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# RESOURCE <sup>[EN]</sup>

For students and employees of Wageningen UR

no 15 – 24 March 2016 – 10th Volume

## All under one brand

p.12

**INTERNATIONAL  
EDITION**





# >> INE AND NATHALIE + MARATHON

Ine van der Fels-Klerx, researcher of food safety in market chains at Rikilt + Nathalie Smits, researcher of growth hormones in cows at Rikilt

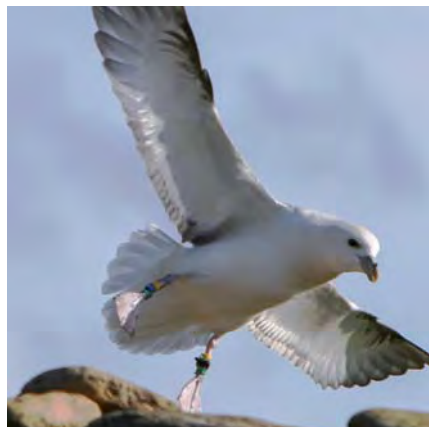
## Running with a goal

Running is freedom, say colleagues Nathalie Smits (left) and Ine van der Fels-Klerx. The fresh air, nature, a moment for yourself. They have both run marathons before, but this one is different. On 10 April in Rotterdam they will be running for cancer research. Their commitment is personal: there has been cancer in both their families. Their target of 450 euros has almost been reached, but more would be great of course! Go to [inactietegenkanker.nl](http://inactietegenkanker.nl) (search for Ine en Nathalie)  RK / Photo: Guy Ackermans



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Two students, one Renault 4 and a lot of sand

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## LOGO LOGIC

The power of a logo is often underestimated. Especially when it assigns a particular value to the service or product. Without certification (and a logo to prove it) the world I am living in won't go round anymore, I'm afraid. As a journalist I am increasingly often asked to cover this sort of window dressing. 'We are employer of the year and now we are certified as socially responsible and humane. Can you write something about it? And they send the gold stamp of a logo along too. Certified by whom? For what, actually? When I ask that there is a silence – or I get a load of hot air. I am allergic to logos that proclaim a value and I say, never believe them. The Dutch Consumer Association has been trying to tackle the 'check' logo ('I choose consciously') for years. If I go to buy some fish I am bombarded by so many logos that I end up deciding to ignore them. I am guided by a combination of common sense and my appetite, and fortunately I am not the only one. As we see from the answers *Resource* found to a question from Parliament. MPs read logos too.

*Edwin van Laar*



>> Drunken Ceres members + emergency phone = trouble | p.27



# ANIMAL EXPERIMENT LAW FRUSTRATES RESEARCHERS

- **New procedure 'bureaucratic and expensive'**
- **Administrator acknowledges transition problems**

The new application procedure for animal experiment licences is generating a lot of red tape and confusion, say Wageningen animal researchers. The Central Commission on Animal Experiments (CCD) acknowledges transition problems but already sees some improvements.

More than a year after the introduction of the new Law on animal experiments, animal scientists are still grumbling. 'The new procedure is long, complex and expensive,' says Johan Verreth, professor of Aquaculture and Fisheries. 'There is a lot of confusion,' says Marc Naguib, professor of Behavioural Ecology. Researchers often do not have a clear idea of what is expected and they spend more time and money on the procedure than they used to. The internal supervisor for animal experiments within Wageningen UR and the Dutch Association for Behavioural Biology confirm that these problems are being experienced more generally.

'The Central Commission on Animal Experiments is very aware of the dissatisfaction in the field,' responds chair Ludo Hellebrekers. He believes it may be a result of the speed at which the new supervision regime was set up after the change to the law. But Hellebrekers says the animal scientists' complaints are being heard. 'Many problems from 2015 have already been solved.'

At the end of 2014, the Law on animal experi-

ments was changed to bring the Netherlands in line with European legislation. The changes had a big impact on procedures. Previously, researchers sent their experiment plans to a local Animal Experiments Committee (DEC) made up of scientists and ethicists who examined the proposal. Under the new system the researchers have to submit much more extensive project proposals – after local approval – to the CCD. Once they've been given technical approval, the CCD sends them to the DEC for a recommendation, and then scrutinizes the proposal again one last time. A local Animal Welfare Body (IvD) oversees the experiments that come under the licenses granted.

The idea behind this centralized supervision was that it would ensure transparent decisions which did not vary from city to city. But for now, researchers only see disadvantages to the system. 'Applications now take several months,' says Naguib. And the CCD certainly doesn't always agree with the DEC's, rejecting quite a lot of proposals even after a positive recommendation.

Last October the CCD stated that 70 percent of the recommendations were being adopted. As expectations and procedures become clearer, this number will go up, says Hellebrekers. 'It is already about 90 percent but we want to end up at 95 percent at least.' And he does see an upward trend in the dossiers in terms of 'quality, completeness and feasibility.'

One thing Hellebrekers cannot do anything about is the higher costs. Behavioural researcher Naguib says these can mount up to 10,000 euros

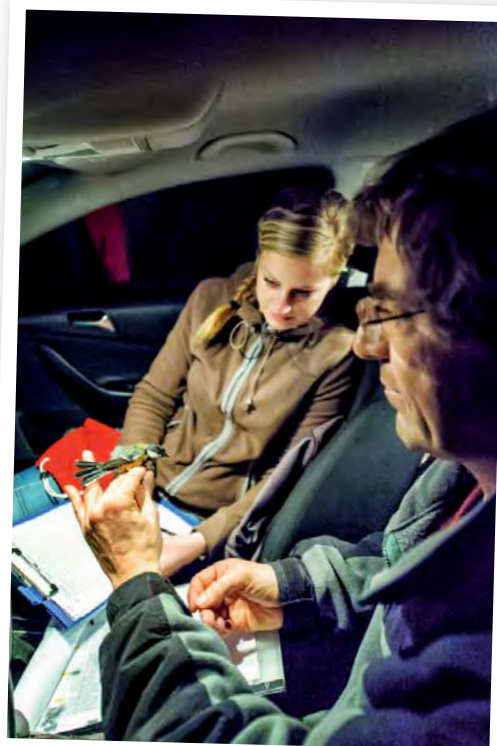


PHOTO: GUY ACKERMANS

Behavioural ecologist Marc Naguib does a lot of research on great tits. Applications are taking much longer, he says.

per project. The administrative fees for a licence from the CCD are between 935 and 2500 euros. The new, more complex procedure is in line with requirements from Brussels, says Hellebrekers. This makes higher costs unavoidable.

The researchers hope the problems will prove to be teething troubles. Verreth hopes people will get used to the system so that procedures will run more smoothly as time goes by. 'We are not against accountability,' he stresses, 'but within reason. This doesn't help us to improve on animal welfare.' **RR**

## STUDIO WAGENINGEN

The VIP room behind the Grand Café in the Forum was transformed into a TV studio, while on the 6th floor students chatted with prospective new students from all around the world. On Thursday 17 March the university held its second online open day. From 8.30 in the morning until 8.15 in the evening there was a continuous series of live presentations about almost all the Wageningen Master's programmes. In a talk show setting, students, programme directors, teachers and study advisors talked about the content of their programmes, their specialisms and their job prospects. You could also watch videos about campus life on Twitter or an app.

**LvdN**



PHOTO: REMO WORMMEESTER



# ONE NAME, ONE LOGO FROM NOW ON

- Wageningen University & Research
- Names such as LEI and Alterra to disappear

From 1 September, Wageningen University & Research is the new name to be used by all sections of the organization. Sub-brands such as LEI, Alterra, Imares and Wageningen University will disappear.

The new branding policy is intended to ensure that Wageningen presents one clear face to the



world, says Marc Lamers, director of Corporate Communications & Marketing. Scientists who want to indicate more precisely what they work on can use the new domain names such as Wageningen Plant Research (currently PRI and PPO), or Wageningen Bioveterinary Research (currently the CVI). Not all the institutes have decided on their domain name yet.

Only food safety institute Rikilt is not (currently) going along with the name change. The institute is going to merge with the laboratory of the Dutch Food and Consumer Product Safety Authority (NVWA). A change of name in the interim would complicate matters. **RR**

*Read too the article on page 12.*

## ©COLUMN|STIJN

### wage ningen

Of course there are worse things—climate change, IS, discrimination—but sometimes it's nice to get wound up about a minor matter. I used to be able to do that with the bike bridge near the Forum, which you can hardly cycle across

due to all the anti-slip ridges. That was great. And it created a bond. After all, it's easy to find allies who also get worked up about the ridges. This used to make my life that little bit more bearable. At least, until I moved and the bike bridge was no longer on my route.

Now I've finally found something new: the huge sign welcoming us to Wageningen Campus. The bottom is bilious green while the white letters saying 'welcome' rather than 'welkom' imply you can only come in if you speak English. The top is white and displays the words wage, ningen and campus in a not quite serious font. Brilliant! The designer has managed to combine childishness (that w), sterility (that white) and anonymity (could this be the entrance to a care home or a car dealership?) with a spelling error (it should of course be Wageningen), doing so with consummate skill.

On Facebook, friends and colleagues all over the world have been expressing their irritation too. 'Wasn't there already enough confusion with Wageningen UR brands like WU, WUR, DLO, PRI, LEI and do they need yet another brand name for the campus?' says one. 'This is awful,' says another. Even Wageningen UR spokesman Simon Vink understands the confusion. 'But it'll get sorted out, I hope,' he says on Twitter.

