

WUR from within: straight, sharp, transparent

AID Special

Resource

SUMMER **2022** VOLUME **17**

The journalism platform for all at Wageningen University & Research

How to study
Great tips from
teachers

Where's that party?!
Cheap nights out

**The wondrous world
of WUR**
Isn't science
marvellous?

Join one, but which?
Help with choice
overload

**Smart with your
cents**
Tips from influencer
Emma

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FOREWORD

Welcome to Waga

If you are a newcomer in Wageningen there are a few things you need to know. How nice it is to chill out on the banks of the Rhine, for example, and that you can get the best spring rolls at the stall opposite the public library at the end of the high street. That there is loads of fun stuff to discover besides the university – green places, friendly societies, nice organizations. In the summer you go to Cicuto for ice cream, where there's a big chance of meeting friends in the queue. In cold winters, you can skate on an inlet of the Rhine or just on the pond by the Forum on campus.

There is plenty to explore at the university too (see pages 18-21). This magazine, the *Resource* AID issue, will help you get to know the town, the university, the societies and other great things about Wageningen. As an independent university magazine, we aim to keep you informed throughout the year about important developments and give you a glimpse behind the scenes around WUR. Every two weeks, you will find a new *Resource* in the trays dotted around campus, bringing you the latest news, opinions and interesting background stories about the university, the science and student life. We can also be found online at resource-online.nl, and on social media of course.

To do the job well with our small team, we rely on you – our readers – as well. So if there's something going on that you think is unusual, fantastic, stupid, innovative, hilarious, or newsworthy in any other way, do let us know. Email us at resource@wur.nl or drop in on our newsroom in Atlas.

But for now: enjoy the introduction, and welcome to Wageningen!

Luuk Zegers

Student & Education editor





FIELDWORK

Studying in Wageningen is more than just going to lectures and reading books. This photo shows first-year students of International Land and Water Management cycling through the hills of Limburg with measuring equipment for their own research. Working in groups, they studied the effect the layout of the landscape had on the floods in the summer of 2021. They also looked at what actions the region could take to be better prepared for the consequences of extreme weather. ^{LZ}

Photo Jeroen Poelert

WURLDLY WISE

A new life in Wageningen. How do you survive that? These tips will help you get off to a flying start on campus and in your student life.

CAMPUS CRASH COURSE

Forum, Orion, Aurora, Atlas: just a few of the names of buildings on campus. *Resource* gives you a brief introduction to the key buildings and one or two other places around the campus you need to get to know fast. (See pages 16-17 for a handy map.)

Forum

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

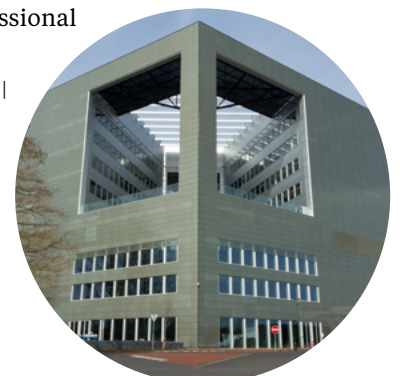
Photo Erik Koole Photography | Shutterstock.com



Orion

Orion is a great place for chilling in student café The Spot - with table tennis! - or grabbing a 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 carried the heavens on his shoulders in Greek mythology.

Photo afishcalledwanda | Shutterstock.com



Aurora

is the newest and most sustainable education building on campus and is named after the Roman goddess of the dawn. The building was completed in July last year and came into use in the past academic year.

Some interesting facts: Aurora is the first building on the campus not to

have mains gas; the building boasts a large lecture theatre that seats 450; the classrooms have higher ceilings than those of other buildings, at 3.80 metres; and there are four bars where you can get something to eat or drink. You don't even have to say a word at the coffee bar because most of the baristas are deaf. There is a screen to help you with some basic sign language.



Omnia

Dialogue centre Omnia came into use in early May. It is the main building on campus for meetings, conferences, PhD ceremonies and inaugurations. It has a lovely outdoor seating area, already dubbed 'the balcony of the campus' by some. It overlooks the garden two Landscape Architecture students have designed, inspired by the WUR project 'The Netherlands in 2120'. The garden design includes two 'bike-fountains' that you set going by cycling.



Spots to relax & swans

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 Wageningen Food Safety Research, 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.

Photo Guy Ackermans



Cramming in the library

The library in Forum is a popular place to study, especially in the week before the exams. It's quiet and has good workstations where you can concentrate. Make sure you get there on time (meaning waiting at the door by 8 am) because the seats get taken in no time.

Photo Guy Ackermans



Sick or out of sorts

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 Center 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 jabs 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 109 euros a year. There are individual lessons and courses. The activities on offer include athletics, badminton, boot camp, boxing, fitness (including outdoor), handball, archery, jogging training, modern jazz dance, mountain biking, fencing, survival, tennis, squash and much more. See wur.nl/sportscentre and the map on pages 16-17.

Photo Marte Hofsteenge



GOOD FOR YOUR CV (AND FOR FUN STUDENT DAYS)

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.

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 page 20.

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 & Integration (S&I) or the United Students (VeSte). The Student Council represents all students and has the right to block certain plans proposed 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 start a business. StartHub teaches you how to run a business with training and coaching by experts, help with your business plan and microcredit. Bonus: free coffee and a pinball machine.

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.

And via YUFA...

... who? The Young University Fund & Alumni – the student committee of University Fund Wageningen. Its aim is to help students and recent graduates develop practical skills and knowledge in preparation for the world of work. YUFA often invites Wageningen alumni to its events.

At **De Kleine Consultant**, student volunteers give strategic advice to organizations that cannot afford the large, flashy consultancy firms in Amsterdam. Examples are small businesses, charities and start-ups. You work in project groups of four to six students. Previous consultancy experience is not required: all DKC volunteers get training to make sure they are properly prepared when they start their first project.

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 deal. You can have a great time seven days a week in Wageningen.



MONDAY

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

TUESDAY

- The **Bunker**, the Dijkgraaf flats pub, often has parties on Tuesdays. It was recently renovated, it's sociable and the drinks are cheap.
- The **Doctor café's pub quiz** is another popular Tuesday event. Starts at 19:30. Be on time.

CHEAP NIGHTS OUT

A beer at a student society often costs only 1.10 euros, which is a lot less than ordinary cafés. The pubs in the blocks of flats (Woeste Hoeve in Hoevestein, Annie's Kroeg in Asserpark and the Bunker in Dijkgraaf) are also budget-friendly.

WEDNESDAY

- Wednesday is often 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.
- The **Bunker** (see Tuesday) sometimes

throws parties on a Friday too, with different DJ groups from Wageningen!

SATURDAY

- See International Club (Friday).
- Every first Saturday of the month, it is party time at **SHOUT**, Wageningen's LGBTQ+ society (lesbian, gay, bisexual, transgender, queer and more).
- There are some good cafés in Wageningen for you to get to know, such as:
 - De **Vlaamsche Reus** (ask for the beer bible)
 - Het **Rad van Wageningen** (with its own brewery)
 - Café **Onder de Linden** (great outdoor area)

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



Tips from lecturers

How to study

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

Associate professor of Rural Sociology

1 Read the course guide. Maybe it's a bit obvious, but lots of students don't. The course guide tells you what the course is about and what is expected from you as a student. Students lead such busy lives, so the better you understand what you have to do and when you have to hand something in, the better you can plan things. To test who actually reads the course guide, I often put in a task like: 'If you read this sentence, send me a picture of your favourite food'. Maybe half of the students do that.

