

YOUR STUDENT GUIDE FOR

# ZWOLLE

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CHAPTER 1

# GENERAL INFORMATION

THINGS YOU NEED  
TO KNOW ABOUT  
ZWOLLE

Zwolle is the capital city of the Dutch province Overijssel. The Hanseatic city is located near the IJsselmeer, Zwartewater rivers and East of Amsterdam. The German border can be reached within a one hour drive from Zwolle. Antwerpen, one of the major cities in Belgium is approximately two hours by car.

Zwolle or Zwollywood, as some may call it, has approximately 126.000 inhabitants of which many are students. The inhabitants of Zwolle are also known as 'Blauwvingers', which means 'blue fingers'. Originally, the term was used as a swear word by the neighbour rivalry city Kampen. The name originates from a story, in which the inhabitants of Kampen bought a church bell from the city of Zwolle. As the payment was due, the Kampener decided to pay in small coins only and send a number of wagons filled with coins to Zwolle.

On its arrival, the money had to be counted and this process was so enduring that it eventually turned the fingertips of those in charge for counting blue. Nowadays, the term is rarely used but every year in July, Zwolle celebrates the 'Days of the Blauwvingers'. Zwolle's rich history becomes even clearer through its architecture and the star-shaped town-canal surrounding the city center. In the medieval times, Zwolle and Kampen became very wealthy as they were both one of the key trading Hanseatic cities.

**The inhabitants of Zwolle are also known as 'Blauwvingers'.**

## HOW TO GET AROUND?

Not surprisingly, Zwolle is a bike city with a great infrastructure for bikers. For longer distances, busses run all around the city. The central train station can be reached very easily from two sides coming either from the city center or from the university/town hall.

The train station in Zwolle is actually the biggest one in the whole region of Overijssel and connects travelers directly to the bigger cities in and outside the Netherlands.

Traveling is relatively easy. A valid OV travel pass can be bought via the NS app, online or directly in front of the train station. The platforms must be entered with a valid pass. If you possess an OV card, you may go through the station. For that, go to the ticket machine and click on 'through the station'.

**Tip: Order a group ticket online to save money on your tickets and keep your eyes open for special offers at the Kruidvat or Albert Heijn. Once in a while, they offer NS two-way day tickets for about 14 euros which then can be used within 2-3 month.**

## LANGUAGE GUIDE FOR BASIC DUTCH

Begroeten – Saying hello	And you? – En jij?
Hello – Hallo	Me too – Ik ook
Hi – Hoi	
Good morning – Goedemorgen	How old are you? – Hoe oud ben je?
Good evening – Goedenavond	I am ... years old – Ik ben... (age).
Afscheid nemen – Saying goodbye	What are you doing? – Wat ga je doen?
Goodbye – Dag	I am studying in the Netherlands – Ik studeer in Nederland.
See you (later) – Tot ziens	
Have a nice day – Fijne dag	
	Tellen – Counting
Thank you – Bedankt	One – Een
You are welcome – Alsjeblieft	Two – Twee
Great – Leuk!	Three – Drie
Congratulations – Gefeliciteerd	Four – Vier
Sleep well – Slaap lekker	Five – Vijf
Yes – Ja	Six – Zes
No – Nee	Seven – Zeven
	Eight – Acht
How are you? – Hoe gaat het (met je)?	Nine – Negen
I am fine – (Heel) goed	Ten – Tien
I am okay – Gaat prima	
My name is... – Ik heet...	
What is your name? – Hoe heet jij?	
Where are you from? – Waar kom jij vandaan?	
I am from... – Ik kom uit...	

### Must know for a night out:

- Can I get a beer please? – Mag ik een biertje?
- Where is the nearest club/bar? – Waar is de dichtstbijzijnde club/bar?
- I would like... – Ik wil graag...
- Can I pay by card? – Mag/Kan ik pinnen?
- Can I pay with cash? – Kan ik kontant betalen?
- How much does it cost? – Hoe veel kost het?

## ARE YOU DUTCH YET?

### Typical food

In case you haven't noticed it yet, the Dutch are world famous for their cheese. The local Zuivelhoeve store, which is located at the Grote Markt, has its shelf filled with cheese up to the roof. And Gouda is not the only cheese to try, you can choose from any imaginable type and flavor for your cheese such as whiskey, beer, beetroot or walnut. And if you don't know what to get, just try out some of the free samples in store.

In case you cannot get enough of the Dutch cheese. Try out the Kaassouffle, a crispy, deep-fried cheesy treat. In other words - Yummy! Other world famous snacks of the Dutch cuisine are the Frikandel and Kroketten. Both are meat based but the real ingredients remain a secret.

Another typical Dutch food which you should not miss out

on is Kibbeling. The delicious deep-fried fish fillets are usually served with a garlic sauce or mayonnaise and will definitely be worth a try. For the real fish lovers among us, a freshly caught herring served with onions is a must to eat.

The Dutch also have a sweet side; Stroopwafels. The dough is a mix between a cookie and a waffle in between two of the waffles is a layer of honey and caramel. This treat is not only the perfect souvenir but also the best way to enjoy a cup of coffee or tea. Another sweet delicacy are the Poffertjes. Tiny, warm, and fluffy pancakes topped with powdered sugar.

And let us not forget about their delicious vla. It can be best described as a form of pudding made from fresh milk and comes in flavors such as vanilla, chocolate or caramel.



The Dutch are also well known for their fries. The secret lies in their special preparation as they are made directly from whole potatoes. The perfect portion of fries comes with a special sauce made of mayonnaise, curry ketchup, and onions. The combination might sound strange to you, but you should not judge before tasting it.

Last but not least, a typical main dish from the Dutch menu. Stampot is a stew made from potatoes and other vegetables such as carrots, borecole or beet. The meal is often served with sausages or bacon. There is not one recipe for this dish. Every region around the Netherlands and every family has a slightly different preference and way of mixing and stamping the ingredients.



## FUN FACTS ABOUT THE DUTCH

The following are assumptions/ stereotypes of the Dutch culture. Now you can finally see which ones are actually true and which are just a myth.

- # All Dutch wear wooden shoes ✗
- # All Dutch ride their bikes - everywhere ✓
- # The capital city of the Netherlands is Amsterdam ✓
- # All Dutch smoke weed, all the time ✗
- # The Netherlands have no hills or mountains ✓
- # All Dutch are gigantically tall ✗
- # Smoking weed is legal ✓
- # Student workers in the Netherland are underpaid ✓
- # All Dutch love cheese ✗
- # The whole of the Netherlands is covered in tulips ✗
- # The Dutch like to build their house very openly and visible ✓
- # Dutch shopping stores close early ✓
- # Speeding tickets in the Netherlands are expensive ✓
- # The parliament and government is located in Den Haag ✓



Many years ago, the church tower of the Grote Kerk in Zwolle was hit by lightning and broke down. It could have killed many people but instead fell into the voorstraat and did not hit even one house. Unfortunately, one dog was out on the street and got buried under the tower. In his memory, a dog is engraved on the house wall just above the Febo.

## WHERE TO LIVE

Looking for a place to live?

Contact the SSH student housing via phone

+31 (0) 88 730 42 00 Whatsapp  
+31 (0) 6 46 60 18 40, visit their website

<https://www.sshxl.nl/steden/zwolle> or join one of the many Facebook groups such as 'Kamers gezocht/ aangeboden Zwolle'

<https://www.facebook.com/groups/378493772331103/about/> and inform yourself about current offers.