I think he's right. The first international students have already been spotted posing next to the sign. **R**



## in brief

### >> HELIX

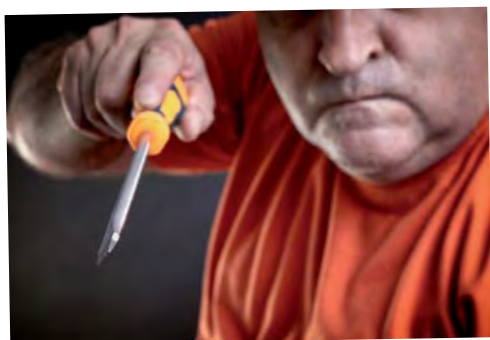
#### Moving in May

The new Helix building will be ready at the end of March. The problems with air filtering, which have delayed completion several times, seem to have been solved. An independent party is now assessing whether all the spaces in the building are really up to standard. The Agrotechnology & Food Sciences Group (AFSG) has sufficient confidence in the outcome to start drawing up a new plan for the move. Eight chair groups will move from the Dreijen complex to the campus between mid-May and mid-July. The NMR centre will follow later. **RR**

### >> BURGLAR

#### With a screwdriver

Two members of staff at the Agrotechnology & Food Sciences Group (AFSG) caught an intruder last week and handed him over to the police. The 61-year-old man was breaking into a chest of drawers with a screwdriver. 'Our staff acted bravely,' says facility manager Bart Sjo-



ers of the AFSG. 'Even though the thief threatened them with the screwdriver, they managed to corner him and seize him.' He had previously stolen two smartphones in January. **AS**

### MANSHOLT LECTURE

#### Cancelled again

The Mansholt lecture Louise Fresco is supposed to give at the Hilton Hotel in Brussels seems to be jinxed. Because of the attacks in the Belgian capital, the lecture on Tuesday 22 March was cancelled again. It was postponed on 30 November because of the attacks in Paris and the terror threat in Brussels. **AS**

### >> QS RANKING

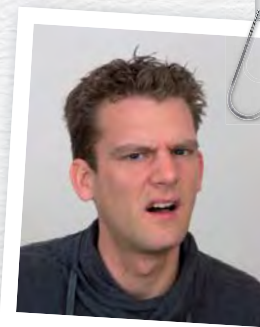
#### Best agricultural university

Wageningen University has gone up from 3<sup>rd</sup> to 1<sup>st</sup> place in the QS World University Rankings for the agricultural sciences. For environmental sciences the university went up from 7<sup>th</sup> to 4<sup>th</sup> place. Overall, the University of Amsterdam is the Netherlands' highest ranking university at 55<sup>th</sup> place. **AS**

### For more information?

Read the long version of these items on resource-online.nl.

Stijn van Gils (28) is doing doctoral research on ecosystem services in agriculture. Every month he describes his struggles with the scientific system.





# DLO DOES NOT GET ENOUGH MONEY FOR BASIC RESEARCH

- **Conclusion from study commissioned by Economic Affairs ministry**
- **'Clear vision needed from government'**

DLO gets little money from the Dutch government for fundamental-strategic research in comparison with other research institutes. This is the conclusion of a study by the research firm Dialogic that was commissioned by the Ministry of Economic Affairs.

Dialogic assessed the so-called knowledge-basis research by DLO and found that the funding for the Wageningen research institutes was meagre compared with that for Dutch scientific institutes in other domains and foreign institutes in the same domain. The Organisation for Economic Co-operation and Development (OECD) had warned earlier about making too many cuts in the basic research of DLO and other Dutch institutes for applied research.

Dialogic advises the Ministry of Economic Affairs to develop a clear vision of the future for

agriculture and nature in the Netherlands. That vision should then lead to investments in knowledge in this domain. The government also needs to ensure stable research funding, says Dialogic, because you cannot make adjustments and switches in fundamental-strategic research every five years (as is the case now).

The firm recommends that the ministry determine the optimum extent of fundamental-strategic research per institute. Because institutions such as Wageningen University and the Veterinary Science Department in Utrecht also carry out fundamental research, the amount of public funding per DLO institute can vary.

However it is important that DLO is given sufficient flexibility in deciding on the research programme as it has to be able to invest in topics that will become important in a number of years' time. There also needs to be more room for societal issues and unanticipated research, says Dialogic.

The consultancy notes that there is no broadly accepted vision in the Netherlands about where the country wants to go in the domain of agricul-

ture and nature. Which areas of the knowledge basis do we want to maintain through public funding and which not? The tighter purse strings only make the need for such a vision more urgent, says Dialogic. The policy vision also needs to tie in with the agenda in Europe.

According to Dialogic, the changes in the past few years, including the introduction of the top sectors, have caused unrest and had a negative impact on the effectiveness and efficiency of DLO's research. 'If the budget is reduced while the number of players and stakeholders remain the same, that leads to an increase in transaction costs and a tendency to micro-manage research questions.' If the fundamental-strategic research is to become more effective again, that requires stable funding and more room for manoeuvre.

AS

**DLO facilities are short of money too.**  
Read more about it on [resource-online.nl](http://resource-online.nl).

## WAGENINGEN IN RACE FOR FOOD KIC

- **Millions in EU grant for food innovation**
- **Battle between consortia headed by Unilever and Nestlé**

Two major European consortia headed by Unilever and Nestlé are battling it out for a grant worth millions that will let them set up a Knowledge and Innovation Community (KIC) for food. Wageningen UR is part of Unilever's consortium, which is called FoodNexus.

The winning consortium will get 40 to 50 million euros a year from the European Union over a number of years. Frans Kampers, innovative technologies coordinator in the Agrotechnology & Food Sciences Group (AFSG), explains that a KIC is set up for a period of 15 years. It is funded by the EU for the first seven years and after that it has to get funding from the market. Wagenin-

gen UR is already involved in the Climate KIC.

Kampers and AFSG director Raoul Bino do not want to say much as yet about the Unilever consortium proposal. Bino: 'One of our key points is that we will have a dialogue with consumers. Food innovations can only succeed if consumers trust them.' Kampers: 'We also explain that we want to have food products with less salt or sugar in 15 years' time and how we intend achieving that.'

As well as Wageningen UR, the consortium includes INRA (France) and universities in Lund (Sweden), Copenhagen (Denmark), Bologna (Italy) and Barcelona (Spain). The Nestlé consortium has managed to get the universities of TUM in Munich, KU Leuven, ETH Zurich and Cambridge on board. Both consortia are being very secretive about the affiliated companies, which make up the majority of the up to 50 partners. KG



PHOTO: REMO WORMEESTER

## OPERATION SIM CARDS

About 3500 employees at Wageningen UR have picked up a new SIM card in the past fortnight from the temporary desks in buildings in Wageningen, Lelystad and Den Helder. The logistical operation is part of the switch to T-Mobile. Although there were one or two cases where a SIM card was not in the right place at the right time, everything basically went according to plan, says project manager Gerbert van Tilborg from Facilities and Services. The SIM cards show the day on which users will switch to the new provider (between 7 and 13 April). RR



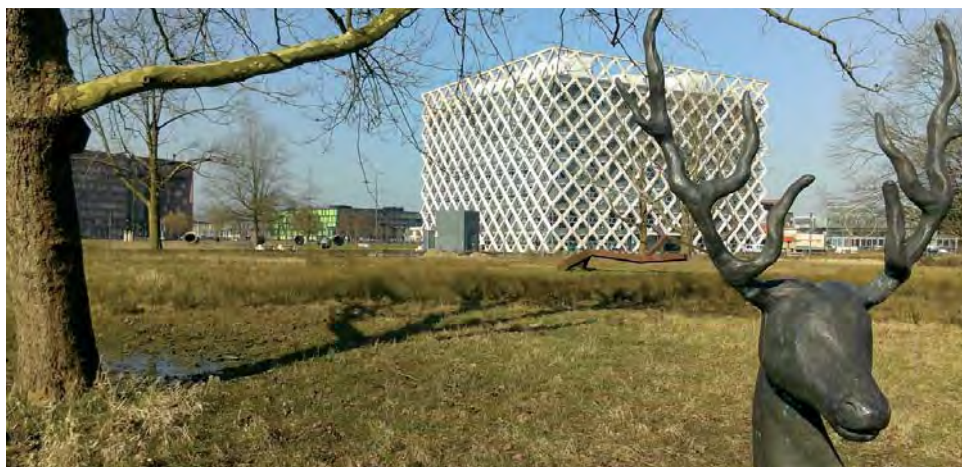
# ATLAS GETS REMINDER OF OLD BINNENVELD

- 6500 cubic metres of sand excavated
- Rare plants given a chance

The campus entrance from Mansholtlaan will become a wetland nature area with blue-grass-like plants as a reference to the Binnenveld as it would have been a century ago. Earthworks are scheduled for the coming weeks to prepare the area.

There have been plans for a while for a natural garden in the grounds between Mansholtlaan and Atlas. It all took off when Louise Fresco got involved. She read about the initiative of Patrick Jansen in the Resource Ecology group to restore the former bluegrass terrain in the Binnenveld and she wondered whether it would be possible to create such an area of grassland on campus as part of Wageningen UR's centenary celebrations. One thing led to another: Pieter Boone at Alterra produced a design while the WICC fund put up the money—about 165,000 euros.

Ecologist Wieger Wameling from Alterra drew



up the planting plan. He says there will be two kinds of plants: 'Grassland species for the damp areas such as the meadow thistle, the marsh marigold, the cuckoo flower, some orchids and the very rare native bog-star. The deeper and really marshy sections will get such species as sundew, bog asphodel and peat moss.'

There will be a bike path through the garden. Pedestrians will get their own boardwalk track taking them right through the marshiest part of the garden. There will also be a marshier section along the footbridge to Atlas. That means the bridge will finally have a purpose: keeping visitors' feet dry. **Ⓡ RK**



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**'I grow trees in deserts'**

*Jurriaan Ruys, founder and co-owner Land Life Company and winner of the Postcode Lottery Green Challenge 2015. Currently revitalizing nature in deserts around the world with his Cocoon technology.*



# FEATHERS REVEAL WHERE BIRDS SPEND WINTER

- **New method removes need for transmitters**
- **Nitrogen isotope says where bird has been**

Only a few breast feathers are needed to see where a Northern fulmar has been, thereby reducing the need for transmitters. These are the results of research by Imares ecologist Jan Andries van Franeker and others.

For many birds, we only know roughly where they spend the winter – and often not at all. Transmitters help, but there is an alternative according to an international team of scientists writing in *Marine Biology*. The new method makes use of breast feathers, which are easy to pluck from brooding birds. The researchers tested the method on a breeding colony of Northern fulmars on Eynhallow, one of the Orkney Islands off the north coast of Scotland. Some of the birds (163 in total) were also given a GLS logger (GLS stands for ‘global location sensing’).

The study showed that the birds spent the winter at one of two locations: further west in the ocean or further northeast on the continental shelf. Chemical analysis of the feathers also showed a strong relationship be-

tween the overwintering place and the  $^{15}\text{N}$  isotope level in the feathers. Or to put it more accurately, the ratio of this heavier nitrogen atom variant to the usual form. It was possible to use this nitrogen signature to determine the overwintering site of nine out of ten birds.

A study of the birds’ moulting behaviour showed that the breast feathers had acquired the isotopic signature from the overwintering site. Van Franeker’s huge fulmar database stood them in good stead there. He has been cataloguing data for decades on fulmars that wash up dead or get caught and killed in longline fishing. Northern fulmars shed and replace their breast feathers from September to March, i.e. outside the breeding season. So the breast feathers must have acquired their signature during overwintering.

