

WUR from within: straight, sharp, transparent

No 01

# Resource

SUMMER 2020 VOLUME 15

## How to study

Three lecturers give tips

## The wonderful world of WUR

Biters, lickers, useful waste

## Fifty shades of green

Which club is right for you?

## Joining a student society

But which?

## Smart with your cents

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## Roll into AID with Resource



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## **A new start**

Hi there, newcomer! If you are reading this, you are probably starting a degree at Wageningen. Will you be moving into a room here or commuting from home for now? Will you be joining a student society (pages 20-21) or is one of the many green organizations more your thing (pages 24-25)? Whatever you choose, there is loads to discover on campus and in the town.

By the way, *Resource* is the best way to keep up to date with the latest news about student life, the campus and research. You can find us online at [resource-online.nl](http://resource-online.nl) and on all social media. And the magazine will appear every two weeks in the racks on campus or in the hall of your student apartment block.

Of course studying is also an aspect of your student days. On pages 10-11, three lecturers give their advice on how best to deal with this. That includes a tip for a book that explains how exams are compiled. If you know how they are designed, you will have a better idea of what to do to pass them.

My favourite tip is to enjoy the freedom you have as a student. Relax by the Rhine with your new mates. Join a sports club, a political organization, or both. Buy a spring roll from the stall opposite the public library. Experiment, discover, party — and study a little too. Have fun. Welcome to Wageningen.

### **Luuk Zegers**

Resource Student Affairs editor



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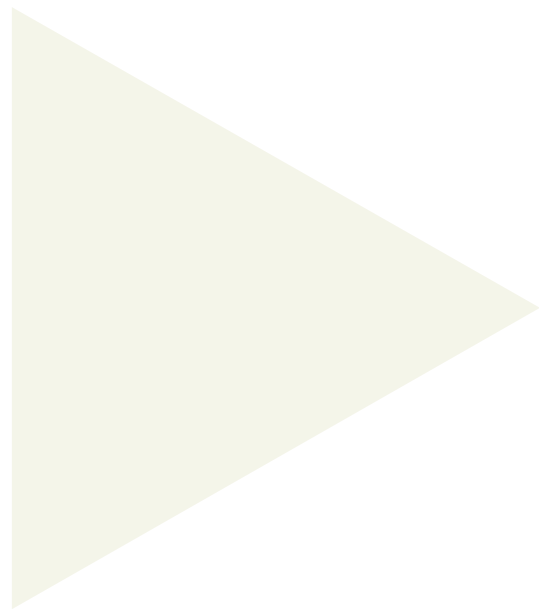
## UPSIDE DOWN

The world has been turned upside down. The Annual Introduction Days (AID) too, which you are about to embark on, are different this year. No intro fair in the botanical garden, no beer and song session. What hasn't changed is that you will get to know people who may become lifelong friends, and explore the campus and town. Despite the coronavirus, the AID committee is doing its utmost to put on a fantastic programme (see pages 30–31). You will spend four fun days 'inundated', as experienced student Livia writes in her column on page 23. If you have some nice experiences or stories, send them to [resource@wur.nl](mailto:resource@wur.nl)!

Photo: Sven Menschel

# WURLDLY WISE

How to survive in your new career as a Wageningen student. In the next five pages, Resource helps you get off to a flying start on campus and with student life.





# CAMPUS CRASH COURSE

Forum, Atlas, Orion: do all those building names make your head spin? The Wageningen campus app will show you the way, from Axis to Zodiac. Here's a brief introduction to the four key buildings on campus. (See pages 16-17 for a handy map.)

## Studying in the library

The library is a popular place to study, especially in the week before the exams. It's quiet and has good workstations where you can concentrate. But make sure you get there on time (which means waiting at the door by 8:00) because the seats get taken in no time. Note that library opening hours are restricted and the number of workstations limited because of the coronavirus. See the [WUR.nl](http://WUR.nl) homepage for the latest info. Photo: Marte Hofsteenge



## Orion

Orion is the most sustainable building on campus, as well as being a great place to chill out in student cafe The Spot – with table tennis! – or get a tasty bite to eat in the restaurant. The building is named after the constellation Orion, which sounds rather more professional than the Great Bear. Photo: HildaWeges Photography / Shutterstock.com



## Leeuwenborch

Leeuwenborch (abbreviated to 'Lebo'), to the south of the campus, houses the social sciences. Leeuwenborch is the former name of the neighbourhood in which the building stands.



## Atlas

Atlas is where you will find the university board and the *Resource* journalists — do drop in! The grid structure on the outside is not just for decoration: this structure holds the building up, just like Atlas bore the heavens on his shoulders in Greek mythology. Photo: afishcalledwanda / Shutterstock.com



## Swans and spots to relax

You will undoubtedly already have noticed that the campus is very green. As you might expect from a university that preaches sustainability, the greenery is the result of an ecologically aware approach. Popular spots are the Lumen central courtyard and the pond near the Forum, with the swans that come every year to breed. The Field, behind Rikilt, is another pleasant spot. It is a garden maintained by and for students and staff. It was created four years ago using a design by former student Fiona Morris.



### Forum

The Forum is what the *Forum Romanum* once was for ancient Rome — the heart of the campus. As solid as a castle from the outside, spacious on the inside with large plazas. This is where you can find the library, cafes, teaching facilities, the WUR shop, study associations and lots more. An ideal place for working, studying and meeting up.

Photo: Erik Koole Photography / Shutterstock.com



### Feeling sick

There is a GP practice especially for students on campus, although you do of course have to register to be able to use it. This Wageningen

Student Medical Centre

also has handy evening open

hours and a lot of online services (e-consultations, requests for digital repeat prescriptions). You don't have to leave campus for vaccinations for exotic internships or holidays either as Vaccinatiecentrum Wageningen is based in Campus Plaza. If all you have is a hangover, you can buy paracetamol in the Campus Plaza supermarket.

### From Aerobics to Zumba

In De Bongerd sports centre you can do sports seven days a week for 101 euros a year. There are individual lessons and courses. The activities on offer include athletics, badminton, boot camp, boxing, fitness (including outdoors), handball, archery, jogging, modern jazz dance, mountain biking, fencing, survival, tennis, squash and much more.

See [wur.nl/sportscentre](http://wur.nl/sportscentre) and the map on pages 16-17. The sports centre is number 12.



**There is plenty to learn outside the lecture rooms too. If you are looking to spice up your CV, there are loads of options in Wageningen.**

## Good for your CV (and your student days)

**Study associations** are not just great for drinks dos but also useful for your future career. The person you are now enjoying a beer with may be able to help you later with an internship or job. Almost every degree subject has an association, where you can play as active a role as you want. So the study association is always a good idea, whether you want committee experience or are just in it for the drinks.

**Student societies** are mainly known for their hazing rituals, excessive drinking and partying. But they have more to offer. Many societies have their own clubs and subcommittees that work on making the society more sustainable, support charities or do volunteer work, for example. To find out which student society would suit you, go to pages 20-21 and 24-25.

**The Student Council** offers you the opportunity to have a say in decisions about what the university should do. You can get involved in one of the three Student Council parties: the Christian Students Party (CSF), Sustainability & Internationalization (S&I) or the United Students (VeSte). The Student Council represents all students and has the right to block plans by the

Executive Board. The students in the council also advise the board and come up with their own initiatives.

**StartHub** is for students who want to become entrepreneurs. StartHub teaches you how to run a successful business, with training and coaching by experts, help with your business plan and microloans. Bonus: free coffee and a pinball machine. Go to one of their weekly drinks dos (every Wednesday from 17:00) or check out [www.starthubwageningen.nl](http://www.starthubwageningen.nl).

**Internships and part-time jobs** because learning on the job really does work. **AIESEC** will help you find international internships and volunteer work. **Integrand** can get you an internship at a company. **UniPartners** lets you work as a consultant and find vacancies for board positions and traineeships.

*On pages 20-21 and 24-25, Resource introduces you to a number of Wageningen societies. You can find more information online about study associations, student societies and the Student Council at [www.wur.nl/nl/show/Verenigeningen.htm](http://www.wur.nl/nl/show/Verenigeningen.htm).*

# WHERE'S THAT PARTY?

Uni often involves hard work, cramming and putting in the hours in the library. But the occasional party is also part of the package. You can have a great time seven days a week in Wageningen.

(Disclaimer: Everything has changed thanks to the corona pandemic and that includes the rules for parties. Keep an eye on the situation and the latest guidelines.)

## MONDAY

- Monday is members' night at the student societies. The rest of the town is pretty quiet.

