's been Managing Director of Nederlands Dans Theater (NDT) all her life. It has actually only been since May 2019. "Before that I did all kinds of different jobs," she says, from CEO



## Arts & Entertainment

of the Faculty of Economics at the Hogeschool of Amsterdam, to Director of HR at Volksbank, to CEO of the public broadcasting company AVRO. “I shift all the time. When I was a lecturer I used to tell my students, ‘just finish your study – it’s not the end of the world if afterwards you want to do something else.’” Willemijn herself studied speech and language therapy in Amsterdam. “I grew up with the performing arts – I play the flute,” she says. “When I moved from Zeeland to Amsterdam for my studies, for me the world opened up to music and art.” She recalls already closely following NDT as a student and attending many performances. Apparently sometimes where you study is even more important than what you study in terms of forming your career.

The position Willemijn held at AVRO led to her current position with NDT. “In the Netherlands, public broadcasting companies are also production houses,” she explains, “and AVRO was profiled by art and music, so I built up a network in the performing arts and fine arts.”

### NDT’s Story

NDT was founded in 1959 by, in Willemijn’s words, “a group of rebels”. Certain dancers and other staff from the Nederlands Ballet (now known as The National Ballet) in Amsterdam wanted to bring change to the company in the form of modern dance. When the company refused to implement that change, those dancers and staff broke off and formed their own company, which would eventually become NDT. The first year was tough as they endured heckling by audience members who were not impressed with the change. Slowly though, the tide started to turn and little by little, people began to understand the new approach. Fast-forward a few decades and that group of rebels is now one of the most famous international dance companies in the world.

### NDT in corona times

2019/2020 marked NDT’s 60th anniversary. A huge production called *Kunstkamer* was planned in celebration, with a Europe-wide tour scheduled

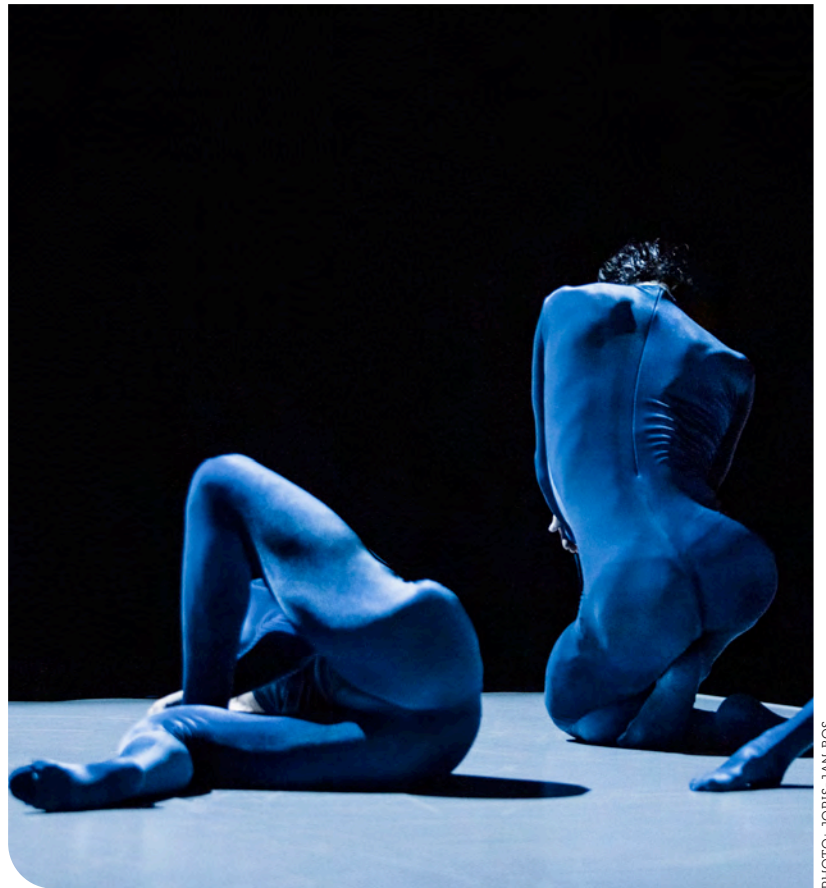


PHOTO: JORIS-JAN BOS

## One of the most famous international dance companies in the world

for June 2020. Due to the pandemic the entire tour was cancelled, and performances only took place in the Netherlands.

Even in non-anniversary years, NDT’s dance troupe normally performs about 70 performances per year outside the Netherlands. Now, most of the performances have been presented via live streaming. In June 2020 NDT made a “corona-safe” film. There was no touching between the dancers, who had to keep 1.5 metres of distance between each other. The film got over 180,000 views on Youtube. For the first programme of this new season »

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### Innovative, relevant and collaborative

It is NDT's purpose to connect people and to inspire them, to enrich people's lives, give them new experiences, let them open up to new ideas and perspectives. NDT creates and presents relevant and innovative contemporary dance and is committed to high quality and collaboration in different ways. NDT connects to large and diverse audiences and communities in The Hague, the Netherlands and all over the world.

NDT believes art is like oxygen for the spirit. Every human being needs to experience the pleasure of different forms of art. NDT believes that art can help people to understand each other better. Art opens the mind and heart for the unknown and helps to become more creative in finding new ways or new solutions. Art shows a broad and diverse perspective on the world.

NDT is a role model in the world of contemporary dance by promoting diversity and inclusion in and through all that we do. Therefore, NDT gives room to many different voices and artists.

NDT is an internationally renowned creation house. Its signature is built on quality and creativity and it strives for diversity and innovation. Two companies NDT 1 and NDT 2 perform, develop and create contemporary dance in The Hague, the Netherlands and the rest of the world. Two different professional companies; NDT 2 for talented young professionals and NDT 1 for mature dancers at the top of their career.

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starting in September, NDT has sold tickets for its livestream performances in 38 countries – some of which they had never travelled to before for live performances.

Willemijn is confident that NDT, and the performing arts in general, will eventually get back to physical performances. “We would love to travel again, the audience is asking for it,” she says, “but now we have gained some experience with livestreaming, and we can reach even more people from other countries.

“Even if we travel a lot again, this livestream is here to stay. We have also been invited by other artists to experiment with virtual reality, so we are only at the beginning of what is possible with livestreaming, but it of course will never replace the live experience on stage. We will come back to physical performances, but with innovative experiences added.”