### Talentenplein

The major housing complex of SSH is located directly by the city center and offers room for 357 students. Shops, bars, and the cinema are within walking distance and the Windesheim University is a 15 minutes bike ride away. Talentenplein consists of 3 separate buildings all offering single rooms for students with an individual kitchen and bathroom.

**Tip: Some of the rooms are specially furnished and reserved for international exchange students..**

### Veemarkt

This student housing also offers 82 single rooms with an individual kitchen and bathroom. It is located near the Jumbo supermarket and is just opposite the IJsselhallen which is one of the big event locations in Zwolle. Windesheim University is in 7 minutes biking distance and the city center about 5 minutes walking.

### Hortensiasstraat

44 accommodations  
Zwolle-Assendorp  
14 m<sup>2</sup> - 22 m<sup>2</sup>

### Lelistraat

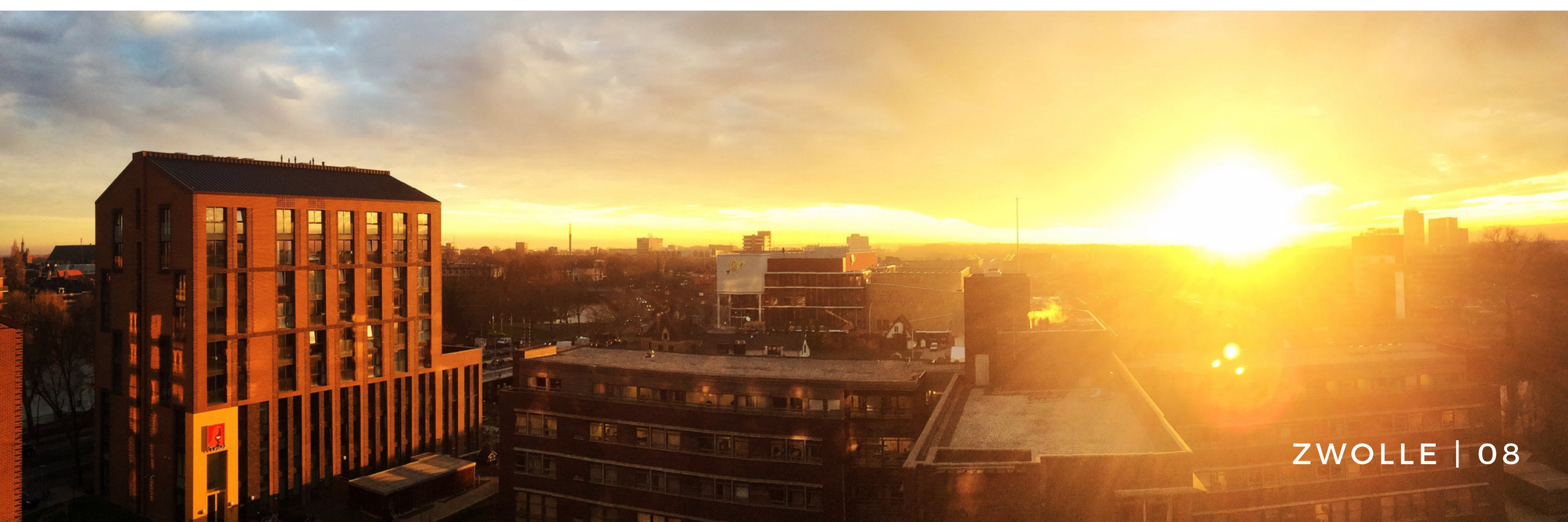
145 accommodations  
Zwolle | Hanzeland  
18 m<sup>2</sup> - 22 m<sup>2</sup>

### Vechtstraat

16 rooms  
Zwolle | Diezerpoort  
average 23 m<sup>2</sup>

### Waterstraat

6 apartments directly in the city center



## WHERE TO BUY?

Zwolle's main shopping street starts off the Grotemarktpllein. You will be able to find local shops as well as the big brands such as Zara, H&M, Hema or Costes. A big shopping center is the Zwolle South Mall which is located slightly outside of Zwolle. And Ikea can also be found 10 minutes by car from the Zwolle city center.

### Aldi

Gasthuisdijk 1, 8041 AE Zwolle  
Monday to Friday 8:00h – 21:00h  
Sunday 14:00h – 18:00h

### Jumbo

Veemarkt 20, 8011 AH Zwolle  
Monday to Friday 8:00h – 21:00h  
Sunday 14:00h – 18:00h

### Deen

Katwolderweg 1, 8011BT Zwolle  
Monday to Friday 8:00h – 21:00h  
Sunday 14:00h – 18:00h

### Lidl

Klein Grachtje 18, 8021 JC  
Zwolle  
Monday to Wednesday,  
Saturday 8:00 – 20:00h  
Thursday & Friday 8:00h –  
21:00h  
Sunday 14:00h – 18:00h

### Albert Heijn

Klein Grachtje 16, 8021 JC  
Zwolle  
Monday to Friday 8:00h – 21:00h  
Sunday 14:00h – 18:00h

**Tip: Jumbo has a great fruit (and veggie) offer which gives you 3 fruits for 4 Euro! Choose between melons, grapes, raspberries and many more and save some money.**

## Weekly market in the heart of Zwolle - Local & Fresh

Friday: 8:00h – 13:00h

Saturday: 8:30h – 17:00h

Always worth a visit and a good & cheap alternative to the regular supermarket; the local market in Zwolle offers a wide variety of fresh fruits and vegetables, fish, bread and delicious Dutch cheese. If you do not come to buy food, have a look around one of the many flower or clothing stands of the market and get some traditional Kibbeling for lunch.

**Tip: No need for cash \$ but always bring a bag to carry all your groceries.**



## MOST IMPORTANT PUBLIC HOLIDAYS

January 01. - New Years

April 27. - Kings Day

May 05. - Liberation Day (Biggest festival in Zwolle)

May 30. 2019 (Thursday, 39 Days after Easter Sunday) - Ascension Day

July 4./11./18./25. 2018 - Blauwvingerdagen

December 05. - St Nicholas' Day



## CHAPTER 2

# EXPLORING ZWOLLE

THE MOST IMPORTANT  
SIGHTS AND ACTIVITIES

## SIGHTSEEING

### Peperbus

The Peperbus is a 75 meters high basilica church from the 14th century. You can see the tower from nearly everywhere in the city and it shines beautifully at night. Get a good look over the city from the highest point of the tower for a price of 3 euros. Be aware of the opening hours and to be there sometime before the church closes.

Open: Tuesday – Saturday 11:00-16:30, Mondays & Sundays closed

### Grote Kerk

The big church is in the heart of Zwolle. It is meeting and orientation point when you are new to the city. Sometimes doors are open and one of the many exhibitions can be visited for free. Make sure to check it out once in a while if you walk by. Every Sunday, you can join a mass which is held in Dutch, however singing along to the songs in Dutch can improve the language skills and will give you a cosy feeling - religious or not.



### Sassenpoort

The gates of Zwolle have protected the city in the 14th and 15th century against invaders. It was connected to the city walls and now the only remaining entry from old times. The tower can be visited.

Open: Wednesdays & Saturdays 11:00-17:00.

