

WUR from within: straight, sharp, transparent

AID edition

# Resource

SUMMER 2023 VOLUME 18

The journalism platform for all at Wageningen University & Research

## WikiWUR

Isn't science  
marvellous?

## Join a society?

Help with choice  
overload

## Column: 'Glue

not strictly  
necessary'

## How to study

Great tips from  
teachers

## Smart with your cents

Tips from influencer  
Emma

## Quick Start Guide

Studying in  
Wageningen

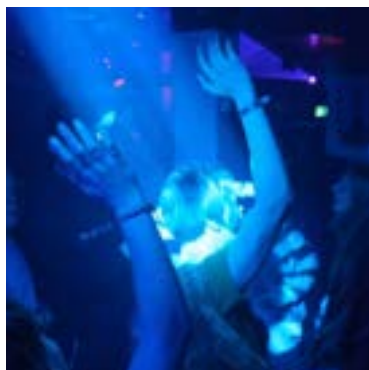
Parties,  
dancing,  
nightlife  
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Only with consent



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Read the latest news and background stories at [resource-online.nl](http://resource-online.nl)



## FOREWORD

### Freedom

Studying is freedom. The freedom to choose your course and go where your curiosity leads you. Freedom to plan your time, to eat pizza every night, should you want to. When you move out, you are free of the yoke of your parents. If you are new to Wageningen, you are free to discover a new environment. There are ample possibilities in your new environment: student associations, parties, sports, community work and more. Have an ice cream at Cicuto's, chill on the banks of the Rhine or taste an eggroll from the stand across from the library in the city centre. Your studies also offer plenty of freedom. Feel free to do a six-month internship abroad or apply as an exchange student. To ensure the sheer endlessness of possibilities does not overwhelm you, the *Resource* editors have made this special AID edition to help you find your way.

We will keep you apprised of important developments within and around the university throughout the year. *Resource* magazine is published every fortnight and available from the designated bins in all the campus buildings. Your daily news is available on [www.resource-online.nl](http://www.resource-online.nl) and our social media channels, such as Instagram and Twitter.

Should you encounter something special, great, ridiculous, concerning, innovative, hilarious or otherwise newsworthy at WUR or in your life as a student, let us know. Make our day! Send us an email at [resource@wur.nl](mailto:resource@wur.nl) or drop by our offices in Atlas.

For now: Welcome to Wageningen – City of Freedom! Enjoy!

### Luuk Zegers

Student & Education editor





## CULTURAL HERITAGE

Every October, hundreds of eccentrically dressed students descend on a field in the Haarweg to attend an event that is part of Wageningen's cultural heritage: the soil drilling championships. Organised by study association Pyrus, this competition involves rival teams drilling a 1.20 'bore' as quickly as possible using an Edelman auger. Team members have different jobs, including drilling or getting the soil out of the auger. Last time round 120 student teams participated. <sup>LZ</sup>

Photo Guy Ackermans

# WIKIWUR

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 Marieke Enter

## MANATEE CAMERA

PhD student Fee Smulders is studying the foraging behaviour of wild manatees this summer. In Florida, where these endangered animals are dying *en masse* due to malnutrition, she is using an underwater camera to record which seagrass the animals prefer to eat and whether (and where) sharks or other predators disturb them in the process. She did a 'dry run' in Burgers Zoo in Arnhem with a camera attached to a real Arnhem/Caribbean manatee.



## MEASURING AIR QUALITY YOURSELF

Wood-burning stoves and fireplaces are ruining air quality. Meteorologist Bert Heusinkveld developed a sensor to measure particulate matter in the air. Seventy of those sensors have been placed in the gardens of Wageningen residents. It's a true citizen science project. A measurement is made every 145 seconds. Levels of volatile organic compounds and nitrogen oxides are also measured, so it is possible to determine whether the particulate matter originates from wood fires or traffic. The data are available to all on the Sensor Community website.



## 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.



## 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.



## 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.



## Legend:

### WHICH TOPICS BELONG TO WHICH SCIENCE GROUP?



AGROTECHNOLOGY & FOOD SCIENCES GROUP (AFSG)



ANIMAL SCIENCES GROUP (ASG)



PLANT SCIENCES GROUP (PSG)



SOCIAL SCIENCES GROUP (SSG)



ENVIRONMENTAL SCIENCES GROUP (ESG)

### 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.



### UNLEARNING IS NOT EASY

Unlearning behaviour (cognitive flexibility) is a complex process, research on great tits has revealed. Krista van den Heuvel studied how quickly these birds can change learned behaviour: finding food on a feeder. The differences between great tits are significant, but at first glance, hereditary factors do not seem to have much influence. Interestingly, fast learners unlearn more slowly and slow learners unlearn quickly.



### 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.



### BALLOON MEASURES WIND

Hot-air balloons are useful for making wind measurements, as research by meteorologist Cisco de Bruijn has shown. Balloons drift with the wind. A mobile phone on board can serve as a cheap wind meter, and De Bruijn developed an app to chart the wind easily. Up to now, little information has been collected on wind at the altitudes where balloons sail, so De Bruijn's measurements will come in handy for improving weather models.



### 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.



### BROCCOLI

Harvesting broccoli is boring work, but a robot can do it too.

Pieter Blok developed the software for this, but harvesting is harder than it looks. Broccoli stems ripen at different times, so the harvesting machine has to work selectively. Blok trained the robot using machine learning, and the results were successful. One picking machine can do what would otherwise require 15 people. And the machine does not complain.



### SOLAR FARM SHEEP GRAZE MORE

Solar panels and sheep make a good combo, master's student Emma Kampherbeek discovered. Sheep graze more on plots with solar panels than on comparable plots without. She found this out by tracking sheep with data loggers on their collars. Solar panels protect sheep from heat and bright sun. Moreover, the grass growing underneath solar panels is better digestible and has a higher protein content.