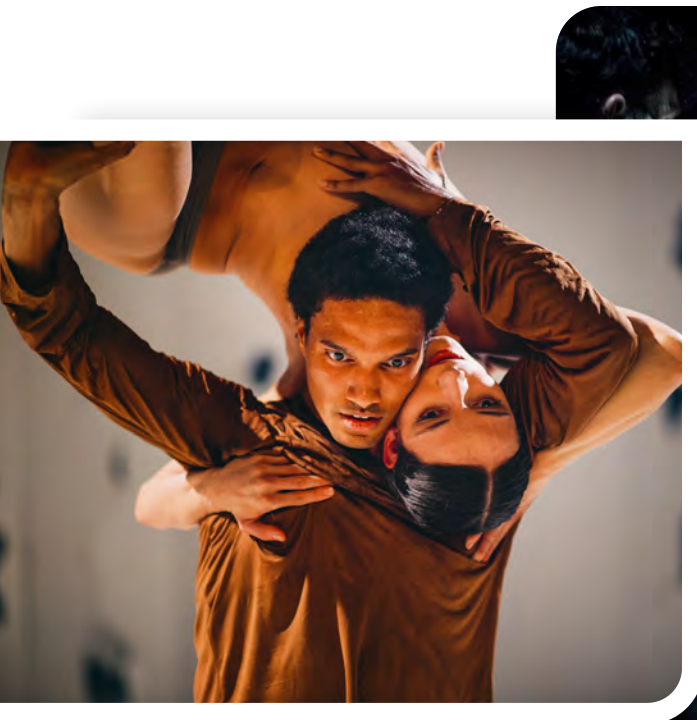


PHOTO: RAHI REZVANI



PHOTO: JORIS-JAN BOS



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## We are at the beginning of livestreaming possibilities, but it will never replace the live experience on stage

### Funding

The NDT is funded by the Ministry of Culture and receives a subsidy from the city of The Hague. Additionally, 40% of the earnings comes from its own income, i.e. selling tickets, touring abroad, and private funding from Friends of the company, sponsors and other private donors. Friends of NDT donate annually, and with the current crisis, NDT has gained more Friends than ever before. People who bought tickets for shows that were cancelled due to the measures were given the choice to either get a refund or to donate the amount to NDT. 50% of those people chose to donate the money, and in exchange were offered a Friendship for one year. In a heart-warming gesture of support, many of those chose to pay for the Friendship despite the offer.

### Community

In addition to its impressive global presence, NDT is active locally, in particular with youth. Its Talent and Education Department conducts various programmes in primary schools throughout the Netherlands, including summer schools. A new programme is currently in the making that will involve talent development and dance lessons for youth in general, not only in connection with schools. The goal is to do more outreach with students from secondary schools and young adults, to boost their awareness and enthusiasm about dance through dance apps, and various interactive programmes and projects.

### NDT for newcomers

As a starting point for those interested in getting to know a bit more about dance, Willemijn recommends watching, in January and February 2021, the new



PHOTO: RAHI REZVANI

**Did you know...**  
More than 3,000 people watched the performance *Endlessly* Free online.

ballets from Imre van Opstal & Marne van Opstal, two siblings and former NDT-dancers. Also, the new pieces by Dimo Milev and Alexander Ekman that just premiered on 6 November in the programme *Dare to Say* are worth seeing. To find out more about NDT, to purchase tickets or to support the company, all information can be found on their website, on Instagram and on Facebook.

In this uncertain and difficult time: take home this beautiful lesson from our Nederlands Dans Theater that even in times of difficulty and uncertainty, we can still dance. «

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### About the author

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



# Nurturing Resilience

At NAISR we are committed to supporting our students to be resilient, inquiring and reflective as we know these attributes are vitally important for success at school but also for success in future work and life.



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Find out more  
[www.naisr.nl](http://www.naisr.nl)  
[admissions@naisr.nl](mailto:admissions@naisr.nl)

Within the social landscape of an international school, particularly in these times of Covid-19, our students cope with considerable change and challenges. And we are most impressed that we see on a daily basis the ability of even our youngest students to steer through serious life challenges, finding ways to bounce back and to thrive. They have to be brave and confident to be the new student in a

new environment. They may have to learn in a different language and understand the cultural differences of their classmates. They have to be open-minded to accept new children into their friendship circles. They have to engage with new concepts and learning experiences. And now they have to live with the restrictions and protocols in school and in their wider lives in response to Covid-19.

## A resilient mindset will help students to cope with change

Having a resilient mindset will help our young people to navigate, cope and thrive with all this change in their lives. However, while we are born with a capacity for resilience, it is not something we have or don't have. So, what can we do to help our children develop this essential life skill and how can we consciously nurture a mindset of resilience in our children throughout their lives?

- **Positive Role Modelling** – as adults we need to be positive role models as children see how we cope with stress and echo that in their behaviours.
- **Active Listening** – we need to ensure that we make time to really listen to what our children are feeling, and allow and support them to express their emotions.
- **Empathy** – we need to show empathy, letting them know that you understand how they feel, even if you do not actually agree with them.
- **See the Positive** – help children to look for the positives in any situation, highlighting all the good things that will come with the changes.

This will certainly be a year of challenge and, as parents and educators, we need to consciously build the resilience of our young people, united through our common goal of ensuring their wellbeing and future success. [www.naisr.nl](http://www.naisr.nl) «



# Blooming delicious

A plant-based culinary adventure around the Netherlands.

BY KIM MCCLURE

There was a time when truly great vegan restaurants—the kind that don't trade health for flavour—could only be found in capital cities. Luckily, this is no longer the case. There's now a lush spread of plant-based restaurants across the Netherlands that meet, if not exceed, the standards of their urban counterparts.

## Real food in Rotterdam

The best thing about Sue Food is that even if you can't get to their gastronomic home in Rotterdam, you can order treats online. Sue Food is known for

deliciously sweet dessert squares to be nibbled alongside a Coffee Company cappuccino. But Sue (the owner and founder) also has a bakery in Rotterdam, full of her freshly-made refined sugar-, gluten- and lactose-free and vegan products. Find more information, or order online at [sue-food.nl](http://sue-food.nl)

If you're looking for a fully plant-based feast, restaurant Gare du Nord is another of Rotterdam's finest vegan eateries. Housed partly in a refurbished train and partly in a garden and terrace, is casual with careful attention to detail. The meals are 100% plant-based, and made with mostly organic and sustainably sourced ingredients. Book a spot next summer at [restaurantgaredunord.nl](http://restaurantgaredunord.nl)

## All plants in Amsterdam

It's no surprise Amsterdam has a crop of vegan restaurants, whether you're craving a junky spread or in need of a lighter, healthier gastronomic experience.

You can't go full vegan in Amsterdam without a visit to the Vegan Junk Food Bar. It's charm is that nothing has been spared in replicating the fast-food experience. The 'chicken' and 'beef' burgers are juicy, with all the toppings you'd expect, and the fries are fresh, crispy and hot. More at [veganjunkfoodbar.com](http://veganjunkfoodbar.com)

For a little more refined vegan, it has to be Mr & Mrs Watson. This delightful spot in Amsterdam Oost offers a range of exceptional vegan cheeses (yes, that's right) which can be enjoyed with a glass of champagne in summer on the terrace or snuggled in the cosy restaurant with a glass of red in winter. Award-winning cheeses range from Pepperjack to Apricot Cumin to Camembert. For comforting, simple, taste-forward meals, visit [watsonsfood.com](http://watsonsfood.com)

## Healthy hotspot in Haarlem

Work up an appetite wandering through Haarlem's famous square, picturing succulent burgers, crisp 'no-fish' and chips, and a fudgy chocolate brownie to finish. They're all on offer at New Vegas. »



PHOTO: SHARYN MORROW





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: LIFES A PEACH

## A lush spread of plant-based restaurants across the Netherlands

This concept bar and kitchen showcases the possibilities of vegan food, with twists on familiar favourites. Taking inspiration from global cuisine this planet-friendly food never sacrifices taste. The menu also includes 'veganised' traditional Thai dishes. Taste something special at [new-vegas.nl](http://new-vegas.nl)

### Oodles of veg in Utrecht

Utrecht's enchanting medieval centre is quickly becoming a humble gastronomic destination.