## TUESDAY

- **The Bunker**, the Dijkgraaf flats pub, often has parties on Tuesdays. Cheap booze.
- **The Doctor cafe's pub quiz** is a popular Tuesday event. Starts at 20:00. Be on time.

## WEDNESDAY

- Wednesday is party time in **Woeste Hoeve**, the Hoevestein flats pub.

## THURSDAY

- The traditional student party day, with an **open party at one of the main societies** (Unitas, Ceres, SSR-W and KSV Franciscus) every Thursday.
- You can also often have a good time at **Nji-Sri** on Thursdays.

## FRIDAY

- The **International Club** often organizes parties on Fridays and Saturdays with (obvs) an international theme, from salsa evenings and Brazilian parties to tech house and St Patrick's Day celebrations.

## SATURDAY

- See International Club (Friday)
- There are some good cafes in Wageningen for you to get to know, such as:
  - De Vlaamsche Reus (ask for the beer bible)
  - De Zaaier
  - (popular student pub)
  - Loburg (often has live music!)

*And finally, students themselves know best what works, so the best parties are often the ones put on in student houses.*

### Cheap nights out

A beer at a student society bar often costs only 1.20 euros, which is a lot less than ordinary cafes. The pubs in the blocks of flats, such as Woeste Hoeve in Hoevestein, Annie's Kroeg in Asserpark and the Hunker Bunker in Dijkgraaf, are also budget-friendly.

# PENNY-WISE

Doing a degree can get costly. From tuition fees, course materials and a laptop through to rent, entertainment and shopping. These tips will help you get the most fun for your euros!



## 1 KNAEK DISCOUNTS

Knaek is free for first-year students and you can save a lot of money. For example, you get the second main course free if you want a cheap meal out at H41 in Heerenstraat. There are also discount offers for clothes stores, wine and drink outlets, bike shops, hairdressers, cafes, restaurants and paintball events.

**[www.knaek.nl](http://www.knaek.nl)**

## 2 FOOD SHOPPING: THE MARKET

There is a market in the town centre on Wednesday morning and all day Saturday. You can find cheap, high-quality fruit and veg. You can also find good cheese, nuts, fish, olives and of course such Dutch classics as herring and battered fish. Pro tip: the later you go, the better the deals you can get!



## 3 AFFORDABLE CINEMA

You can see top arthouse films at the Movie W cinema. They screen both classics and unusual, striking, edgy or comedy films from all over the globe. Movie W is run by volunteers. You can often find the programme on campus noticeboards, or else go to **[www.moview.nl](http://www.moview.nl)**. Standard tickets cost 8.50 euros but you get a two-euro discount and pay 6.50 if you show your student card. The 'ordinary' cinema in Heerenstraat also gives a student discount. If you show your student card, you pay 8 euros for a ticket instead of 10 euros.

**[www.heerenstraattheater.nl](http://www.heerenstraattheater.nl)**



## 4 FREE BIKE REPAIRS

Bike broken but no money for a bike shop visit? You can get your bike fixed for free in the Forum bike cellar. The Wageningen Student Bike Workshop is open on Tuesdays from 18:00 to 20:00. Not only do you get free repairs, you can also learn how to mend punctures, loose spokes and other bike problems yourself.



## 5

## BOOKS AND PLANTS AT THUIS

If you need books, plants or a new outfit, you could go along on a Saturday to Thuis, Wageningen's community centre. On Saturdays you will find second-hand books for sale for 50 eurocents, and you can adopt or swap plants. They also often hold clothes bartering events. Keep an eye on their calendar at [www.thuiswageningen.nl](http://www.thuiswageningen.nl)



## 6

## EMMAUS

You will find sofas, chairs, tables, books, clothes, TVs, easels, mugs, cutlery, weird statues, toys and lots more at the Emmaus second-hand store. Their assortment can be found in their two shops: Vijzelstraat 1 for clothes, shoes, accessories, books and more; Herenstraat 9 for furniture, lighting, appliances, small items and toys. Emmaus is open eight hours a week: Wednesdays from 10:00 to 14:00 and Saturdays from 12:00 to 16:00. Emmaus also has an annual market, which will be on 21 September this year.

[www.emmauswageningen.nl](http://www.emmauswageningen.nl)

## CHECK IT OUT, LIKE &amp; FOLLOW!

## AID ON SOCIAL MEDIA

Of course there is the [aidwageningen.nl](http://aidwageningen.nl) website, but for the latest news and other AID-related updates check out these channels:



[www.facebook.com/aid.wageningen](https://www.facebook.com/aid.wageningen)



@aid.wageningen

For more information, go to:  
[www.aidwageningen.nl](http://www.aidwageningen.nl)

## WAGENINGEN STUDENT PLAZA

Looking for a room, second-hand furniture, course books or a bike? Or do you want to sell something? Either way, the place to go is the Wageningen Student Plaza Facebook group.

[www.facebook.com/groups/192901857389536](https://www.facebook.com/groups/192901857389536)

## THE UNIVERSITY

WUR has over 50 social media channels. You can follow the main accounts for important news items and there are domain accounts for specific interests such as environmental science or marine research. For a complete overview of WUR's social media channels, go to

[www.wur.nl/en/Social-media-1.htm](http://www.wur.nl/en/Social-media-1.htm)

For the real campus news: *Resource*

If you want to know what's really happening on campus, *Resource's* independent journalists are constantly coming up with interesting news about student life, education and research as well as the stories behind the news. The *Resource* social media are the best way of keeping up to date. You can find us on Facebook, Instagram, Twitter and LinkedIn. Check out [www.resource-online.nl](http://www.resource-online.nl) for your daily dose of news, feature articles, student blogs and much more. Indulge in the paper magazine for some quality me-time: *Resource* magazine appears every two weeks in the racks on campus, in the hall of your student flats and as a PDF on our website.



Lecturers give tips

# How to study: tips from lecturers

Sweaty hands from exam stress or no social life because you've fallen behind in your reading? No need for that. Three lecturers give you tips on how to make a success of studying and still get the most out of your student days. **text Luuk Zegers**



## Jessica Duncan

Assistant professor of Rural Sociology

**1 Read the course guide.** Maybe it's a bit obvious, but lots of students don't. The course guide is literally the plan for the course. It tells you what the course is about and what is expected from you. You have so much going on in addition to your studies, so the better you understand what you have to do and when you have to hand in assignments, the better you can plan things. To test who actually reads the course guide, I might put in something like: 'If you read this sentence, send me a picture of your favourite food'. Maybe half of the students do that.

**2 Use a calendar.** Deadlines that seemed far off sneak up on students and all of a sudden their assignment is due. You need to make the shift to more independent learning. A calendar is key to this. Get one and use it!

**3 Take the readings seriously.** That means keep up with the reading, ask questions about it and try to understand why you're reading what you're reading. If you know *why* you're reading it, you know what knowledge to focus on.

**4 Ask questions,** but show that you're trying to understand. They say dumb questions don't exist, but if the answer to your question is in the course guide, it *is* a dumb question. But if you don't understand a concept or you need extra clarity, ask your teacher about it. Be sure to show them that you have tried to answer the question yourself, and explain what part you don't understand.

**5 Be curious when selecting your courses.** At Wageningen you have the opportunity to try out so many different things. Do that. Get out of your comfort zone. It brings new perspectives to you as a student.

**6** Transitioning to a new stage of life can be tough, so **find healthy ways to deal with the stress.** Find some sports that you like, eat healthily and get help if you need it. The university has support available in the form of student psychologists, study advisers, student deans, confidential advisers and more. If you feel overwhelmed, find someone to talk to, for example via the Student Service Centre. It's the bravest thing you can do!

**7** In online education, it is important to take your time and divide the work up. **Rest is crucial,** both for your body and your mind!



## Perry den Brok

Professor of Education and Learning Sciences

**1 Study regularly.** Research shows that it is often better to learn small amounts frequently than cram really hard for an exam in one go because you forget most of it afterwards. You might be able to pass your exams with some last-minute revision but hopefully you came to university to genuinely learn something. So it's good if you haven't then forgotten everything again a week after the exam.

**2** The next tip is actually rather a bad one... but there are some books, for example *Test Heroes*, that explain how teachers create exams. If you **know how exams are designed**, you will have a better idea of what to do to pass them.

**1** There is a lot of scheduled time with teachers in Wageningen, yet students still choose to skip lectures. That is a shame as the lectures show where the focus is and you can ask the teacher questions in the break and after the lecture. In the current situation, lectures are generally online. My advice here too is to **attend the digital classroom sessions whenever possible**. If lectures from previous years are being used, watch these lectures at the times scheduled in the timetable. That will let you ask questions immediately, for example in discussion forums.