### BAN ON ORANGE

In 2018, a majority of Members of Parliament called for a ban on agricultural use of glyphosate: the stuff that turns fields orange. According to the Minister, that ban violated European rules. But is that so? Legal expert Hanna Schebesta was asked for a second opinion. Her finding: the ban is legal, regardless of whether such a ban is desirable, effective or necessary.



### SELF-HEALING PLASTIC

Organic chemist Sybren Schoustra makes plastic that grows back together by itself after a break. You don't have to do anything – it happens 'naturally'. The plastics that have this property are called vitrimers. Their self-healing property makes this kind of plastic potentially reusable. It works in the lab, and further research should reveal industrial applications.



### RETURN OF THE STURGEON

The sturgeon disappeared from the Rhine in the 1950s. Researcher Niels Brevé 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.



### TRACKING SICK COWS THROUGH PASSPORT PHOTOS

Like human faces, a cow's face speaks volumes. The question is how to read those 'volumes'. Can illness be read from a cow's face? And can a computer learn that too? Yes it can, according to research by Ronald Petie. Together with students from the HAS and Avans universities of applied sciences in Den Bosch, Petie put the dreaded foot-and-mouth disease to the test. After training, the computer picked up 94 out of 100 sick cows. It also correctly designated 94 out of 100 non-sick cows as healthy.



### WHO'S 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.



# See for yourself



**Felix Landsman**

When I was asked to write a column about my AID, my initial idea was to write a sociocritical piece about the excessive consumption of alcohol in society. As an AID-baby (a ridiculous term), you are practically drowned in  $\text{CH}_3\text{CH}_2\text{OH}$  (ethanol), and that is appalling. And although I, as a later-year student, would love to take the moral high ground, something inside me says: who am I kidding?

It really was fantastic, the first time as an eighteen-year-old at student parties

**‘Although I would love to take the moral high ground, something inside me says: who am I kidding?’**

this includes a drop or two. It is what it is. But go and see for yourself, is my advice. Before you know it, you may be making out with someone you have only just met. And also, see for yourself what it is like when you get called out of bed the next morning at 08.20 hrs because you should

singing along with the worst possible songs with fellow students in exactly the same state.

And perhaps

be delivering a presentation in Orion in room 4041 right now (speaking from experience, luckily, the copious amounts of alcohol still present in my system helped me wheedle my way out it).

This is the moment you have the freedom to do as you please, so go ahead. But not just the things I described here, take the time to appreciate how lucky you are to be studying at such a university, that you are one of the happy few that doesn't have to slave away for half a bowl of rice per day. So don't just pull an all-nighter at a techno party on pills, but also pull an all-nighter because it suddenly hit you how deeply in the shit we really are.

At least, that is what happened in my case. And, before you start fearing that your future includes glueing yourself to the tarmac, you realise that glue and mashed potatoes are really not the only ways you can make a difference.

But above all, see for yourself and enjoy. Believe me; I will run into you at that techno party.

*Resource student editor Felix Landsman (22) is an almost ex-bachelor student in International Land & Water Management and an aspiring adventurer. He is often searching for something.*

# WHERE'S THAT PARTY?

Uni often involves hard work, cramming and putting in the hours in the library. But a good party is also part of the deal. You can have a great time every day of the week in Wageningen.



Foto Syen Menschel

## 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 1.50 euros, which is a lot less than ordinary cafés. The pubs in the blocks of flats (Woeste Hoeve in Hoeverstein, Annie's Kroeg in Asserpark and the Bunker in Dijkgraaf) are also budget-friendly.

## WEDNESDAY

- Wednesday is often party time in **Woeste Hoeve**, the Hoeverstein 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.
- Annie's Kroeg** opens every Thursday night. Karaoke, Nineties Night or Pool Party, check the programme @annies\_kroeg on Instagram.

## 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 LGBTIQ+ 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.*

## LIVE

Popupop organises musical evenings with live performers or electronic music at various locations and festivals. In café Loburg, for example, or the Rhine port. [popupop.nl](http://popupop.nl)

Quiet is the New Loud evenings in the library has singer-songwriters regularly for you to enjoy. Or see indie acts during the monthly InDiePub (locations change).

[popcultuur-wageningen.nl](http://popcultuur-wageningen.nl)

## DANCE

The Grasshoppers teach Swing Dance and organise a social almost every Sunday in the Punt Centraal Wonen or in the Algemene Barak on Droe-vendaal. [grasshopperswageningen.nl](http://grasshopperswageningen.nl)

There is salsa dancing during the SundaySalsa in Loburg every second Sunday of the month, as well as every second or third Friday of the month in wijkcentrum de Nude. [afriquedancecompany.nl](http://afriquedancecompany.nl) and [facebook.com/sundaysalsa.wageningen](https://facebook.com/sundaysalsa.wageningen)

## OPEN STAGE

Every month in the city centre library: open stage for poetry, stories, music or dance. Everything is permitted as long as it takes no more than eight minutes. [bblthk.nl](http://bblthk.nl)

## JAMMING, DINING OR TEKNO-KNITTING

Prefer to make music? Superette has a jam session every Thursday evening. Or come on Tuesdays if you would rather knit a sweater while listening to Tekno music. On Fridays, you can enjoy a meal for a donation. [desuperette.nl](http://desuperette.nl)

## LAUGH

Every month in the Wilde Wereld: Emma's Comedy Nights, English-spoken stand-up comedy with performers from many different nationalities. Also in the Wilde Wereld: A Mile in My Shoes story-telling night, every first Thursday of the month. Check out [funtimeswageningen.com](http://funtimeswageningen.com) for details.