Life's a Peach is as sweet as the name suggests and offers a range of luscious Italian plant-based dishes. Their speciality is fresh, topped focaccia, ideal for a high-quality, low-fuss lunch—made with mostly locally-sourced ingredients and a low-waste attitude. Discover more at [lifesapeach.nl](http://lifesapeach.nl)

The flexible menu at Van Planten keeps surprising, making it one of Utrecht's vegan favourites. The dedicated team also supports a range of animal welfare charities, which makes a visit more than guilt-free. Ingredients are hearty and full of flavour: think lentil

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## Travel | Blooming delicious

curry soup, 'cheesy' nachos, spinach crepes with spicy pumpkin and mushrooms croquettes. Book online or order at [restaurantvanplanten.nl](http://restaurantvanplanten.nl)

### Eating well in Eindhoven

When a passion for taste and a respect for plant-based ingredients come together, beautiful things can happen—at Bij Albrecht in Eindhoven. Founders, Bernadette and Manfred, work with seasonal ingredients to create Dutch-inspired cuisine to create vegan food you'll keep returning to.

Creativity is at the core of their mission. By experimenting with local ingredients and constantly elevating the plant-based experience, it rivals any meat-based meal, but with a lower carbon footprint. Reserve or find out more at [bijalbrecht.nl](http://bijalbrecht.nl)

### Going green in Groningen

By the time you get to Groningen, maybe something lighter is in order? This student town is bustling with the Netherlands' next generation, but also home to future-thinking eateries.

De Herbivoor is, as the name suggests, a herbivore's dream. You can eat well and feel good afterwards, and this charming salad bar takes care of both. The diverse menu of organic, seasonal and plant-based wraps, soups, pancakes and more has something for everyone, and a slice of cake to finish. Pick your favourite by visiting [deherbivoor.nl](http://deherbivoor.nl)

There's never been a better time to explore the vegan culinary landscape of the Netherlands. The cuisine may have been built on meat and dairy, but the future of Dutch food looks much more vibrant and vegetable-based. Chefs, cooks and bakers are applying as much creativity and innovation to vegan food as any other—and the results are blooming delicious. «

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## About the author

Kim McClure is a copywriter and writer living in Amsterdam.

# Schools: heart of the community

## Amsterdam

### • Amity International School Amsterdam

Admissions: +31 20 345 44 81  
admissions@amity.amsterdam  
amityschool.nl



By striving to provide an education which allows students to thrive in our ever-changing world, Amity International School Amsterdam helps prepare them for an unknown future. The school is housed in a wonderful building that provides a unique learning environment for children ages 3 – 14.

## The Hague

### • British School in The Netherlands

Admissions: admissions@britishschool.nl  
britishschool.nl



An international school for girls and boys aged 3-18, BSN is a thriving community of 80+ nationalities. The BSN's blend of traditional British values, educational rigour, and caring and committed staff provides an environment for students to prepare for a happy and successful life, no matter the pursuit.

## Amsterdam

### • Winford Bilingual Primary School

Admissions: +31 20 7516650  
info@winford.nl  
winford-bilingual.nl



Winford Bilingual Primary School is a global school in the Amsterdam community focused on the highest quality bilingual primary education. During their time at our school, students follow the Dutch, UK, and IPC curricula. This approach provides children with a very solid emotional, intellectual, and cultural basis for secondary schooling.

## The Hague

### • German International School The Hague

Admissions: +31 (0)70 354 94 54  
info@disdh.nl  
disdh.nl/en-us



DISDH has a long tradition to which we feel a strong commitment. Founded 150 years ago, our school's mission is to promote the German language and culture and become part of the international community in The Hague. This spirit continues to be very much alive at our school today and is cultivated by both everyday school life and our special events and festivities.

## Delft

### • International School Delft

Admissions: +31 15 285 0038  
or +31 (0)15 820 0208  
admissions@internationalschooldelft.org  
internationalschooldelft.com



The International School Delft is an IB World School, offering the Primary Years Programme (IB PYP) in the Primary school and is a candidate school for the Middle Years Programme (IB MYP) in the Secondary school. Once fully grown, ISD will be one out of three schools in the Netherlands to offer the full range of IB programmes.

## The Hague

### • HSV (Haagsche Schoolvereniging)

Admissions: +31 70 318 4951  
admissions@hsvdenhaag.nl  
hsv.nl



The HSV is a highly sought out International Primary School offering international education for children aged 3 and 11 years old. We have four locations in different areas of The Hague. Three Little Ships is our international pre-school. Lighthouse is our school for children with special needs. We have affordable school fees as we are subsidised by the Dutch government.



Academic institutions are communities of families, staff, students and support teams—the people ACCESS has been serving for more than 35 years. Below are the institutions who invest in us so we can continue to serve internationals throughout the Netherlands.

#### The Hague

- **International Waldorf School of The Hague**

**Admissions:** +31 70 7830030  
info@iawsth.org  
internationalwaldorfschool.nl



The International Waldorf School of The Hague is a primary school that distinguishes itself through the integration of cognitive and artistic education. We consider physical education, handicrafts, art and respect for the natural world to be of equal importance to proficiency in mathematics and literacy. Our balanced educational approach addresses learning that occurs with the head, heart and hands.

#### The Hague

- **International School of The Hague**

**Admissions:** +31 70 328 1450  
ishthehague.nl



The International School of The Hague, with its strong diverse community within the International City of Justice and Peace, is well placed to provide a dynamic learning environment that is conducive to intercultural learning and global citizenship.

#### Hoofddorp

- **Optimist International School**

**Admissions:** +31 23 303 5924  
info@optimist-international-school.nl  
optimist-international-school.nl



Optimist International School is a public international primary school, offering a happy, safe and encouraging learning environment where everyone feels welcome and valued. Through inquiry-based education, we make learning visible, giving children the opportunity to discover and develop their unique talents and learning skills.

#### Rotterdam

- **Nord Anglia International School Rotterdam (NAISR)**

**Admissions:** +31 10 422 5351  
admissions@naisr.nl  
nordangliaeducation.com/rotterdam



Our school challenges and inspires students from Pre-Kindergarten through to Grade 12 to be principled and resourceful citizens of the world. We go beyond traditional education to transform learning. Your child will study world-renowned curricula, enhanced with global programmes bespoke to Nord Anglia, such as STEAM with MIT and the Global Campus.

#### Rotterdam

- **Rotterdam International Secondary School (RISS)**

**Admissions:** +31 10 890 7744  
admissions.riss@wolfert.nl  
riss.wolfert.nl



Our Vision: educating for self-awareness, curiosity and integrity in a changing world. Our mission is for every student to enjoy their youth. We will do this by providing innovative approaches to learning, by encouraging achievement, by fostering international mindedness with local and global engagement, by modelling ethical behaviour and by acting respectfully and with honesty.

#### Boarding

- **Eerde International Boarding School**

**Admissions:** +31 529 451 452  
admission@eerdeibs.nl  
eerde.nl



Eerde is the only international school in the Netherlands to offer day school, flexible boarding and full boarding facilities. Located on a tranquil country estate only two hours from central Amsterdam, Eerde offers a safe and healthy environment for your child to focus on study, outdoor activities and having fun with schoolfriends.

# Amsterdam Kitchen

## A tasty podcast

Particularly at the moment, the kitchen seems to be the perfect place to spend time and energy and to release stress. Amsterdam Kitchen is an English-language radio show and podcast full of mouth-watering culinary inspiration.