**2 Prepare properly for practicals.** It is a shame if you have to use your hours of access to teachers figuring out what to do. If you are well prepared when you start the practicals, you can use the time in the lab to ask questions about the content and to share in your teachers' enthusiasm for the topic.

**3 Don't be afraid of some delay in your studies** if that lets you do something you are enthusiastic about and can learn a lot from. Students who spend a year on a committee or board learn soft skills that will help them an awful lot when they start work.

**3 Think about the long term.** What do you want to get out of your degree and what do you want to do later? The possibilities sometimes seem endless so it's a good idea to figure out what direction you want to take. For example, are you more interested in the research side or the commercial side?

**4 You don't just learn things in lectures.** Try and find out more about your degree subject outside your courses. Watch films, go to talks or try out something in practice that you learned in lectures.



## Hannie van der Honing

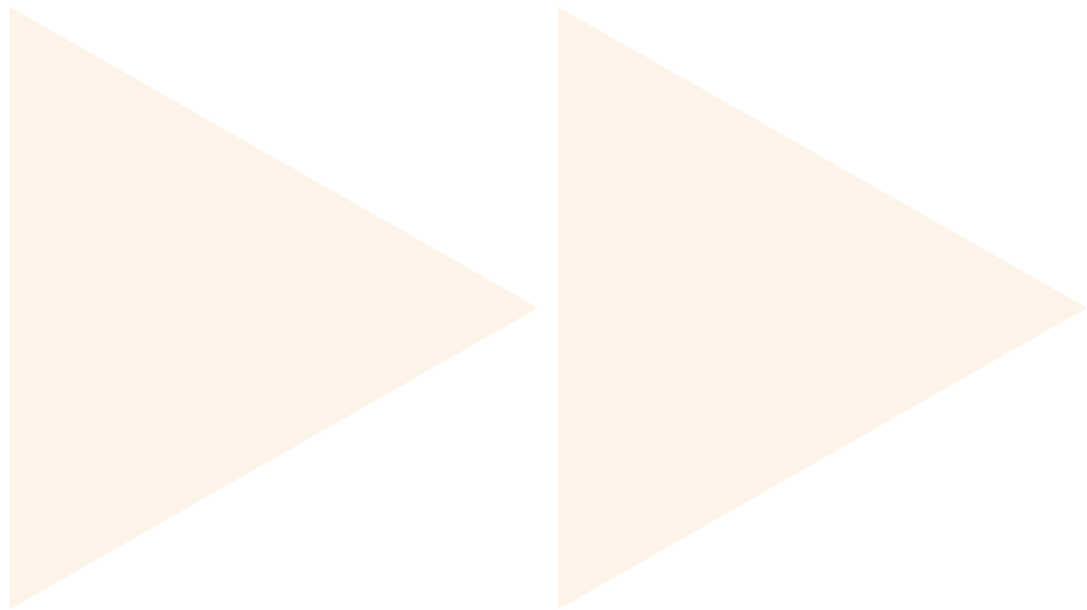
Lecturer in Cell Biology

**4** Some students take their degree programme very seriously — too seriously, I sometimes think. My tip for those students is to **enjoy the freedom that you have as a student** because it becomes much harder once you start work.

**5** Now that more of our teaching is digital for the time being, **make sure you take breaks from your computer screen**. Close your laptop and make a drawing or diagram of what you have just learned, go on a walk or exercise intensively for an hour or so, and drink a cup of coffee with fellow students or your flatmates.

# THE WONDERFUL WORLD OF WUR

World firsts, ground-breaking research, the best scientists from far and wide: there is much more amazing stuff going on at Wageningen than you will come across on your degree course. To welcome you to this wonderful world, *Resource* has selected some highlights from recent WUR research in the five science groups. **text Roelof Kleis, Tessa Louwerens and Albert Sikkema**





## LEGEND: WHO DOES WHAT?



AGROTECHNOLOGY & FOOD  
SCIENCES GROUP



ANIMAL SCIENCES GROUP



PLANT SCIENCES GROUP



SOCIAL SCIENCES GROUP

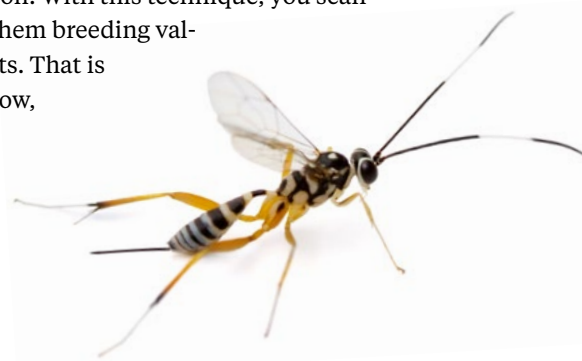


WAGENINGEN ENVIRONMENTAL  
RESEARCH

## YOU CAN BREED INSECTS TOO



More and more insects are being bred, as an alternative source of protein or to deal with pests in horticulture. But how do we create or select the insects that can get such pests under control quickly? The Chinese PhD student Shuwen Xia looked into whether we can breed insects as we do cows, for instance. She tested various breeding techniques on an ichneumon wasp, and obtained a useful flow diagram that shows which techniques breeders should use to achieve their particular goal. In many cases, mass selection – breeding large numbers of insects and selecting the best – suffices, but in certain cases you are better off using genomic selection. With this technique, you scan the DNA of insects and assign them breeding values based on several useful traits. That is not easy. 'To take DNA from a cow, you just take a blood sample. To take DNA from a small insect, you need the whole insect, and then you can't go on breeding with that individual.'



## GREENHOUSE HORTICULTURE WITHOUT POLLUTION IS FEASIBLE

It is possible to grow cucumbers and bell peppers for a year without having to dispose of any wastewater, shows a four-year study by WUR Greenhouse Horticulture & Flower Bulbs in Bleiswijk. Horticulturalists water the plants with a solution of nutrients such as nitrogen and phosphate. They want to reuse the excess water but salt accumulates in it during the recycling process, so many horticulturalists dispose of the water after three or four

months. The research now shows that they don't need to do that. If enough rainwater is captured on site, there will be enough fresh water for watering the plants. And instead of discarding the wastewater, it could also be used to clean and recycle filters and substrate – the artificial soil plants are grown in. This way, the water can be used for a year longer. The research is a response to Dutch legislation that has ruled that horticulturalists should



phase out the dumping of wastewater in surface water.

Photo: Marte Hofsteenge

## WAGENINGEN PROJECT REACHES 600,000 FARMERS

Ten years ago, the Wageningen professor Ken Giller received a large grant from the Bill and Melinda Gates Foundation to support African farmers in growing legumes such as peas, chickpeas and soya beans. These legumes are not only nutritious, but they also capture nitrogen from the air, giving them a natural fertilizer. Working with farmers, Giller developed a formula with legumes, useful soil bacteria, phosphate and potassium, which gave the farm-

ers better harvests and incomes. The project – N2Africa – is now over. Giller reached about 600,000 African farmers and improved harvests for most of them. 'But we can't influence food prices. Soya prices on the global market have gone down in recent years, so farmers are making less money. We are therefore consulting African policymakers now on how to set up regional supply chains for these farmers.'





### BITERS AND LICKERS TASTE DIFFERENT THINGS

Are you a biter or a licker? It makes a difference to what you taste. How you eat an ice cream affects how it tastes, discovered PhD student Monica Aguayo-Mendoza of the Physics and Physical Chemistry of Foods chair group, and her colleagues at Unilever. 'We knew consumers eat ice creams in different ways, but the role that plays in the experience

of taste had not yet been studied,' says Aguayo-Mendoza. It is interesting to see how this 'oral processing' affects the taste experience. On the basis of this knowledge, ice cream producers can adapt the texture of the ice cream to influence the taste experience.



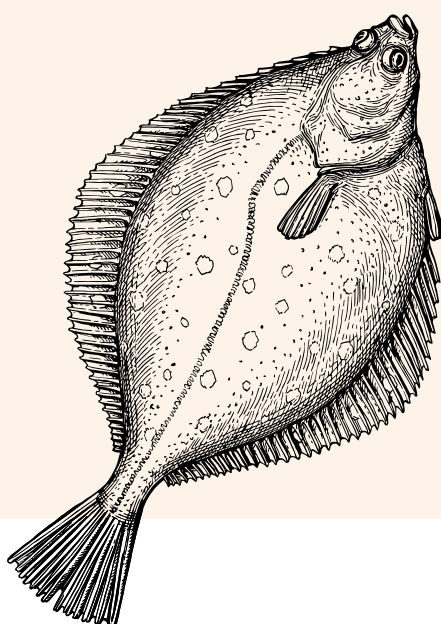
### SMART FISHING FOR SOLE

The sole is a slippery fish. Like a real Houdini, the flatfish can

wriggle through fine mesh and leave the fisher with a net full of bycatch.