**Tip: Open Monumentendag**  
**On the weekend of the 8th and 9th of September 2018, you can visit museums and many other important historical monuments and buildings for free. This offer is not only valid in Zwolle but in the whole Netherlands! Make sure to not miss this opportunity to check out your favorite museums for free.**



### Museum de Fundatie

The huge, shiny egg-shaped roof which can be seen from many angles of the city, is the museum of Zwolle. The changing art exhibitions are worth a visit and some permanent paintings by famous artists like Vincent Van Gogh and Paul Citroen can be seen throughout the year. Entrée is 9 euros for students. Open: Tuesdays – Sundays 11:00-17:00, Mondays closed

### Waanders

The bookstore, which previously was a church, is not only a beautiful place to spend some time in looking for books, calendars or gifts but also to have coffee and cake. International books are available here. Don't forget to check out the remains of a corpse which was found while renovating the church. The bones can be found in the ground next to a stone wall and a realistic wax figure of the person is portrayed on the highest level of the church, just under the roof. Open: Monday – Saturday 10:00-18:00, Thursdays 10:00-21:00, Sundays closed



## PARKS

Parks in Zwolle are beautiful. There are parks for every occasion, be it a football match, a birthday party, a bbq party, quality time alone or sunbathing with friends. Going to the park releases stress, is healthy, sustainable and cheap if you bring your own food and drinks.

### Park de Wezelanden

It has the biggest open grass area in Zwolle which is great for playing any kind of sports. There is a skating ground right next to it as well as a beach restaurant/café. Walk a bit further over the bridge behind the restaurant and enjoy some shadow and quiet time below the trees. Walk even further and visit the small petting zoo Kinderboerderij Wezelanden. In the months of May and June, you can see little piglets, peacock chicks, and little lambs.

The Wezelanden park is my most favourite place in whole Zwolle. It gives me a sense of freedom and relaxes me immediately. I come here nearly every day, alone or with friends and we eat cherries and enjoy life.

Jiwon Kim, 20, exchange student from South Korea

### Park Spoolderbos

This park is more of a forest than a park and is located along the railways behind Windesheim Hogeschool. The quiet atmosphere in nature is ideal for a relaxing pick nick or reading a book. The area is very big, therefore it is advised to look at it as a whole by for instance riding the bicycle so that you can get a glimpse of the diverse spots that the park offers. If you need some time alone or a more private space for a date, this is the park to go to.



### Zwolle City Centre

The city center of Zwolle has a few obvious spaces to go to when you want to relax in the grass. One of the famous spots is the place between Sassenpoort and Museum de Fundatie. It is ideal for a picnic with friends, or a bbq with study peers.

Another grassland is situated a little bit further between the Sassenpoort and the ice salon Salut. Therefore, the park is great for enjoying a refreshing cone of the best ice cream in the Netherlands. During winter time, put on a warm jacket, get a blanket and place it on the footstool of the memorial and enjoy a sip of a hot chocolate or coffee in your sustainable mug.



## THEATRE & CINEMA

If you want to watch a theatre play or a ballet, go to Odeon in the city centre and look through their long list of shows and performances. You will surely find something that fits your taste. Some performances like dance theatres can be enjoyed without speaking Dutch. Odeon itself has a theatre hall but also sells tickets for other halls like for example De Spiegel on the other side of the city centre.

Right next to the Odeon, there is the Filmtheater Fraterhuis cinema.

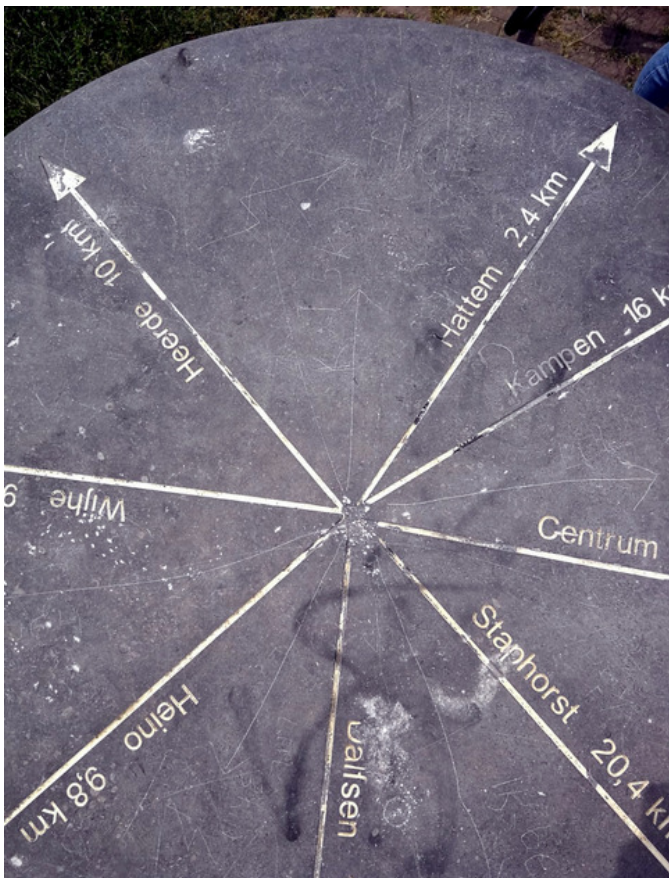
**Tip: Watch a movie on a rainy day in the cosy cinema and have a latte macchiato in the Odeon café afterwards. Happiness guaranteed.**



## CYCLING

### Bicycle tour:

A great way to spend a sunny Sunday is to go on a bicycle tour along the Ijsselroute of Zwolle. Different routes are marked along the way and maps every now and then give an idea of where you might be and want to go next. For a more specific plan, go to the Zwolle info point in the city center next to the Grote Kerk and get one of the bicycle maps that are given out for free. Nothing can stop you now!



### Rent a tandem:

Grab a friend and rent a tandem... because biking together is more fun! Check out different options at <http://www.fietstaxizwolle.nl>. The owner is very friendly and obliging.

**Tip: Chose the “Rondje Zwolle” tour and bike though different natural areas.**



## CHAPTER 3

# EXPLORING THE AREA

THE NETHERLANDS ARE  
A BEAUTIFUL COUNTRY  
AND HAVE A LOT TO  
OFFER. GO ON AN  
ADVENTURE AND  
EXPLORE THE REGION

## DAY TRIPS

### Rotterdam

You think all Dutch cities look the same? Not Rotterdam. It's a city coined by new constructions and modern buildings. For the food lovers: Make sure you visit the Market Hall where different smells and tastes seduce you. One more thing: It may sound weird, but the central station is worth seeing as well. Its construction appears somehow spacy.