BY GIULIA  
QUARESIMA

PHOTOS BY  
BROADCAST  
AMSTERDAM

In the midst of the Covid-19 pandemic, with health and government officials urging us to stay home as much as possible, and with restaurants closed and food deliveries reduced to essentials, many of us have rediscovered the pleasure of cooking. The kitchen seems once more to be the centre of domestic life, and if social media is to be believed, cooking has been one of the most common activities during lockdown.

Being right in the moment, in the kitchen, hands busy with gluey dough, is surely the best place in the house to allow any bad thoughts to flow away.

It's inevitable that our relationship with food and cooking might have been impacted by these unprecedented times—from missing our beloved restaurant, to wishing to explore different food traditions around the world, to missing family meals in particular. But the present situation might also give us the time at home to try new recipes and improve cooking skills, whether as a passionate home chef or just as an enthusiastic eater.

### Podcasts

Food podcasts offer access to new recipes, kitchen tips and ideas, and are a perfect resource for current, or any, times. A podcast is digital audio, often structured as an audio blog, and usually available as a series, published in episodes; they are accessible online, to download or stream, and cover a huge range of topics, such as politics, news, languages, and movie reviews.

Broadcast Amsterdam—the organisation behind Amsterdam Kitchen—was born in Amsterdam in 2014. Growing from an idea to share stories, the small team of volunteers aims “to provide accessible English-language information and lifestyle content, mainly for the benefit of international residents who have not yet mastered the Dutch language and who desire a better understanding and engagement with local, cultural life, plus the unique opportunities and challenges of living and working in this great city.” It goes without saying that while some of their content is Amsterdam-based, it has relevance for internationals across the Netherlands. The team also makes original videos for their YouTube channel, have a regular slot on local TV, and in March 2018 launched a new, independent, internet radio station. Broadcast Amsterdam is also a partner of ACCESS.

### Amsterdam Kitchen

Now in its fourth season, the network's food series, Amsterdam Kitchen, covers food stories, events, seasonal cooking ideas, interviews with local chefs and even tips on growing your own food. It can be listened to live on Saturdays from 10 a.m. to noon





on the Amsterdam Broadcast website, delayed through their On Demand page, or as a podcast through Spotify and other platforms. The shows are handily available in two versions—a full radio one with music breaks, or talk-only containing just the interview segments.



Amsterdam Kitchen covers a range of food-related topics. In recent times they have talked about the current lockdown situation, from food delivery news—now that restaurants and cafes are closed—and take-away options, and even cycle-through restaurants. They’ve looked at Amsterdam BBQ spots and local picnic places, alongside their more regular restaurant and culinary course reviews, and food events and festivals.

### Music and guests

The show is enriched with music breaks and an excellent cast of interviewees from the food industry. Episodes have seen Charlotte Kleyn, a food historian, discuss Dutch eating habits, and an interview with Edu Hernández and Rafa Ramos of Farmsterdammer, a new initiative to encourage people to grow their own vegetables by sharing ideas, seedlings and pick-up places.

The shows also contain exotic culinary tips from many of the Netherlands’ internationals, including representatives of Surinamese, Greek, Japanese and Korean communities. There are also features on such curiosities as the first take-away pizza delivered

## Rediscovering the pleasure of cooking

in the Netherlands, in addition to a lesson on *Hollandse nieuwe haring* and a mystery involving white asparagus!

Other subjects have included the necessity for a healthy diet for wellness of mind and body, *winkelwagen* (shopping cart) tips for gluten-free and vegetarian dishes, street market reviews, and wine reviews. However, the driving force behind this excellent podcast remains people’s life stories—full of ups and downs, legal battles, solid ideals, and special details, but always with, of course, a strong passion for the kitchen and food. «

### About the author

Having lived in The Hague since 2018, Giulia Quaresima, as a typical Italian still loves cooking traditional dishes.

# International Eerde

As part of a continuous effort to promote cultural diversity at Eerde International Boarding School Netherlands, students and staff celebrated our third International Week in October.



The week began with an online presentation from Save the Children. This school year our community will embark on raising funds through various projects, and will donate this toward Save the Children's work with underprivileged and malnourished children worldwide.



Other events during International Week included listening to a playlist of our national anthems, an exhibition of Covid posters, and a language café where we tried, and laughed, learning words from around the world. But the highlight of the week was our International Pot Luck lunch. The foyer was set up with tables, flags and dishes with delicious food from different cultures, all made by students and staff. We had food from 16 different countries! It was a beautiful way to come together.

Eerde's Upper Primary investigated what 'International Mindedness' means. A wonderful brainstorming led to ideas from all students—respect, care, being aware of differences, and respecting different cultures, ideas, beliefs and traditions, but also having a strong sense of identity. The students realised the importance of being open-minded, adaptable, flexible, curious, respectful, moral, ethical and thoughtful. They created a mind-map which is now visible in the Primary hall area. Their second task was to make a drawing, a logo or an illustration of what 'International Mindedness' means to them. The students produced some amazing art.

## The importance of being open-minded, respectful, ethical and thoughtful

In connection with International Week, Lower Primary also worked on 'International Mindedness,' and discussed what it means to be open minded, to cooperate and to show respect. They made a quote to demonstrate what the concept means for them, and a garland with flags representing their different backgrounds—not only a beautiful decoration, but showing that we are all part of an international community.

We are proud at Eerde that while we are a small school community, we also have over 22 nationalities. We are a school where all are welcome and celebrated—truly a home away from home. «

### Learn, Live and Develop

To learn more about Eerde International Boarding School, please contact the admission professionals: +31(0) 529 451 452 or [admission@eerdeibs.nl](mailto:admission@eerdeibs.nl)

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



# De Nieuwe Sint



PHOTO: PATRICK MATHURIN

Every year, actor, activist, and business owner Patrick Mathurin puts on his white lace vestments, white gloves, scarlet cape, a collar fringed with gold, and his tall pope-like hat. He rides the streets on a white horse, greeting the people of Amsterdam as Sinterklaas, “De Nieuwe Sint.”

BY HANNAH BEHRENS

## Sinterklaas

In the Netherlands, the excitement of the holiday season builds toward 5 December, *Sinterklaasavond* (Sinterklaas evening), with the arrival, in mid-November, of Sinterklaas by boat to cheering crowds, bearing gifts and good wishes for children.

Accompanying Sinterklaas, is his helper and sidekick, known as *Zwarte Piet*. Piet wears colourful Renaissance costume and was traditionally depicted as a ‘Moor,’ often with dark curly hair, dark skin and red lips—but also said by many to be covered in soot from the chimney. In the weeks between his arrival and 5 December, ‘good’ children might wake to find shoes filled with small gifts left by Piet and Sinterklaas.

In the Netherlands, 5 December, *Sinterklaasavond* (Sinterklaas evening) or *Pakjesavond* (packages evening), is traditionally the main occasion for gift-giving during the winter holiday season. Parents, family, friends or acquaintances act on behalf of Sinterklaas, to give »



PHOTO: PATRICK MATHURIN

**Did you know...**  
The red and white roses are a message of love, friendship and peace

children presents. Often Sinterklaas and Piet also come to the door to deliver presents directly and enjoy the party, with cakes, cookies and traditional songs. This holiday holds a special place in the hearts and memories of the Dutch people as a special time of year, full of fun, songs and the special, magical, and imaginative time with family.