2 Use a diary. Deadlines that seemed far off sneak up on students and all of a sudden their assignment is due. Get a diary and use it!

3 Take the reading work seriously. Reading can be overwhelming. I get it. But reading is key to learning and reading academic work is also an important skill that can serve you far beyond your degree. It is so important to keep up with the reading, ask questions about what you read, and try to understand why you're reading what you're reading.

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 quite dumb to ask that. That said, if you don't understand a concept or you need extra clarity, ask your teacher. 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 go in many directions and try out so many different things. Do that. Get out of your comfort zone. It brings you new perspectives.

6 Transitioning to a new stage of life can be tough, so find **healthy ways to deal with the stress.** WUR has support available in the form of student psychologists, study advisers, student deans, confidential counsellors 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!



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 it all again one 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.

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 go in. 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

1 There is a lot of scheduled time with teachers in Wageningen. Yet many students choose not to attend lectures and watch them online later instead. That's a shame, since the lectures clarify the focus and you can consult the lecturer during the break and afterwards if you have any questions. It also helps you stay on schedule. So my advice is to **be present at contact moments as much as possible**.

2 Prepare properly for practicals. It is a shame if you have to use your contact time with 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.

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**. It becomes much harder once you start work.

'DON'T LET IT GET TO YOU'

From student to president (boss of everything) or rector magnificus (education boss): that's perfectly possible in Wageningen. *Resource* spoke to President of the Executive Board Sjoukje Heimovaara and Rector Magnificus Arthur Mol about their student days and asked whether they have any tips. Text Willem André

Heimovaara and Mol both studied in Wageningen. But they both agree things were different then. Mol: 'Wageningen was quite boring. There were hardly any pubs. All the activity was in the student societies and the flats and student houses.' In 1978, he left Brabant to study Environmental Protection at the university, specializing in water purification. He also took courses in social sciences, philosophy and law. 'I joined Unitas straight away and was an active student outside my degree course. I was on the degree programme committee and in "critical" groups such as the Imperialism Collective, kind of like Otherwise now. I set up the Environment and Third World Working Group to get more attention paid to global sustainability in the degree programme. Inci-

dentally, I also organized the AID, but that was a lot less professional than now. I wasn't so interested in the food side to start with, but that developed spontaneously.'

Mol moved rooms seven times, not because of housing shortages but because he always wanted something different. 'I started with a landlady, then I moved to the Asserpark flats, then a house opposite Unitas and then to Veerstraat. The landlord was an unemployed man in his fifties. If he'd quarrelled with his wife, he slept in our flat on the sofa in the kitchen.' Mol was not a big

drinker but he enjoyed the social side of student life and the freedom.

'I usually skipped the morning lectures, did the practicals in the afternoon and then studied until ten in the evening. Then I went to the café with friends. I would never do that now. But I felt a real responsibility to study hard and I passed all my exams first time. It's a shame to waste your time on resits.'

Free

Sjoukje Heimovaara mainly grew up in Zwolle and went to Wageningen to study Plant Breeding and Molecular Biology in 1983. 'It was a



Sjoukje Heimovaara's ID document for what was still the Agricultural College then.

fantastic time — I felt free. There wasn't a campus like now. Molecular biology was on De Dreijen at the top of Wageningense Berg and plant breeding was on the other side of town. I loved — and still love — the flexibility you have in Wageningen. It's unique in not having faculties and letting you put together your own programme. I made use of that: after the first year, I did all kinds of courses. The molecular approach to plant breeding was quite new back then. There was this idea that this would let us change the world, that we would be able to speed up plant breeding with molecular techniques and put an end to hunger. I was not that driven a student but I was already interested in the wider world. In fact, I have become increasingly idealistic as I've grown older. But I was basically a normal student, going to parties with friends. I joined Ceres and lived in De Erwt. I spent a year rowing at Argo; I still know their song off by heart, ha ha.' ■



Arthur Mol (right) in Portugal, at the Cooperativa Che Guevarra. 'We went there in 1980 to support the land reforms after the Carnation Revolution (1975). We did that by working as volunteers on the land, weeding and so on, together with Portuguese agricultural labourers who had been given the land after the Carnation Revolution.'



Tips from the top

Abroad

Mol: 'You can go all over the world during your WUR degree: China, South America, South Korea, Africa, you name it. You should do this; you really benefit later.'

Don't worry

Heimovaara: Of course you'll feel pressure during your degree but don't let it get to you. You certainly shouldn't worry about the future. WUR graduates are in demand and companies will be queuing up for you.'

Drugs

Mol: 'I worry about the increasing use of stimulants among students.'
Heimovaara: 'You really don't need drugs to have fun. And it's very important to look out for one another.'

Societies

Heimovaara: 'Try to find your place in Wageningen as soon as possible. You'll

feel at home more quickly once you have a social network. The nice thing about Wageningen is that it's compact but also cosmopolitan. You get to see the whole world in a safe environment. And you bump into people you know everywhere, which I loved as a student.'
Mol: 'I agree with Sjoukje: join a student society straight away, or a sports club or music group or whatever. I notice students who build up a social life and a network soon settle in. Don't try to do it all on your own.'

Work on your CV?

Mol: 'I talk to a lot of students and they often this idea "you need to have done everything" during your degree because afterwards it will be too late. Nonsense. Of course you should study, but focus on doing the things you enjoy. You don't need to accumulate loads of additional credits. You don't need committee experience *and* to go abroad *and* have good part-time jobs for your CV.'

Enthusiasm

Mol: 'WUR has a lot of enthusiastic teachers who can connect with you and motivate you. I remember how two nerdy teachers were able to get me interested in microbiology, ha ha. And a tip that I really shouldn't be giving: listen closely to your teachers, because then you will know what you will get in the exams.'

Peer pressure

Heimovaara: 'We see a lot of peer pressure among young students: they want to excel at everything, and please everyone. It is really difficult to resist that urge but you should still try. Find out what you can manage, feel free to mess things up and have another go.'

THE WONDROUS WORLD OF WUR

Wageningen research is wide-ranging and colourful. There is a lot more going on than you will come across during your degree programme. By way of welcoming you to this wondrous world, Resource has lined up the highlights from recent research in the five science groups at Wageningen University & Research

Text Roelof Kleis and Stijn Schreven



Legend:

Which topics belong to which science group?



AGROTECHNOLOGY & FOOD SCIENCES GROUP



ANIMAL SCIENCES GROUP



PLANT SCIENCES GROUP



SOCIAL SCIENCES GROUP



ENVIRONMENTAL SCIENCES GROUP

FINGERPRINT OF A TREE

A tree's annual growth rings show its age and possibly its origin. Growth rings are the tree's archive, and they contain even more information: DNA, the genetic basis of life. Tree geneticist Paul Copini (Vegetation, Forest and Landscape Ecology) and his team have developed methods of tracing the origin of timber using genetic fingerprints. A useful aid for identifying shipwrecks, for example.



