

Bijlage 5: Brochure

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PXL Hogeschool

Welcome and guidance for international students

Hasselt University

This brochure will provide you with all the information you need to enjoy your stay in Belgium.

Being a student is the most beautiful time of your life. Everything is exciting, you are making lots of new friends, you explore new things and feel like you could conquer the world... And then there are exams to keep you with both feet on the ground.

Studying abroad is a new adventure in your study cycle. To guide you through your first weeks, before and during your stay, this guide will provide you with some interesting information.

Enjoy your stay in Belgium, make it memorable!

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Chapter 1

Public transportation & traffic

1. Public transportation

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1. Public transportation

The bus

In Belgium it's easy to take the bus to wherever you want to go. You just need to know how to use it. If you want to travel by bus, you use 'de Lijn', this is the bus company in Flanders, the Dutch speaking part of Belgium.

Prices

There are different kinds of tickets and subscriptions. Here is a list of the most important ones.

1. One way ticket—short distance

Presale*	€ 1,30
On the bus	€ 2,00
SMS ticket**	€ 1,55

*You can buy a presale ticket in the shop of De Lijn or in the list of shops on page 8.

** An SMS ticket is available when you text 'DL' to 4884. You need to show the text you receive to the busdriver before you enter. This is only possible with a mobile operator that is on the list of page 9.

2. One way ticket—long distance

Presale	€ 2,00
On the bus	€ 3,00
SMS ticket	€ 2,35

The difference between short and long rides is the amount of 'zones' you cross. The Flemish bus-network exists of different zones, the more zones you cross, the more expensive your trip will be.

If you use one way tickets, you need to tell the busdriver where you are going to. He will tell you if it is a short or long distance. If you need more information so you can buy presale tickets, go to De Lijn Store in Hasselt (more information on page 8).

3. Campus pass

With the campus pass you can travel between Hasselt and Diepenbeek for € 20 a year. You can apply for this pass through your student file.

How does this pass work?

- ⇒ Write your name and first name on the pass
- ⇒ Always have your student card and your campus pass with you when you travel. The campus pass is only valid if you have your student card with you
- ⇒ When you enter the bus, put your campus pass in the yellow depreciation machine
- ⇒ If you lose or damage your pass, you need to buy a new one. If your pass is damaged, but still readable, you can change your pass at the student administration
- ⇒ Your pass is valid from 15 september until 14 september the next year

With this pass you can travel in three zones. Zone 01, 04 and 38 are in Hasselt, Diepenbeek and Genk. Normally you can travel through Hasselt and Diepenbeek, without a problem. If you want to be sure your campus pass is valid, ask the bus driver or contact De Lijn.

A list of all busstops where the Campus pass is valid, you can find on this website: http://www.delijn.be/nl/overdelijn/nieuws/bericht/5250_campuspas_hasselt

Good to know!

In the buses are no displays or announcements which tell you which busstops are coming. If you are not sure, you can ask the busdriver to stop at your busstop. For this, you need to know the street or the name of the busstop where you need to be.

4. Buzzy pas

A buzzy pas is a bus pass to travel in Flanders (not in Brussels or the French speaking part of Belgium), as much as you want. If you are younger than 26, you can use this pass.

1 month	€ 23,60
3 months	€ 67,00
12 months	€ 183,00

Good to know!

Hasselt University has an intervention of 50% in the price of a Buzzy pas (3 months or more). Download the file in your student file and bring it with a copy of your Buzzy pas to the student administration.

5. Omnipas

A omnipas is a bus pass to travel in Flanders (not in Brussels or the French speaking part of Belgium), as much as you want. If you are older than 26, you can use this pass.

1 month	€ 32,00
3 months	€ 91,00
12 months	€ 249,00

Time schedules

The schedules are divided in four time 'zones'. Weekdays, Saturdays, Sundays and the weekdays of periods of school holidays.

On weekdays the bus will operate most frequently. After seven in the evening, the bus will operate less frequently. Take that in mind if you go from Hasselt to Diepenbeek or the other way around. Between 11PM and 5AM, busses won't operate.

During weekends the bus will run a limited schedule.

The weekdays of school breaks, busses will run but less frequently. You can visit this website to find all school holidays: <http://www.schoolholidayseurope.eu/belgium.html>.

Good to know!

An easy way to find the time schedule you need, is the free app of De Lijn. It's available for iPhone, Android, Nokia and Windows Phones. Look for 'De Lijn'.

Addresses and contact information

De Lijn store

Mgr. Broekxplein, 3500 Hasselt

NMBS-station, 3600 Genk

Head office De Lijn Limburg

Grote Breemstraat 4, 3500 Hasselt

Customer service

+ 32 (0)11 85 42 11

Website

<http://www.delijn.be/en/?vertaling=true>

Good to know!

In the French speaking part and Brussels, the counterpart of 'De Lijn' is 'TEC'.

Also, public transportation in Brussels is run by the 'MIVB' or 'STIB'. You can buy your ticket in every metrostation.