### **Who is de Nieuwe Sint?**

Most days, Patrick Mathurin can be found at his boxing club, MPPRO Boxing Center, in Amsterdam's Nieuwe West. The bright red padded floor is surrounded by punching bags and photos of sports and civil rights heroes lining the walls, including Martin Luther King Jr., Malcom X, Bob Marley, Jack Johnson, and many photos and inspirational quotes by Muhammad Ali. One photo stands out among the others, a portrait of himself, dressed as "De Nieuwe Sint."

"When I was a child, I immigrated to the Netherlands from Haiti. I had grown up with a different set of difficulties and disadvantages than my white peers.

Even though the Netherlands is a very wealthy country, and full of opportunities, people of colour in this country can experience more economic and educational disadvantages."

When Mathurin attended De Toneelschool in Arnhem, he studied and performed a version of Plato's *Apology of Socrates*, centred around Socrates's right to speak and act freely. This performance earned him recognition by the school and he graduated as the most talented student of the school of the higher education of the arts in Arnhem, winning the 'De Roos-Gesinkprijs 1999'.

He received a Fulbright Fellowship to complete his Masters Degree at the Actors Studio in New York. He used his time in the United States to study issues around identity and racism. On returning to Holland, he was determined to use his new knowledge to bring a voice to much needed changes in the Netherlands. He arranged a festival to produce a performance of the *Apology of Socrates* for Dutch audiences to inspire a national dialogue of racism in the Netherlands.



“Participating in this play made a huge impact on me and was a reflection of my own experience as a black man, feeling overlooked for jobs, feeling like an outsider, and continually having to answer for my right to exist in my own country.”

With this in mind, he decided to rewrite words of a traditional Sinterklaas song “*Sinterklaasje kom maar binnen met je knecht*” (St Nicholas come in with your servant) to “*sintererklaasje zonder knecht*” (St Nicholas without a servant).

“Instead of focusing on the negative connotations of Zwarte Piet, I wanted to make an artistic statement to show people that the Sinterklaas celebration can be inclusive, and the message is especially important for children, so they can see themselves in a positive way.”

The image of Sinterklaas as a black man shouldn't be controversial. To many, it symbolises a shift in perspective, a decolonialising of the images of Western winter festivals, a time of coming together and celebrating the blessings of the season.

### Inclusive

2016 was the first of what was intended to be an annual party at the last two years in the Paradiso Theatre in Amsterdam. De Nieuwe Sint travelled the canals by boat greeted by little children, all dressed in saint hats. “I want to keep the message of love and peace—and a new way of celebrating that includes everyone. The focus of the party is not on me as “De Nieuwe Sint” but for children to celebrate, express themselves, and feel good about themselves. On Sinterklaas Day, *ieder kind is een sint*—every child is a saint.”

In past years, the movement towards letting go of Zwarte Piet has grown, and “De Nieuwe Sint” has gained publicity as a new way to celebrate the Sinterklaas tradition. In 2019, Mathurin created an EP and music videos of several Bob Marley songs in Dutch, including, *Sta Op Voor Je Recht*, “Stand Up for Your Right” and *Leef Jezelf Op* “Lively Up Yourself”.

Events in 2020 have shone a spotlight on racial equality movements around the world.

“In Amsterdam, 15,000 people showed up to a protest and I was there dressed as De Nieuwe Sint, and observed a change overnight,” says Mathurin.

But hope for a future of equality isn't just about banning blackface or censoring social media.

## I want to keep the message of love and peace

### The future

“Real hope for the future means better economic opportunities for people of colour, better paying jobs, benefits and equal access to education, more visibility for people of colour in the Dutch media and more people of colour in political positions. It's easy to talk about but it's going to be very hard to take action. We need to do things for ourselves, we can't wait around to be invited, or to ask for permission, people of colour need to make their own opportunities.”

While coronavirus has put all party plans on hold for now, Mathurin continues training at his boxing club and keeping the dream of De Nieuwe Sint alive.

### Editorial comment

ACCESS is aware of the debate and discussion taking place around the tradition of Zwarte Piet. It is not our role to comment on this officially. It is our role to inform, as we hope this article does. Tradition and history play a role, as do current efforts to create dialogue, understanding and change. «

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### About the author

Hannah Behrens is a freelance writer, editor, poet and writing coach. She writes a blog, [weedsandwilderness.com](http://weedsandwilderness.com), leads Weeds and Wilderness Creative Writing Meetup in Amsterdam, and is currently working towards her PhD in Expressive Arts Therapy.



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# Focusing on Nutrition and Wellbeing

If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have the safest way to health – Hippocrates

BY ABBIE MARSH  
PUMAREJO

ILLUSTRATIONS BY  
ELISABETH SCHETTLE

Hippocrates makes it sound simple. We are entering a season where, under normal circumstances, we would maybe get a yearly flu shot to keep things in check, health-wise. But this is 2020. Covid-19 has turned the world upside down on just about every level. We now know it can have detrimental effects for those with certain medical conditions (diabetes, heart disease) and that immunocompromised persons are especially susceptible.

As much as we would like to avoid thinking about the prospect of contracting Covid-19, we would do well to focus on what we can do presently to stay healthy.

## Health is dynamic

Dina Karagic, a nutritionist and founder of Rotterdam's TERRA Nutrition & Wellness, reminds us "our health is dynamic, and is not something that we have to take care of once and then we have guaranteed health for the rest of our lives. Health is something we work on throughout our lives. Just like watering our plants, we need to nourish our bodies so they continue to provide us with good health."

She suggests eating a range across all food groups, 'eating the rainbow,' which can provide us with the necessary nutrients our bodies need to function at their best. "Nature provides us with a spectrum of colours, and each colour has its own unique health benefit that can strengthen the immune system as well as prevent diseases."

A productive start would be to look at your meals and see how you can bring more colours onto your family's plates. Karagic stresses that there are certain categories of whole foods that can keep things humming along:

Allium vegetables – includes onions, spring onions, garlic, shallots, leeks and chives. Not only great flavour enhancers, but have been found to help »



PHOTO:  
EDWARD HOWELL



PHOTO: JASON BRISCOE



prevent many diseases. Karagic says, “numerous studies show that garlic has antibiotic properties and is effective against a wide spectrum of bacteria, fungi and viruses.”

Healthy fats – such as monounsaturated and polyunsaturated fats – are essential for the proper functioning of almost every cell in our body. Omega 3 and omega 6 are part of the polyunsaturated fats, and are found in fatty fish, eggs, nuts, seeds and plant-based oils. Many of us aren’t getting enough healthy fats or have too much of the wrong type of fat (saturated) in our diets.

## Find out more

Dina Karagic [terra-nutrition.com](http://terra-nutrition.com)  
Katarina Gaborova [katarinagaborova.com](http://katarinagaborova.com), [psychologistinthehague.com](http://psychologistinthehague.com)  
WHO [who.int/campaigns/connecting-the-world-to-combat-coronavirus](http://who.int/campaigns/connecting-the-world-to-combat-coronavirus)  
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HSPH [hsph.harvard.edu/nutritionsource/nutrition-and-immunity](http://hsph.harvard.edu/nutritionsource/nutrition-and-immunity)



PHOTO: ANTONIKA CHANEL

## If our gut is happy, we will feel happier

Probiotic foods – naturally fermented foods that may help supply plenty of beneficial bacteria to the intestinal lining. This is important because about 70 percent of the immune system is housed in our gut. Probiotic foods include natural yogurt, milk and water, kefir, sauerkraut, kombucha and kimchi. “These help maintain the balance of your gut flora and promote optimal, overall health.”