Van Franeker calls the new method a minor breakthrough. ‘Now you don’t have to fit every bird with a transmitter.’ He does however point out that the method has to be recalibrated for each species. **③ RK**



PHOTO: EWAN EDWARDS

A Northern fulmar with a GLS logger near the Scottish island of Eynhallow.

# MORE RAIN DOWNWIND OF CITY

- **Difference can be as much as 20 percent**
- **If you don’t like the rain, live on the west side**

On average, seven percent more rain falls on the leeward side of cities, and that difference

can increase to 20 percent depending on the direction of the wind and the season. These findings are from PhD research by Emma Daniels in the Meteorology and Air Quality group.

Daniels did her research in the region bordering the North Sea, where most Dutch cities are to be found. She divided 60 measurement stations in this region into rural or urban stations de-

pending on the urban area in a radius of 20 kilometres. She did this for all eight points of the compass around a station. Then she linked rainfall over the past 60 years to those stations.

The outcome is indisputable: you get more rain on the leeward side of a city. According to Daniels, if you don’t like the rain you should live on the west side of a city. ‘In the Netherlands, you mainly get south-westerly winds. Easterly winds give the least rain. Taking those two factors into account, my advice is to go west.’

The higher rainfall in the shelter of the city is probably due to the heat-island effect of urban areas. The heat from the city causes convection with more air rising up. That leads to more rain on the leeward side. Incidentally, rainfall has increased considerably across the board over the past century. Precipitation rose by 16 percent in the Randstad metropolitan area during the 60-year period that Daniels studied. That increase is attributed mainly to seawater temperatures rising due to climate change. The urban effect Daniels has found is minor in comparison. **③ RK**



PHOTO: JOYFULL/SHUTTERSTOCK.COM



# IMPROVED MAIZE HELPS COMBAT UNDERNUTRITION

- Children of farmer who switch are healthier
- Educating women helps too

Fewer Zambian children under 5 are undernourished if their parents grow improved maize varieties instead of local maize. They also suffer fewer nutrient deficiencies the more educated the women in the family are. These findings have come out of PhD research by Julius Manda.

Manda, who has done his PhD in the Agricultural Economics and Rural Policy chair group, studied the nutritional status of children in 810 households in eastern Zambia. He correlated the data on undernutrition with the age and diet of the children, the age and education level of the parents, sanitary facilities in the home and the type of maize grown by the family. Previous research had shown that half of all Zambian children have stunted growth as a result of undernutrition.

Manda's analysis showed that in households which grow traditional, local maize, 62 percent of the children under five were undernourished and undersized. In households growing improved

maize, 51 percent of the children were undernourished and undersized. He was also able to establish that switching from local to improved maize would reduce undernutrition in the children. The improved maize meant bigger yields, more income and more food security for the farming families, concluded Manda in the journal *Food Security* in February.

His study shows that more education, especially of women, leads to less undernutrition. The chances of undernutrition among young children go down by 16 percent with every year at school for the best educated woman in the household. If both parents have been to school the chances of undernutrition go down by 75 percent. Manda thinks that especially older women in the household pass on knowledge to young mothers which is beneficial for the health of young children. Good sanitary facilities reduce the risk of undernutrition too, because they help prevent infectious diseases and diarrhea in children.

To reduce the number of undernourished children in Zambia, policymakers in the country should not only invest in education for women, concludes Manda, but also in the transfer of agricultural technology such as good maize seed. **AS**



A Zambian farmer shows her field of improved maize.

## VISION <<

### Too soon for sugar tax in the Netherlands

Last week the British government announced a tax on sugary soft drinks.

Almost simultaneously, the Dutch Health minister Schippers produced her 'road map' for healthier food in Europe through self-regulation by the industry.

Charon Zondervan, leader of the Healthy & delicious foods programme at Food and Biobased Research, can see why the Netherlands is not opting for a sugar tax at present.



*Mexico is already doing it, the UK is going to do it.*

*Should the Netherlands slap a tax on sugar too?*

'In the Netherlands we have a 'polder tradition'. So in 2014, for example, food producers and distributors, such as supermarkets and caterers, agreed to reduce amounts of salt, calories and saturated fats in products. They don't have that polder culture in the UK, so it is up to the government there to decide: either we do nothing or we pass legislation. What is more, the need is quite a bit greater in England than in the Netherlands. More soft drinks are consumed there and overweight is more prevalent.'

*Couldn't the Netherlands speed up the self-regulation by raising the prospect of a sugar tax?*

'You can't make an agreement with the branch organizations in good faith on the one hand, and then say: if you don't reach the targets we are going to impose a tax. That is not part of the Dutch polder process. The food industry is now getting the chance to cut down on salt, fat and sugar levels. If in a few years' time another minister thinks not enough progress has been made, we can make new agreements, possibly using a tax or legislation as a stick.'

*What do you think of the British tax?*

'I find it interesting that the revenue from the tax is going to be used to promote sport in schools. So taxing "the bad" is directly linked to investing in "the good". That should be done more often. Taxes on cigarettes or petrol in the Netherlands just disappear into the treasury. It is not clear what is done with the extra money you have to spend on doing something "bad". **KG**





# SHADES OF COLONIALISM IN THE WAR ON POACHING

- Management of nature reserves is rapidly militarizing
- Armed combat with colonial overtones

Nature reserves in southern Africa are being militarized at a fast rate due to increasing rhino poaching. This 'green violence' in the name of nature conservation fits into a colonial tradition of wealthy white nature conservationists against black poachers, says development sociologist Bram Büscher.

The poaching of rhinos in South Africa reached a new low in 2013 when more than 1000 of the animals were killed. Poachers struck mainly in the Kruger Park, part of the Great Limpopo Transfrontier Park on the borders of South Africa, Mozambique and Zimbabwe. The Kruger Park houses the largest population of rhinos in Africa and is said to attract a lot of poachers from neighbouring Mozambique. Since the establishment of the 'peace park' after the fall of the apartheid regime, there are no longer any fences between the countries, making it easier for poachers to operate in the border zone. In efforts to combat poaching, the management of the game park is being militarized. In a joint study with Maano Ramutsindela, professor of Environmental Studies in Cape Town, Büscher places this 'green violence' in its political-historical context.

The Limpopo park is supported by the influential Peace Park Foundation, an NGO set up by the South African billionaire Anton Rupert, the Dutch prince Bernhard – then chair



An anti-poaching unit in action in the Kruger Park.

of the World Wildlife Fund (WWF) – and Nelson Mandela. The latter used the 'peace park' as a conciliatory gesture towards neighbouring countries which had suffered from the apartheid regime. This was because during the apartheid era, nature and wildlife conservation was used in the 'war against communism' in those countries. The South African security service took part in anti-poaching operations. Those operations, in which Prince Bernhard was involved too, on behalf of the WWF, combined training of anti-poaching units with intelligence gathering for the South African secret service, in order

to combat the illegal trade in ivory and rhino horn. The South African security service under the apartheid regime also misused the war on poaching in neighbouring countries in order to destabilize these countries, say Büscher and Ramutsindela in the journal *African Affairs*.

Racial component  
There is a strong racial element in the

battle between nature conservationists and poachers in South Africa, claim the authors. The prosperous founders of the peace park wanted to conserve the pure African wilderness. That white dream of continuing to govern parts of Africa through the apolitical peace parks was disrupted by (mainly black) poachers. Worldwide, in this 'war', more than 1000 park rangers have been killed by poachers, who in turn have been eliminated by park rangers and with increasing frequency by ex-soldiers and commandos hired by private parks. This linking of security services and nature conservationists has been reinforced in recent years by the – often incorrect – assertion that the poaching for rhino horns and ivory is in the hands of terrorist organizations such as al-Qaeda and al-Shabaab.

The authors wonder whether nature organizations should make use of this armed combat to pursue their goals. They run the risk of, albeit unconsciously, sanctioning extrajudicial killing of poachers by park rangers in 'peace parks' in southern Africa. What is more, this green violence resonates on social media, where mainly white wildlife conservationists applaud the killing of African poachers. These activists are pursuing the same dream as the founders of the African game parks, note Büscher and Ramutsindela. **AS**



The anti-poaching unit of the Great Limpopo Transfrontier Park gives a demonstration.

PHOTO: PEACE PARK FOUNDATION

PHOTO: HOLLANDESE HOOGTE/OLAF KRAAK



What is the link between the Ukraine referendum and animal welfare? The Stem Voor Nederland ['Vote Yes Netherlands'] foundation explains. A night owl of a student has bigger things to worry about. Got an opinion too? Respond on resource-online.nl or email [resource@wur.nl](mailto:resource@wur.nl).

REACTIONS ON...



# RESOURCE-ONLINE.NL

STOP MAKING  
SHIT UP

STEMVOOR.NL

## ANIMAL WELFARE IN UKRAINE

**The fear of more animal suffering is no reason to vote against the association treaty between the EU and Ukraine, says the chair of the Stem Voor Nederland foundation ([stemvoor.nl](http://stemvoor.nl)) in a letter to the editor.**

'According to Marianne Thieme and Anja Hazenkamp of the Animal Welfare party, our standards on animal welfare and the environment in relation to imported goods will be undermined if the Netherlands ratifies the association treaty with Ukraine. "We will be importing a plateful of animal suffering," they warn.

We fully admit that there is a lot wrong with the treatment of animals in Ukraine. The country exports battery-laid eggs, including to the Netherlands. *Pate de foie gras* is made there by a method that is cruel to animals. With the support of Dutch banks enormous chicken slaughterhouses are going up there. Nevertheless, the impact on the European market should not be exaggerated. According to the treaty, in five years Ukraine will be allowed to export a maximum of 20,000 tons of chicken meat to the EU, which is about 0,15 percent of the 13.2 million tons currently produced in

Europe. What is more, the idea is that Ukrainians will raise their standards of animal welfare in stages to bring them in line with the European norm. Article 64 of the association treaty is quite clear on this. No ifs and buts, no space left for Ukraine's own interpretation: our standards are non-negotiable. But Thieme and Hazenkamp have no faith in the implementation of the treaty leading to an improvement of the situation in Ukraine. On the basis of experiences in the EU with countries which until recently had comparably backward ideas about animal welfare, we feel confident to predict that the introduction of European regulations will lead to real improvements. But what about corruption? A justifiable concern. In Ukraine itself, however, people see the collaboration with Europe as the best bet for reducing corruption. Precisely for that reason, the anti-corruption organization Transparency International is on the 'yes' side in this referendum. In the words of director Donald Kalff of TI Netherlands: 'If we don't do it, who will? Someone has to stand up for the people there.' And we would like to add: for the animals as well. We want to do something about those poor conditions in Ukraine *now*.