SNIFFER BEES

The PVY virus (potato virus Y) is a major bugbear for seed potato growers, but it is not easy to detect diseased plants early on. Researcher Klaas van Rozen is seeing whether bees can help. Bees have an excellent sense of smell and they can be trained. They can't smell the virus but they can smell the damage it does. The virus changes the plant's cell structure, releasing aromas. The bees are trained to respond to this, like a sniffer dog to a drug smuggler.



DIETING WITH GUT BACTERIA

The intestinal bacterium *Akkermansia* can help people lose weight. Since 2004, microbiologists at WUR and UCLouvain have been studying what the bacterium does in our intestines. Mice with *Akkermansia* gain less weight when fed a high-fat diet than ones without the bacterium. In humans, the bacterium – live or pasteurized – reduces cholesterol levels in the blood and improves the blood sugar level. The diet bacterium has now been approved as a nutritional supplement. The first product is expected next year.



LAY OFF THE SNACKING



It is not easy to eat healthily and you often end up going for the quick and easy snack. Psychologist Harm Veling (Consumption and Healthy Lifestyles) develops apps that train your self-control. The training app sounds a beep if you see something tasty and the task is then not to press a button. That goes against your brain's natural impulse and makes the temptation look less attractive. As a result, you make different choices.



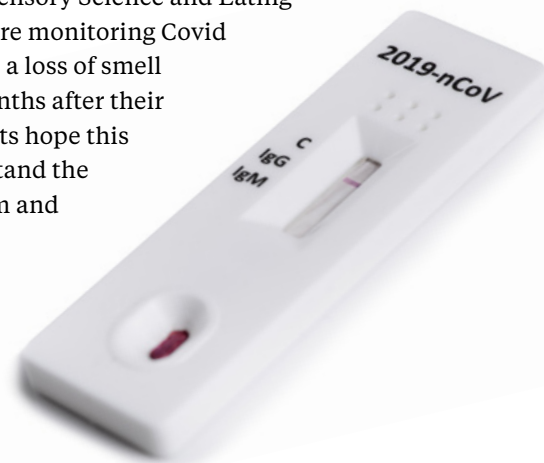
SCRUTINIZING THE COLONIZER

Historian Michiel de Haas is studying the archives to get a better understanding of the heavy dependence of African economies on exports. After the crisis years of the 1930s, African countries exported more cotton, coffee and copper even though commodity prices had plummeted. Many countries were still colonies at the time. The historian, who is collaborating with fellow historians in East Africa, hopes to get a better picture of the role of colonialism in African poverty and to challenge old frames.



SMELLING AFTER COVID

Two in three Covid patients lose their sense of smell and taste. It is unclear why some people take months to recover whereas others can smell and taste things as normal within a couple of weeks. Sanne Boesveldt and Elbrich Postma (Sensory Science and Eating Behaviour) are therefore monitoring Covid patients who still have a loss of smell and taste one to 12 months after their infection. The scientists hope this will help them understand the underlying mechanism and recovery.





DNA FROM ONIONS

WUR researcher Richard Finkers (Genomics and Big Data Application) and his colleagues have unravelled the DNA of the onion. This was no easy task as the onion genome is five times bigger than the human one. The researchers had to sequence 100,000 fragments of DNA, 95,000 of which were hard to tell apart. Now the DNA sequence has been established, plant breeders can develop new varieties faster. They are looking for onion varieties that are more resistant to drought and fungal diseases.



YOUNGEST GETS INDULGED MORE

Mothers decide what children eat, showed Femke Brouwer (Food Quality and Design). She also found that mothers are more health-conscious in their choice of snacks with their first child. This may explain why youngest children are more often overweight. Governments, healthcare organizations and producers can make use of these insights in their campaigns and product development.

ROTTING ON A SANDBANK

A dead minke whale is decomposing on the Rottumerplaat, an uninhabited Dutch Wadden island. The whale goes by the name of Godfried. The decomposition process is being monitored with scientific precision by Martin Baptist (Marine Research) and his colleagues. The corpse has attracted 57 species of beetle, including the common burying beetle. The researchers want to know what impact a rotting corpse like this has on biodiversity. The results could lead to a policy of leaving dead beached marine mammals to decompose more often.



FOOTBALL PHILOSOPHY

These days, innovation is mainly associated with technical gadgets but in the past it was seen as a disruption to the established order. Lucien von Schomberg (Philosophy) breathed new life into this ancient Greek, political understanding of innovation in order to flesh out the concept of 'responsible innovation'. He drew on the ideas of the philosopher Hannah Arendt. Innovation empowers each individual: it can be expressed in words or deeds. That sounds like a club song. In fact, the philosopher and part-time football coach incorporated it in his strategy ideas for the youth training scheme of professional club KFC Genk. Applied philosophy.



YEAST REPLACES COW

To obtain casein, a protein found in milk, you need a cow. But there is an alternative. You can alter yeast genetically so that it makes casein too. Etske Bijl is working on this in collaboration with industry. A crucial point is that the process should make the protein clot just as it does in milk. So yeast could make the cow redundant. Shame for the cow, but better for the environment.



TRACKING DOWN DRUGS WITH A PHONE

The police in the Zuidas area of Amsterdam may soon be using a scanner on their mobile phones to track down cocaine. Yannick Weesepeel and Martin Alewijn (Wageningen Food Safety Research) have worked with the Amsterdam police to develop a cheap scanning app to locate cocaine on the streets.



THE PARASITIC WASP'S PERFUME

The gene called doublesex determines whether parasitic wasps find each other attractive. Doublesex controls the production of pheromones, which act like the wasp's attractant aftershave. Entomologist Eveline Verhulst is trying to figure out the mechanism. Males in which the gene is switched off are no longer attractive to females. In fact, other males see *them* as females.



CHANCE VACCINE

Viruses can do a lot of damage, as everyone knows by now. Virologist Jeroen Kortekaas and his team have developed a vaccine against Rift Valley fever. And successfully too, though the extensive testing phases are still to come. Kortekaas used a live attenuated virus to elicit an immune response. Thanks to a split in the virus's genome, it induces an immune response instead of making people ill. Smart work, which was discovered by chance. Even scientists need some luck.



SCANNING PAINT

Restoring valuable paintings is delicate work. Jesse Buijs (Physical Chemistry and Soft Matter) has designed a gadget that reveals how the solvents used to remove varnish penetrate paintings. The gadget uses a laser to measure the miniscule movements of pigment molecules in the paint: a worldwide first. Buijs can use his gadget to predict whether the paint will be damaged during cleaning.



MESSAGE IN A BOTTLE

How does plastic travel by sea? Where does a bottle end up if you throw it in the sea on Texel island, say? The Plastic in a Bottle project is finding out. Researcher Wouter Jan Strietman (Performance and Impact in Agrosectors) threw a bottle full of sensors into the sea. This is not really research (there is only one bottle), but more of a communication project to make us aware of how plastic drifts around the world. The bottle went into the water at the end of May and first drifted round and round the North Sea.



BIG BROTHER ON THE FARM



Nothing goes unnoticed in the modern barn. Suresh Neethirajan is developing ChickTrack, a system that recognizes and monitors each chicken in a barn with thousands of hens. ChickTrack uses ordinary cameras, thermal imaging cameras, microphones and chemical sensors. When all that data is analysed using the right algorithms, it can tell the farmer how each bird is doing and whether action is needed.