### Adaptive immunity

According to the Harvard School of Public Health, diets limited in variety and lower in nutrients can negatively affect immune systems. There are two types of immunity: innate and adaptive. A ‘Western diet,’ high in refined sugar and red meat but low in fruits and vegetables, can create disturbances in healthy intestinal function, resulting in gut inflammation and suppressed immunity. The following categories of foods are additional insurance for adaptive immunity:



## Health & Wellbeing | Focusing on Nutrition and Wellbeing

Citrus fruits – oranges, grapefruits, lemons, and limes are terrific sources of vitamin C, a potent antioxidant that can play a role in immune cell functioning according to a 2015 review in *Chemistry Central Journal*. Researchers also found that vitamin C deficiency is associated with a higher susceptibility to infections and impaired immunity.

Beans and other prebiotics – fibre, or carbohydrates that pass through the digestive tract to promote digestion and elimination, are essential to a well-balanced diet. Think beans, whole grains (including oats), cashews, soy, and bananas.

Shellfish and other sources of zinc – zinc is found in oysters, mussels and other shellfish, as well as milk, poultry, beans, nuts, and whole grains. Supplementing with zinc (at least 75 mg per day) from the onset of a cold might help you feel better sooner.

Mushrooms – have high levels of polysaccharides (specifically *Beta-glucans*) contained within their cell walls. This class of therapeutically active compounds interact positively on immunity by boosting mood, increasing focus and decreasing brain fog.

Dark Chocolate – one study found that consumption of 70 percent cacao increased T-Cell activation, cellular immune responses and in sensory perception.

### Wellbeing

While eating well is something we have direct control over in our daily lives, it is not the only contributor to wellbeing.

Katarina Gaborova, a psychologist based in The Hague, and member of the ACCESS Counselling Network, offers some insight, “I think that Covid-19 affects many areas of our lives which in turn may affect our thoughts, emotions, levels of stress and energy, etc. Via the ‘gut-brain axis’, there is a communication



PHOTO: INSPIRED HORIZONS



which connects the emotional and cognitive areas of the brain with peripheral intestinal functions.

Basically, if our gut is happy, we will also feel much happier in general. That in turn will positively affect our thoughts, energy levels and can help lower stress.”

Given these uncertain times, anxiety might be elevated. Gaborova recommends avoiding snacks and sodas that are high in sugar, as well as excessive amounts of caffeine and alcohol, as overindulging in these can add to increased anxiety and sluggishness.

Gaborova emphasises that an overall healthy lifestyle also includes having adequate sleep, exercising several times per week, and keeping stress to a minimum so our bodies can fight any infections or diseases. Hippocrates was onto something. Finding a balance that works for us individually can certainly contribute to our health and wellbeing. «

### About the author

Abbie Marsh Pumarejo is a writer and editor based in Europe, who enjoys travel, reading, entertaining and spending time at the beach in Spain.

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# The Leidschenveen Campus

## An international education for all ages

If you haven't been to Leidschenveen recently, you may be surprised to find that it is now home to The British School in the Netherlands (BSN) newest school. Senior School Leidschenveen opened the doors of its stunning new facilities this September.

### **The whole family on one campus**

Leidschenveen is the first of the BSN campuses to house both a Junior and Senior School. In combination with Zein Childcare The Willows, the educational needs of the very youngest, right through to the senior students can be found on one site.

For students, this means a smooth transition between Junior and Senior School and improved pastoral care. Teachers will be able to form a bond with students from a young age and support them as they get older.

"Having both schools on one site creates a special sense of security," explains Admissions Manager Christine Matthews:

"People like the idea that their children will move with the friends they have made in Junior School to the Senior School," she says.

"Likewise, if they've got three children and they're all on one campus, they can cycle to school together."

### **New campus, built on 90 years of experience**

The students get to enjoy the excitement of being in a completely new building. However, they still benefit from the quality, results and governance that comes from the British School's 90 years' experience as a top international school.

### **Cradle to Cradle School**

Many sustainable elements have been incorporated into the 'Cradle to Cradle' Senior School in Leidschenveen, enhancing energy performance and using reusable or recyclable materials where possible. With designs that incorporate the latest flexible learning spaces, some of the exciting facility developments are a fitness room, new sports hall, canteen and landscaped grounds. This gives the students the green space and freedom missing from many city schools.

### **Places available**

The new Senior School is currently open to Years 7, 8 and 9. In September 2021, Year 10 will be added. Eventually the campus will offer the full curriculum up to Sixth Form.

Places are currently available in all year groups. To find out more, visit the British School in the Netherlands website [britishschool.nl](https://www.britishschool.nl) «



**Admissions:** 070 315 4077  
[admissions@britishschool.nl](mailto:admissions@britishschool.nl)  
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PHOTO: HARRY STUIJRMAN  
BRITISH SCHOOL IN THE NETHERLANDS

# A street food called desire

BY KIM VAN DER VELDEN

According to a 2014 Oxfam study, the Netherlands ranked as the number one country in the world for having the most plentiful, nutritious, healthy and affordable diet. It seems the healthy focus of Dutch meals—sometimes accused of blandness in flavour—is offset by a guilt-free and full-flavour approach when it comes to the snacks eaten in between.



PHOTO: THÉO PAUL

## History of snacks in the Netherlands

Snacks or street food as a social and cultural phenomenon arose in the 1950s, when more people began working in cities, away from home, and needed to have a quick lunch. The Netherlands does not have a culture of enjoying long big lunches, so the meal needed to be nourishing and quick. Bakeries and butchers were the first to set up special counters to cater for these needs with warm snacks and filled sandwiches. The country's famous snack bar franchise chain Febo was originally a bakery in the Ferdinand Bolstraat (hence FeBo) in Amsterdam, that began by specialising in *kroketten* made to grandfather's original recipe.



PHOTO: OR HILTCH

## Dutch street snacks

There is plenty of Dutch street food to choose from, so next time you see a local snack bar or food stall, give it a go. But make sure you counter balance with a healthy *stamppot* in the evening for dinner! Here is some of my favourite Dutch street food.

**Herring is likely the best-known Dutch snack**



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### **Rookworst (smoked sausage)**

HEMA's rookworst is by far the best known—you cannot miss the lunchtime queues around some stores, proving its popularity. While living in France, I admit I really missed the rookworst. The famous HEMA sausage also now has a vegetarian variant, made of vegetable oils, pea fibre and protein.

### **Poffertjes (mini pancakes)**

Probably the all-time favourite of all kids, big and small. Fluffy mini pancakes the size of a two euro coin, served with butter and icing sugar. Poffertjes originated from a Catholic tradition in the south of the Netherlands, where sacramental hosts were used during communion. During Napoleon's occupation, monks were forced to use buckwheat because of a shortage of wheat flour, which caused the hosts to become hard and dry. So the monks started culinary experiments, added yeast, and poffertjes were born.

### **Kibbeling (battered chunks of fish)**

This warm and savoury snack can be found at almost every local fish stall and is served with a mayonnaise-garlic or tartar sauce. The snack was invented in the 19th century to use up the salted waste of the—back then—inexpensive codfish. Given current prices for cod, other types of white fish are probably now used for kibbeling.