*Joshua Livestro, chair of Stem Voor Nederland*

## DON'T YOU HAVE ANYTHING BETTER TO DO?

The 'busjesweek' at Ceres, during which first-years are dropped off somewhere without any money, was cancelled after one day because drunken first-years were walking down a motorway, writes student editor Milou van der Horst on the Resource site.

Anon reads the bulletin on Friday morning at 3 am and does not like the slang expression Milou uses for first-years. 'Drunken *sjaars*,' he writes, 'professional language, Milou...' The timing of his reaction intrigues **Don't you have anything better to do at 03.00 in the morning?** The answer comes at 8.20: 'Seems fine to me?' At 9.06, **Kaaschaaf** explains painstakingly: 'One of the names for first-years at Ceres is 'sjaars'. And they can get drunk.' **LdK**

## PROPOSITION

*'One of the causes of mental illness is the conflict between intuition and reasoning.'*

Wei He, who graduated with a PhD on 15 March in Wageningen



# WE ARE ALL 'WAGENINGEN' NOW



From 1 September 2016 Wageningen University & Research will be the only brand name in use. Institute names such as LEI, Alterra and Imares will disappear. That might hurt a bit but the organization considers it necessary to avoid confusion.

*text Rob Ramaker illustration Geert-Jan Bruins*





**S**tranded whales, a humpback whale in the Eastern Scheldt, mutilated porpoises... Marine biologist Mardik Leopold has been sought after by the media several times in the past few years, to talk about extraordinary phenomena in the sea. On these occasions where exactly Leopold works often remained a bit of a mystery. At 'Imares research institute,' also sometimes written as IMARES, or at Wageningen University, which apparently comes under Wageningen University & Research Centre?

Wageningen UR wants to put an end to this confusion about names. 'Currently we have one parent brand and 11 sub-brands,' says Marc Lamers, director of Corporate Communications & Marketing. 'With that complexity Wageningen does not project a strong image to the outside world.' Lamers wants to change that. A strong brand will help Wageningen address the challenges ahead, he believes. Contract researchers, for example, are forced by declining government funding to look for more and more assignments in the private sector. What is more, the biggest growth market is abroad, where the brand 'Wageningen' is far better known than sub-brands such as LEI or Alterra.

So from 1 September, Lamers wants one face and one brand presented to the outside world: Wageningen University & Research, covering all the education and research. If employees want to be more specific about their expertise they can use one of the new domain names. 'Wageningen Plant Research', for instance, instead of Plant Research International, and 'Wageningen Bioveterinary Research' instead of the Central Veterinary Institute.

#### SENSIBLE

A sensible change to make, says Ernst van de Ende, director of the Plant Sciences Group and a supporter of the policy change. 'This is a very logical consequence of the new strategic plan. If you decide to become 'One Wageningen', you can't carry on using 95 different names, as it were.' Van de Ende thinks it is particularly important to have the word 'Wageningen' in the new brand and domain names. 'That name opens doors, internationally especially.'

Not all employees will applaud the change, of course, as Van de Ende knows. 'We have discussed this often over the years and opinions vary about the brand name.' People wonder, for instance, whether employees working at a distance from Wageningen will feel at home under the new name. Van de Ende himself worked for many years for Applied Plant Research (PPO), outside Wageningen. In such

situations it can sometimes feel a bit odd to have 'Wageningen' in the name on the building. 'Outsiders won't care at all. That is an internal issue,' says Van de Ende. He thinks there should be consideration for employees outside Wageningen when the new names are introduced, by doing it gradually for instance.

Marian Stuiver, chair of the WUR council, notes that the branding policy provokes a wide range of responses. She does not expect such heated discussions as those that followed the change of name from Agricultural University to Wageningen University. 'Behind that was a complete change of direction, from agriculture to life sciences. That was much more far-reaching.'

This time the consultative body did not get a say in the new policy, but did have some criticisms, for example that it is not always clear to outsiders which type of research is in question. After all, applied contract research comes with different demands and expectations than a fundamental academic study.

Lamers understands where the concerns are coming from. Wageningen research results on relevant social issues are all-too-readily labelled 'science to order'. This phenomenon is not likely to disappear, he thinks, but it does require an open dialogue with a wider public. 'The combination of applied and fundamental science is in Wageningen's DNA. We mustn't be scared.'

#### ALTERRA, LEI AND IMARES

When the parent brand name is changed in September, a number of old names will disappear. How attached people are to these names varies. Nobody seems to mourn the quietly abandoned term 'DLO'. But there are more appealing names such as Alterra, LEI and Imares. Lamers understand that employees find it hard to say goodbye to these names. 'But it becomes easier to accept if we explain the underlying arguments for it properly. I hope people will say, "I don't like it but I do understand it." The disappearance of a brand doesn't have to spell the disappearance of its value, reckons Lamers. He cites the example of the change from the Dutch Postbank to the ING Bank – 'from blue lion to orange lion'.

But not everyone sees it this way. 'It is a great shame to throw away a good brand,' says Peeter Verlegh, professor of Marketing at the VU University in Amsterdam. 'You have to work hard to get a concept into people's heads.' He does understand the choice, however. After the

merger of DLO and Wageningen University, the decision was made to have an interim period with a number of sub-brands. Years later it is logical to take the step towards one clear brand. And it is a comforting thought that the old names never disappear completely from people's memories, says Verlegh. 'People still talk about the Agricultural University. With your brand you primarily target new contacts and markets.'

#### FOUR EMPLOYERS

The changes will be implemented soon without any fanfare. From September the new name and logo will appear on all new flyers, envelopes and company cars. Domain names go back to the previous name: 'wur.nl'. Cost efficiency is central throughout the operation, says Lamers. Most things still bearing the old brand name will be used up first. Only eye-catching items such as signboards and flags will be replaced immediately. There will be no big publicity campaign to introduce the new names either. 'That's understandable,' says Verlegh. 'Wageningen does not have the same resources as Unilever to do it on a grand scale.'

Marine researcher Mardik Leopold, who still works at Imares, is not bothered by the name change. He has worked for four employers over the years, without any change to the actual work he does. 'I initially applied to the National Institute for Nature Management (RIN).' This changed into the Institute for Forest and Nature Research (IBN-DLO), which went on to become Alterra and later Imares. 'I never applied to Imares,' says Leopold. 'Imares just happened to me.'

You can read more opinions about the new brand on [resource-online.nl](http://resource-online.nl).





# Steering purchasing behaviour

Do health logos and labels on our food influence our purchasing behaviour? Not really, say sociologist Hans Dagevos of the LEI and researcher Ellen van Kleef of the Marketing and Consumer Behaviour chair group. But that does not make the logos worthless.

text Albert Sikkema photo Freek van den Bergh

**I** understand Koşer Kaya's question,' responds Hans Dagevos. 'State Secretary Martijn van Dam of Economic Affairs is aiming at more transparency in the food chain. One way of doing that is through apps on our mobile phones on which we can read where the food in the shop comes from.'

*There are already various logos on food products. Are they effective?*

Dagevos: 'One prominent logo is the Ik Kies Bewust logo with its check sign. This has most effect on consumers who already think about health issues, but very little on less health-conscious consumers, such as many people from lower socio-economic classes.'

Ellen van Kleef: 'In 2015 we published a scientific article

on health logos, for which we looked at about 100 studies on whether consumers look at logos in supermarkets and shops, whether they understand them and whether they influence their behaviour. What emerged was that only a small proportion of consumers look at these logos. In the US a star system was introduced, but was found to have a limited effect on purchasing behaviour. There are only a few studies asking whether people's eating habits are changed by the logo system. These studies find little or no effect. We ourselves did research in Spain, using a buffet offering food with and without nutritional logos. We didn't find a significant effect there either.'

Dagevos: 'With logos alone we are not going to succeed in changing behaviour. And that is only logical, to be honest. That kind of logo is a postage stamp in the middle of vast amounts of advertising. In the supermarket the colours on packaging and the shapes of the products have far more impact. All those colours and shapes are intended to attract people to buy the products. The effect of product information is limited in this context full of other stimuli.'

*So more transparency does not change purchasing behaviour?*

Van Kleef: 'Only for a small group of consumers. And the influence is limited. You don't change habits with a logo alone.'

Dagevos: 'But labels are used with two objectives. They also serve to persuade producers to make their products more sustainable or healthier. Food companies have cut the amounts of saturated fats and sugars in their products in recent years because of their negative effect on health. A lot of meat has become more animal-friendly too, thanks to criteria set by labels. The clearest example might be the labels for fair trade chocolate and coffee, which are now totally part of the culture. A crucial point here is that the producers are in control: they can pass on the stricter standards to the suppliers in the chain. It is much harder for consumers because they are subject to so many stimuli in the shop, and they are enticed by prices or convenience.'

## QUESTION TIME FOR RESOURCE

They've always posed their questions to the cabinet but now Dutch parliamentarians can ask Resource a question about a political issue on which Wageningen scientists might be able to shed some light. The first question comes from D66 MP Fatma Koşer Kaya: **'Does more transparency about the origins and the animal welfare and health aspects of food change the purchasing behaviour of consumers?'**





D66 MP Fatma Koşer Kaya wants to know whether information on food packaging about origin and health impact really helps..

## **‘However good the logo on the packet, you don’t stand a chance against K3’**

*But surely you could use that marketing for health purposes too?*

Van Kleef: ‘Exactly, and that is called nudging. Nudging is using marketing techniques to entice consumers to eat more healthily. For example, you put the healthy products near the till or at eye level on the shelves. I would love to do the layout of a whole supermarket for a long period in order to study whether nudging can work for health goals. It is already happening in canteens. The Dutch Nutrition Centre has been running a Healthy School Canteen campaign, getting schools to improve the range of foods on offer, with smoothies replacing greasy bars and crisps. A lot of secondary schools are participating, and some even use the healthy school canteen as a draw to recruit pupils.’

Dagevos: ‘But the government can make use of legislation as well. We no longer eat fresh eggs from battery hens because they have been banned. In the same way you could

ban advertising that targets children. Because however good the logo on the packet, you don’t stand a chance against the pop group K3.’

Van Kleef: ‘We have the Healthy Diet Guidelines, but that is not going to be enough. Everyone needs to take a healthy diet seriously. That means, for instance, organizing supermarkets very differently. The unhealthy products should really be tucked away in a corner somewhere. Often just one product gets promoted, such as wholemeal bread. Actually you need That kind of nudging throughout the shop, but it’s not easy to get the supermarkets on board.’