RETURN OF THE STURGEON

The sturgeon disappeared from the Rhine in the 1950s. Researcher Niels Breve is trying to reintroduce the fish (quite a beast – they can grow up to five metres long). In fact, they live in the sea and only come up the Rhine to mate. Trials show that young sturgeons released into the river can find their way out to sea. A big experiment will start soon in which 700 sturgeons will be released.



WHAT NEXT AFTER A BURN-OUT?



Work pressure and stress are increasingly often leading to burn-outs. At WUR too, work pressure is the biggest threat to the health of staff and students. Roald Pijpker is studying the effectiveness of 'outdoor psychologists' on the recovery process. Outdoor psychologists literally take their clients outdoors and use nature as a kind of treatment space. But you need to be open to this. It doesn't work for everyone, says Pijpker. After all, even forest wardens get burn-out.



WHO IS WHERE

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



PLACES TO BE

- 
- | | |
|--------------------|-----------------------------|
| 1 Forum | 14 Nexus |
| 2 Orion | 15 Leeuwenborch |
| 3 Atlas | 16 De Bongerd |
| 4 Helix | 17 Campus Plaza |
| 5 Omnia | 18 Bornsesteeg |
| 6 Lumen | 19 Markt |
| 7 Gaia | 20 Emmaus second-hand shop |
| 8 Radix | 21 Cicuto ice cream parlour |
| 9 Axis | 22 Heerenstraat cinema |
| 10 Zodiac | 23 THUIS Wageningen |
| 11 Futurum/Impulse | 24 Torckpark |
| 12 Aurora | |
| 13 Vitae | |

Idealis office



Note: maintenance work until 31 August! See prorail.nl



Ede & train station
Ede-Wageningen



Droevendaal

8

7

6

3

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22

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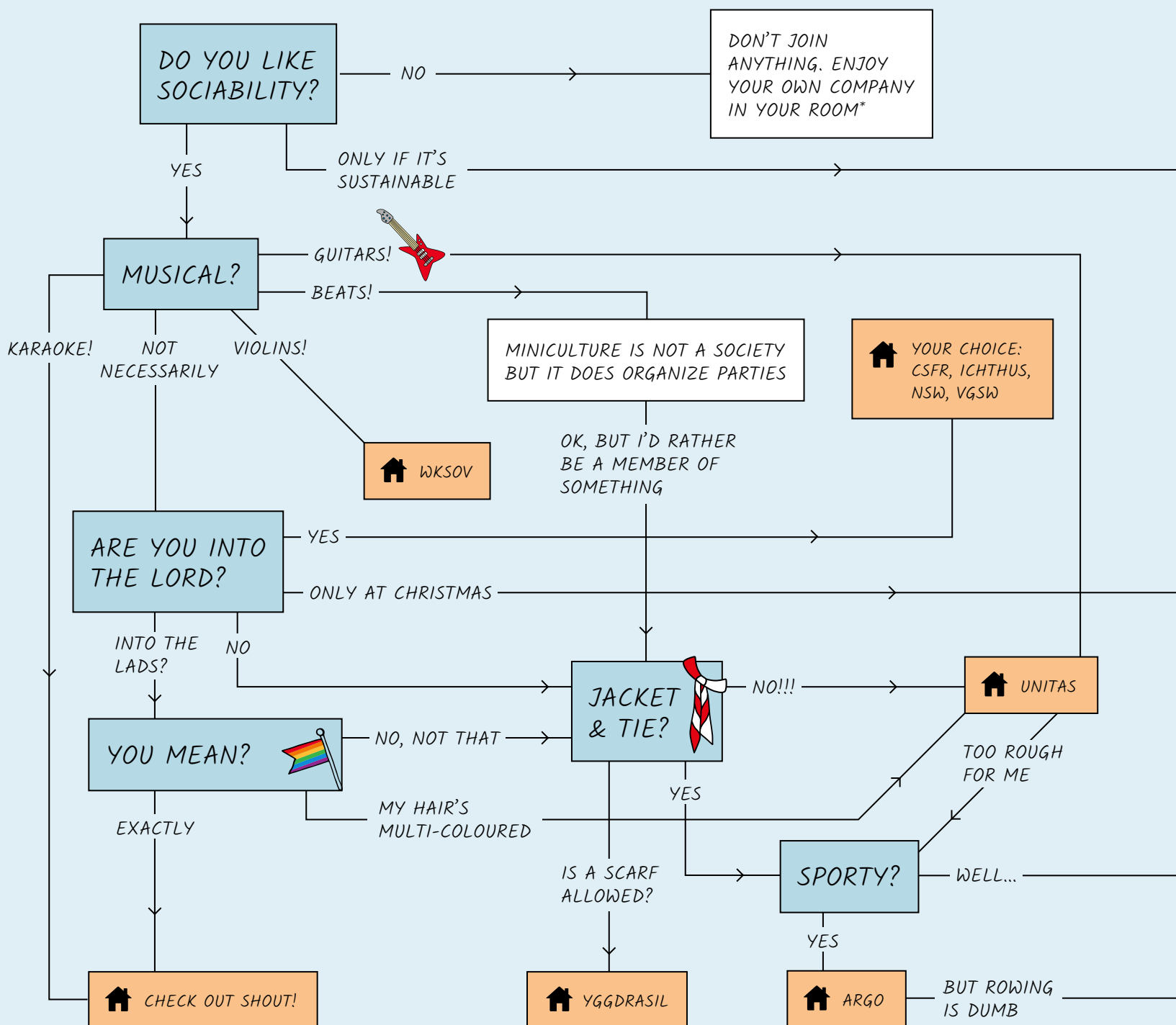
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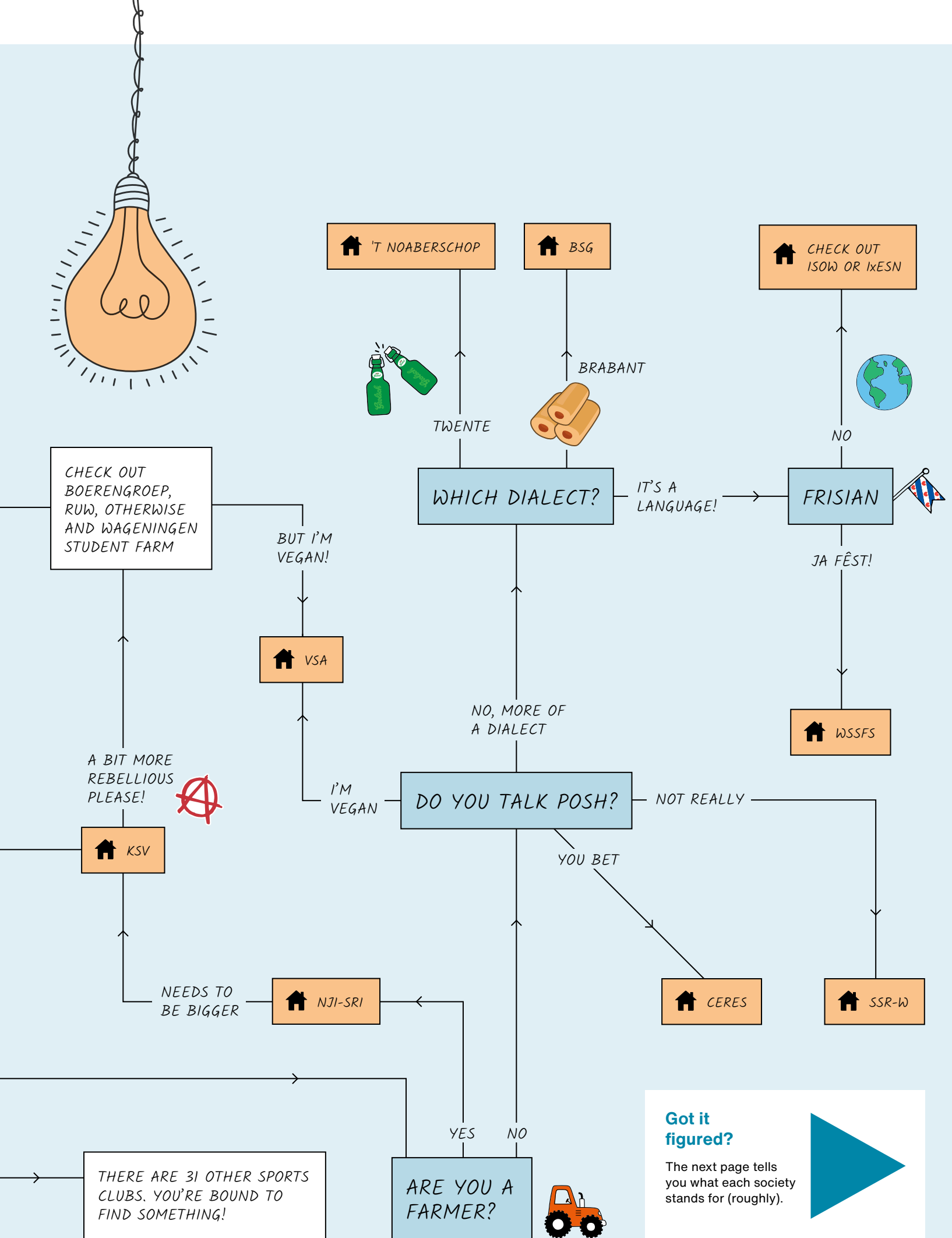