'Miniculture—often in Loburg—is always fun and has better DJs than the standard student parties, but there is no fixed schedule.'

– Iija Bouwknegt

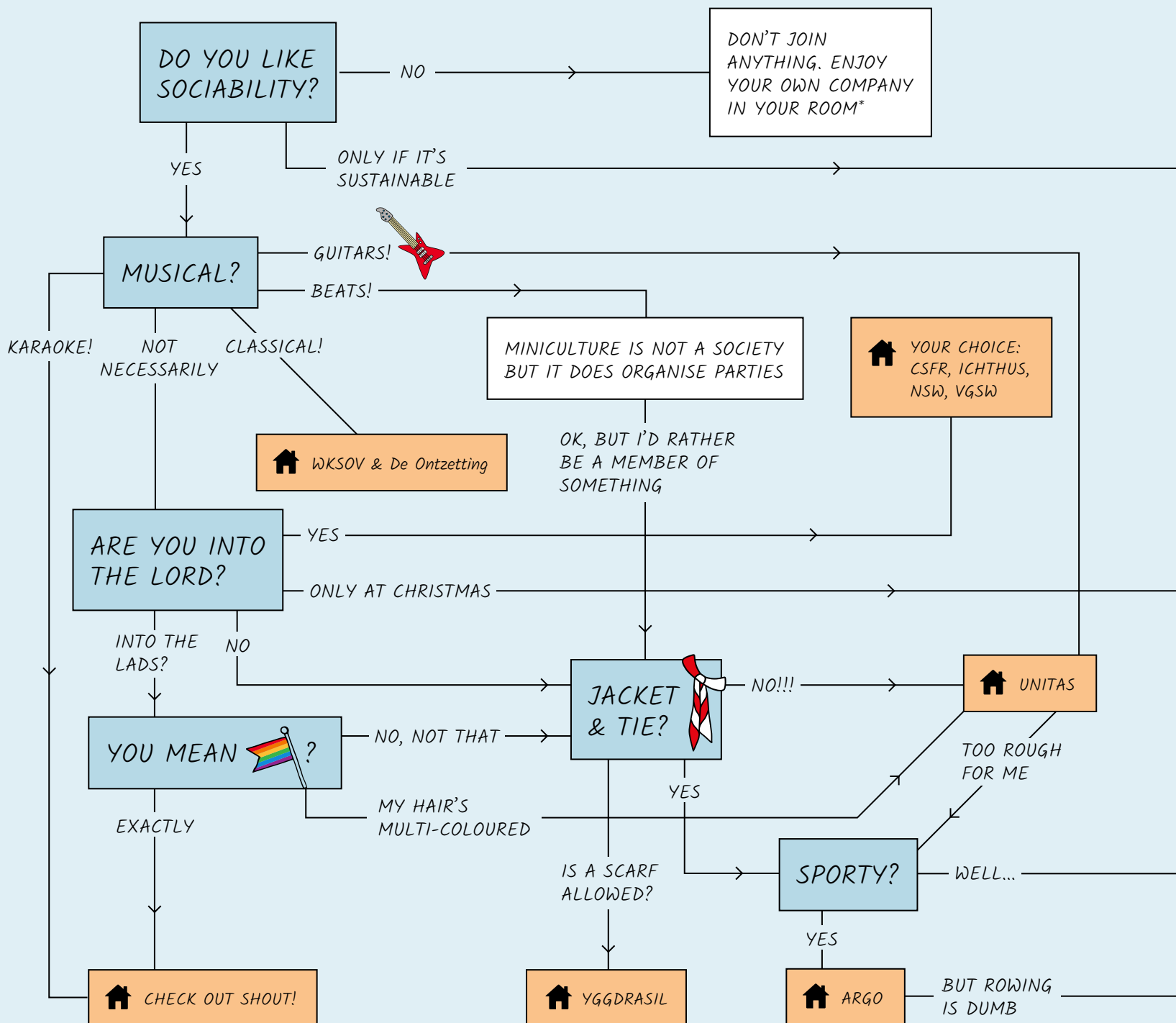
'Parties with specific EDM styles such as drum & bass don't have a fixed location but are organized in De Bunker, Loburg or Unitas. Those who prefer different genres are sure to find parties that suit them as well.'