WUR scientist Pieke Molenaar of Wageningen Marine Research worked with fishers to develop 'smart nets' that keep the sole in and the rest out, thus reducing bycatch. Underwater GoPro images reveal how the fish behave in the net and how the nets can be developed so that they mainly catch the target species. For example, by making nets that move the sole through to a particular section of the net that

keeps larger fish in and lets under-sized specimens escape.



### PLAYING WITH FIRE

Wildfires are becoming more common in Europe due to climate change. The Netherlands is no exception. This spring, a nature area on the border of Limburg and Brabant provinces suffered the biggest wildfire in the country's history. Is there a way of designing the landscape that reduces the risk of devastating fires? Yes, says fire expert Cathelijke Stoof (Dr Firelady). She is leading an international project called PyroLife, which trains PhD students in this field. Besides landscape design, Stoof also pays attention to the effects of fire and ash on the soil.



### WUR IS MAKING PART OF A CORONAVIRUS VACCINE

The Virology chair group in Wageningen is helping develop a vaccine against the coronavirus. The group is making a protein that may be used in the vaccine being developed by WUR's Danish partner. The coronavirus has a rough surface with spikes of protein on it. The virus needs the spikes to penetrate our cells, making us ill. Virology is copying these proteins so that our vaccinated bodies recognize the virus and prompt the immune system to deactivate it. The Wageningen scientists are working on the virus in a European consortium. This is one of dozens of groups that are working on a coronavirus vaccine worldwide.

### TURNING WASTE FLOWS INTO CHEMICALS

The Biobased Chemistry and Technology chair group is going to use electricity to convert waste products from the food industry and agriculture into chemicals and other useful materials. For example, potato processing produces a waste stream containing a lot of starch, with which the researchers want to make chemi-

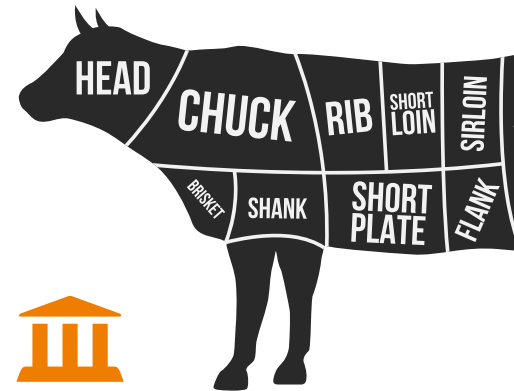
cals. To do that, they need to develop electro-catalysts that can efficiently convert the biomass into the desired materials such as coatings used in the paper industry. It is hoped that the research will lead to new production lines in the biobased economy.



### WOULD-BE FLEXITARIANS

The Dutch are full of good intentions to eat less meat, and a lot more people are calling themselves flexitarians these days. And yet we are actually eating meat just as often as we did 10 years ago. Hans Dagevos, a sociologist of consumption at Wageningen Economic Research, did extensive research on the consumption patterns of Dutch people who love

meat, who are cutting down on meat, and who are avoiding it altogether. It turns out that the frequency with which we eat meat has not gone down in those 10 years. 'It's true that eating meat seven days a week was more the exception than the rule in 2019, but it seems many Dutch people still like to have a piece of meat on their plates,' says Dagevos.



### PLANT AND ANIMAL CELLS HAVE A SIMILAR SENSE OF DIRECTION



For normal cell division, a cell needs to know which way is up, down, in front, behind, inside and outside, in relation to the other cells around it. 'This is crucial for the growth and development of a plant or animal,' says Dolf Weijers, chair-holding professor of Biochemistry. 'Otherwise a plant won't grow any leaves or an embryo won't develop. Uncontrolled cell development also leads to cancer.' Researchers from the Biochemistry chair group and German and Austrian colleagues have now found a group of proteins that function as a cell compass. And these ancient proteins are practically identical in plants and animals. Knowing this provides a new understanding of evolution, and according to Weijers, this knowledge might be applicable in plant breeding in the future.



### SWEET OR SCANDALOUS?

The way humans relate to animals is complicated. We love them and live with them, but at the same time we use them, manipulate them and kill them. We are increasingly troubled by the question of how to treat animals ethically and responsibly. 'Actually people ask quite a lot of animals,' says Ludo Hellebrekers, director of Wageningen Bioveterinary Research and one of the instigators of the Centre for Sustainable Animal Stewardship (CenSAS), a collaboration between Utrecht University and Wageningen University & Research. 'At CenSAS, relevant parties come together to think through how animals and humans can co-exist in a sustainable and ethical fashion.'



### CAPTURING ANIMALS ON CAMERA

How do animals get around in the wild? Where do they hang out, and what is the impact of humans on their movements. Camera traps are useful tools for finding answers to questions like these. Ecologist Patrick Jansen has had an extensive network of such traps in the Hoge Veluwe National Park for seven years. Volunteers help to analyse the photos through Snapshot Hoge Veluwe. The coronavirus crisis has given the study an unexpected new twist. The park has been quieter during the crisis. How do the animals react to that?



### ANTIBODIES AS POSTAL WORKERS

Antibodies are our bodies' defence force. They identify infiltrators (antigens) as alien and deactivate them. Cancer cells are alien cells, effectively. So can you use antibodies like some kind of molecular postal workers to deliver targeted drug treatments to cancer cells? Yes you can, shows research by Jorick Bruins. Using a chemical strategy known as Bioconjugation, he succeeded in linking drugs and antibodies and proved that the principle works. A nice crossover between organic chemistry and biology.



### WHO IS WHERE

- Agrotechnology & Food Sciences: the food researchers are in Helix, the agrotechnology scientists in Axis.
- Animal Sciences: most are in Zodiac.
- Plant Sciences: most are in Radix. The plant scientists use the Unifarm greenhouses round the back for experiments.
- Social Sciences: the group is mainly in Leeuwenborch, the wine-red building near the campus.
- Environmental Sciences: most of their activities are in Lumen and Gaia.





# PLACES TO BE

- |                         |                     |
|-------------------------|---------------------|
| 1 Forum                 | 12 Nexus            |
| 2 Orion                 | 13 Leeuwenborch     |
| 3 Atlas                 | 14 De Bongerd       |
| 4 Helix                 | 15 Campus Plaza     |
| 5 Lumen                 | 16 Bornsesteeg      |
| 6 Gaia                  | 17 Town centre      |
| 7 Radix                 | 18 Wilde Wereld     |
| 8 Axis                  | 19 Cicuto           |
| 9 Zodiac                | 20 Heerenstraat     |
| 10 Futurum/Impulse      | 21 THUIS Wageningen |
| 11 Aurora (being built) |                     |







↑ Ede & train station Ede-Wageningen ↑

Droevendaal

**Where was that society, pub or supermarket again?**  
Of course there is much more to Wageningen than just this. Go to our website for a really useful digital map: [www.resource-online.nl/kaart](http://www.resource-online.nl/kaart)

## Academic Year 2020-2021:

## New-style studies

This academic year is going to be different, because of the coronavirus crisis. But how will it be different? Dean of Education Arnold Bregt looks ahead.



Text Luuk Zegers

‘The coronavirus crisis brings a lot of uncertainty with it. How many students will be allowed on campus? The measures might be eased, or they might be tightened up. Without a crystal ball, we just don’t know. So we are aiming for a hybrid education system as a way of dealing with that uncertainty. That means teaching partly online and partly on campus, so that if measures are tightened up we can easily increase our online education, and if they are eased, we can hold more classes on campus. Adaptable is the key word.’

‘International students on some programmes can start their degrees from abroad. Up to a point, they can take their courses online. Once they are allowed to travel again, the idea is that they join classes on campus,

because there is more to university life than working on a PC. Studying also means interaction, discussions, fieldwork and practicals. It’s not just about lectures by teachers; learning from your fellow students is an important part of the university experience too. And that works better on campus than online. If you want to offer a rich learning environment – and that is what we want as a university – you need students to come to Wageningen at some point. When we allocate the available teaching hours on campus, first-year students get priority.’