TICKING BOXES

Not sure which one you should join?
Resource can help you. Just follow that arrow.



*Is all that club and society spam during AID driving you crazy? Not joining anything is fine too — you'll make friends soon enough.



Introducing **the societies**

BSG – You don't need Brabant roots but this Brabant society does have a focus on the sociability the province is famous for. There is a weekly activity but nothing is obligatory. hetbsg.nl

W.S.V. Ceres – The oldest student society in Wageningen and one of the largest with 48 society houses plus a detached villa clubhouse that is open to members four days a week, with cheap food and affordable beer. aidwsvceres.nl/

C.S.F.R. – Christian student society that combines Bible groups with drinks dos. Members form a close-knit community of friends who play sports and go on weekend trips together, but they also regularly discuss topics in society and philosophy in relation to their faith. csfrwageningen.nl

D.L.V. Nji-Sri – Originally farmers, with a large and active network of alumni all over the world. Also has a clubhouse in the middle of Wageningen where all students are welcome to enjoy a beer on Thursdays. Member numbers are manageable so everyone knows one another and gets on well. njisri.nl

Ichthus – Faith, enjoyment and bearing witness. Ichthus combines relaxing together with a serious quest for God. It is a society for strong friendships and making a difference in society and your future field of work through your religion. ichthuswageningen.nl

IxESN – International student organization, part of the Erasmus Student Network (ESN). It offers a buddy programme, the ESNcard (discounts!) and weekly social, cultural and sporting activities and excursions. You are virtually guaranteed an international circle of friends. esn-wageningen.nl

ISOW – Internationally oriented and culturally and socially inclusive. Offers a broad range of language and dance courses, activities and excursions to make members feel they belong to one big international family. The ideal place to meet people from all over the world. isow-wageningen.com

K.S.V. Sint Franciscus Xavierius

Wageningen's largest student society with over 900 members actively involved in committees, sub-societies, year groups and debating groups. A society where everyone finds their niche and builds a network of friends for life. ksvfranciscus.nl

NSW – Active Christian student society that combines growth in your faith with sociability. It offers a wide range of activities where you can build strong friendships and develop as a person. And there is always room for good conversations and great beer. navigatorswageningen.nl

't Noaberschap – Society with a lot of members from Twente and the Achterhoek region, who get to extend their network back home. Members from other areas are welcome too. An easy-going society where everyone knows one another, with weekly activities. hetnoaberschap.nl

SHOUT – The main LGBTIQ+ advocacy and social society in Wageningen. For all age groups (not just students). Organizes society evenings, open parties and discussion groups. Also gives talks on sexual and gender diversity at schools and helps LGBTIQ+ asylum seekers. shoutwageningen.nl

Unitas – Youth society with great premises in the middle of Wageningen. Offers a place where you can feel at home and develop as a person. Beer and soft drinks: Unitas is for all kinds of people and ideas, and always there for you, whether for hardcore partying or playing board games. jvunitas.nl

VGSW – A home for Christian students, offering members a place to grow in their religion and academically. A safe environment where you can make really good friends, have serious discussions or do crazy stuff. Important: Bible groups and the pub. vgsw.nl

SSR-W – One of Wageningen's biggest student societies but it never feels too big because all the members know one another.

Offers plenty of opportunity to have a great time at university with all the year clubs, committees, debating groups and clubs. aid.ssr-w.nl/

WSSFS – Communication is in Frisian but anyone in search of fun is welcome. A friendly society with few obligations, the perfect combination for student life in Wageningen. Different activities every Tuesday evening. *Oant sjen!* (See you soon!) wssfs.nl

Yggdrasilstam – Sociable group of students who do scouting-related activities together. Also welcomes members who don't have a scouting background. Members eat together on Wednesdays and go camping a couple of times a year, either alone or with other student scouting groups. yggdrasilstam.nl

W.S.R. Argo – Rowing is the quintessential student sport and easy for anyone to learn. You can row at every level, from touring to European championships, training on the Rhine and in the largest indoor rowing facility in the Netherlands. Also very much a social club, with weekly dinners, drinks dos and amazing parties. aidargo.nl

VSA – The Vegan Student Association makes veganism fun and easy. In addition to lunches, drinks dos and dinners, the society also organizes quizzes, cookery workshops, talks, film evenings and excursions — also open to non-vegans. See [@vsawageningen](https://www.instagram.com/vsawageningen) on Instagram.

WSKOV – The society consists of a student choir and student symphony orchestra, and has been around since 1919. wskov.nl

Wageningen has loads more special-interest societies for sports, music, hobbies and green topics, while each degree programme has its own study association. A list (not complete) can be found at wur.nl/nl/show/verenigenen.htm

Sobering

I needed a dust mask to get to sleep. During my AID, I lodged in a house run by the St. Fransiscus Catholic student society. I was curious to know whether we would have communal prayers or Bible reading sessions and whether a non-believer like me would get on with these Catholics. The AID was a sobering experience: it turned out Christianity was not the dominant theme in either the house or the society. Actually, 'sobering' isn't exactly the right word. Anyway, great people, really friendly.