– Steven Snijders

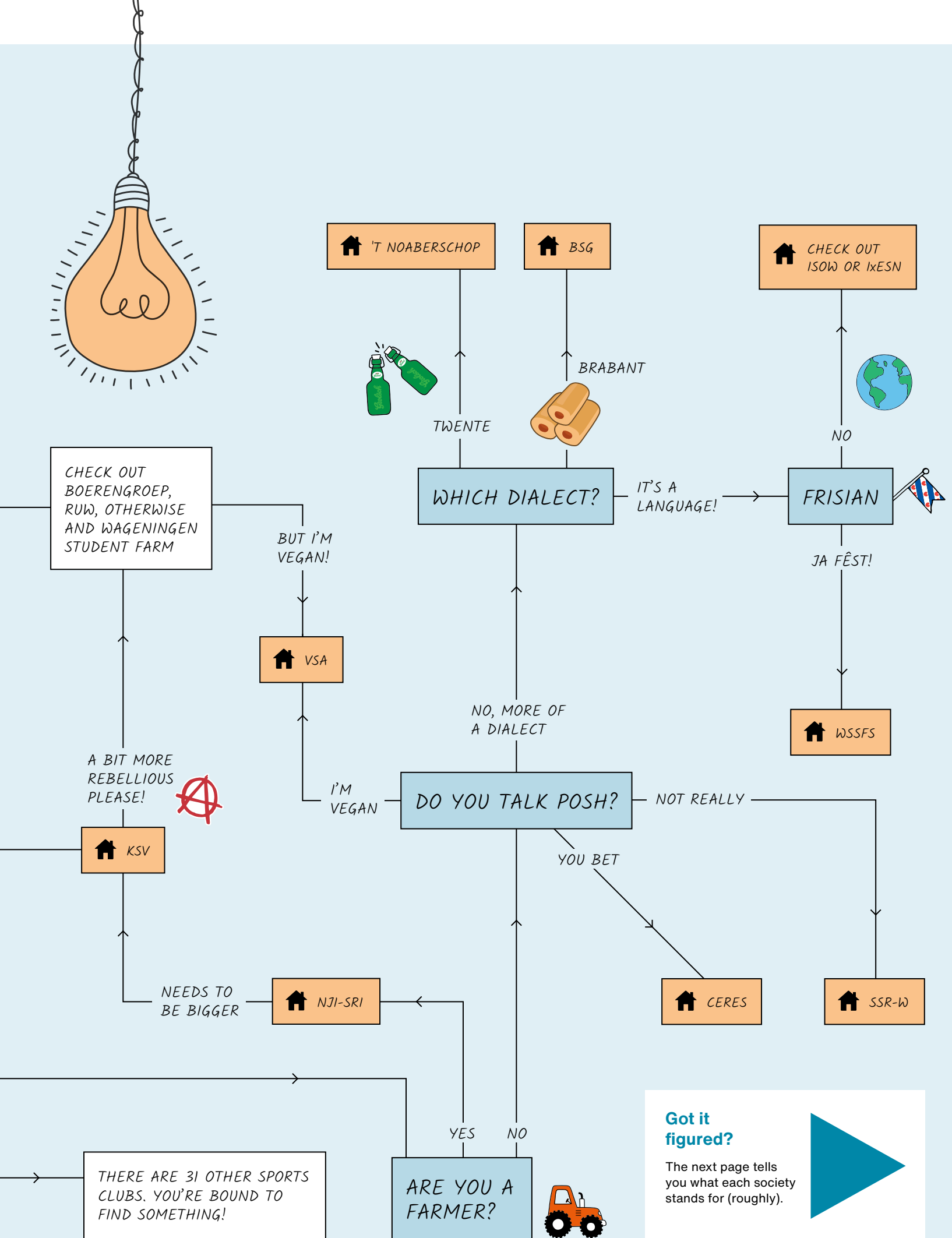


# TICKING BOXES

Not sure which society 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](http://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](http://aidwsvceres.nl)

**C.S.F.R.** – Christian student society that combines Bible groups with drinks. 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](http://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](http://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](http://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](http://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](http://isow-wageningen.com)

**K.S.V. Sint Franciscus Xaverius**  
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](http://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](http://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](http://hetnoaberschap.nl)

**De Ontzetting** – Student wind orchestra De Ontzetting is the oldest student wind orchestra of the Netherlands. Sixty students make music together every Thursday and give multiple concerts in a year. The music ranges from classical to jazz. Any interested musician can come and join the open rehearsals. [ontzetting.wur.nl](http://ontzetting.wur.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](http://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](http://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](http://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](http://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](http://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](http://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 and amazing parties. [aidargo.nl](http://aidargo.nl)

**VSA** – The Vegan Student Association makes veganism fun and easy. In addition to lunches, drinks 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](http://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](http://wur.nl/nl/show/verenigenen.htm) (switch to English)

# THERE ARE BOUNDARIES

**It is said that your time as a student is the time of your life. And this is certainly true for many students. However, it is not just a bed of roses (trigger alert): transgressive behaviour also occurs in student life. This is how you can help prevent it.**

Minister Dijkgraaf announced at the start of June that he intended to legally establish students' right to social safety. An overwhelming majority of the House of Representatives voted in favour of a motion mandating information on sexually transgressive behaviour during student introduction. The fall of the cabinet makes implementation of these plans uncertain. But the events make it clear that social safety among students is a priority.

In part as a result of the shocking results of an Amnesty International investigation, Wageningen also focuses on this issue. The investigation revealed that over

**Respect the boundaries of others, and don't forget to defend yours as well**

half of the female students and ten per cent of the male students had experienced sexual intimidation. The investigation led to the *Let's talk about*

*yes* initiative that focuses on higher education, among others. This initiative aims to achieve that flirting and touching will take place exclusively with mutual consent. There is also a Wageningen branch. Furthermore, the Wageningen student housing agency Idealis and the student associations joined forces to make Wageningen a safer place for students, for example, by offering special training for people working at a front desk or as a bartender.

WUR also addresses social safety on the campus, starting during the AID. On 18, 19 and 23 August, you and your group can join an All-Inclusive Escape Room to which the creative diversity promoters Wagastorm have contributed. Shortly thereafter, on 2 September, the first edition of the Valley Festival is to be held, which focuses on diversity and inclusion. And from 4



Both the university and the student associations are done with transgressive behaviour. ♦ Photo Guy Ackermans

September, a new series of Social SafeTEA challenges will be launched by WUR's Student Service Centre—for example, a bystander training in which you learn what to do if you witness transgressive behaviour. Read more on [resource-online.nl](https://resource-online.nl).

## Is it okay?

Stopping transgressive behaviour starts with acknowledging that everyone has their personal boundaries and that these boundaries may shift depending on the situation. So, always check whether the other person is okay with what you say and do. Stand down if someone lets you know that your behaviour makes them feel uncomfortable, even if your actions were meant as an innocent joke or flirtation. Respect the boundaries of others, and don't forget to defend yours as well. ME

## Need help?

WUR has a social safety contact point where you can – anonymously, if you prefer – report any incidents and get help if you are the victim of transgressive behaviour. Bystanders are also welcome. Phone +31317 481 774. E-mail [socialsafety@wur.nl](mailto:socialsafety@wur.nl). Confidentiality guaranteed.