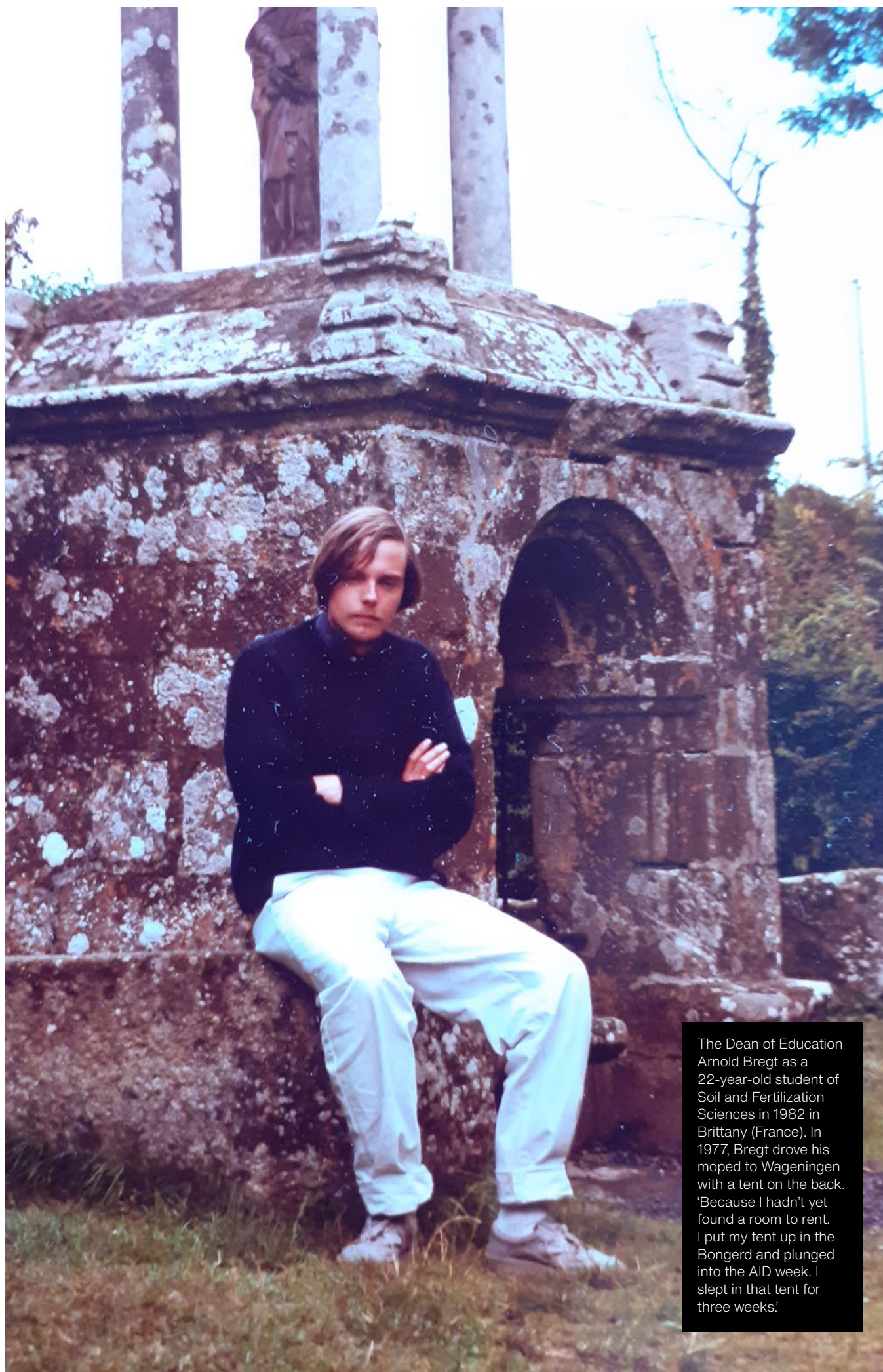
How many students will be allowed on campus?

Navigating uncertainty is an educational experience in itself

‘The last two periods of the last academic year were taught entirely online. We have shown that it’s possible. Teachers say that they can manage it fine in terms of course content. But they too would prefer to teach on campus. Teacher-student contact matters a lot to them.’ ‘These are chaotic times. And at such times, people often tend to emphasize the negative things. My message to students is that they can see hybrid learning as an educational experience in itself. We are learning an awful lot together: new ways of collaborating, how to switch between online and offline education, new approaches to education. That teaches you to be adaptable yourself, which is an important skill. Navigating uncertainty is an educational experience in itself.’ ■

**Arnold Bregt** studied Soil Science and Fertilization. He became professor of Geo-information Science at Wageningen in 1998, and as such was intensively involved in the MSc in Geo-Information Science. In 2017, he was appointed Dean of Education, a post which he combines with one day a week of teaching and research at the Laboratory of Geo-information and Remote Sensing.





The Dean of Education Arnold Bregt as a 22-year-old student of Soil and Fertilization Sciences in 1982 in Brittany (France). In 1977, Bregt drove his moped to Wageningen with a tent on the back. 'Because I hadn't yet found a room to rent. I put my tent up in the Bongerd and plunged into the AID week. I slept in that tent for three weeks.'

# Join one but which?

Joining a student society is a great way to meet new people and make friends. But which society would suit you best? Some introductions!

## BSG

The Brabant Student Guild of Our Lady is one big group of friends where everyone knows one another and gets on well. Our society showcases the famous sociability of Brabant people but you certainly don't have to come from the region. There are organized activities every week but nothing is mandatory.

[www.hetbsg.nl](http://www.hetbsg.nl)



## W.S.V. Ceres

Do you want to develop skills while at uni but also enjoy great parties and have a lot of fun? Are you looking for a place where you can feel at home and be yourself, where you make friends for life and have infinite opportunities? Do you like the sound of living in one of our 44 society houses? That is all possible at Ceres, Wageningen's largest and oldest student society! Our detached clubhouse is open to our members four days a week. They can enjoy a cheap meal there or beer for only €0.90!

[www.aidwsvceres.nl/](http://www.aidwsvceres.nl/)



## C.S.F.R.

Dei Gratia is the Wageningen branch of CSFR, a friendly Christian student society. In addition to Bible groups and drinks receptions, we organize interesting talks and study circles. We regularly discuss a wide range of societal and philosophical topics in the light of our Christian beliefs. We are also a close-knit group of friends who play sports together, do fun things together and go on weekend trips together. Feel welcome to join us!

[www.csfrwageningen.nl](http://www.csfrwageningen.nl)



**Dei Gratia**  
Dispuut der C.S.F.R. te Wageningen



## D.L.V. Nji-Sri

Our society is based right in the centre of Wageningen. All students are welcome here every Thursday to enjoy a beer. We have fewer members than the other student societies, which means we get to know everyone in the society and are very close. We were originally a society of farmers and we have a large network of alumni members all over the world who we are in regular contact with.

[www.nji-sri.nl](http://www.nji-sri.nl)



## Ichthus

Here at Ichthus, we stand for faith, enjoyment and bearing witness. Strong friendships develop as a result of that combination of relaxation and a serious quest for God. What is more, it gives you the skills to make a difference in society and your future field of work through your religion.

[www.ichthuswageningen.nl](http://www.ichthuswageningen.nl)



## IxESN

ESN Wageningen is an international student organization and part of the Erasmus Student Network (ESN). Each week, we organize social, cultural, integration-related, travel-related and sporting activities so that you can meet new people and have maximum fun while at university! Of course there are also parties and excursions, such as trips to various destinations in the Netherlands and Europe. Become a member and get our ESN-card, which gives you discounts on our activities and with our local and international partners! Register for our Buddy Programme (as a mentor or mentee) and get an international circle of friends. You can also become actively involved and develop skills by joining one of our committees. Hope to see you soon!

[www.esn-wageningen.nl](http://www.esn-wageningen.nl)





**ISOW**

The aim of the International

Student Organization Wageningen is to connect people from all over the world. If you want to get to know new people and cultures, learn new languages, go on a singing or dance course or take part in other fun activities, parties, courses and dinners, then ISOW is the place for you! To find out more and get the latest news on our courses and activities, go to

[www.isow-wageningen.com](http://www.isow-wageningen.com)

**K.S.V. Sint****Franciscus Xavierius**

Franciscus is one of the largest student societies in Wageningen.

Over 800 members are actively involved in committees, sub-societies, year groups and debating groups. Everyone can find their own niche and build a strong network of friends for life. Get your student days off to a good start with Franciscus!

[www.ksvfranciscus.nl](http://www.ksvfranciscus.nl)

**NSW**

From sports to games evenings, from society weekends to Bible groups –

NSW is an active Christian student society that offers a wide range of activities. There are all kinds of opportunities to build close friendships and develop skills through committee work, and there is always room for a good conversation and a nice beer. We combine growth in your faith with drinks dos and a sociable atmosphere!