### **Broodje haring (pickled salty herring on a bun)**

Herring is the most likely best known Dutch snack, probably because of the unusual, customary way of eating it—vertically lifted above the tilted head of the eater, taking big bites from a raw, grey, fish dipped in raw onion. For a more sophisticated way of eating, try the fish on a white bun with pickles and onions.

### **Saucijzenbroodje (sausage roll)**

This is a classic the Netherlands has in common with many other countries, sausage rolled in puff pastry. Many bakeries and butchers have their own home-made versions, great for a cold day when you feel hungry. Nowadays many places have equally tasty vegetarian versions.

## **The all-time favourite of kids, big and small**

### **Oliebollen (deep-fried doughnut balls)**

The modern American doughnut is generally traced back to the *oliebol* that Dutch settlers brought to early New York (then New Amsterdam). Fluffy dough balls, deep-fried, with lots of icing sugar, *oliebollen* are a seasonal snack, the Dutch eat with a glass of champagne on New Year's Eve. Starting in late October/early November *oliebollen* stalls begin to appear across towns.

### **Appelflap (apple in puff pastry)**

Another snack eaten on New Year's Eve, but can also be eaten throughout the year, this is made of apple pieces, with sugar, cinnamon and raisins in puff pastry.

### **Kroket or bitterbal**

*Kroketten* and *bitterballen* are the same, but in different shapes. Consisting of a meat-stewed ragout filling, in a deep-fried breadcrumb crust, the *kroket* has a cylindrical shape and the *bitterbal* has a ping pong ball shape. The fatty, savoury taste means they go well with alcoholic beverages, and are often ordered during after-work drinks. The origin of the word *bitterballen* comes from when they were often combined with an herb-flavoured spirit called *bitter* in Dutch.

### **Stroopwafels (caramel-filled crispy waffles)**

While living abroad, I really missed the fresh version you can only get at a *stroopwafel* stall in the Netherlands. The smell and taste of the warm caramel between the crispy, fresh thin waffles cannot be replicated anywhere else. Nothing is as good with a cup of tea or coffee. «

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## **About the author**

Language and food being Kim van der Velden's favourite things in life, she hopes that you enjoyed reading this article as much as she enjoyed writing it.



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At ISH we pride ourselves on putting the child at the centre of the educational journey. Nowhere is this more exemplified in our school than at the beginning of their journey at ISH, in our Early Years section, with our four, five and six year old children.

Our Early Years educators are leaders in the field of Early Years education in international schools, which at ISH is rooted in children learning in a supportive play-based environment, in accordance with the philosophy of Maria Montessori.

“Play is the work of the child” Maria Montessori

We believe that a nurturing environment of play, where children are recognised as individuals, helps them develop a positive outlook on life. It lets them show us their needs, interests, feelings and ideas. This is what allows us to make the learning relevant to each individual child and tailor their learning journey to them.

Putting the individual in a central position also allows us to celebrate and value the diversity of both students and staff.

In conjunction and complementary to learning through play is the importance of movement and physical activity. This is why, throughout our Early Years classrooms, children have continuous

access to a safe outdoor space and specialised Early Years gym, as well as regular sessions in the woods and green space on our campus. They are able to be outside as much as they like or need. Amongst others, here students can make connections between their learning and their experience of the world so far.

Our free-flow setting and small class sizes facilitate Co-play, where our skilled, professional and thoughtful staff play alongside a child and follow the child’s interests. This means that the child is making the decisions, guided and supported by staff who can incorporate teaching in the moments that arise.

The foundation we provide allows children to grow in confidence to be strong, capable and resilient people. This is how we believe the youngest children learn best. «

**Playing, as individuals, helps children develop a positive outlook on life**



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# It's never too late to learn something new

Humans are born with a natural drive to explore, learn and grow. While formal education is important, not all of our learning comes from the classroom.

BY JACINTA NOONAN

When it comes to retraining, particularly for a career move, an assumption is often that another university degree is needed. “On the contrary”, says Colleen Reithrath-Smith, career coach and part of the ACCESS Trainers’ Network (ATN). “It is not necessary to start from scratch. You are building forwards. Recognise and value your skills and knowledge and create your own opportunities.”

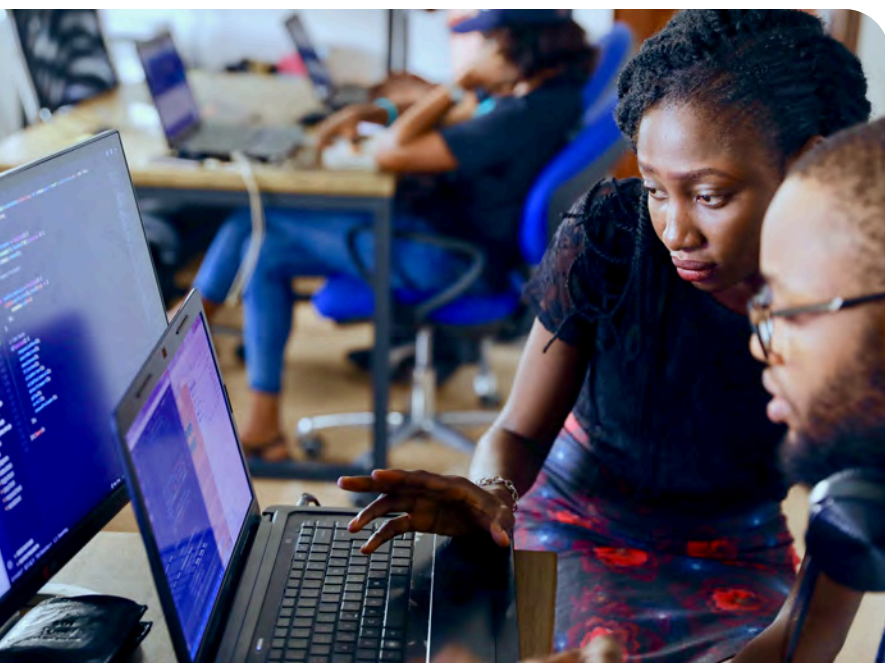


PHOTO: NESA BY MAKERS

## From arts & crafts to coding queen

When Anna Greaves attended an open evening at a coding institute, she had no idea her life was about to change course.

In London, Anna ran an online business selling portraits she created. By 23, she was living in Amsterdam and finishing her art degree. Being creative, Anna started making handcrafted artisan mice as gifts for friends. They proved so popular that Anna grew her hobby into a business over the next eight years while she juggled the demands of motherhood.

This business was labour intensive and profit margins were small, so by her late 30’s, Anna was ready for a better paid career.

Volunteering at Amsterdam Mamas, Anna noticed job opportunities for coding skills and investigated. She completed free online coding courses, discovered she loved coding, and took a paid course with Code Institute which “changed the course of my life.”

Coding utilises both Anna’s creative and technical talents. By daring to try something new, Anna, now 40, earns a great salary, doing something she loves. Her advice for others wanting to upskill:

- Attend open evenings
- Be open
- Age is not a barrier
- Previous experience is an asset

## From classical violinist to TEDx trainer

When Jonathan Talbott started a new line of work, his intention was to enhance his career as a professional violinist, not replace it.