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 read the course guide! 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 Take the readings seriously.** Reading can be overwhelming. I get it. But reading is key to learning and read-

ing 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.

**3 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. That said, 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.

**4 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.

**5 Deal with stress.** Transitioning to a new stage of life can be tough, so find healthy ways to deal with the stress. 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!

**6 Learn about AI.** Academia is changing and must respond to developments like the rise of AI. We are all learning while doing at this point. Programmes like ChatGPT present so many opportunities but also risks. Do not use them blindly. Learn about them. Engage critically with them. And, more importantly, be transparent about how you use them. Do not rely on them to write your assignments (it will likely backfire), but seek out ways to use them to help you expand your engagement with scientific literature.



## 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 Check exam designs.** 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

Assistant Professor of Cell Biology

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

**2 Prepare properly for practicals.** If you know what you have to do in advance, you get a lot more out of it. It is a pity if you have to figure out what to do during contact time with your lecturers. You can use the time in the lab to ask questions and let the lecturers enthuse you about the subject if you are well prepared.

**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 a board learn soft skills that will help them an awful lot when they start work.

**4 Enjoy freedom.** 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 working.

**5 Take an active approach to studying.** Make a drawing or schematic of what you have learned and question fellow students or teachers if there is anything you don't understand. Complete mock tests, which you will often find on Brightspace and try to find the answer before looking it up in your course material.

# 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 Theater     |
| 10 Zodiac  | 23 THUIS Wageningen         |
| 11 Impulse | 24 Torckpark                |
| 12 Aurora  | 25 Theater Junushoff        |
| 13 Vitae   |                             |

Idealis office



↑ Ede & train station  
Ede-Wageningen ↑

Droevendaal



15

# WURLDLY WISE

## 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 you need to get to know fast. (See pages 16-17 for a handy map.)

1

### Forum

is what the *Forum Romanum* once was for ancient Rome — the heart of the campus. This is where you can find the library, cafés, teaching facilities, study associations and lots more. It's ideal for working, studying and meeting up.

Foto Erik Koole Photography | Shutterstock.com



### Orion

Orion is a great place to chill out in 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



### 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

Aurora is the newest education building on campus and was named after the Roman goddess of the dawn. Aurora is the first building on the campus not to have mains gas; it has a large lecture theatre that seats 450; the classrooms have higher ceilings than those of other buildings, at 3.80 metres.



### 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.



### Omnia

Dialogue centre Omnia is the main building on campus for meetings, conferences, PhD ceremonies and inaugurations. It has a lovely outdoor seating area that overlooks the garden two Landscape Architecture students have designed.



## Spots to relax & swans

The campus greenery is the result of an ecologically aware approach, as you might expect from this university. Popular spots are the Lumen central courtyard and the ponds near Orion and Forum, with the swans that come every year to breed. The Field, behind Wageningen Food Safety Research, is another pleasant garden for students and staff.

Photo Guy Ackermans



## From Aerobics to Zumba

In De Bongerd sports centre you can do sports seven days a week for 114 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](http://wur.nl/sportscentre) and the map on pages 16-17.

Photo Marte Hofsteenge



## Sick or out of sorts

There is a GP practice especially for students on campus: the Wageningen Student Medical Center. If all you have is a hangover, you can buy paracetamol in the Campus Plaza supermarket.

# GOOD FOR YOUR CV (AND FOR FUN STUDENT DAYS)

# 2

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 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 10.

**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. **Inte-grand** can get you an internship at a

company. **UniPartners** lets you work as a consultant and find vacancies for board positions and traineeships.

**YUFA** is 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.

Teacher of the Year Ignas Heitkönig

# ‘I WANTED TO BECOME A MONK’

Ignas Heitkönig (assistant professor of Wildlife Ecology and Conservation) was elected Teacher of the Year last June. Resource interviewed him about his time as a student and the route to teaching. Text Luuk Zegers

## What did you want to become as a child?

‘I was born in the Catholic city of Sittard in 1957. I had trouble accepting the huge difference between rich and poor from an early age. As a young teenager, I considered becoming a Franciscan monk, otherwise known as the friars minor, due to their modest lifestyle.’

## You came to Wageningen to study Biology in 1975. What was your student life here like?

‘Biology was one of the toughest programmes. I was a good student, but there were many distractions. I joined SSR rather than the catholic student’s association KSV, as I felt their main purpose was drinking a lot of beer. I failed my first year and considered switching to studying Physiotherapy because that, too, would enable me to help people. Yet I decided to give Biology another shot. This time, I passed. I went on to choose as many tropical courses as I could, ranging from tropical plant breeding and animal husbandry to tropical soil science. I saw myself as an idealist and wanted to move to the tropics to help make the world a better place.’

## You did your internship in Mali. What work did you do?

‘Back then, the region was frequently affected by droughts, resulting in famines. The study focused on the question of whether humans could use wildlife instead of cattle as a protein source. It was exciting and nice work, and I got along well with my supervisor Steven de Bie, so I decided to graduate on the project. I began to study the roan antelope’s diet by gathering and analysing its manure. Roan antelopes have dry manure, somewhat similar to sheep droppings. By treating it with nitric acid, it can be analysed under a microscope

to determine what plants they eat. Today, you would simply enter the data into an AI system, but things were different back then. I designed a determination key that was later used by other students to determine plant species in the manure of other West-African animals.’

## And you ended up in South Africa.

‘De Bie and I met Norman Owen-Smith at a conference in Finland: A South African looking for a doctoral candidate to study roan antelopes—the very species on which my manure study was based. Owen Smith wanted to know why roan antelopes thrive so well on nutrient-poor soils while other large herbivores, such as zebras, don’t do nearly as well. Terribly interesting, but I also thought: South Africa, Apartheid, no way. It was at odds with everything I valued. I recall roaming the rainy streets of Helsinki for hours pondering whether or not to accept. It was an impossible choice.’