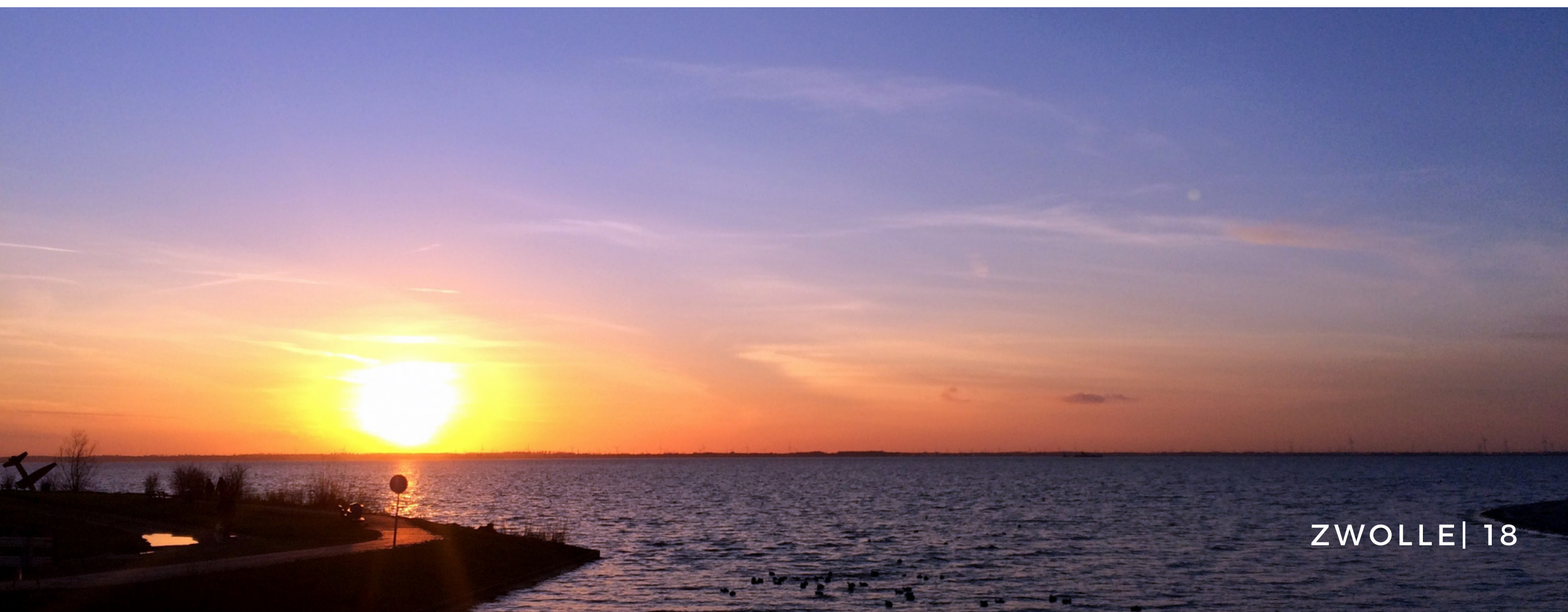


### Amsterdam

First things first: You cannot study in the Netherlands without having been to Amsterdam. That's a rule. Since A-Dam is an amazing city which everyone has to check for themselves, we won't include further information about it in here. However, if you're around there anyway, one tip: Visit the Keukenhof. It's a huge garden area with tulips and many other flowers, divided into different themes. Yes, there are many tourists, but it is worth a trip since flowers in the Netherlands are famous worldwide.

### Harderwijk

Are you looking for some Caribbean flair in the Netherlands? Then you are exactly right at the beach in Harderwijk. Of course, it's not located at the real sea and the view still reveals Dutch components, but with a refreshing drink or tasty snack in the beach bar Walhalla, the holiday feeling definitely kicks in.



## Utrecht

A city, which some prefer over Amsterdam since it is not as touristy and crowded, but still a great opportunity to go shopping, sit at the canals and to explore secret places. It just gives you a genuine and unadulterated impression of the Netherlands. To get the best panoramic view of the city, do not waste your time climbing the Dom Tower, but visit the cafe La Place cafe on the first floor in the V&D department store. You can find this class-covered cafeteria in East Side of Hoog Catharijne.

## Oostvaardersplassen

A savanna feeling in the Netherlands? That's possible. In the natural area Oostvaardersplassen you can go for a long walk and meet wild horses, buffalos and deer walking next to you. Discover the diverse wildlife and beautiful natural landscape of the region.



## Apenheul

Orang-Utans, chimpanzees & Co. are waiting for you in the Apenheul park near Amersfoort. You can watch how gorillas get feed or take your own picture with virtual monkeys in a photo booth. Back on the tour, you will meet monkeys from tiny to giant. But watch out! Little monkeys like to jump on your shoulders and eat your food.

## Giethoorn

You want to get a sense of what Holland looks like from a picture book? Visit Giethoorn! Choose a sunny day and get a ride through the small canals by boat. We are sure you will not regret this trip.

## Groningen

Groningen is a super nice student city to party! Check out the concerts and enjoy the student flair Zwolle seems to miss sometimes.



### Lemmer

Go for a walk along the river through Lemmer – a beautiful small city located at the IJsselmeer. Check out its cozy shops and relax at the beach. Don't forget to go to the harbor and watch the ships sailing away.



### Walibi

Roller Coasters, Laughter and pure thrills! All of this is waiting for you, just 30 minutes by car from Zwolle! Enjoy your day at Walibi and feel like a child again!

**Tip: In case you would like to increase the capacity of your brain to better remember the things you have learned last time, visit the attraction called “the clinic” in the park!**



## CHAPTER 4

# STUDENT LIFE

ALL ABOUT THE THINGS  
THAT STUDENTS NEED:  
FOOD, DRINKS, SPORTS,  
FUN & PARTY

## FAVORITE FOOD PLACES

### La Terra Italiana

Address: Van Karnebeekstraat  
125

Price: \$\$

Opening hours: Closed on  
Mondays. Tuesday - Sunday  
17:00-21:30

Type of food: Pizza, Pasta, Salad

Ambiance: Simple but cozy

What we like: Very good price-  
performance ratio!

**Tip: Tuesdays is pizza day,  
almost every pizza costs 7,95€.  
Wednesdays is pasta day, pasta  
costs 7,95€.**

### Ingeburgerd

Address: Nieuwe Markt 25

Price: \$\$

Opening hours: Friday and  
Saturday 11:00- 22:00

All other days 11:00-22:00

Type of food: Burgers,  
vegetarian options and on  
request also vegan options!

Ambiance: Relaxed

What we like: They only sell  
biological meat!

**Special Tip from the menu:  
Buffalo Bill (veggie)**

### Bagels & Beans

Address: Blijmarkt 2

Price: \$\$

Opening hours: Monday -  
Saturday 8:30 - 17:30, Sunday  
10:00 -17:00

Type of food: Bagels and  
Breakfast

Ambiance: Soothing

What we like: a Super nice  
place for having breakfast with  
your friends!

**Tip: Bugs Bagel - Do not freak  
out, it is tasty!**

### La Cucaracha

Address: Sassenstraat 54

Price: \$\$\$

Opening hours: Closed on  
Monday.

Tuesday, Wednesday, Thursday  
and Sunday 17:00-21:30. Friday  
and Saturday 17:00-22:00.

Type of food: Mexican

Ambiance: Authentic

What we like: The cocktails

**Special Tip from the menu:  
Tres verduras - Three different  
vegetarian filled tortillas.  
Yummy!**



### Blue Sakura

Address: Bethlehemkerkplein 35

Price: \$\$\$

Opening hours: Monday 13:00 - 22:00, Tuesday and Wednesday 12:00- 22:00, Thursday - Sunday 12:00-22:30

Type of food: Sushi

Ambiance: Fancy

What we like: Eating Sushi in a church and ordering your favorite food on a tablet!

We recommend the lunch buffet because it is much cheaper than going at dinner time!