'The fryer was in such a state even the residents didn't dare go near it'

Although they didn't have a strict cleaning rota. In fact, they didn't have a cleaning rota at all. That gave me the luxury of a double bed, in the sense that my inflatable mattress was resting on a 'bed' of dust. The deep fat fryer was in such a state even the permanent residents didn't dare go near it. The layer of grease was so gungy your hand stuck to it like superglue. Sleep isn't a big priority during AID week. So what *is* the priority? As far as the societies are concerned, one simple question: which one will you join? Student societies can be seen as an insurance policy for loneliness.



Steven Snijders

You will see and speak to enough salespeople plugging their product during your AID — although I'm speaking from the cynical perspective of a non-member, of course. If it sounds fun to you, go for it. If it doesn't really sound much fun, don't. No pressure!

During the AID, you will come across plenty of alternative sources of friendship, fun, fulfilment and failure (though hopefully not for your liver): course-mates, flatmates, your study association, sports clubs, political groups and so on.

Perhaps you think Wageningen will be too small-town, stale and boring if you don't join a society? I can assure you, Wageningen is not stale (apart from the air in my AID house). Sure, Wageningen is small but it's big enough. Someone once told me: size doesn't matter, it's what you do with it. No need to reveal what exactly we were talking about, but you get the gist. And I think it also applies to Wageningen: there are enough pubs to crawl, open parties to crash, sandy beaches to saunter along, nature to explore and sociable stuff to enjoy. And remember, no pressure, the AID is just the start of your Wageningen adventure. Have a good trip!

Resource columnist Steven Snijders (24) is doing a Master's in Management, Economics and Consumer Studies. He likes to let off steam on the squash court. He was on the Student Alliance Wageningen board for a while and he did a Bachelor's in International Development Studies.

Let's talk about yes

They say your student days are the best days of your life. That is true for many students but it's not all roses (trigger alert!): inappropriate behaviour is found among students too. For now, at least. Will you help stop it?

Text Marieke Enter • Photo Guy Ackermans

When Amnesty International announced the results last year of a survey of sexual violence among students, it prompted a wave of indignation. Over half the women who responded and 10 per cent of the men had experienced sexual intimidation, sometimes in an extreme form. Over 1 in 10 female students and 1 in 100 male students said that they had experienced non-consensual sexual penetration.

Taking action

The Amnesty survey led to the initiative Let's Talk About Yes, aimed at higher education. Its aim is to make sure that from now on flirting and fooling around is always voluntary, consensual and on the basis of equality, and never against someone's wishes. The initiative also has a Wageningen branch, whose activities can be followed on Instagram or Facebook (Let's Talk About Yes Wageningen). The university, the student accommodation provider Idealis and the student societies are also taking action to make Wageningen safer for students. Many student societies have organized training

for their bar staff to help them recognize inappropriate behaviour and know what to do to stop it. Most societies now also have sanctions for inappropriate behaviour and they encourage their members to discuss their boundaries with one another.

Eradication

That might sound soft but discussing things is important in the effort to eradicate inappropriate behaviour. That is because everyone has different boundaries. And it often depends on the situation too: an uninvited arm around you is quite different when it's a good friend compared to a pushy, drunken senior student, for example. Another problem is that the people who go too far often don't realize (or don't want to realize) that they have crossed a boundary. They might admit they are 'quite persistent' in the game of flirting and seduction but they are not likely to say they force themselves on someone or carry on manipulating or intimidating their victim until they get what they want. Nearly everyone sees themselves as innocent, even those people who are guilty of seriously overstepping others' boundaries.

Influence as a bystander

Bystanders are also important in helping to stop inappropriate behaviour. If you see something that looks like it is crossing someone's boundaries, make contact with them and check (verbally or non-verbally) whether they are feeling harassed. A distraction often works as a way of stopping inappropriate behaviour. Start a conversation or even knock something over 'by accident'. Calling in someone else – for example the bar staff – is also a good idea. Just make sure the victim doesn't have to cope on their own, and don't look away.

Intimidating

So here's a question for *you*: how OK do you think it is to make a sexually suggestive comment? Or to openly check out someone else's body? Last year, a survey by 3Vraag, the youth opinion panel of current affairs programme *EenVandaag*, found that people have very different ideas about this, with big gaps between men and women. In the survey 89 per cent of the women and 64 per cent of the men thought it was not OK to make sexually suggestive remarks. Checking out someone's body was a no-no for 70 per cent of women but less than half the men (46 per cent). And nearly all the women



Student societies are fed up with inappropriate behaviour: everyone should feel safe at parties.

(90 per cent) but only 65 per cent of the men thought it was sexually intimidating if someone dances, sits or stands up close to you uninvited.

Cup of tea

The moral of this story is that different people have different boundaries, but they aren't always aware of each other's

'Discussing boundaries is important in eradicating inappropriate behaviour'

boundaries. So make sure you check how your behaviour comes across if you are 'single and ready to mingle': ask explicitly if the other person is OK with what you're saying or doing. Whether you are drunk or sober, don't fall into the trap of assuming everything is fine while the other person might be feeling really uncomfortable or even intimidated. You probably know that video that compares sex to drinking tea (if not, search 'consent + tea' on YouTube). So make sure you are quite certain that what you want is also the other person's 'cup of tea'. Stop if you don't hear an enthusiastic 'yes' (and remember, 'mwah', silence and a 'yes' on an earlier occasion don't count). Because however thirsty you are and however tasty your

tea, not everyone fancies a cup of tea whenever it's offered. You need to respect that. That's how simple consent is. ■

Need help?

WUR has professionals you can speak to for support and advice if you have encountered inappropriate behaviour – including if you are not sure what it was that happened and what you can do about it. Go to wur.eu/socialsafety for an overview of who you can contact. If you prefer to get help from outside WUR, the Sexual Assault Centre is for anyone who has had an unwanted sexual experience. It is free of charge, and anonymous if wished.



Flavours of WUR

Student grub

All the flavours of the world can be found in the WUR community. Here's a foretaste for you, with two recipes from different countries, which are cheap and quick to make.

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*.

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



What recipe reminds you of home? Share it with *Resource* so we can all enjoy it! resource@wur.nl

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 grams of 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.

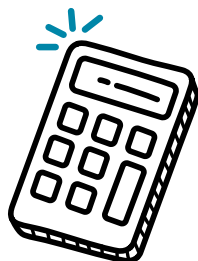
1. Heat the oven to 180 degrees. Cut and wash the vegetables. Peel the garlic and chop finely.
2. Stir-fry the leek and garlic for about 10 minutes, add the kale and let it shrink
3. Beat the eggs in a large bowl with the mint, feta, pecorino romano and sun-dried tomatoes. Add pepper and salt to taste 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.

How to make ends meet as a student

You are starting uni in uncertain times. There is no basic grant but there might be next year. So should you take out a loan? Is student debt the best kind of debt? 'Finfluencer', student and *Resource* editor Emma Mouthaan gives students financial tips on Instagram @skere_student. And now in *Resource* too.



Borrowing money 'for free'

You may be aware that the interest on student debt is 0% at the moment. Some people think it means you can borrow money for free, without paying interest, but unfortunately that is not the case. The interest rate is reset each year and it is very likely to go up in January 2023. The Education Executive Agency (DUO) will announce the new rate in the autumn.