Dagevos: ‘We should really start using the 15 rules in the Healthy Diet Guidelines as a basis for reorganization the purchasing environment.’ <sup>®</sup>


**Want to know more about food logos?  
Look on [resource-online.nl](http://resource-online.nl).**







## THROUGH THE DESERT

Sand sandwiches, and peeing behind a withered bush. All part of the deal for Master's students of Plant Sciences Julia van Oord and Jori Bremer when they took part in the 4L Trophy, a French student rally in which 2400 participants drove from Biarritz to Marrakesh. The girls braved the desert in their Renault 4, which they christened *Papi - Grandpa*. They teamed up with two Parisians who spoke quite good English. Great fun, says Julia. And handy when they had a breakdown.  MvdH

**Read the interview**  
on [resource-online.nl](https://resource-online.nl).





# Back to the farm

As a researcher at agricultural economics institute the LEI, Marien Borgstein helps people set up profitable combinations of nature and recreation. Now he is taking his first steps on the path of entrepreneurship himself, starting a sheep farm. On his parents' farm.

*text* Roelof Kleis   *photos* Guy Ackermans





**T**he view out of the kitchen window of Raafjeshof Farm on the Kooiweg-Oost is spacious. Meadows as far as the eye can see, with a ditch here and there. 'It used to look very different,' recalls Marien Borgstein. 'The meadows were bordered by a lot of pollarded willows.' He should know because he grew up here.

And now Borgstein has been back in his parental home for a couple of years. Starting a new career as a sheep farmer and combining that with taking care of his elderly parents. The surroundings have changed considerably and yet it still feels like home. 'It's still the same place. I've been away for 30 years but half the people I knew then still live here. I'm a country boy. I like being out of doors with animals around me. And I had a good time here.'

#### GREEN DEALS

Borgstein comes from a farming dynasty. His grandfather had an urban farm in Culemborg with a farm shop. 'At the end of the 1960s – when I was two and a half – we moved out into the country. He shows a photo. On the left side of the gable of a modest little house hangs a sign: Raafjeshof. 'Named after the Frisian cow Raafje 2, the first cow on my father's farm to produce 100,000 litres of milk. That was quite something in those days - 1986! Even the local councilor came by.'

Marien Borgstein studied Agricultural Economics in Wageningen and then went to work for the LEI in The Hague. He still works there as a qualitative researcher, one of his topics being the development of rural areas through 'Green Deals' for nature and recreation. Projects such as that of the Schöndeln country estate near Roermond, where hitherto inaccessible farmland has been turned into a public nature reserve. Limousin cattle provide natural grazing and their meat generates income. There is a nice word for this approach: a nature-inclusive economy. Borgstein: 'How can you weave together nature and economic activity in a business model which ensures that nature too benefits and biodiversity increases. I supervise those processes.' Eight trial projects have been established.

#### LAMB CHOPS

So Borgstein is no stranger to entrepreneurship. But to go into business himself? It certainly wasn't a long-cherished wish. 'In that sense I'm not such a planner,' he says. 'I am enterprising though. I always try to

make something of whatever crosses my path.'

Which doesn't mean of course that the idea of returning to Culemborg and becoming a part-time farmer came out of the blue. 'My wife and I had sometimes said it would be nice to live in the countryside with the children. We were living in a little neighbourhood in Haastrecht.' In 2014 the time was ripe. His father's cattle farm had gone out of business in 2000. The farmhouse was thoroughly renovated and extended, and Borgstein's parents, now 80 and 86, moved into the adjoining residence.

'The houses are connected but they can still live there fully independently. Their care needs are still quite minimal at the moment. Of course that can change suddenly but I don't worry about that now. Take it as it comes. They both come from a strong line.'


Borgstein took over the 30 sheep (his father's hobby) last year as well, to start up his business with. In the same year 50 lambs were born: 30 ewes and 20 rams. The rams and some of the ewes were slaughtered and the meat was sold. The sheep farm is to start this year with 50 ewes, which are expected to bring nearly 100 lambs into the world. Each lamb produces about 20 kilos of meat; chops, legs of lamb, mince etc, sold in packets of 5 to 10 kilos. 'So if a couple of hundred colleagues all want to buy a packet, I've come full circle,' jokes Borgstein. The entrepreneurial spirit is alive and well.

#### SHORT CHAIN

And so the researcher who helps others come up with business models suddenly finds himself in the role of small-scale entrepreneur. Without a real business plan, without any market research. Borgstein acknowledges that it's all learning by doing with him. 'But we have given careful thought to storage and buyers, you know. This isn't just a hobby. You spend money on a hobby. This is supposed to generate some income; that is the starting point. In the first instance you look for your market close by, among friends and family. Now we are at the stage of widening the circle, for instance to catering outlets in the Betuwe. As well as a Facebook page, I've got a flyer that I leave in all sorts of places in the area. I am exploring the home market.'

Raafjeshof Meat, as it is called,

is a textbook example of a small chain, with zero links between producer and customer. 'The added value lies in the small scale and the animal welfare,' says Borgstein. 'The consumer knows that the animals are treated with respect. The sheep are slaughtered by a local butcher just a few kilometres away so they are not carted about all over the place. The margin stays entirely with the producer.' But the small scale has its limitations too. 'You can spread your costs over fewer kilos.' That is why Borgstein only sells meat in packages of 5 to 10 kilos. 'Because the smaller the packages, the more the customers and the work.'

His business comes in useful for his work as an applied researcher. 'I have a better understanding of entrepreneurs now; I can put myself in their shoes more easily. Being in business yourself gives you a different perspective on things.' Because it's one thing to start up a small-scale enterprise, but how do you take it from there? 'Storage and transport are challenges. The work is manageable so far, because we have jobs for four days a week. We do this on the side. But what if you want to upscale? Is it really viable then? We should actually keep track of our hours properly.' 

**Would you like to know more about the Raafjeshof? Look on [resource-online.nl](http://resource-online.nl).**



Marien Borgstein and his wife Puck Bonnier: 'The added value of our company is to do with the small scale and animal welfare.'



# FAST FOOD ON CAMPUS?

Property developer Ten Brinke recently announced definite plans for a fast food restaurant in the new student residence-cum-shopping centre Campus Plaza. He didn't name names but just the term 'fast food' is enough to provoke some strong reactions.

text Carina Nieuwenweg en Twan van der Slikke illustration Henk van Ruitenbeek

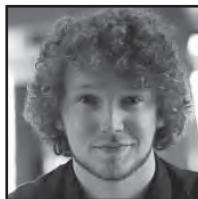
## Lisa Rottjers



### Master's student of Biology

'To me a fast food restaurant on the campus seems like a missed opportunity. There are so few tasty options if you are a vegetarian or have a restricted diet of some kind. **I recently started the vegan challenge, for which I eat vegan for a whole month. That means I can't eat on campus anymore and I think that's a pity.** It would be nice if there were more variety. Maybe a vegan fast food restaurant? Then vegans could order something other than fries. What is more, non-vegans can eat vegan food too. As long as there is enough choice for everyone, I don't mind whether it is fast food or healthy. It's entirely up to people themselves whether they eat healthy food or not.'

## Rens Stokman

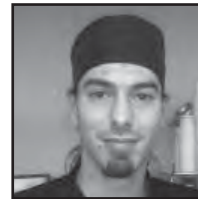


### Bachelor's student of Nutrition and Health and writer of the book *Dietless*

'A fast food restaurant on the campus is not a positive development. It makes it far too easy to grab a bag of fries. On the other hand you want that option too of course. Fast food is not the best choice in terms of nutritional value, but as long as you don't make a habit of it, it's OK. The occasional portion of fries can be part of a healthy lifestyle. **Of course a fast food restaurant raises the chances of people making a habit of eating fries, but I think students are smart enough to figure out what is good for them and what is not.** That is not the responsibility of the campus. What is

more, there is enough healthy food on offer on the campus. So I am not afraid of an obesity epidemic on campus.'

## Jamil Hoejenbos



### Cook in Orion

'I think people should decide for themselves what they want to eat. Even if they want to fatten themselves up. I don't think that's very sensible but it's up to them. **Personally my priorities are to provide fresh food and a variety. That is why I'm not too scared of a fast food restaurant opening on campus.** We offer a completely different menu. We also often have something that people on restricted diets can eat. We are very flexible on that front. If you let us know the day before that there is something you cannot eat, we make something specially for you.'

## Kees de Graaf



### Professor of Sensory Science and Eating Behaviour in the department of Human Nutrition

'There are not very many catering outlets on campus. The cafeterias in the Forum are often full. A fast food restaurant on campus is not something I look forward to myself, but that's okay. This is a free country. People are free to decide what to do and what to eat. From the nutrition angle it has its down sides. The faster you eat, the more calories you consume, which



leads to overeating. Also, research has shown that the environment affects your choice of food. The presence of a fast food restaurant contributes to an obesogenic environment. **Personally, I would sooner go to a slow food restaurant in the Campus Plaza, because it's much harder to eat too much of a salad or a crusty bread roll.**

### Rahul Shenoy



Master's student of Environmental Sciences

'I'm looking forward to the opening of Campus Plaza, to see what is has become. The announcement of a fast food restaurant there only made me more excited. At the moment you can only buy food from the caterers or the few vending machines in the buildings. A new fast food restaurant will provide more variety. **I think many students will welcome a Subway or a KFC on campus.** It will make for a nice change, even though it is not very healthy. Wageningen University promotes a lot of healthy and green eating habits but there are also many students who have a different lifestyle. Maybe the university can make some improvements or

run some experiments at the restaurant. They can give input on how the restaurant can process its products. They can make it different to normal fast food restaurants. Maybe some research can even be done. It is a new topic for exploration.'

### Martina Mordini



Master's student of Management, Economics and Consumer studies

'I don't really see the benefit of it because in the canteen at the Forum, for example, fries and burgers are provided almost every day. I am really into this topic, because at the moment I am working on a project where we have to do research on the services of Cormet. **Moreover, I don't think a fast food restaurant will fit the image of the University. When I think about Wageningen University I think about environment, healthy food and sustainability.** Of course, many students regularly eat fast food, but if you want to eat it, you can also go somewhere off-campus. I think the fast food restaurant will only be popular in the short term. In the long term, it will be just another part of the campus.'

Watch the video  
on resource-online.nl.



# On course to cope with stress

If you can't sleep at night and by day can't think of anything except all the things you've got to do, you are in the grip of 'study stress'. This is happening to more and more students. As a result, courses about how to live a balanced and mindful life are increasingly popular. *Resource* samples what's on offer.