### Febo

Address: Grote Markt 15

Price: \$

Opening hours: Monday 11:30-2:00

Tuesday and Wednesday 11:00-3:00

Thursday 11:00 -04:00

Friday 10:30-4:30

Saturday 10:30-5:30

Sunday 12:30-1:00

Type of food: Typical Dutch Snacks

Ambiance: Fast Food, Imbiss

What we like: Late midnight snacks after a long night out!

**Special Tip from the menu:**  
Since It is an "All you can eat" menu, we recommend you to try as many different dishes as possible.

**Special Tip from the menu:**  
Kaassouffle and fries with Satesaus!



### Brasserie Jansen

Address: Nieuwe Markt 14  
Price: \$\$  
Opening hours: Monday to Sunday 10:00-22:00  
Type of food: Simple dishes reinvented  
Ambiance: Stylish  
What we like: The atmosphere

**Special Tip from the menu:  
Share different Snacks  
together!**

### Swolsch Friethuys

Address: Grote Kerkplein 10  
Price: \$  
Opening hours: Monday to Sunday 12:00-20:00  
Type of food: Fries and Snacks  
Ambiance: Imbiss  
What we like: The fries - What else?

**Special Tip from the menu:  
Typical Dutch "Fries Special"**

### Holland, Meer dan pannenkoeken

Address: Thorbeckegracht 41/42  
Price: \$\$  
Opening hours: Closed on Monday, Tuesday and Wednesday 16:30-20:00, Thursday 16:30-20.00, Friday and Saturday 11:00-21:00 and Sunday 14:00-21:00  
Type of food: Pancakes, Tartes, soups, and salads  
Ambiance: Cozy  
What we like: Choose your own ingredients from sweet to salty

**Special Tip from the menu:  
The Zwollenaar Pannekoeken**



## OUR TOP 10 BARS

1

Café de Gezelligheid

Located: Gasthuisplein 11

Opening hours: Every day: 2 pm – 4 am

Why go?

This bar is our personal favorite! Enjoy the variety of tapped and bottled special beers while sitting in one of the cozy old cinema chairs. The ambiance inside as well as outside is welcoming for a relaxed evening with friends. One more praise: The staff is very friendly and knows a lot about the beers they offer.

Events:

Wednesdays: Special beer evening

Check out their website for changing events

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

2

Stadsstrand

Located: Rodetorenplein 1

Opening hours: Every day IN SUMMER: 11 am – 11 pm

Why go?

Sitting in a comfortable chair or on a cozy sofa, burrowing your toes in the sand and looking at the river - a perfect summer evening! Some music in the background and a refreshing drink in your hand makes it even better. No time to waste - they are only open in summer!

Special

The ambiance - it's unique in Zwolle



### Het Vliegende Paard

Located: Voorstraat 17-19

Opening hours:



Mondays 4 pm – 1 am, Tuesdays 4 pm – 2 am

Wednesdays 2 pm – 2 am, Thursdays & Fridays 2 pm – 4 am

Saturdays 4 pm – 4 am, Sundays 5 pm – 1 am

Why go?

The probably most famous student bar in Zwolle, where you can go for dinner and some beers with your friends, but wait for the night to come and dance your feet off.

Specials: Pool table, 2 dance floors

Events:

Monday is special beer evening – all special beers for 2,50€

Tuesdays: Wish your song – Dance to your favorite song played by the DJ for you

Wednesdays: Live music – local musicians and bands show their skills

Thursdays: Student Night – Sex on the Beach Cocktail for only 5€

Saturdays: Dance nights – Shots for only 1,50€

Sundays: Pub quiz – Test your knowledge and win a price

### Shotto

Located: Voorstraat 15



Opening hours:

Mondays, Thursdays & Sundays: 9 pm – 3 am

Tuesday & Wednesday: Closed

Friday & Saturday: 9 pm – 4 am

Why go?

Choose between a spicy Mexican Dipper, a sweet Sparkling Split or try one of the many other fancy shots to be served here. Either go for a quick shot or make Shotto's dancefloor yours before moving on.

Specials: Watch and marvel how the barkeeper prepares your shot by swinging the bottles.

Events:

Thursdays & Sundays from 9 pm until midnight: Get a free beer or wine or soft drink when ordering a shot.

### Jack's Music Bar

Located: Sassenstraat 29

Opening hours:

- ⑤ Mondays 7 pm – 1 am
- Tuesdays & Wednesdays 7 pm – 2 am
- Thursdays & Fridays 7 pm – 4 am
- Saturdays 7 pm – 5 am, Sundays 8 pm – 2 am

Why go?:

It's all about rock! Grab a beer and listen to live music from pop metal, to punk rock and to hard rock.

Specials: Pool table

Events:

Saturdays: DJ's in the Danskelder

Regular life music – check it out on: [www.jacksmusicbar.nl](http://www.jacksmusicbar.nl)

I think drinking a beer in Jack's Music Bar, while playing a game of pool with good company and great music, is the best way to drink a beer in Zwolle.

Wiebe Postma, 22, Bachelor student at Windesheim from the Netherlands

### De Belgische Keizer

Located: Melkmarkt 58

- ⑥ Opening hours:
- Mondays, Tuesdays, Wednesdays & Thursdays 10 am – 1 am
- Fridays & Saturdays: 10 am – 2 am
- Sundays: 12 noon – 1 am

Why go?

Wanna enjoy a good beer and have a chilled evening with your friends? You are right at this bar. Tip: It can be very crowded inside, but there will mostly be a spot available outside, in winter even with patio heaters.

Specials: A giant beer selection

Events:

Tuesdays: Special beer evening – all special beers for 2,80€

Wednesdays: Beer & Burgers – all tapped beers and burgers from the menu for 8,50€

### Sally O'Briens Irish Pub

7

Located: Bethlehemkerkplein 46

Opening hours: Sundays – Thursdays: 12 – 1 am, Fridays & Saturdays: 12 – 2 am

#### Why go?

Wanna dive into an Irish night out? In Sally O'Briens you can taste Irish beer and listen to Irish folk music all night long.

#### Specials:

Tuesdays: Pub Quiz – Test your knowledge

Wednesdays from 8 pm onwards: Pint night - Strongbow, Guinness or Kilkenny pint 3.50€

Check out their website for changing events including live music [www.sally-obriens.nl](http://www.sally-obriens.nl)



### The Livingroom

8

Located: Gasthuisplein 23

Opening hours: Mondays closed, Tuesday - Thursday: 7 pm – 2 am, Fridays: 7 pm – 3 am, Saturdays: 4 pm – 3 am, Sundays: 7 pm – 2 am

#### Why go?

Drinking a beer while listening to some newcomer artists from the region. In the livingroom, all kinds of music styles converge. Always a surprise what kind of music you'll get – unless you check out their agenda.

Events: Thursdays is special beer evening – all special beers for 2,50€  
Check out the variety of musical events on [www.thelivingroomzwolle.nl](http://www.thelivingroomzwolle.nl)

### Bloopers



Located: Voorstraat 7-9

Opening hours: Monday - Wednesday & Sundays: Closed

Thursdays: 10 pm - 4 am

Fridays & Saturdays: 11 pm - 5 am

#### Why go?

Are you up for a crazy dancing night? Visit Bloopers and listen to music from schlager to R'n'B.

#### Events:

Fridays cocktail for 5€

Check out their regular events on the Facebook page "Bloopers Zwolle"

### Het Rafter



Located: Bethlehemkerkplein 35a

Opening hours: Monday - Thursday & Sundays: 12 - 1 am

Fridays & Saturdays: 12 - 2 am

#### Why go?

Het Rafter is not only a bar, but also a restaurant and café. Grand walls and amply halls create a special ambience and it feels like being part of a different era.