[www.navigators Wageningen.nl](http://www.navigators Wageningen.nl)

**'t Noaberschop**

A lot of students from Twente and the Achterhoek region join 't Noaberschop, so it does wonders for your network back home. Of course people from other parts of the Netherlands are more than welcome! We are an easy-going society where everyone knows one another. Every week, there is an event organized by the board or one of the committees.

<http://www.hetnoaberschop.nl>

**SHOUT**

Wageningen's LGBTQ+ society (lesbian, gay, bisexual, transgender, queer and more).

SHOUT is both an interest group and a sociable society for all ages. We organize society evenings, open parties and introduction and support groups. We also help LGBTQ refugees and provide information about sexual and gender diversity in schools.

[www.shoutwageningen.nl](http://www.shoutwageningen.nl)

**Unitas**

Unitas is a youth society with impressive premises in the heart of Wageningen. We are a friendly, open group offering a place where you will feel at home and be able to develop as a person. We are open to all kinds of ideas and people. Playing board games, hardcore partying, beer or soft drinks – it is all possible at Unitas. Do drop in or check out our website:

[www.jvunitas.nl](http://www.jvunitas.nl)

**VGSW**

VGSW is an active Christian society that organizes all kinds of activities, such as a weekly Bible circle, drinks dos and weekends away, as well as online activities now. In our sociable little society, you will soon make great friendships. There is also plenty of room to develop as a person, discover your talents and grow in your relationship with God.

[www.vgsw.nl](http://www.vgsw.nl)

**SSR-W**

SSR-W is one of Wageningen's biggest student societies but it never feels too big because all the members know one another. The year clubs, committees, debating groups and clubs mean there is plenty of opportunity to find your niche, for your student days and beyond. SSR-W, unstoppable!

<https://aid.ssr-w.nl/>

**WSSFS**

The Frisian student society is the most sociable regional student society in Wageningen! We speak Frisian here, but even so anyone who is looking for a fun time is welcome. We are a friendly society with few obligations. There are different activities every Tuesday evening, which make our great society the perfect combination for student life in Wageningen. *Oant sjen!* (See you soon!)

[www.wssfs.nl](http://www.wssfs.nl)

**Yggdrasilstam**

Yggdrasilstam (student scouting) is a friendly group of students who do scout-related activities together. We eat together on Wednesdays. We also go camping a couple of times a year, sometimes just as a group of our and sometimes with other Dutch student scouting groups. Do come along, even if you have never done scouting before!

[www.yggdrasilstam.nl](http://www.yggdrasilstam.nl)

**W.S.R. Argo**

Rowing is the quintessential student sport and easy for anyone to learn. But rowing is more than a sport: it is about friendship and club activities. Argo gives you the opportunity to row at every level, from touring to the European championships! You train on the Rhine and in the largest indoor rowing facility in the Netherlands! When not in your boat, you will meet up at the weekly dinners, sociable drinks dos and great parties. In addition to rowing skills, you can develop organizational skills in one of the many committees, and learn for example how to DJ or organize a Dutch Championship.

[www.aidargo.nl](http://www.aidargo.nl)



# W.S.R. ARGO

**Tip**

Wageningen has lots of sports, musical and hobby societies too. And every degree programme has its own study association. You'll find a complete overview on [www.wur.nl/show/Verenigingen.htm](http://www.wur.nl/show/Verenigingen.htm).



## Student grub

**Hungry? If you get time to cook, check out these easy meals.**

### Pasta e ceci

Vegan, nutritious and perhaps more importantly: delicious! You'll have this simple but tasty *pasta e ceci* (*pasta with chickpeas*) on the table in no time.

1. Fry the garlic and peppers in the olive oil for a few minutes.
2. Add the chickpeas, diced tomatoes, orecchiette and thyme.
3. Bring the mixture to the boil and let it simmer until the pasta is *al dente*.

**Tip**

If the sauce is too thick, add a little water. If it is too thin, add some tomato puree. You can do it!

**Ingredients:**

- 2 soup spoons of extra virgin olive oil
- 4 cloves of garlic, finely chopped
- 4 red and yellow peppers, sliced
- 2 tins of chickpeas, drained
- 4 tins of diced tomatoes
- 400 gram orecchiette (or other pasta)
- 2 teaspoons of thyme



### Frittata with kale (or any veg you like)

What can you make if you want to cook a vegetarian meal but you're feeling lazy and one of your housemates has just given up carbohydrates? Frittata – a.k.a. crustless quiche. The leftovers make a good anti-hangover breakfast, too.

**Ingredients:**

- 1 leek
- 1 large clove of garlic
- Olive or coconut oil
- 100 grams fresh kale (look for 'boerenkool' in the shop)
- 8 large eggs
- The leaves of 4 sprigs of mint
- 150 grams of crumbled feta
- 30 grams of freshly grated pecorino romano
- 10 slices of sun-dried tomatoes in oil
- Sea salt and freshly ground pepper



1. Heat the oven to 180 degrees. Cut and wash the vegetables. Peel the garlic and chop finely.
2. Stir-fry the leek and garlic for about 10 minutes, add the kale and let it shrink
3. Beat the eggs in a large bowl with the mint, feta, pecorino romano and sun-dried tomatoes. Add pepper and salt to taste and beat the mixture until it is light and airy.
4. Add the mixture to the vegetables. Line a cake tin with baking paper and pour the mixture into it.
5. Put it in the oven and put your feet up for 40 minutes.

**Tip**

You can chuck in any veg you like, so this is a great recipe for using up those leftovers in the fridge. You could replace the kale with spinach, for instance, or add an onion. Serve with salad.

# Wageningen is a good choice as your new home!

**For many of** you, the AID week will be the first time your train journey ends at Ede-Wageningen station. Perhaps you already have a room or maybe you are temporarily based at a campsite. Whatever the case, Wageningen is your new home. I have to admit that I wondered more than once, 'What on earth am I going to do in Wageningen apart from study?'

**But don't worry** because you will be inundated with options during the AID week. From athletics to quidditch, from student

**'Above all, don't be afraid to make a wrong choice'**

societies to the Poetry Slam, from political parties to Greenpeace, they all get a look-in during these four

days in Wageningen.

**I tried not** to be overwhelmed by all the new things I found out about in the first few weeks at Wageningen. I just chose a few activities, such as the athletics training sessions, my study association's barbecue for first-years and a visit to the Student Farm with someone else on my degree programme. Before I knew it, I had plenty of options to fill up my free time after five o'clock.



**Livia Franssen**

**When I came** to Wageningen two years ago, I was mainly worried about figuring out what I wanted, who I wanted to be and where I would end up. But believe me, you will do fine here, whether you sign up for a student society on day one of the AID, chat to others doing the same degree about how they spend their free time or get on your bike to explore Wageningen.

**The biggest change** is that all the choices you make now really will be made by you alone. No parents any more to discuss the options over dinner. You even have to cook that dinner yourself. Which can lead to some big surprises (or disappointments). These are all inconveniences, or indeed plus points because being independent gives you so much freedom. Above all, don't be afraid to make a wrong choice because everything that's on offer in Wageningen is a good choice, you can always stop anyway, and there are lovely people everywhere.

Livia Franssen is a second-year Bachelor's student doing Environmental Sciences. She lives in student complex Droevendaal, also known as Droef.



Which one suits you?

# Fifty shades of green

Wageningen is bursting with green clubs, associations and activist groups. In fact, it's so green you can hardly see the wood for the trees. Here's a guide to stop you getting lost.

## Green Fingers

Do you prefer to grow your own food? You can do that at the **Creative Garden Wageningen @ de Hoge Born** and **Wageningen Student Farm**. In these initiatives, you run a vegetable garden together with others, growing vegetables, mushrooms, flowers and herbs. It's a chance to put what you learn on your degree course into practice, but mainly it's a fun way of gardening and eating together.

The **Boerengroep** foundation offers internships at sustainable and innovative farms. It also organizes the Farm Experience Internship every summer, where you can work at sustainable agrarian enterprises, from organic farms to food forests.

Do you like walking and cleaning up? Then you should join the monthly litter-collecting walk organized by **Wageningen Schoon**. Or would you rather help with nature and landscape management in and around Wageningen? Then you could join **Mooi Wageningen's** planting campaigns.

## Good taste

For those who enjoy tasty sustainable food, there is more than enough to do. Interested in plant-based food? Join the brand new **Vegan Association Wageningen**. As well as dinners and cooking workshops, there are quizzes, lectures, film evenings and outings. Or go along to the fortnightly vegan café in **Ppauw** eco village.

Prefer to set to work in your own kitchen? Cook with local seasonal produce by signing up for the vegetable box from **Wageningen Environmental Platform**. Have you cooked up a storm with it, and now it's more than you can eat? Share it through the **Foodsharing Wageningen** Facebook group: you can leave the leftovers in the fridge at **THUIS**. This Wageningen community living room is also the place to be for other activities, lectures and workshops.