*text* Milou van der Horst *photos* Guy Ackermans





# Intuitive Intelligence

<b>Who for?</b>	Master's students
<b>Who by?</b>	Marjan Wink, teacher of Intuitive Intelligence
<b>Where?</b>	Wageningen University, the Forum
<b>How long?</b>	Three weeks (1.5 points) or one period (3 points)
<b>What?</b>	This MOS module is about how you can use your intuition, creativity, experience and inspiration in the pursuit of science.



Marjan Wink: 'Intuitive Intelligence scored so highly in the evaluations that the course won the prize for excellent education in 2014. That didn't surprise me actually, because there is such a great need for more self-knowledge. Students want to learn how to listen to themselves more and they need resources for searching self-reflection. They struggle with questions like: who am I, what am I doing and what am I contributing in the world? Society is very knowledge-oriented but how do you place that in a bigger perspective and how does it help to give life meaning?

Intuition can be described as a kind of insight, a form of direct knowledge not reached through conscious reasoning. The course provides insight into unconscious thought processes, which are often more holistic than conscious thought processes of the kind that are important in science and the like. Central questions on the course are: how do you go about making important decisions, and what influences you? What do you rely on? Where do your ideas come from and which conditions help you to have good ideas?

The course is geared to making students more conscious of the balance between head, hands and heart. There are students who lose their passion and their urge to act in the course of their studies – which primarily call on their powers of reasoning. But it can also work the other way round: there are students who follow

their passions so wholeheartedly that they can't concentrate on their studies. I offer students tools for listening to themselves and to others better, using for example mindfulness exercises and visualizations. So the course helps expand their self-knowledge, self-acceptance and self-awareness.

Dialogue is extremely important in this field and in the module, and that helps students to learn that they are not alone in their vulnerabilities or insecurities. What is more: everyone has their own strengths and weaknesses and that insight generates more self-acceptance.

Intuitive intelligence is helpful too in giving meaning to your own life: where does my intuition take me, and how should I approach it then? We automatically tend to make decisions with our heads, whereas basing decisions on intuition and passion makes choosing easier.

I get a lot of students who have been referred by the dean or study advisor, perhaps because they are suffering from too much stress. There is a lot of pressure on students. Students are extremely focused on ticking off

courses and if they can't keep up the tempo that is often seen as their own fault. We are living in a time in which we are very focused on the outside world: what is expected, how do people see me? Turning within, listening to yourself and to your body, and having the courage to make space for that is a skill. If you develop that skill you will be more energetic, more efficient and happier. And you will find a better balance between your private life and your studies.'





# Living life to the full

**Who for?** Students who are seeing a student psychologist  
**Who by?** Student psychologist Ineke Leenders  
**Where?** Wageningen University, Axis  
**How long?** Two months  
**What?** The training is based on Acceptance and Commitment Therapy, and is intended for people suffering from symptoms of depression, burnout or (mild) anxiety. The training is part of the treatment and is only available after an intake interview.



Ineke Leenders: 'The basic idea behind the training is that you learn to accept what can't be changed, so that you no longer have to fight it in vain. At the same time you learn to invest more energy in the things you value. Mindfulness is one part of the course, which comes down to living more in the here and now and not brooding on the past or worrying about the future. Mindfulness is a proven method of dealing with stress and depression. Students also say that after the training they are less troubled by distressing thoughts and can put them in perspective better. It has also become clear that students benefit from sharing things in the group, so that they realize they are not alone in facing such things.'

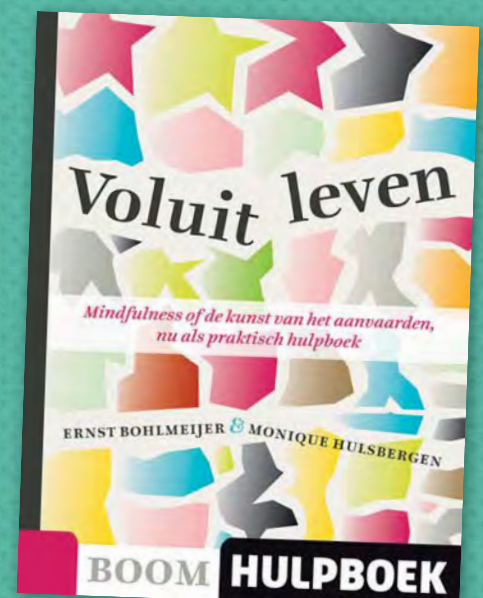
There are various signals that can flag up an approaching burnout, such as the feeling that you are always in a hurry, always on the alert, don't enjoy things or feel motivated anymore, and only do things because you have to. You can compare it with a car whose engine goes on running when it's stationary. Even when you do have some time to yourself you can't relax. A

burnout is never solely caused by someone's studies, but is often the sum of several different factors. Some character types are more vulnerable to it than other, especially perfectionists or people with an exaggerated sense of responsibility or need to please.

Students are in an age group in which things change incredibly fast. I see insecure first-years as well as people who are ready for working life. An incredible development takes place in just a few years. Precisely because of that dynamism, something can easily go wrong. Another thing I notice is that students don't just want to do their course perfectly, but everything. They must have a social life, they mustn't miss out on anything, they must be on committees because that's good for their CVs, and it all has to happen fast and right now. That makes for a risk of going well beyond your limits.

What I would actually like to raise with all students is the balance between the load you are carrying and your carrying capacity. It's all very well to want to do a lot, but you have to have the strength to do it too. Resilience requires main-

tenance, and you can achieve that by paying attention to basic things like a healthy diet, sufficient sleep, sport and relaxation. Take good care of yourself.'





# Workshop 'Dealing with stress'



**Who for?** All students  
**Who by?** *Inspringtheater*, part of *Boerengroep* foundation  
**Where?** On Wageningen Campus and other venues  
**How long?** 45 minutes  
**What?** *Inspringtheater*, or 'theatre of the oppressed' is a form of interactive theatre. After a short play on a particular topic, the actors enter into dialogue with the audience. After that, members of the audiences can take over the roles from the actors.

Maureen Klijn, coordinator of *Het Inspringtheater*: 'I have noticed that stress is a very relevant topic for young people. Everyone wants to do a lot, and has a lot of ambitions. At the same


time, people are asking, 'who am I and how do I show who I am?'

The previous coordinator of *Het Inspringtheater*, Marloes Harkema, came up with the idea of creating a show about stress, for and by students at Wageningen University. When I took up her idea, I saw that it was a hot topic.

When we were preparing the play I asked a lot of people what stresses them out. I have heard from friends that social media, and Facebook especially, cause a lot of stress. Facebook is a kind of mirror, a way of comparing yourself with others, and that causes stress. It is difficult to stay in the now, whereas I think that is the solution to stress.

Although stress and burnouts are happening a lot among young people, I have noticed that they are still taboo subjects. Society sees it as your own fault if you get a burnout. People who get them are therefore likely to feel they are losers. Whereas I think precisely the people who get burnouts are very strong people who lead rich lives. They do a lot and have a lot of ambitions.

What I would like to achieve through this show is to break the taboo and open up a discussion.

*Het Inspringtheater* is not therapy but by doing it, by taking on a role in the show, people can get close to their feelings and that creates space. You get a new perspective on the situation. A discussion starts up in the interactive bit and there is room for reflection and light-heartedness. *Het Inspringtheater* doesn't necessarily aim at a solution or an answer, but shows people different ways of going about things. I hope that after the show people can stay truer to their own needs and make clearer where their limits lie. 

## More study stress

The number of students going to the student psychologists at Wageningen University for help was more than 30 percent higher in 2014 than in 2013, show the psychologists' annual figures. This cannot entirely be explained by the increase in student numbers, because the percentage of students seeking help rose too, from 6.8 to 7.2. The number of students with study-related stress symptoms went up the most, say the psychologists. The increased interest in the course on Intuitive Intelligence could be another sign of the importance to students of living more mindfully and dealing with stress. In the academic year 2013-2014, the course was taken by 130 students; one year later there were 204 students on the course.



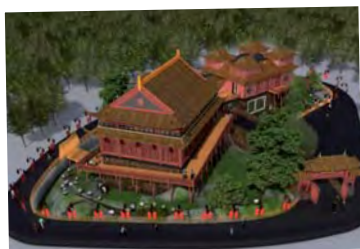


**PANDA FUN (1)**

The two pandas, Xing Ya ('elegant star') and Wu Wen ('beautiful powerful cloud') coming to Ouwehands Zoo in Rhenen this autumn will be well provided for. They will each have their own little residence in Chinese style. A clinic is to be built and a birthing room for if they really get together. And that is quite a precise business. Female pandas are only fertile for three days a year.

**PANDA FUN (2)**

For panda tourists a complete park will be built around the two oriental guests. It will be called Pandasia and will include a panda shop and, yes, a Chinese restaurant. Guess what's on the menu? Just joking - of course not. The panda is a protected species. There are only 1800 of them left in the wild. Star and Cloud's job is to boost that number.

**HELPFUL**

People are more helpful after they've had a few beers, concluded researchers from VU University Amsterdam. They asked test subjects in a café to fill in a questionnaire and take a breathalyzer test. Then suddenly the bin full of mouthpieces spilled over the table. People who'd had a beer were quicker to rush to help. The researchers attribute this to inhibition of the bystander effect: looking on without taking action.

**PRIME TIME**

Prime numbers might not be so randomly distributed as has been assumed, say mathematicians at Stanford University. Prime numbers can only end on 1, 3, 7 or 9. So after a 1 there is a 25 percent chance of the next prime number ending with a 1. Yet that is not the case. The researchers could only reach 18.5 percent for the first couple of million prime numbers. What does this mean? Nothing, probably, but mathematicians are all of a flutter about it.

## Sportspersons of the Year receive awards

Triathlete Julie von Grünigen was declared sportswoman of the year on Thursday 17 March at the Thymos Sportgala in The Spot. Cyclist Niels van der Pijl was sportsman of the year. Rowers Tessa van Hateren and Nynke Groot Koerkamp won the title of sports team of the year, and archer Marleen Domburg was sports coach of the year.

One of the competitions Von Grünigen took part in was the Ironman world championships in Hawaii. The Swiss athlete qualified for that because she was the fastest women under 24 in the Ironman triathlon in Maastricht. Thanks to these achievements she was pronounced Wageningen student sportswoman of the year, beating lacrosse player Julie Peletier, who plays for the national team too, and climber Aniek Lith, who came second in the Dutch lead climbing championship (following a route).

Cyclist Van der Pijl came sixth in the Dutch time trials in 2015.



Triathlete Julie von Grünigen (left) won the title sportswoman of the year. Beside her are the other nominees, climber Aniek Lith and lacrosse player Julie Peletier.

PHOTO: SVEN MENSCHER

The other nominees were runner Koen Jansen and basketball player Constantinos Patinios.