## But you went.

‘Someone in Wageningen said: If you go, you may be able to alleviate some of the pain Apartheid inflicts. I



Mali 1981 • Own photo



Ignas Heitkönig • Photo Guy Ackermans

took the decision and hopped on a plane. My university was an anti-Apartheid university that was at odds with the government, and I quickly felt at home in this world where everyone hated the system of Apartheid.'

### How was your PhD research?

'It was an interesting study with fieldwork at a two-hour drive from Johannesburg. There, a herd of roan antelope lived on nutrient-poor soil. Some of the antelope were tame, so I was able to observe them from a short distance and see what they ate. Still, the research had its ups and downs. I didn't get along very well with my supervisor, and the PhD trajectory was quite old-fashioned. When my grant was spent, my dissertation was not yet completed. To make ends meet, I took a teaching position at Venda University. The department head there felt that my expertise in roan antelope qualified me to teach a second-year course in animal physiology. I bought books and dived into the deep end.'

### And just like that, you were a teacher.

'Yes, although it was small-scale with groups of no more than fifteen students. Designing experiments with worms, mice and insects. I mimicked teachers that I had enjoyed learning from as a student and colleagues I had observed in Johannesburg. Someone told me that no matter how many pedagogical tricks you have up your sleeve, igniting the students' enthusiasm is the best thing to aim for. It was a fantastic experience.'

'I mimicked teachers that I had enjoyed learning from as a student'

### Why did you return to the Netherlands?

'I had married a Dutch nurse who worked with malnourished children. We had a beautiful but also difficult life. It was difficult for my wife to repeatedly see undernourished children trapped in poverty. So when my former supervisor De Bie contacted me at the beginning of the nineties to let me know that his position as professor in Wildlife Ecology was to become vacant, it was a golden opportunity. I had worked on the dissertation during my holidays and had almost completed it. I applied, and much to my surprise, I got the job. And so, I returned to Wageningen after ten years in South Africa. I did not become a monk but a teacher. My love for nature and concerns over injustice have remained.' ■

### Want to read more?

In *Resource* #1 (31 August), Ignas Heitkönig talks about activism, outdoor teaching, and delivering cake to the eco-activists blocking the A12 and a tram line to Ede.

# SPEAK WAGENINGS

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.

**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.

**Droevendaal/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.

**Hoeverstein:** 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.

**Thuis-thuis:** 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 (BVO):** 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 Hoeverstein 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

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

# Between fun and studying



**Sarah Scheid**

Friends, fun, cycling and exhaustion. These are the first things I think of when I remember my time during the AID last year. Colourful hustle and bustle with lots of international faces. And, of course, great atmosphere and music. In the evening, I went to bed completely exhausted and in the late morning, the programme continued. But after a week of fun, university hit me like a ton of bricks: The change from a German to a Dutch university was more intense than expected and 9 to 5 days with little time to catch up on classes left me struggling with time management. Then

**‘Take some time in the beginning to get to know new people’**

market. These included archery and horse riding, which I still do after a year. Still, due to time constraints, I was hardly active in the international student associations ESN and ISOW. I still went to bed exhausted, but more from the exhaustion of university in the evenings than from partying. Despite its small size, the university feels like a big city in a small town. Student life is very lively, especially in the summer. Whether it's a master class in the evening

there were the leisure activities I had signed up for during the info

or a karaoke night at ISOW, there is something to do every day. It's crazy how many things I experienced for the first time in my life: I celebrated Chinese New Year and got to know Indonesian culture through many Indonesian friends. I didn't get to do that during my Bachelor studies. I also try to communicate in Dutch all the time. Learning a new language works well here because I can practise my Dutch every day at lunch. It is also worth having a chat in the kitchen with some of my 10 very international flatmates. ‘What do they eat in Colombia?’ I asked my flatmate, and then we sometimes cooked together. Nonetheless, you should think about time management: When do I have time for leisure activities, and when does university come first? Leisure is important and should not be neglected. Take some time in the beginning to get to know new people, because it's very easy to do that, whether it's in your courses or in associations. Try out what you like, do nice things on the weekends and enjoy your time in Wageningen!

*Resource student editor Sarah (24) is a second year Masterstudent Climate Studies from Germany. She likes to do archery and horseback riding. She volunteers in the Mastercie of her study association Actief Slip and in juFORUM, a young scientists' network.*

# 'DON'T LET IT GET TO YOU'

From student to president (boss of everything) or rector magnificus (research 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

**H**eimovaara 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 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, 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 your future job. 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?

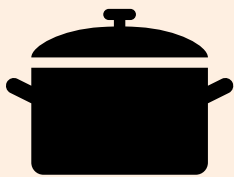
Mol: 'I talk to a lot of students and they often this idea "you need to have done everything" during your degree because afterwards it will be too late. Nonsense. Of course you should study, but focus on doing the things you enjoy. You don't need to accumulate loads of additional credits. You don't need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



Flavours of WUR

## Pasta al Forno

The WUR community is home to all the flavours of the world. Stefano Fazzari is an exchange student from Italy. He shares a recipe for *Pasta al Forno*.



**Stefano Fazzari**  
an exchange student from Italy

### Ingredients for one small oven dish (30x20cm) :

#### Pasta

- 500g pasta
- 2 or 3 mozzarella cheeses, sliced
- grated Parmigiano Reggiano to taste

#### Sauce

- 500 ml tomato puree
- half a carrot
- half a head of celery
- half an onion
- 200g minced meat
- a dash of olive oil
- a dash of red wine
- kruiden naar smaak

'Pasta al Forno is one of my favourite dishes because it reminds me of Sunday lunch when all the family is at home enjoying a meal together. This is really a recipe for using up leftovers, and you can use anything you've got in your fridge. My mum's version uses minced meat, but as I said, any type of sauce works in this pasta dish.'