## Time for action

Got ideas for making the university greener? Pop into **Green Office** and **Wageningen Environmental Platform** in Forum C239. They will help you realize your initiative. Or approach the student council party **S&I** (Sustainability & Internationalization). As a student council party, they can submit proposals to WUR's Executive Board.

And of course you can also join an activist group like **Extinction Rebellion**. Besides demonstrations and climate marches, they organize discussions and talks about the direction the university is going in.

Or are you more the type for mixing work with pleasure? The first **Globus** on 13 June might be your thing: a sustainable festival organized by WUR students. All profits will go towards conserving the rainforest in Costa Rica.

In the student societies, it is the **DuurCos** (sustainability committees) which inspire members during sustainability weeks and figure out how the societies can go greener.



## Soul Food

How can we run the world in an environmentally friendly and socially fair way? Organizations like **OtherWise** and **Rurale Universiteit Wageningen (RUW)** ask questions, stimulate dialogue and help you look at the world with a critical eye.

**Boerengroep** does that too, but then with a focus on agriculture. Boerengroep's theme for 2020 is agriculture and climate change. Boerengroep is also behind **Inspringtheater**, an improvisation theatre group that raises serious issues in a light-hearted fashion.

If Jane Goodall is your hero, take a look at the **Future for Nature Academy**, where you can meet young nature conservationists from all over the world.

And then there is **RENEW**: Restoration Network Wageningen, where everything revolves around one thing: restoring ecosystems. How do you do that, actually? By bringing people together, developing educational programmes and going on excursions to ecosystem restoration projects.



## Still finding it hard to choose?

Keep an eye on the communication channels of the Green Active Network Wageningen and go to one of their drinks parties, which bring different groups together.

Or join in one of the Regreenings: the initiation ritual for getting to know the green organizations.

# SPEAK WAGENINGS



As a student in Wageningen, you will end up speaking jargon: a combination of typical Wageningen concepts and classic student terms. Get the hang of this ABC and you will be off to a good start. **text Carina Nieuwenweg and Luuk Zegers**

## A

**ABW:** Anything But Work (study avoidance behaviour). Doing the washing up, mending a flat tyre — suddenly everything is a higher priority than studying. Takes on epidemic proportions during revision week.

**Ad fundum:** Latin for 'bottoms up'. Various bastardized versions also get used in Dutch. Means downing a beer or other alcoholic beverage in one go.

**Agrotech:** Typical Wageningen term. Technology focused on agriculture.

**Arthur Mol:** Current rector of Wageningen.

**Asserpark:** One of the four blocks of student flats in Wageningen.

## B

**Bike jam:** Traffic jam involving bikes, a problem in Wageningen. Your greatest chance of seeing one is at 8:30 at the Bornsesteeg crossing.

**Bongerd:** Sports centre for Wageningen UR students and staff. With a large fitness room, playing fields and various sports courses.

**Bornsesteeg:** One of the four blocks of student flats in Wageningen. This block is closest to campus.

**Bractical:** Doing a practical when you can still feel the effects of the previous evening's boozing.

## C

**CSF:** Christian Student Fraction. One of the three parties in the Student Council.

**Cum laude:** Distinction. At WUR, cum laude means you averaged an 8 for your modules and got at least an 8 for your Bachelor's thesis or at least a 9 for your Master's thesis.

## D

**Dies:** Fancy word for an anniversary. Used by both the university and student societies.

**Dijkgraaf:** One of the four blocks of student flats in Wageningen.

**Droevendaal:** Group of houses forming a student district close to campus. 'Droef' is a tight-knit community with its own culture that for a while even had its own mayor. The students also organize activities that are open to everyone.

## E

**ECTS:** European Credit Transfer System. System that uses credits to allow comparison of courses and modules in different countries. In theory, 1 ECTS point is the equivalent of 28 hours of study.

**Erasmus:** Exchange programme and fund for students who want to go abroad for courses or an internship.

**Extended daytime schedule:** Alternative to evening lectures. Modified schedule in which lectures take 40 minutes instead of 45, start at 8:20 and continue until 19:00.

## F

**First aider:** You always need someone with first aid qualifications if you organize events at uni outside working hours or in the weekend. So students with a first aid certificate are very popular.

**Forum:** Large teaching building on campus (with red bricks).

**FOS:** Dutch funding scheme for students. Students get financial compensation if they take time out to do committee work, take part in elite sport, have a baby, cope with certain family circumstances or because of illness.

## G

**Growth problem:** The challenges caused by the rapid growth in the number of students. Examples are scheduling issues, a lack of lecturers or lab assistants, and room shortages.

## H

**Hangover lecture:** Lecture when you can still feel the effects of the previous evening's drinking session.

**Hoeverstein:** One of the four blocks of student flats in Wageningen.

**Home:** Your student house.

**Home-home:** Your parents' house.

**Knotsball:** Popular student sport involving a stick with foam rubber at one end. Also known as tampon hockey.

## L

**Lecture:** You don't have classes at university, you have lectures.

**Liberation Festival:** The Nazis surrendered control of the Netherlands on 5 May 1945 in Hotel de Wereld in Wageningen. Which is why Liberation Day is celebrated on a grander scale here than anywhere else. Wageningen's main festival day.

**Louise Fresco:** President of the Executive Board.

**Major:** Main subject that you study for your Master's.

**Minor:** Part of your third Bachelor's year where you choose yourself what to study. Can also be done at a different university.

## O

**OPQR**

**One for the road:** Beer for your journey.

**Open parties:** Parties organized by student societies that are also open to non-members. There is an open party every Thursday at one or other of the main societies.

**Orion:** Large teaching building on campus (with grey plates).

**Period:** In Wageningen, the academic year is divided into six periods: four long ones for 12 credits and two short ones for six credits.

**Quidditch:** Up-and-coming sport based on the Harry Potter books. Wageningen has its own quidditch team, the WURwolves.

**Revision week:** The last week but one in a period when nothing is on the timetable so that students can prepare for the exams in the final week of the period.

## S

**S&I:** Sustainability and Internationalization. One of the three parties in the Student Council.

**StartHub:** The place to be to find out about entrepreneurship.

**Star flats:** Star-shaped blocks of student flats that are landmarks in Wageningen. There are currently six star flats, four of which are student only.

**Student counsellor:** Gives advice and information. You can go to them for all your questions about your degree, from getting an extension due to special circumstances to student grants and private funds.

**Student Council:** Representative body chosen by students that looks after the interests of all students.

**Student society:** Social club that has nothing to do with the degree programmes. See also pages 28–29.

**Study association:** Association linked to a particular degree subject. Organizes subject-related activities.

**Stufi:** Short for student finance system. Nowadays Dutch students get a loan, not a grant.

## T

**Teacher of the Year Award:** Annual prize for the best teacher. Teachers get a cash award that they can spend on their teaching.

## U

**UVW**

**UFW:** University Fund Wageningen. Manages various funds that pay grants to finance outstanding Wageningen research and education. Also provides scholarships for international students.

**VeSte:** Verenigde Studenten ('united students'). One of the three parties in the Student Council.

**Wageningen Beasts:** Sports club for students interested in strength training. Organizes notable events every year such as Strengthday and the Strongman Competition.

**Wageningen quarter:** Flexible first 15 minutes of a lecture. But not every lecturer observes this tradition.

**Wayo:** Local Wageningen youth.

**WUR:** Short for Wageningen University & Research.

**WURkforce:** Sends a weekly email with a list of jobs that you can apply for if you want to earn some extra money.

## X

**XYZ**

**Zaaier:** Pub that's popular with students in the centre of Wageningen, and the name of a statue at the campus entrance.

## Time enough

**It is already** a couple of years ago, but it doesn't feel like it: the first time I got on bus no. 88 at Ede-Wageningen station to go to Haagsteeg and looked round at all the other first-years on the bus, wondering if they too thought it was strange Wageningen didn't have its own train station. Asking myself whether they too were nervous about the AID week, like me. The first time I

**'I cycled blindly following the first person I spotted who looked vaguely like a student'**

ly like a student. And hoping that he too was going to the AID kick-off.

**And there I** stood, on my own in the formidable Forum building. It felt as if this would be the week that determined my entire time in Wageningen. In which I would need to find out everything there is to know about student life. It felt as if I had to make friends for life *right now* and decide *right*

entered my student room, and the first time I cycled from there to the campus, blindly following the first person I spotted who looked vague-

*now* whether I should join a student society (and if so, which one). As if I had to get to know Wageningen inside out and as if I *had* to enjoy every minute of it — that too. It all seemed a huge challenge and to be honest, I was feeling pretty nervous.