### Hedon

Located: Burgemeester Drijbersingel 7, 8021 DA Zwolle



#### Why go?

It is not a bar or restaurant but a place for concerts, parties, shows - there's something for everybody. Check out their agenda: [www.hedon-zwolle.nl](http://www.hedon-zwolle.nl)

## OUR FAVORITE CAFÉS

# 1

EspressoBar Maling  
Located: Luttekestraat 28

Why go?

This small and cozy cafe is the perfect place to study or meet friends for a cup of coffee. The top floor of the cafe is designed like an old living room with comfortable couches and chairs to sit in. This place will make you lose track of time and is a great escape from the busy world outside. And to make your time even more enjoyable, the cafe offers a number of home-baked cakes, brownies or pies.

Price: Average

**Tip: Sit on a couch upstairs, have a carrot cake and a dirty chai with soy milk. It won't get better than this.**



# 2

Brownies & Downies  
Location: Diezerstraat 120

Why go?

Because nothing can brighten up your day like a freshly baked warm brownie. To pick a personal favorite from the menu is almost impossible. The brownies range from salted caramel, to raspberry white chocolate and pecan chocolate. Best if you give all of them a try. Eating a brownie here, does not only do good to you, but you are also supporting a good cause. The cafe offers employment for people who have the down syndrome. The welcoming atmosphere and loving service is what makes this place even more special.



# 3

Hier & Da

Location: Oude Vismarkt 10

Why go?

Do you like vintage, wine, and coffee? Then this is the right place for you! Hier & Da is your place for lunch, cake, and dinner. Next to that, the café organizes wine tastings and workshops on how to become a barista. And if you happen to like the chair you are sitting on, go ahead and take it home. The whole interior is vintage and for sale.

Price: Above average



# 4

Salute

Location: Diezerstraat 121



Why go?

From March onwards, Salute serves you with the most exotic and delicious ice creams such as Stroopwafels, Kinder Bueno or black forest cake. Our personal favorite: Yogurt mango ice cream. Very refreshing and summery. Come in for a late night treat until 10 pm every day and find your personal favorite.

Price: One scoop for 1,50€ & two for 2,50€

## FREE TIME OFFERS

### MUSIC

#### Thomas Orkest

If you plan on staying in the Netherlands for a year or longer and you play a wind instrument like the trumpet, flute, bugle etc. you might want to consider making some music with the Thomas Orkest. The group plays pop music and classics like Michael Jackson. The rehearsal is on Mondays from 8 - 10 pm in the building of Domusica. Write them an e-mail and they will check their vacancies.

<http://www.thomasorkest.nl/>

The people from Thomas Orkest are very welcoming. Making music with them is super fun and I have learned a lot about the Dutch culture and improved my Dutch a little bit. The conductor is great and teaches helpful tips in a patient way. I very much recommend joining the group.

Luzie Siegel, 23, Bachelor student at Windesheim Honours College from Germany

#### Music Shop:

Every last Friday of the month, the guitar shop Speeltuygh gitaarspecialisten offer their location to small music groups or individuals as a stage. The small, cozy atmosphere gives people the opportunity to present their music in front of a small audience and get direct feedback. Check out their Facebook page Speeltuygh gitaarspecialisten for updates and upcoming musicians. Join the concerts for a student discount of 10 Euro. The shop owners are very welcoming and kind.

## STUDENT SORORITIES

### Boreas

Boreas is a rowing sorority for students. Their bungalow is a houseboat at Katerdijk 7 in Zwolle, right next to the city center, has its own bar and rooftop. If you like rowing or think you like it, check out their Facebook page Zwolse Studenten Roeivereniging Boreas and send them a message. Joining the sorority costs a fee which depends on your membership.

Being at Boreas helps me balance my stressful student life and makes integrating in the Dutch culture easier and more fun.

Konstantin Dellbrück, 21,  
Bachelor student at  
Windesheim  
Honours College  
from Germany





### Navigators Studentenvereniging Zwolle (NSZ)

NSZ is with its many members a popular sorority in Zwolle. It is a Christian student association in which every member is part of one of the 13 different groups, or houses. They have their own bar and chillout area and next to the slogan “Knowing Christ and making Him known”, meaningful conversations, bible study, fun, and party are important within the association. Check out the website <https://www.nszwolle.nl/> for more information and the contact details.

### hub.

The hub. is a student community of Windesheim Honours College. The members meet on a regular basis and work on projects that they came up with themselves. Topics of interest are sustainability, human rights, professional and personal development, and making a change on a small scale. The spectrum is wide which allows for everyone to be heard and create value. If you are interested, check out the Facebook page “hub.” or send a mail to [hub.zwolle@gmail.com](mailto:hub.zwolle@gmail.com).

“Doing projects with hub. has taught me that if you want to make a change it is important to start in your own city before you go regional or global. By starting locally, you can have a big reach and really make a difference.

Dilara Erikli, 22, Bachelor student at Windesheim Honours College from Germany

## GAMES

Bowling & Zo offers fun indoor activities for rainy and cold weather. Bowling is possible at all days of the week except for Tuesdays and prices vary between 22,50€ and 26,50€ per 55 minutes depending on the time of bowling. Pool billiard can be played at all days at any time for 10 Euro an hour.

Special: Glowgolf is minigolf in blacklight. This is a fun game which can be played at all days of the week (not on Tuesdays) for a price of 7,50€ per person.

## BOAT RIDES

Bootjehuren Zwolle: Doing a boat ride is a must-do in the Netherlands. Bootjehuren Zwolle is located opposite of the Rabobank in the city center. The company rents small motorboats for 20€/h (4 people), or for 24€/h (6 people). It can be rented up to 6 hours.

Check out the website <https://www.bootjehurenzwolle.nl> and enjoy the ride!



## CLIMBING

On Campus:

On Campus has an indoor climbing wall and with a climbing pass of 50€ a year, you can go climbing on Mondays, Tuesdays, and Thursdays from 5:30 pm - 9 pm.