- 1 Chop the onion, carrot and celery. Make '*soffrito*' by frying them in a pan;

- 2 Add the meat and a dash of wine once cooked;
- 3 Once the wine has evaporated, add the tomato puree. Simmer for at least half an hour. Season to taste;
- 4 Once the sauce is ready, cook the pasta in salted water. Cook the pasta for a shorter time than suggested on the packaging;
- 5 Drain the pasta and add the sauce and the sliced mozzarella;
- 6 Put everything in the oven dish with more mozzarella

on top and sprinkle with Parmigiano;

- 7 Put the dish in a preheated oven for 5-10 minutes at 180/190°C. Then turn on the grill and grill the dish for another 5 minutes.  
*Buon appetito!*

## Turkish Lentil Balls

Yurdanur Yilmaz, a PhD student of Food Sciences from Turkey, shares a recipe for Turkish lentil balls.

'Lentil balls are basically meatballs without the meat. In this recipe, the minced meat is replaced with red lentils, making it a good alternative for both vegetarians and vegans. It reminds me of

home, where my mum often makes lentil balls when she invites relatives or friends over to have a good time together.'

- 1 Cook the lentils till they soften;
- 2 Mix the bulgur into the moist cooked lentils. Leave the mixture with the lid on at room temperature for 30 minutes;
- 3 Heat the vegetable oil in a pan, add the finely chopped onion and fry it;
- 4 Add tomato paste, salt and pepper and fry for about 3 minutes. Then add the onion and tomato mixture

to the lentils and bulgur. Knead well;

- 5 Finely chop the spring onion, parsley and dill and mix into the lentil mixture;
- 6 Lay the lettuce leaves on a flat plate;
- 7 Take a handful of the lentil mixture to form a medium-sized ball. Aim to make about 25 lentil balls;
- 8 Cut the lemons into two and squeeze the juice onto the lentil balls;
- 9 Arrange the lentil balls on the lettuce leaves and decorate the plate with slices of lemon;
- 10 *Afiyet olsun!* (Enjoy your meal)

### Ingredients for 5 portions :

- 1 cup red lentils
- 1/2 cup fine bulgur wheat
- 1 onion
- 1 small spring onion
- 50g parsley
- 50g dill
- 1 lettuce
- 5 tablespoons vegetable oil
- 3 tablespoons tomato paste
- 2 lemons
- 2 teaspoons salt
- 1/2 teaspoon black pepper



**Yurdanur Yilmaz**  
a PhD student of Food Sciences  
from Turkey

# How to make ends meet as a student

You will be studying during uncertain times. The basic grant has been reintroduced, but it's not enough to come by. So should you take out a loan? Is student debt really the best kind of debt? Emma Mouthaan is a WUR student and influencer who shares her financial tips in *Resource* and elsewhere.



**Emma Mouthaan**



## Money 'for free'

For a while, the interest rate on student debt was set at 0 per cent every year. Combined with the introduction of the loan system, this led to the threshold for borrowing money for your studies becoming very low. As a result many students accumulated high debts. When it was announced last year that those interest rates would go up, it came as a big surprise. In fact, many students did not know that interest rates can basically change every year. Currently, the interest rate is 0.46 per cent per year (in most cases, depending on your situation, it can go up to 1.78 per cent per year) and it is expected to rise further in 2024. In autumn, DUO will announce next year's interest rate.

adjusted every year to the prevailing interest rate at that time, which is levied on the entire amount you borrowed from DUO. It doesn't matter what the interest rate was when you borrowed that money from DUO. So when you apply for a loan from DUO, you don't yet know at all what it will eventually cost. That makes borrowing quite risky, and also makes it harder to properly weigh up whether the costs outweigh the benefits.



## Risky interest

A lot of students also do not realize that the interest is based on your entire debt. For example, if you borrow €2,000 now, while the interest rate is 0.46 per cent, and you stop borrowing once the interest rate goes up further, it does not mean that you will always pay only 0.46 per cent interest per year on that €2,000. Instead, the interest rate is



## Max your loan?

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 €1,315 per month. If you graduate in five years (three years for the Bachelor's and two for the Master's), this will result in a study debt of €52,548 (€78,900 - the waived basic grant of €26,352). One or two years' delay - not uncommon - means that your study debt will rise even more to €63,058 to €73,567. 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](https://toeslagen.nl) to apply for them. This year there is an energy allowance again 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 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](https://lsvb.nl)).



## Additional grant

Besides the basic grant, there is also another grant you can apply for from DUO: the supplementary 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](https://skerestudent.com) or see @skere\_student on Instagram and TikTok.

## 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.


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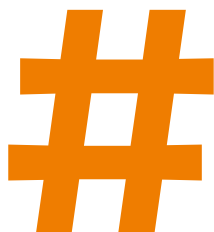
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# Magical elixer



**Maurice Schoo**

Exceptionally ecstatic and memorably unending. That is what the AID is to be if it were up to the large student associations. My AID certainly was ecstatic: a melting pot of parties, new people and unknown places. It was also memorable. But not unending. After 23 August, normal life resumed, albeit with the well-known AID-typhoid: laryngitis that affects everyone as a result of the many parties and a diet consisting of booze. In retrospect, the AID seems a lot like a rite of passage, the transformation from an innocent high schooler to a genuine student, with beer, wine or a mix as the magic

**‘Your time as a student is, pardon the cliché, a unique opportunity to discover yourself’**

elixir. After all, drinking was a major theme during my introduction, as it was at most student associations, according to friends who have joined. I have since become the ‘older’ and ‘wiser’ master’s student who tentatively considers life after graduation. Still, it is wise even as a first-year student to ask yourself, when you feel the alcohol-induced fog enveloping you at the umpteenth party: ‘Would this be fun also when sober?’ Your time as a student is the perfect opportuni-

ty to discover your personal relation with this socially accepted hard drug. I, for one, know now where my (relatively low) threshold lies.