**Now you are** about to start your AID week and perhaps you are feeling as I did then. That is why I want to give you this advice: relax and just let it all happen. Be open to new experiences and see what this week has to offer. Perhaps you will make friends for life and find a society that suits you. But even if this week doesn't turn out as you imagined because you find it all a bit overwhelming, that's fine too. There will be enough opportunities and occasions later to make what you want of your time at university. Enjoy your first few days as a Wageningen student!



**Zoë van der Heijden**



## Soon available: Student Training & Support

### Explore your potential, discover your qualities

Student Training & Support is the place for students of Wageningen University & Research where you can improve your study skills, work on your (mental) well-being and explore your talents.

We offer guidance, trainings, workshops and more in six categories: study skills, personal development, well-being, career development, communication and between cultures.



**Special attention will be given to projects of students supporting other students.**

*"It helps me to get my fear away from studying and time management."*



### Get the best out of your studies at Student Training & Support. Trainings scheduled in period 1 and 2:

- Masterclasses Study attitude
- Leren leren
- Van Uitstel naar Actie!
- Get a grip on your studies
- Keuzestress
- Stress management
- Lost in transition
- Visionboard

Soon on MyPortal and socials. WUR will launch the Student Training & Support webpage which provides an overview of all trainings and tools shortly.



More information? Send an e-mail to **Student.TrainingSupport@wur.nl**



**WAGENINGEN**  
UNIVERSITY & RESEARCH

## Wageningen in'to Languages *opens up new worlds*

**Meet**

## Wageningen in'to Languages

Have you always wanted to learn or improve that one language? Come to the language centre of Wageningen University & Research: Wageningen in'to Languages.

### Language courses (online\*)

#### English

- Academic Writing 1, 2 & 3
- English Skills Lab 1 & 2 (grammar & vocabulary course)
- English Speaking & Pronunciation
- English Presentation & Performance

#### Spanish & French

- French 1, 2, 3 & 4
- Spanish 1, 2, 3 & 4

#### Dutch as a second language

- Social Dutch 1, 2, 3 & 4

\*Courses 2020: online, 2021: online/on campus (TBD)

**Language courses for students €0-90**

*'Language is the gateway to understanding a culture'*

[www.wur.eu/into](http://www.wur.eu/into)

# Do something!

**AID week is** full of marketing clichés, and you will be swamped by information: all the study associations, sports clubs and student societies will be aiming to impress you. Wherever you go, you will be promised ‘the best time of your life’. But how much truth is there in all that PR?

**The first step** in ensuring a good time as a student in Wageningen is to enjoy the introduction week and all those activities to the full. Then you need to think about your preferences and keeping a good balance.

**‘Do something in addition to your study: Go climbing. Plan a trip. Grow marijuana. Adopt a chicken.’**

occupied from eight thirty to five, Monday to Friday. In practice you probably won’t spend all that time studying, especially if you have a so-called ‘Lebo life’ in Leeuwenborch (the social sciences building), like I do.

**Personally, I hate** sitting still so I decided to do things I enjoy. I moved into an active student house, joined a student society,

Of course you are here to study, but your student days will be full of opportunities that only come once in a lifetime. Your degree should officially keep you

started writing articles for *Resource* and got work at the university as a student-assistant. These are just some of the options. Everyone can put together their own ‘package’, as it were. It’s up to you what you do. You could live your first year to the full and see what appeals. Nothing is compulsory — you choose.

**But if I were** a first-year again in your position, I would definitely do *something* in addition to my degree studies. Play a sport, join a study association or student society, or get a part-time job. Find a fun student house, play music. Or perhaps Integrand or AIESEC could be your thing.

**Get hazed.** Try quidditch. Go climbing. Plan a trip. Grow marijuana. Adopt a chicken. You could even try writing articles for *Resource*. And there is so much more going on that even I don’t know about. You will see all kinds of opportunities. Your university days are very much what you make of them. The options are endless but don’t just sit around doing nothing. Just try a load of stuff and see what you enjoy. You can always stop later.



**Geert van Zandbrink**

Geert van Zandbrink is a Bachelor’s student doing Economics & Policy. He blogs for *Resource* about student life in Wageningen.



# Programme All

Thursday Tuesday  
13/08 18/08

Friday Wednesday Saturday  
14/08 19/08 15/08

11:00

11.00 - 14.00

A: Study Morning  
B: Wageningen on Wheels  
C: FrieslandCampina Sports Morning

11.00 - 14.00

A: Wageningen on Wheels  
B: FrieslandCampina Sports Morning  
C: Study Morning

12:00

13:00

14:00

Lunch

Lunch

15:00

14.45 - 17.45

A: FrieslandCampina Sports Afternoon  
B: Study Afternoon  
C: Wageningen on Wheels

14.45 - 17.45

A: Meet & Greet  
B: Discover the City  
C: Workshops

16:00

17:00

18:00

18.00 - 20.00

Dinner

18.00 - 20.00

Dinner

19:00

20:00

20.00 Official Opening

20.00 - 23.00

International Pubquiz

21:00

22:00

23:00

00:00

21.00 - 23.00

Online Association Presentations

Day programme

Evening programme

D 2020



Monday Thursday  
10/08 20/08

Sunday Friday  
16/08 21/08

09.00 - 11.00

Religious  
Morning\*

11.00 - 14.00

Workshops  
Meet & Greet  
Discover the City

11.00 - 14.00  
Rotate between:  
- College Tour  
- Chat & Chill  
- AIDventure

Lunch

Lunch

14.45 - 17.45  
Discover the City  
Workshops  
Meet & Greet

14.45 - 17.45  
Rotate between:  
- College Tour  
- Chat & Chill  
- AIDventure

18.00 - 20.00  
Dinner

20.00 - 23.00  
Let's go  
Soos-cial

18.00 - 00.00  
Taste of Wageningen  
&  
Switch ONline  
Festival

Meal

\* Optional, only 16/08

## Colophon

*Resource* is the independent medium for students and staff at Wageningen University & Research. *Resource* reports and interprets the news and gives the context. New articles are posted daily on resource-online.nl. The magazine is published every fortnight on Thursdays.

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**'I'm a first-year student doing the AID week in Wageningen and I can't decide whether to join a student society. I want to get to know people but I also want to leave enough time for studying.'**

Lara (18), first-year doing Forest & Nature Conservation



### Choose what fits

'Doing a degree is about much more than just gaining knowledge. Personal development, self-confidence, communication skills, experience with organizing things, networking and having fun are just as important. A student society can help with all this but it certainly isn't the only route. In the end you should choose what fits. Use the AID week to get as many different impressions as possible and make a choice afterwards.'

Joris Sprakel, professor of Physical Chemistry and Soft Matter, and former member of Ceres

### Time enough

'You will get a lot of info during the introduction week. There is loads to do in Wageningen. So take the time to feel at home in the town and your student house. Get to know your flatmates and the students on your course. Perhaps it would be nice to do things with them. Find out first what you enjoy. There will be time enough to join a society.'

Eugene van Meteren, Idealis caretaker

### Friends for life

'Student societies are a fantastic way of getting to know new people but they offer new students so much more! Many first-years make friends for life at their student society and have lasting memories of the great parties and adventures. A student society does cost time but the societies take that into account and you yourself can influence this too. Choose the society you feel happiest with, however much of a cliché that might be. That will be your best choice!'

Rijk Dersjant, second-year MSc student doing Nutrition & Health.

### Korfbal

'When I started at university, so much felt new that I didn't join a student society. But that didn't affect my social life. I joined a student korfbal club, where I got to know new people and had a great time. There are enough activities and parties you can go to without being a member of a student society.'

Nicole van 't Wout Hofland, alumnus and Corporate Communications & Marketing editor

### Gut feeling

'You can't make a wrong choice if you base that choice on the path you want to take in your Bachelor's. Joining a society can help you get to know people quickly but the same applies if you join a committee or a sports club. Or if you move into an active student house. Follow your gut feeling and go by your first impressions.'

Romy de Haas, first-year MSc student doing Nutrition & Health.

## WURRIE

### NEXT

**NEXT WURRY:** 'My lab co-worker often smells of sweat. I'd like to say something about it but I don't know how to approach this. I get on well with him and don't want to ruin our working relationship.'

Woman (36), name known to the editors

*If you have advice or tips for this Wurrier, send an email (max. 100 words) before 26 August to resource@wur.nl with subject noWURries #1. If you need advice yourself, email your problem (max. 100 words) to resource@wur.nl with subject noWURries.*