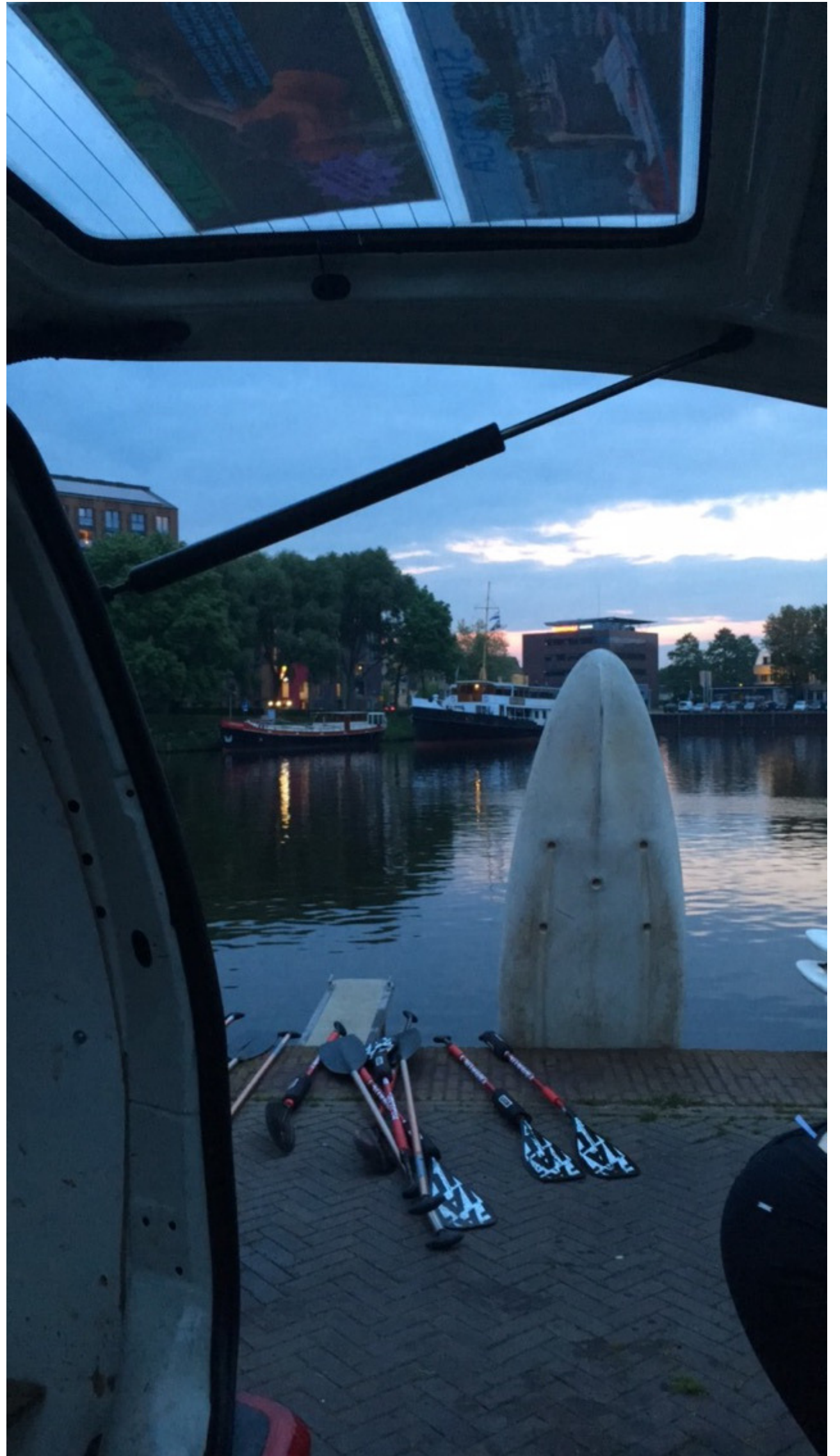
Klimcentrum Yosemite:

This climbing center has many training session, workshops, and classes to offer as well as a huge wall, and indoor and outdoor activities. They are open every day of the week until 11 pm. For the specific prices and the contact details visit <http://www.yosemite.nl>.

## SUP - STAND-UP PADDLING

Ready for some summer and surf vibes? From May until September the buitensport Zwolle organizes Friday night SUP for only 8€/p. You will get to paddle around the town canal, enjoy the sunset and experience Zwolle from a completely new perspective all at your own pace. This is an activity for beginners as well as advanced paddlers. And if you cannot get enough, go and rent a board on your own from their stand by the Stadtstrand.

Check out their website or Facebook page for more information:  
<http://www.buitensportzwolle.nl/activiteiten/suppen/>





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LIVING THE GOOD  
STUDENT LIFE AND  
BEING SUSTAINABLE  
AT THE SAME TIME IS  
EASY FOLLOWING  
THESE TIPS

## 10 EASY WAYS TO BE AN ECO-FRIENDLY STUDENT

Nothing you haven't heard yet, but take it as a reminder of how important it is to reduce our carbon footprint. Even you as a student can contribute!

- 1** **Recycle and reuse old paper notes.**  
Once a notebook is filled and class is finished, toss any pages you don't need into the nearest recycling bin. Or maybe pass them on to the students of the following year.
- 2** **Test out your green thumb.**  
Not only are plants a good way to give your dorm room or apartment a green glow, they also create a calming environment for students. Try nurturing a dwarf lemon tree, aloe vera, or cacti.
- 3** **Embrace energy-saving computer settings.**  
Keep your screen saver on black, close your laptop cover when you're not using it to preserve power, and let your monitor sleep after 10 minutes without use.
- 4** **Invest in green school supplies.**  
When you need school supplies like pens, tape, and notebooks, look for eco-friendly versions, like corn pens or recycled notebook paper.
- 5** **Cut back on snack waste.**  
The week before a big exam, make a trip to the grocery store to pick up study snacks like nuts or dried fruit in bulk. Package up smaller portions of these snacks in a reusable container.
- 6** **Reduce energy loss.**  
Invest in a power strip where you can plug in all your gadgets and shut off electricity to the cords when it's not needed.



7

Change your lightbulbs.

Switch out the lightbulbs in your desk lamp to eco-friendly versions called compact fluorescent lamps (CFL).

8

Eat less meat and dairy

It's immediately obvious that the main culprits of carbon footprint are meat and dairy, so to reduce our footprint we'll have to target those.

9

Eat more unprocessed and unpackaged food

When you think about it, processing food takes energy. Every step that food is milled, cooked, chopped, or put into packages takes a little more energy. Plus, there's the creation of the packaging, which causes a lot of CO<sub>2</sub> emissions.

10

Buy local and in season

The method of production, processing, and packaging are big factors in footprints, but where the food comes from makes a difference, too. Local fruit and vegetables almost always have a lower carbon footprint than imported food. Local and seasonal food is stored for less time, so has higher amounts of vitamins and antioxidants – so they're better for you. Not to mention they're often much cheaper!

THE GREATEST THREAT TO OUR PLANET IS THE BELIEF THAT SOMEONE ELSE WILL SAVE IT.

ROBERT SWAN

## DIY Cleaning Products

Do you want to stop flushing a lot of chemicals down your sink or toilet? Try our do it yourself cleaning products that are made entirely out of natural ingredients.

### All Purpose Cleaner

2 Cups Water

1/2 Cup White Vinegar

1 Tsp Dish Soap

1 Tsp Baking Soda

### Shower/Bath Spray

1 Cup Water

1 Cup White Vinegar

1 Cup Dish Soap

### Glass Cleaner

1 Cup White Vinegar

1 Cup Water

For all cleaning products introduced above:

Mix the ingredients together and fill them in a spray bottle. Spray it on the surface you want to clean and wipe it clean with a microfiber cloth.

And if you don't feel like mixing your own cleaning products, look for eco-friendly alternatives. You can find them in most supermarkets and they are not necessarily more expensive!

## DIY DEODORANT

You need:

5-6 tsp of coconut oil

4tsp starch

4 tsp baking soda

essential oil of your choice e.g. lavender



Melt 5-6 tsp of coconut oil over hot water. Mix 4 tsp starch and 4 tsp baking soda in a bowl. Then pour the coconut oil into the mixture and stir it until you have a consistent mixture. Add essential oil to the mixture for a mild scent. Let this dry until you have a creamy texture and apply it on your armpit.

Voilà! This easy deodorant is without any harmful ingredients and is proven to absorb sweat and odor. Careful: It might burn a bit when you apply it on shaved skin.