The rowers Van Hateren and Groot Koerkamp won several student competitions in 2015 in the ladies coxless pair category, and narrowly missed a prize at the European University Rowing Champi-

onship in Hannover. Other nominated sports teams were Men's 1 and Ladies' 1 from basketball association Sphinx, both of which came out top in the competition, and the men's relay team from athletics association Tarlétos, which won a prize at the national championships. **KG**

## Trial with living room in Bornsesteeg

In unit 6 in the Bornsesteeg one of the student rooms is being transformed into a shared living room. This is a pilot which will run until June. If there is an enthusiastic response, other units in the Bornsesteeg will get living rooms too.

Idealis is making this change to meet the wishes and needs of its tenants, says spokesperson Hellen Albers. 'The Bornsesteeg is a student residence with a lot of separate rooms. There are no common rooms for each unit, whereas surveys have shown that this is something students would like.'

Sacrificing one room per unit will have consequences for the rent: the service costs will be divided between fewer people and the rent itself will go up slightly too.



Sitting tenants won't be affected though, says Albers. 'The raise will affect new tenants.' **LvdN**

A student room in Bornsesteeg 6A is currently getting a makeover.

PHOTO: SVEN MENSCHER



## Ceres 'bus week' stopped after one day

The Ceres 'bus week' in which first-years are 'kidnapped' and dropped somewhere with no phone or wallet had to be called off after only one day. Drunken first-years were walking down the motorway and using an SOS phone box to call for help. After discussions with the police, Ceres decided to call off the event.

Every year, Ceres organizes the famous 'bus week' in which the first-years are dropped somewhere and have to make their own way home. The student society has drawn up rules in consultation with the police that the members have to stick to, says Ceres president Jeffrey van den Born. 'If they break those rules, sanctions will follow such as suspensions or community service.'

This time, first-years broke the rules on the very first day. The police received phone calls from drivers who had seen drunken students on the motorway. Van den Born: 'The eight people concerned were a danger to themselves and others.' The president is not happy that the 'bus week' has had to be cancelled. 'But we have to take this decision if we are no longer able to guarantee everyone's safety.'

The Ceres members who caused the problems are liable to get a suspension or community service. Talks have also been started with the police to evaluate the incident and see how the 'bus week' can be improved and made safer in future. ③

MvdH



## EPISODE 68 MORTIERSTRAAT 14B <<

*The story so far: Although he's been living in the house for some time now, and is fun to have around, Filippo is still a bit of a mystery to his housemates.*

### Cheerful note

It was hot and stuffy in the pub. Filippo hung up his jacket as Bianca went up to the bar. He plumped down at a table with a good view of the stage. The drum kit reminded him of the time in Italy when he still used to play and perform. He hadn't found anyone in Wageningen to share that hobby with, and he hadn't yet plucked up the courage to do something about that. Bianca joined him and put two beer glasses down on the table. 'Why are we here again?' he asked, tearing his gaze away from the drum kit. 'Well, I know you like music so I thought an open mic night would be nice! And maybe you could play too...'

Exactly what he was afraid of. 'No way! I don't really play anything anyway.' He might miss his music but he had no wish for his housemates to start interfering. Bianca did not insist and together they listened to the acts. Out of the corner of her eye she could see Filippo drumming his fingers on the table in time with all the numbers. But she didn't say anything. Until she over-

heard a conversation at the next table: 'Daan isn't coming? But we need a drummer!' She turned around and saw a couple of clearly stressed people standing there.

'Sorry,' said Bianca, 'but I happened to hear what you said and my friend here is a great drummer!'

Filippo look up with a start and told Bianca to shut up, but the group was bearing down on him eagerly and before he knew it he was being dragged onto the podium. Why was he doing this? He hadn't played for ages. Nervously he sat down and tried to get the trembling drum sticks still. He started out hesitantly, trying out the beat and getting it after a few bars. By the time they reached the chorus he was carried away by the music and his head emptied.

The act was over before he knew it and as he walked off stage with a big smile, several people came up to him. 'That wasn't bad! We are looking for a drummer, are you interested?' He looked around for Bianca. She answered his doubtful gaze with a thumbs-up.

Resource follows events at Mortierstraat 14B

**Amino:**  
**'Ik ben gevlucht uit Somalië. Nu wil ik graag weer studeren.'**

Geef om talent en maak deze studie mogelijk! Kijk op [www.uaf.nl](http://www.uaf.nl)



## &gt;&gt; PARTIES

The best parties according to Wageningen Uitgaans Promotie. Check [www.wageningenup.nl](http://www.wageningenup.nl) for all parties.

**HET GAT - UNITAS: DON'T TELL MUM I GOT STUCK IN A FAIRY TALE**

**Thursday 31 March from 23.00 to 04.00**

Unitas is organizing another legendary 'Don't Tell Mum' party. Party goers are expected to come dressed as characters from fairy tales. The theme is about more than partying with elves, princes and princesses, as it celebrates the fact that everyone has a right to their own sexual preferences. Unitas has moved back to the building on the hill, but its parties will continue to be held in other locations for now. This time, it's Het Gat.

**HET GAT - GEWOON TECHNO 1**


**Saturday 2 April from 22.00 to 04.00**

This is a new initiative on the part of an enthu-

siastic group of Wageningen techno fans. This first edition is an experiment to see whether there is enough interest in techno parties in Wageningen. We personally think five euros a bit pricey for admission but it's nothing compared to what you would pay in Amsterdam or Utrecht. Line-up: Contigo, Jeane Isadou and Mirno. Whether this is a success and whether more such events will follow is up to you.

**CERES - OPEN PARTY**

**Thursday 7 April from 23.00 to 05.00**

We don't have any more information about this but Ceres' parties always get a good turnout. We are still only halfway through the period, which means there's no stress from exams or reports. So time to have fun! 

## &gt;&gt; THE WORKS

**'DARWIN AND NEWTON STUDIED THERE'**

**Who?** Sandra Abbo, Master's student of Biotechnology

**What?** Research on the role of fumarate hydratase in cancer




**Where?** Cambridge, England

'In Cambridge I did research at the MRC Cancer Unit on how mutations in the metabolic enzyme fumarate hydratase can lead to cancer. Once you know what the mechanism is, you can develop therapies and help cancer patients. It was my task to find out how the mechanism worked. It was certainly hard work because in Cambridge they expect a bit more of students than they do in Wageningen. Working over the weekend, for example, is more socially acceptable there. And they also assume you will understand everything super-fast.

There are lots of plusses to doing an internship in Cambridge. One of them is the fact that it's a historic university. Darwin and Newton studied there and that is reflected in the various statues and photos, and the lecture halls named after them. The rest of the campus is very beautiful too, with large old buildings. The building I worked in was very modern, though. Luckily it is located a little way away from the campus, otherwise it would look out of place.

One thing that struck me was the rivalry between Cambridge and Oxford. I knew there was rivalry between their rowing teams but I didn't know it existed between scientists as well. When I told a couple of my fellow interns I was going to Oxford for a day, they said, 'Surely you're not going there!' I didn't go to Oxford in the end. Not because of their

comments but because of the typical English rain.

In England there was Christmas stuff in the shops in September, and Christmas decorations everywhere. You couldn't go into a shop without hearing Christmas music. That was strange, to see Christmas stuff so early in the year. But it was nice that I got a taste of the English Christmas before coming back to the Netherlands for Christmas.'   







## MEANWHILE IN... <<

### Meanwhile in... Ukraine

**In the news:** On 6 April the Dutch will vote on the EU association treaty with Ukraine. How do Ukrainians perceive the referendum?

*Commentary by Anna Kryvonos (MSc Water Management) and Kyrylo Schenstnyi (MSc Plant Sciences).*

**Anna:** "A few years ago you could see Russia and Ukraine as brother and sister. Russia was our main trade partner. Since the war in our country it is different. There is no trade anymore and the relationship has cooled down. Our country has been in an economic decline.

Ukraine wants to make political and economic progress. The agreement with the EU will help. It will stabilize our country. The Ukrainians support the treaty. People want to create a better relationship with Europe. Most people who prefer Russia already have already left for that country.

No matter what the Dutch vote, the treaty will probably be signed, but the voting might slow things down. Take for example visa-free travel in the EU. That has been on the agenda for a long time, but is always delayed. If a majority in the Netherlands votes against it, it will certainly take more time."

**Kyrylo:** "A few years ago our government refused to sign a treaty with the EU. This was a turning point. It led to major demonstrations by people who wanted better relations with Europe. Since then we walk that line.

Our neighbour, Russia, is against our decision. If the Netherlands votes against the treaty, that would benefit only Russians. 'Ukraine wanted change', they will say, 'but Europe does not want Ukraine. Now they are on their own.'

I am in favour of the treaty. As I study plant sciences, I see great opportunities for cooperation between our countries in the agricultural sector. The Ukrainian market is huge, but is not highly developed technologically. The abolition of barriers will boost trade in high-tech products, investments and will bring general economic growth to Ukraine, the Netherlands and the entire EU.

Delve deep into the subject before you vote, is my advice. Do not rely on populist news, but look for more information and broaden your horizon about the topic.' **LdP**

### in memoriam

#### Paul Jansen



Paul Jansen passed away on 9 March at the age of 73. Together with Egbert Westphal (1938-

2015), Paul set up the Prosea project (Plant Resources of South-East Asia) in 1985, and then became one of the editors.

Paul embarked on a degree in Tropical Agriculture, graduated in January 1974 and left for his first overseas post in 1975, together with his wife Ank. From 1975 to 1979 he worked on a botanical-agricultural inventory of the spices of Ethiopia, leading to a PhD thesis and a large collection of plants for the Wageningen herbarium. From 1980 to 1984 he lived in Mozambique, where he studied the medicinal plants used there.

But Paul found his ultimate mission

in Wageningen, where from 1985 to 2003 he worked on Prosea in the Plant taxonomy department. As editor he not only edited all the texts about 7000 useful plants, but he also wrote accounts of hundreds of species. Prosea was Paul's life's work. He may not have been the public face of the project but he beavered away behind the scenes with tenacious dedication: a team-spirited colleague with a dry sense of humour. As a swan-song Paul contributed his editing skills to the Prota project until 2005.

Paul was able to enjoy retirement for ten years, and always maintained an interest in the comings and goings of his Prota colleagues. But his great loves were his grandchildren and reading.

We mourn the loss of a good friend and colleague and our thoughts are with Paul's wife Ank, the children Judith and Esther, their partners and the three grandchildren. We wish them strength to bear their loss.