Another major issue during the introduction is the obligatory question: ‘Have you made up your mind yet? Which association?’ In the beginning, I would always respond with ‘none’. The sectarian friends-for-life concept was my somewhat shy and solitary personality’s greatest fear. But I started to doubt my decision during the AID. Particularly when almost everyone in my group signed up. But I knew that the typical student association life was not my cup of tea. And also that I would not remain lonely and friendless. At the start of your studies, you meet friends everywhere. So, choose the things you really want to do. You will find your place.

Your time as a student is, pardon the cliché, a unique opportunity to discover yourself and your preferences. It is also a bit of a privilege because many people in this age bracket are already working full-time jobs. So, consider it an exceptional time, which is sadly not unending.

*Resource student editor Maurice Schoo (24) is a master’s student of Development & Rural Innovation. He studied Physics in Groningen, followed by a bachelor in Plant Sciences at WUR. He was active in various associations such as Semper Florens, Shout and Wageningen Young Democrats.*

# PROGRAM AID

|       | Friday<br>18/8   | Saturday<br>19/8   | Sunday<br>20/8  | Monday<br>21/8   |
|-------|--|--|---|--|
| 09:00 |  |  |   |  |
| 10:00 |  |  |   |  |
| 11:00 | 11:00-13:00<br>Registrations & Lunch<br>@Campus            | 10:00-12:00<br>Brunch at the<br>mentors                    | 11:00-13:00<br>Sports Brunch &<br>Aerial Picture<br>@Bongerd                |  |
| 12:00 |  |  |   | 12:00 - 14:00<br>Lunch<br>@Campus                          |
| 13:00 | 13:00-16:00<br>Campus Games<br>@Campus                     | 12:00-15:30<br>Crazy 88<br>@City Centre                    | 13:00-16:30<br>FrieslandCampina<br>Sportsday +<br>Sports Market<br>@Bongerd | 13:00-16:00<br>Campus Games<br>@Campus                     |
| 14:00 |  |  |   |  |
| 15:00 |  |  |   |  |
| 16:00 | 16:00-19:30<br>Association<br>Presentations<br>&<br>Dinner | 16:00-19:30<br>Association<br>Presentations<br>&<br>Dinner | 17:00-20:00<br>Association<br>Presentations<br>&<br>Dinner                  | 17:00-20:00<br>Association<br>Presentations<br>&<br>Dinner |
| 17:00 |  |  |   |  |
| 18:00 |  |  |   |  |
| 19:00 | 20:00-23:00<br>Pub Night<br>@Festival Area                 | 20:00-23:00<br>Street Theatre<br>@City Centre              | 20:30-23:00<br>Singalong<br>@Festival Area                                  | 20:00-23:00<br>Pub Night<br>@City Centre                   |
| 20:00 |  |  |   |  |
| 21:00 |  |  |   |  |
| 22:00 |  |  |   |  |
| 23:00 |  |  |   |  |

D 2023



Monday  
21/8

Tuesday  
22/8

Wednesday  
23/8

10:00

s

0-17:00  
Campus Day  
@Campus

11:00-17:00  
Study Day  
@Campus

12:00 - 14:00  
Lunch  
@Belmonte  
Arboretum

13:00-16:00  
Info Market  
@Belmonte Arboretum

0-19:30  
Association  
Meetings &  
Dinner

17:00 -19:30  
Study BBQ  
@Campus

17:00-00:00  
AID  
Festival  
@Festival Area

0-23:00  
Crawl  
@Torckpark

20:30-23:00  
Open Air Movie  
@Torckpark

## 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](http://resource-online.nl). The magazine is published every fortnight on Thursday.

**Contact** Questions and comments for the editors:  
[resource@wur.nl](mailto:resource@wur.nl) | [www.resource-online.nl](http://www.resource-online.nl)

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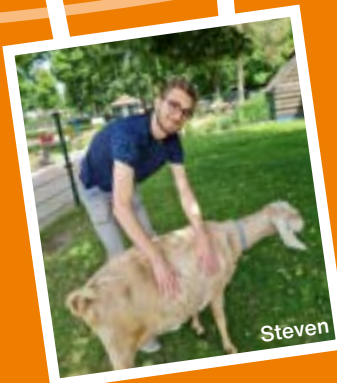
student journalists — those nice people you can see here — and the best excuse you could want for being endlessly nosy and asking brazen questions.



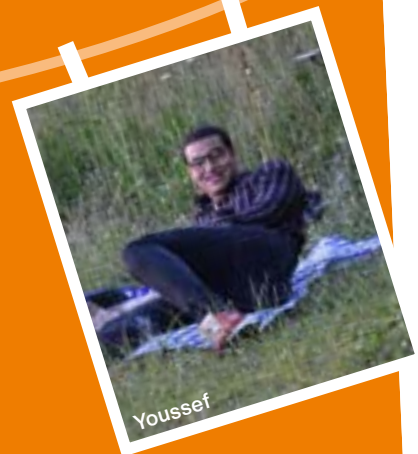
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Send an email explaining why you want the job and enclosing a couple of examples of your work to [resource@wur.nl](mailto:resource@wur.nl). If you would like to know more first, phone or text the editor-in-chief Willem Andrée (06 3868 6167) or student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