At 38, Jonathan was looking for a change. He signed up for a marketing course, discovered he loved it and, upon certification, became a successful marketing manager for a small orchestra. While volunteering on a fundraising project, Jonathan realised there were opportunities beyond the classical music industry where he could excel. Around this time, he was



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## Six tips for a fresh start

1. Volunteer to learn new skills, polish old ones, and bolster your CV. Do not underestimate the value of the connections you will make as a volunteer.
  2. Try new things on for size. Try free online courses to gauge your interest level. Then upgrade to a paid program for certification.
  3. Expand your network and step beyond your comfort zone. Keep your LinkedIn profile updated. Reach out to your network for help. Doing another course won't take you further unless people know about it.
  4. Keep your finger on the pulse, follow job market trends and keep your skills fresh so that you are well placed if an opportunity presents itself. Remember, your skills are transferable, and some jobs have not been thought of yet.
  5. Join business clubs and attend networking events as you never know when a chance introduction will lead to an amazing opportunity.
  6. Reach out to one of the ACCESS Career or Life coaches. A coach can help you clarify what it is you really want to do and guide you through the steps to make it happen.
- 



introduced to the Delft TEDx licensee and became a qualified TEDx coach. Jonathan's career path did not tick traditional boxes, but his skill set proved invaluable.

His advice is, "play at the edges, don't follow the straight road, as it's not where the opportunities are." Jonathan, now aged 50, runs a successful corporate training company, is a sought-after speaker and university lecturer.

Anna and Jonathan discovered new opportunities as a result of volunteer work, and re-purposing current skills and experience to suit new careers. They enhanced their qualifications by completing courses online and tapped into strong networks.

### Invention of new roles

Employers are aware that formal education credentials are not the only way to recognise talent. Accelerated change, due to technology, means the skills and knowledge needed for the jobs of the future cannot be imagined today. Working from

home, resulting from Covid-19 lockdowns, means companies now need a "Remote Working Coordinator," which didn't exist before 2020. New roles mean new opportunities, especially for those who do not fit a traditional career path.

### Opportunities

For internationals just arriving, facing redundancy, returning to work after a career break, or for those simply wanting a change, retraining is one option. When choosing to retrain, Jac Rongen, Life Coach with Archery and member of ACCESS Trainers' Network, says, "do something connected to you, and not just the job market." When you gain new knowledge, new skills and new connections you create fresh opportunities for yourself. «

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## About the author

Jacinta Noonan is an ADHD and Life Coach with her practice in Haarlem. Jacinta is passionate about helping people, and is part of the ACCESS Trainers' Network.

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A lot has changed since 2019. Less international students have come to the Netherlands to study, but because many Dutch students do not go on exchange abroad, there is still a **serious shortage of rooms**. With studies mostly online and social life heavily restricted, we have to be aware not to become socially isolated.

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# The language of love

In my Kindergarten class at the International Waldorf School The Hague, there are 17 children of 19 different nationalities. Some children have two or three nationalities, speak multiple languages, and have several countries they call home.

BY JOCELYN ROY

For these children, searching for their culture is a journey of recognising or finding their, and others', uniqueness at a very young age. Language can be an important vehicle for this. While the main language of communication is English, a minority of children in the Kindergarten are native speakers. Luckily, we have found understanding each other is not dependent on language alone.

## My journey

I am fortunate to have direct experience of this situation. I moved to the Netherlands as a nine-year-old, and remember the frustration when no one understood me, and the relief when I met someone who did.

When I was nine, being allowed to be myself, with everything that makes me unique, was essential and more important than being able to speak and understand Dutch. The attention and love I found in my environment allowed me to connect to others. The language of love touched me, rather than the new language I had to learn.

## Warmth and imagination

At the International Waldorf School The Hague, my main objective is to create a warm and imaginative space, where children feel safe to come into the kindergarten with everything that they are—their culture, their language and all.

Children want to take everything in, and to digest what I am thinking—reflected in my actions. So it is important for me, as the kindergarten teacher, to try to be conscious about all that I do. I have learned that the role of the teacher is to be a presence that every child needs.

## We all speak the same language

I hope at our school that we can create a place of love and perhaps a burgeoning awareness that everyone is a little bit different and, at the same time, very much alike. That no matter where you come from, or how much you have travelled, or what language you speak, we all speak the same language. The language of love. «

## Contact

International Waldorf School The Hague  
2e Messstraat 31, 2586 XA The Hague



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- Winford Bilingual Primary School • Ute Limacher-Riebold

## Counselling Network

- Angelika Matthias • Ann Kuis • Caroline van Diest
- Carolyn Tabak • Claire Boers-Stoll • Cristina Baroncelli
- Elisabetta Ibernì • Jack Cieplinski • Jeanine Souren
- Jim Bender • Joanne B Rahusen • Jutta König • Karolina Fotyga • Katarina Gaborova • Mariza Thanapoulou • Marja Kuzmanic • Marquerite Gallagher • Nuria Maldonado Bellido
- Ophirah Toff • Patric Esters • Robin Roberts • Rosie Glicklich
- Sivan Weinstein • Stephen Davies • Sylvia Silberg

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**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 inspired. But, at ACCESS, we have carried on.



Our **Helpdesk** has attended to over **2000** inquiries since this period started!



Our **Childbirth Preparation Courses** are now available **ON** as well as **OFF** line.



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.

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 serve 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**  
iamsterdam.com/en/our-network/in-amsterdam
- **Expat Centre Leiden**  
expatcentreleiden.nl/en
- **The Hague International Centre**  
thehagueinternationalcentre.nl
- **International Welcome Centre Utrecht Region**  
welcome.utrechtregion.com/en

For additional information, please visit: [access-nl.org](https://access-nl.org)

### Management Team

**Executive Director** Deborah Valentine

**Operations Manager** Qin Cai

**Project Manager Utrecht** Luciana Fonseca

**Project Manager Amsterdam** Mona Hassan

**Project Manager The Hague** Rawia Liverpool

**Project Manager Leiden** Aishwarya Raman

**Childbirth Preparation Courses Coordinators**

Bintou Keita and Giuliana Guarnaccia

**Computer Services Manager** John Pellet

**Finance Department** Irina Bobeica

**Communications Manager**

Alessandra Traversa

**Magazine Editor** Steve Voyce

**Volunteers' Newsletter Editor** Karen Hennessey  
Massaro

**Social Media Coordinator** Katerina Triantafyllou

**Website Editor** Nazlina Quadir

**Website Master** Sabeen Imran

**Helpdesk Manager** Veronica Auguste-Barbon

**Training Coordinator** Nuria Garcia Saorin

**Rota (Schedule) Coordinator** Marta Pedrouzo

**Volunteer Resources Manager**

Sara Silva Santos

**External Training Coordinator**

Antonio Gutierrez

**Relationship Manager** Open

**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



PHOTO: JOAN VAN NISPEN TOT SEVENAER

# A year to remember

There is no doubt, 2020 will be a year many of us will remember. Who knows how we will look back on it, in the future. So many things discovered – for better or for worse – and many new things developing. This note, in our final magazine of the year, is to share a heartfelt appreciation to everyone on the ACCESS team who will most definitely make this a year to reflect on positively from our end.

We hope that you too were able to benefit from our teams. From the industrious helpdesk teams, to the teams managing every other element of the organisation, from funding to finance, communications to training and many more treasures to be remembered.

**Deborah Valentine** ACCESS Executive Director

## 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
  - 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) • TheHagueOnline • Xpat Media





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