*The former Wageningen Prosea team.*

# 10 May | 2016

# WeDay

Register from  
5 April to 2 May 2016

Don't miss this year's afternoon full of challenging activities for all employees! With many familiar events, such as the hexathlon, but also plenty of new activities. How about participating in a boxing training session, bootcamp or classical ballet lesson? Visit the We Day intranet page for more information and registration.

We Day location: Wageningen UR, Sports Centre de Bongerd, Wageningen

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# Forum Irregular Opening Hours March and April 2016

	2016	The Building	The Library	Student Desk IT Service Point	WURshop	Restaurant	Grand Café	Wageningen in'to Languages
Good Friday	25 March	8 am - 11 pm	8.30 am - 5.30 pm	Closed	Closed	Closed	Closed	Closed
Saturday	26 March	10 am - 6 pm	10 am - 6 pm	Closed	Closed	Closed	Closed	Closed
Easter Sunday	27 March	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Easter Monday	28 March	10 am - 6 pm	10 am - 6 pm	Closed	Closed	Closed	Closed	Closed
Monday	25 April	8 am - 12 am*	8 am - 12 am*	9 am - 4 pm	9 am - 4.30 pm	10 am - 2 pm 5 pm - 7 pm	8 am - 5 pm	9 am - 5 pm
Tuesday	26 April	8 am - 12 am*	8 am - 12 am*	9 am - 4 pm	9 am - 4.30 pm	10 am - 2 pm 5 pm - 7 pm	8 am - 5 pm	9 am - 5 pm
Wednesday Kings Day	27 April	8 am - 12 am*	8 am - 12 am*	Closed	Closed	Closed	Closed	Closed
Thursday	28 April	8 am - 12 am*	8 am - 12 am*	12 pm - 2 pm	9 am - 4.30 pm	10 am - 2 pm 5 pm - 7 pm	8 am - 5 pm	9 am - 5 pm
Friday	29 April	8 am - 11 pm	8 am - 10 pm	12 pm - 2 pm	9 am - 2.30 pm	10 am - 2 pm 5 pm - 7 pm	8 am - 5 pm	9 am - 5 pm
Saturday	30 April	9 am - 7 pm	9 am - 7 pm	Closed	Closed	Closed	Closed	Closed
Sunday	1 May	9 am - 7 pm	9 am - 7 pm	Closed	Closed	Closed	Closed	Closed

\* Attention 12 am is midnight

During working hours, the building is open to the public. After working hours, entrance is only possible with a WUR card.



## Orion Irregular Opening Hours March and April 2016

	2016	The Building	Bike basement	Restaurant	The Spot
Good Friday	25 March	Closed	Closed	Closed	Closed
Saturday	26 March	Closed	Closed	Closed	Closed
Easter Sunday	27 March	Closed	Closed	Closed	Closed
Easter Monday	28 March	Closed	Closed	Closed	Closed
Monday	25 April	8 am - 6 pm	8 am - 10 pm	11.30 am - 1.30 pm	8 am - 10 pm
Tuesday	26 April	8 am - 6 pm	8 am - 10 pm	11.30 am - 1.30 pm	8 am - 10 pm
Wednesday Kings Day	27 April	Closed	Closed	Closed	Closed
Thursday	28 April	8 am - 6 pm	8 am - 10 pm	11.30 am - 1.30 pm	8 am - 10 pm
Friday	29 April	8 am - 6 pm	8 am - 10 pm	11.30 am - 1.30 pm	8 am - 10 pm
Saturday	30 April	Closed	Closed	Closed	Closed
Sunday	1 May	Closed	Closed	Closed	Closed



## Leeuwenborch Irregular Opening Hours March and April 2016

	2016	The Building	Coffee Bar/ Restaurant	The Library
Good Friday	25 March	7 am - 6 pm	9.30 am - 3 pm	Closed
Saturday	26 March	8 am - 5.30 pm	Closed	Closed
Easter Sunday	27 March	Closed	Closed	Closed
Easter Monday	28 March	Closed	Closed	Closed
Monday	25 April	7 am - 10.30 pm	8 am - 5 pm	8.30 am - 6 pm
Tuesday	26 April	7 am - 10.30 pm	8 am - 5 pm	8.30 am - 6 pm
Wednesday Kings Day	27 April	Closed	Closed	Closed
Thursday	28 April	7 am - 10.30 pm	8 am - 5 pm	8.30 am - 6 pm
Friday	29 April	7 am - 10.30 pm	8 am - 5 pm	8.30 am - 5 pm
Saturday	30 April	8 am - 5.30 pm	Closed	Closed
Sunday	1 May	Closed	Closed	Closed

After 6 pm entrance is only possible after registration at the reception desk.





## Announcements

### ETC Summer School August 2016 'Health and Place: Connecting People, Environment & Health'

Health and Society organizes the ETC Summer School with the aim of providing an international and multidisciplinary forum to explore: people-environment interaction in relation to the promotion of health and wellbeing; internal and external resources and mechanisms that enable people to participate fully in society; system approaches to create synergy between EcoHealth and holistic approaches to health. Deadline for early-bird fee: March 27, 2016.

WWW.ETC-SUMMERSCHOOL.EU

### Free open surgery for students with RSI/ CANS, or questions about it

Every Thursday from 17.00 to 18.00, we are here to answer quick questions about complaints of the arms, neck and shoulders (CANS), exercises and posture etc. We also offer advice (on for example getting enough rest or exercise, or using work-break software) and tell you whether you need treatment. Location: Oefentherapie Mensendieck Mensendieck (Karin Vaessen), Kolkakkerweg 2, Wageningen.

WWW.BETERBEWEGEN.NL

## agenda

Thursday 24 March to Wednesday 6 April

### FILMS FOR STUDENTS

At filmhuis Movie W: *The Postman's*

*White Nights*, a nostalgic portrait of a remote Russian village; *Problemski Hotel*, a tragicomic tale of a lovelorn asylum-seeker suffering memory loss; *A Time to Live, A Time to Die*, a Taiwanese family chronicle set in the mid-20th century; *Omo Child*, about the Mingi practice of killing cursed children in Ethiopia; *Tanna*, the Romeo and Juliette of the Yakel tribe on the Vanuatu islands; *The Assassin*, spiritual martial arts in the period of the ninth century Tang dynasty. Venue: Movie W: Wilhelminaweg 3A.

WWW.MOVIE-W.NL

### Friday 25 March, 13.00-17.00 SIMULTANEOUS CHESS TOURNAMENT FOR CHARITY

The young Wageningen chess champion Jan Groenendijk will play up to 100 opponents on Good Friday. Proceeds will go to Samen voor Duchenne to help fund research into this progressive neuromuscular disorder. The tournament is being organized by the Wageningen Rotary Club and participation costs €25. Fancy trying your chances against the World Champion of 2015? Email [ellen.kampman@wur.nl](mailto:ellen.kampman@wur.nl) (last-minute registration possible on the day too).

Venue: RSG Pantarijn secondary school, Hollandseweg 11 in Wageningen

### Wednesday 30 March 21.00 QUIET IS THE NEW LOUD! - STRAWBOY

Popcultuur Wageningen presents free live music. This session comes

to *Quiet is the new Loud!* from the Irish musician Strawboy, a singer-songwriter who makes psychedelic folk music influenced by African rhythms. Strawboy is a former session musician who has played with the Bonobo Live band, among others. Venue: bblthk, Stationsstraat 2 Wageningen.

WWW.POPCULTUUR-WAGENINGEN.NL

### Thursday 31 March, 12.30-13.20 LUNCHTIME WORKSHOP WAGENINGEN WRITING LAB 'MAKE THE BEST OF YOUR WRITING STYLE'

In this workshop, you'll discover your personal writing style and learn about typical pitfalls, and how to avoid them. We will show you how to make the best of your writing style by applying various strategies that can help you make the writing process more focused and efficient, and hopefully more enjoyable. It works best if you bring an assignment you are currently working on, but it is also possible to join the workshop if you have no writing assignment at the moment. Venue: Forum, CO408. Info: [wageningenwritinglab@wur.nl](mailto:wageningenwritinglab@wur.nl).

Deadline for submissions: one week before publication date (max. 75 words)  
Email: [resource@wur.nl](mailto:resource@wur.nl)

## colophon

Resource is the magazine and news website for students and staff at Wageningen UR. Resource magazine comes out every fortnight on Thursday.

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A subscription to the magazine costs €58 (overseas: €131) per academic year. Cancellations before 1 August.

### Advertising

External: Bureau van Vliet, T 023-5714745 [m.dewit@bureauvanvliet.com](mailto:m.dewit@bureauvanvliet.com)  
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# CineMec

Laan der Verenigde Naties 150  
[www.cinemec.nl](http://www.cinemec.nl) / 0900 - 321 0 321

FILM	ARTHOUSE	MUSIC DOCU
<p>From Thu 24 March</p> <p><b>Batman vs Superman: Dawn of Justice</b></p>	<p>Now in CineMec</p> <p><b>Brooklyn</b></p>	<p>Tue 5 April</p> <p><b>Conductor Daniele Gatti</b></p>
THURSDAY NIGHT € 3 STUDENTDISCOUNT	MON - WED ARTHOUSE DISCOUNT € 8.75 INCL DRINK	CONDUCTOR KONINKLIJK CONCERTGEBOUW



# >>TYPICAL DUTCH




ILLUSTRATION: HENK VAN RUITENBEEK

## Wind power

Everyone knows that windmills are typical of the Dutch landscape, from traditional wooden mills to modern turbines. These structures convert the kinetic power of the wind into energy. After feeling the force of the wind in The Netherlands I understand why windmills are common here, and not in countries like India or Indonesia.

I just experienced my first fall and winter seasons in Wageningen, and cycling became very hard. No matter how hard you peddle, you won't make much progress in the wind. While I was hanging on in there, I could imagine myself in a slow motion scene of the movie The Matrix, but then riding a bicycle. A friend of mine, who weighs over 60 kilograms, was even blown off his bike by a gust of wind.

I even experience the power of the Dutch wind when I am at home. You should know that I live in a nice apartment block made of containers. It is a semi-permanent building that is only two storeys high. When the wind blows hard, my entire room vibrates and makes a 'brrrrrrr' sound, as if the building is about to take off. So far it hasn't.  **Lini Anisfatus Sholihah, MSc student of Nutrition and Health from Indonesia**

**Cycling into the wind  
I imagine myself in  
a slow motion scene  
in The Matrix**

*Do you have a nice anecdote about your experience of going Dutch? Send it in! Describe an encounter with Dutch culture in detail and comment on it briefly. 300 words max. Send it to [resource@wur.nl](mailto:resource@wur.nl) and earn twenty-five euro and Dutch candy.*