How the interest is calculated

A lot of students also do not realize that the interest is based on your entire debt. For example, if you borrow €2000 now while the interest rate is 0% and stop borrowing when the rate increases, it doesn't mean you don't pay interest on that €2000 – you do have to! So when you apply for a loan from DUO, you don't know how much it will end up costing you. That makes borrowing risky and it is difficult to weigh up the costs against the benefits.

Max your loan to max your life?

I really hope students stop saying this because a lot of people seem to forget that borrowing up to the maximum leaves you with maximum student debt. To give an example, the maximum you can borrow at the moment, including for tuition fees, is about €1100 per month. If you graduate in five years (three years for the Bachelor's and two for the Master's),

you end up with debt of €66,000. If you take one or two years longer – not uncommon – your debt will increase to €79,200 - €92,400. Ouch...

Monthly allowances

Lots of students are entitled to the care allowance and you may be entitled to a rent allowance too. Go to toeslagen.nl to apply for them. This year there is also an energy allowance to compensate low-income households for the increase in energy prices. Go to your municipality website to apply for that. Note that some municipalities explicitly exclude

'Lots of people seem to forget that borrowing up to the maximum leaves you with maximum student debt'

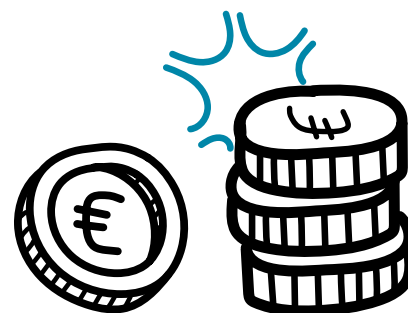
students from the energy allowance. But it is questionable whether this is legal. So if you come across things such as 'not for students' or 'only if you don't get student financing' when submitting your application, you should still apply, but check the example letters the national student union LSVb has on its website (lsvb.nl).



Emma Mouthaan

Additional grant

The basic grant will probably be introduced in the 2023-2024 academic year but in the meantime you can apply for another grant from DUO: the additional grant. You might think you don't qualify but you should still apply just in case. Even if you aren't eligible for the full grant, you might still be able to get a partial grant – and it all helps! You can apply on the DUO website once you have logged in.



More financial tips from Emma? Check her site skerestudent.com or see @skere_student on Instagram and TikTok.

SPEAK WAGENINGS

Cut out
and save!



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

A

ABW: Anything But Work (study avoidance behaviour). Doing the washing up, mending a flat tyre – suddenly everything has a higher priority than studying. Mainly seen 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.

Asserpark: One of the four high-rise 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.

Billie: Reusable coffee cup with a deposit. Can be used on campus and in cafés in the town centre.

Black giraffe: Electricity mast in the Rhine floodplains, with various beaches nearby.

Bongerd: Sports centre for WUR students and staff. With a large gym, playing fields and various sports courses.

Bornsesteeg: One of the four high-rise 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.

Bunker: also Hunkerbunker: flat pub in Dijkgraaf.

C

Chunder: Vomiting after a drop too much.

Chicks: also nutrition chicks, Nutrition and Health students.

Cie: Short for 'committee' in Dutch. The student societies have committees for specific themes. PromoCie, VITcie, LustrumCie, you get the message.

Cobo: Drinks do to celebrate a new society board.

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: Anniversary date for the university or student societies.

Dijkgraaf: One of the four high-rise blocks of student flats in Wageningen.

Droeendaal/Droef: Student complex near the campus. 'Droef' is a close community with its own culture. The students who live there are called droefies.

Duif: Student complex Duivendaal, in what used to be the university's administrative building.

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.

F

First aider: First aid official. 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.

Flunkibal: Beer game in which you have to toss a bottle upright with your shoe to be allowed to drink it.

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, deal with certain family circumstances or because of illness.

Fragile: What you feel like after an evening's serious drinking.

Fruit mafia: Market stall where you can buy really cheap fruit and veg, especially towards closing time. Make sure you eat it quickly, though, as it's usually pretty ripe...

GHIJK

Ground pizza: The result of chundering.

Hoevestein: One of the four high-rise blocks of student flats in Wageningen.

Holo-ing: Strolling up and down Hoogstraat. A popular activity on Saturdays in Wageningen for lack of anything more exciting.

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.

LMN

Lebo: Short for Leeuwenborch, the teaching building for the social sciences.

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.

Major: Your degree's core element or specialization.

Minor: Part of your Bachelor's degree where you choose a set of optional subjects. Can also be done at a different university.

Momo: Short for Molecular Life Sciences.

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.

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: Sport based on the Harry Potter books. The Wageningen team is called the Werewolves.

Rela/prela: Relationship and the preceding period.

Revision week: The last week but one in a period,

when nothing is on the timetable so that students can prepare for the exams.

S

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

Soil-drilling championships: A muddy and uniquely Wageningen spectacle in which teams compete to get the soil drill into the clay as fast as they can. The championships have been run for at least 20 years by Pyrus study association.

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

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

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.

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

Student society: Social club that has nothing to do with the degree programmes. See also pages 7 and 20.

Stufi: Short for student financing.

TUVW

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

Veggie: Vegetarian or vegan.

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

Waga: Short for Wageningen.

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

Wayo: Wageningen youth, someone who grew up here.

Woeste: Short for Woeste Hoeve, the Hoevestein flats pub.

WUR: Short for Wageningen University & Research.

WURkforce: Publishes a weekly list of jobs at WUR for if you want to earn some extra money.

XYZ

Zaaier: Popular pub in the centre of Wageningen, and the name of a statue at the campus entrance.

Olympic sport

I chose Wageningen University on an impulse. My only requirements for my degree were that it should have something to do with nature and be a long way away from home — and Wageningen fitted the bill. AID was supposed to be a taster of what was to come. I soon realized I wasn't physically up to week-long partying. I got the message after three parties and on the fourth evening I went home after an hour. In an effort to get the hungover AID kids

'I collapsed on the sofa at home and didn't move a muscle all weekend'

need to be told twice: everything sounded fun. By the end I had signed up for the skating club and the student orchestra and was planning to form a knotsball team with three others.

Then, in the first proper week of lectures, I had to sign out again for pretty much everything. Knotsball is undoubtedly a great game but I really didn't have time. For AID was just the start. It was followed

excited about the information market, we were told: 'Guys, whoever registers for the most things today wins!' I didn't

by days of getting up at seven, studying all day on campus and getting to know loads (like loads and loads) of new people. Each day was brand new and each evening I came home exhausted. It felt like an Olympic sport. Even though I had chosen the university with the worst transport connections, in the early days I still made the arduous journey back home nearly every Friday evening so I could collapse on the sofa and not move a muscle all weekend.

It took a long while to get used to the pace of student life. Only after I was two-and-a-half years into my Bachelor's did I realize that another degree subject was a much better fit – also involving nature and in Wageningen, fortunately. But I don't regret those extra years. If I have to give a tip, it would be to find your own balance between studying and student life; it takes most people quite some time before they figure out what makes them happy. I got off to a slow start, but then your student days are a marathon and require a certain amount of courage even to take part.