## DIY TOOTHPASTE

You need:

3 tablespoons of coconut oil

1 tablespoon of soda

15 to 20 drops of pure natural peppermint oil or other oil

1 pinch of turmeric powder

Stir all ingredients in a bowl, the coconut oil only needs room temperature for that. Put the paste in a glass and you are already finished. Your new toothpaste is durable as long as the coconut would otherwise be.

Of course, there are different recipes for zero waste toothpaste, and you can try different tastes with a different kind of oil.

Additional to that you can choose to use a bamboo toothbrush, they are biodegradable!

## ARTY, NICE & SUSTAINABLE STORES

Do you love shopping? But you are tired of mainstream stores and are looking for alternatives. Below we give you a small list of sustainable, arty and unique stores you can find in Zwolle.

### Second-Hand Stores

Finders Keeper and Apple & Ei both sell second-hand clothing, accessories, and shoes. Bring a little time to forage for special pieces.

Kringloop also sells second-hand clothing and accessories. But next to that they offer furniture, kitchen supplies, electronics etc.

### Groceries

Goddyfoods is a great food store that sells organic, biological and fair-trade products. Check out their store to find alternatives and create a new, more sustainable buying behavior!

Uw Stadsboer is an organic and local food store, which offers mainly "farm" products like milk and cheese, varieties of biological meat or jam.



### Arty and Alternative Stores

Dille & Kamille offers a wide mix of products, like antique furniture, natural kitchen, garden or bathroom supplies. You can find nice things you might need in your household.

Moonloft is the perfect store if you need a gift or just want something special for yourself. They sell arty clothing, jewelry, furniture, and even nice stationery.

De Buurvrouw is a vegan food store, selling lifestyle products. You can also go there for a cup of coffee or lunch and enjoy the nice ambiance.

Pistache is another mix store of urban lifestyle items like sustainable clothing or stationery. The prices are quite high for students but you can forage through the store and end your shopping trip with a cup of coffee or tea.



## BASICS TO REDUCE WASTE & BE MORE SUSTAINABLE

Always bring a zero waste cutlery pouch to university, thereby you can avoid single-use plastics from the cafeteria.

Also, bring your own bag when you are shopping, it is no big effort and you can avoid plastic bags!

When you usually grab a coffee-to-go on your way to university, for example, try to bring a reusable mug from home instead.

Try to buy local, organic or biological, and fair trade. It is a prejudice that those products are always more expensive.

## DOCUMENTARIES ON SUSTAINABILITY WORTH WATCHING

### The True Cost

This documentary pulls back the curtain on the fashion industry to give viewers an honest look at the human and environmental costs of producing clothing. You won't look at the clothes in your closet the same way. Highly recommend!

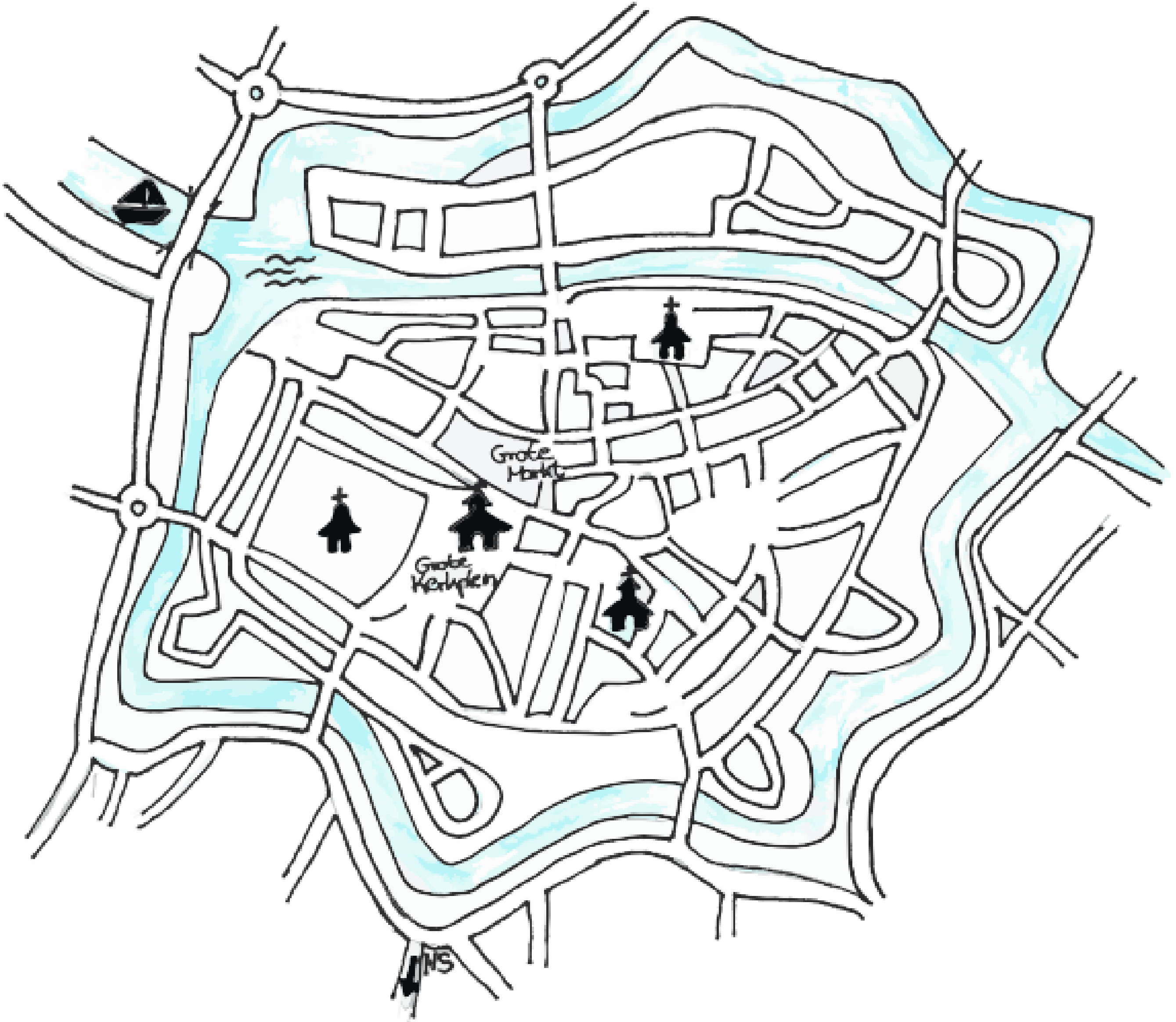
### Cowspiracy

It is a must - watch for every environmentalist. Rather than taking a purely 'save the animals' stance on animal agriculture, "Cowspiracy" digs deep into its environmental impact as the leading cause of carbon emissions, global warming, deforestation, and just about everything else. Watch it!

### Minimalism

Much lighter than the former documentaries, "Minimalism" explores how our lives might be better with less by taking viewers inside the lives of minimalists from all walks of life. Watch it and start decluttering!

A MAP OF ZWOLLE



## THE END

This student guide has been developed by a group of international students. Its purpose is to give future international students insights into the student life in Zwolle. The authors take full responsibility for the content. However, no guarantee can be given for the accuracy of information. The content is fully based on personal experiences. Other relevant information was obtained through personal communication. The authors hold the rights for all pictures taken and published in this guide.

Enjoy your time in Zwolle and make the most of it :)

Cheers,  
Luzie, Marit, Annika, Leonie & Jana