Ilja Bouwknecht

Forest and Nature Conservation Bachelor's student Ilja Bouwknecht (23) is from Nijeveen in Drenthe. She is a member of study association WSBS Sylvatica, helps out at night sometimes with bat research and is a columnist for *Resource*.

Student Training & Support


Your study at Wageningen University & Research is about acquiring knowledge and preparing for your future career. Sometimes you may need a little extra support, and that's where we come in. Student Training & Support offers a variety of hands-on workshops & short training courses to improve your study skills, work on your (mental) well-being and explore your talents.

Free of charge!

...so check out our training programme on the website and follow us on Insta to stay tuned.

www.wur.eu/sts



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 **WUR_Wellbeing**



*'explore your potential,
improve your qualities!'*



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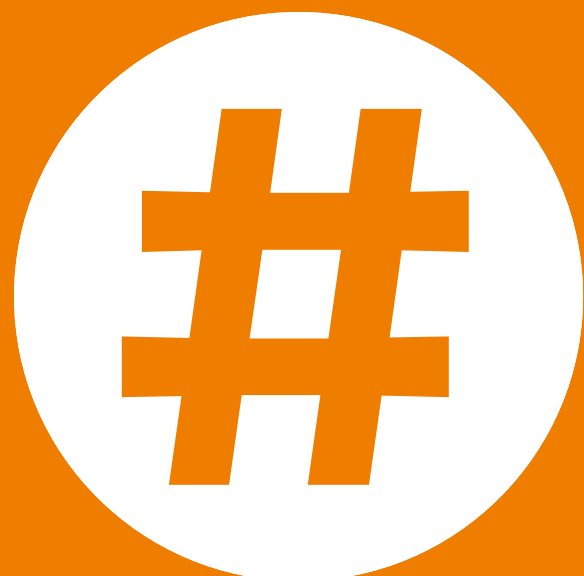
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Resource

WUR from within: straight, sharp, transparent

A slower pace



Julia van der Westhuyzen

I had very few expectations before getting to Wageningen. I didn't think anything could live up to the wonderful student life I had lived for the previous four years. Within minutes of arriving, however, I was already proved wrong. I had barely set down my bags when one of my new housemates handed me a bowl of freshly cooked pasta and seated me at a table full of friendly

'Not only are people in Wageningen kind, they are also everywhere'

faces. The days and weeks that followed were filled with overwhelming amounts of genuine interest and kindness that

made being 12,000 kilometres away from home feel like nothing.

Not only are people in Wageningen kind, they are also everywhere. And by 'everywhere' I mean that after a few months of living in Wageningen, it will be very difficult to go a day without bumping into someone you know – my friends often laugh about it being like the Truman Show. As you can imagine, this is both a blessing and a curse.

Wageningen offers a unique chance to make some really great connections without the distractions that come with living in a busy place – literally anywhere is at most a 15-minute cycle ride away (or 25 if you cycle at my pace, ha ha). Through this I have got to know people I probably never would have crossed paths with. The problem, however, is that Wageningen can get a little small and uneventful – especially if you're not interest-

ed in joining associations. What helped me feel less claustrophobic was getting a public transport subscription, or *abonnement* in Dutch. This makes getting away a lot cheaper and so every weekend you can go somewhere new. Although you still have to deal with the infamous fact that we don't have a train station... But don't worry, as I mentioned before, you'll probably see someone you know on the bus ride there and that will keep you entertained.

If you need more of a pastime, try to get in touch with the many qualified and interesting people this town has to offer. You can find people doing almost anything from photography to making sourdough cultures to skateboarding to working at *Resource*! For me, finding ways to meet people with different backgrounds really helped keep my day-to-day life more dynamic.

Looking back, it's been really nice to experience life at a slower pace. Enjoy your time in this tiny corner of the world and I'll probably see you at the market on Saturday!

Julia van der Westhuyzen (25) is a Plant Breeding Master's student who comes from South Africa. As a student editor at *Resource*, she currently goes on a weekly campus plant hunt with Plant Ecology professor Joop Schaminée, and reports on her experiences online.

PROGRAM AID

	Friday 19/8	Saturday 20/8	Sunday 21/8	Monday 22/8
09:00				
10:00	10:00-12:00 Registrations		10:00-12:00 Religious Morning (Optional)	
11:00		11:00-12:30 Brunch		
12:00	12:00-13:00 Lunch & Grand Opening		11:00-13:00 Sports Brunch & Aerial Picture	
13:00				
14:00	13:00-16:00 Campus Games	12:30-16:00 Operation Hotspot	13:00-16:30 Friesland Campina Sportsday	11:00-13:00 Student Council
15:00				
16:00	16:00-19:30 Association presentations & Dinner	16:00-19:30 Association presentations & Dinner		
17:00			17:00-20:00 Association presentations & Dinner	
18:00				17:00-19:30 Student Council
19:00				
20:00	20:00-23:00 Pub Night	20:00-23:00 International Street Theatre	20:30-23:00 Open Air Movie	20:00-23:00 Pub Night
21:00				
22:00				
23:00				

D 2022



Monday
2/8

0-17:00
Study day

0-20:00
Study BBQ

0-23:00
Study crawl

Tuesday
23/8

10:00-12:00
Brunch at the
mentors

13:00-16:00
Workshops
&
AID Talks

16:30-19:30
Association
presentations
&
Dinner

20:30-23:00
Sing-along

Wednesday
24/8

11:00-13:00
Brunch

12:00-16:00
Info
Market

17:00-00:00
AID
Festival

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 Thursday.

Contact Questions and comments for the editors:
resource@wur.nl | www.resource-online.nl

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Translations Clare McGregor, Meira van der Spa, Clare Wilkinson

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WANT TO BE A *RESOURCE* STUDENT JOURNALIST?

Calling



If you are dying to explore every aspect of Wageningen student life and like the sound of reporting on what you discover, how about becoming a student journalist for *Resource*? Perhaps you even already have some experience as a reporter.

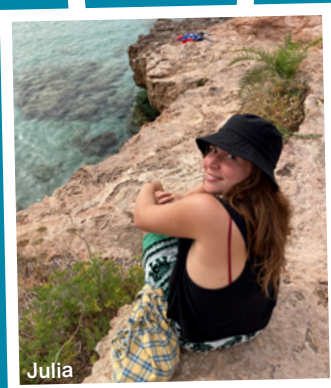
As a student editor, you keep a close eye on what is going on around campus, you help decide which topics *Resource* covers, you interview interesting people and visit fascinating locations for stories (in text and images) that *Resource* then publishes online, through our social media and/or in our magazine.

You decide yourself how much time to put into *Resource*, depending on your course work and diary commitments. Internationals are more than welcome, by the way, as the student editors use English. *Resource* can offer you a good allowance, professional mentoring from experienced journalists, an enthusiastic team of fellow student

journalists – those nice people you can see here – and the best excuse you could want for being endlessly nosy and asking brazen questions.



Ilja



Julia



Steven



Monique



Susan



Rohit

INTERESTED?

Send an email explaining why you want the job and enclosing a couple of examples of your work to resource@wur.nl. If you would like to know more first, phone or text the editor-in-chief Willem Andrée (06 3868 6167) or student & education editor Luuk Zegers (06 1853 4080).