Website: <http://www.stib-mivb.be/index.htm?l=en>

List of shops where you can buy presale tickets for the bus

Diepenbeek

Carrefour Market	Wijkstraat 37
Dagbladhandel Hitkrant	Kerklaan 10
Infomix BVBA	Kempenstraat 160
't Letterke BVBA	Nieuwstraat 135a
Spar	Sint-Servatiusstraat 94

Hasselt

Carrefour	Kuringersteenweg 491	Press Shop	Koning Albertstraat 7
Ali Enterprise	Torenstraat 24	Dagbladhandel 't Hoekske	Manteliusstraat 48
Dagbladhandel Galerijtje	Minderbroederstraat 8	Dagbladhandel Gijbels Annick	Diestersteenweg 33
Dagbladhandel Haesevoets	Diestersteenweg 374	Dagbladhandel Jamaer Pieter	Luikersteenweg 106
Dagbladhandel Kneepkens	Kempische Steenweg 228	De Leesweg	Steenberg 13
Distri Oil BVBA	Stationsplein 19	GB Express	Havermarkt 26
Het Gazetje	Boerenkrijgsingel 35	Huis Thijs-Rochus	Sint-Truidersteenweg 36
Krantenkiosk Dusart BVBA	Kolonel Dusartplein	Kruidvat	Demerstraat 37
Kruidvat	Koning Albertstraat 48	Lijnwinkel Hasselt	Stationsplein

Overview of mobile operators where you can buy an SMS ticket

Allo RTL	Ay Yildiz	BASE	BASE business	Belgian Telecom
Belsim	BS Telecom	Carrefour Mobile	Colruyt Mobile	Cubic Telecom
Delhaize	Elo	Happymany	Jim Mobile	M1call
MedionMobile	Mobile Vikings	Mobile World HBVL	Mobile Zoniq	Mobistar
Mondial Telecom	Mox Mobile	Netlog	NRJ	Ortel
Plug Mobile	PostMobile	Primustel	Proximus	Scoov/Wireless
Simyo	Star Telecom	Sudpresse Mobile	Sun Telecom	Sympac
Teleconsult	Telenet	Tellink	TMF Mobile	Toledo
Transatel	United Telecom	Yawadoo		



This is a picture of a bus of De Lijn. In front of the bus, there is a display that shows you where the bus is going to and the line number. If there are the words 'geen dienst' on the display, the bus is not operating at that moment. This might be frustrating, but this bus won't stop for you.

The train

If you want to explore Belgium, take the train. In less than four hours, you can cross the country. The Belgian rail company is the NMBS (SNCB in the French speaking part of Belgium and Brussels). Starting in Hasselt, there are connections to every big train station in Belgium.

Travelling in second class is less expensive than travelling in first class. The comfort is really good in second class, so you don't have to use first class unless you want to pay more. The prices of the passes below, are those for second class.

Prices

Short rides

If you need to take the train for a short trip, like, 20 minutes, odds are you can use a **key card**. If you travel more than once between two close stations (Like Genk - Hasselt, Diepenbeek - Hasselt,...), a key card is the best option.

With a keycard you can travel

From Diepenbeek to:	From Hasselt to:	From Genk to:
Alken	Diepenbeek	Bokrijk
Zonhoven	Sint-Truiden	Kiewit
Tongeren	Schulen	Hasselt
Hasselt	Genk	
Bilzen	Kiewit	
Kiewit	Zolder	
	Alken	
	Heusden	
	Bilzen	
	Bokrijk	
	Zonhoven	

Long rides

If you want to go further than a key card allows, and you are younger than 26, you can use a **Go Pass**. This pass costs 51 euros and will cover ten single trips all over the country. If you are older than 26, you can buy a **railpass**. This also covers ten single trips, but costs more: €76.

These passes are not on your name. So you can share your pass with friends. Use 1 line on the pass for each user separately.

If you don't want to buy a ten-journey card, you can buy **single rides**. This will cost you more! A single trip from Hasselt to Ostend (the Belgian sea) costs €21! However, on weekends there are special weekendtickets with reduced prices.

For calculating the price of your journey, you can use this website. It shows all possible formula. <http://sefora.b-rail.be/sefora/Sefora/berekenen.do?action=accessTicket&langue=3>

Time schedules

There are two schedules: One on weekdays, another for weekend and Belgian holidays. During the weekend, there will be less trains than on weekdays. On this website you can organize your trip. <http://www.belgianrail.be/en/Default.aspx>

The school breaks don't make a difference for these schedules. The NMBS has a free app for smartphones to check your time schedules. It's available for iPhone, Android, Windows Phone and Noka.

Addresses and contact information

Address Hasselt NMBS station

Stationsplein 2-6, 3500 Hasselt

Address Genk NMBS station

Europalaan 39, 3600 Genk

website:

<http://www.belgianrail.be/en/Default.aspx>

Customer service:

+32 (0)2 528 28 28

The airport

If you make use of **Brussels Airport**, you can take the train to Hasselt. On the basement level of the airport is the railway station.

If you make use of **Brussels South Charleroi Airport**, the NMBS railway station of Charleroi is closeby. But you need to take the bus to the railway station. The address is rue d'Heppignies, 6043 Ransart.

If you make use of **Maastricht Airport**, you first have to get to the bus station in Maastricht. The address is Stationsplein 27, 6221BT Maastricht. Here you can take the bus to Hasselt. Number 20a goes from Maastricht station to Hasselt station. It also stops in Diepenbeek!

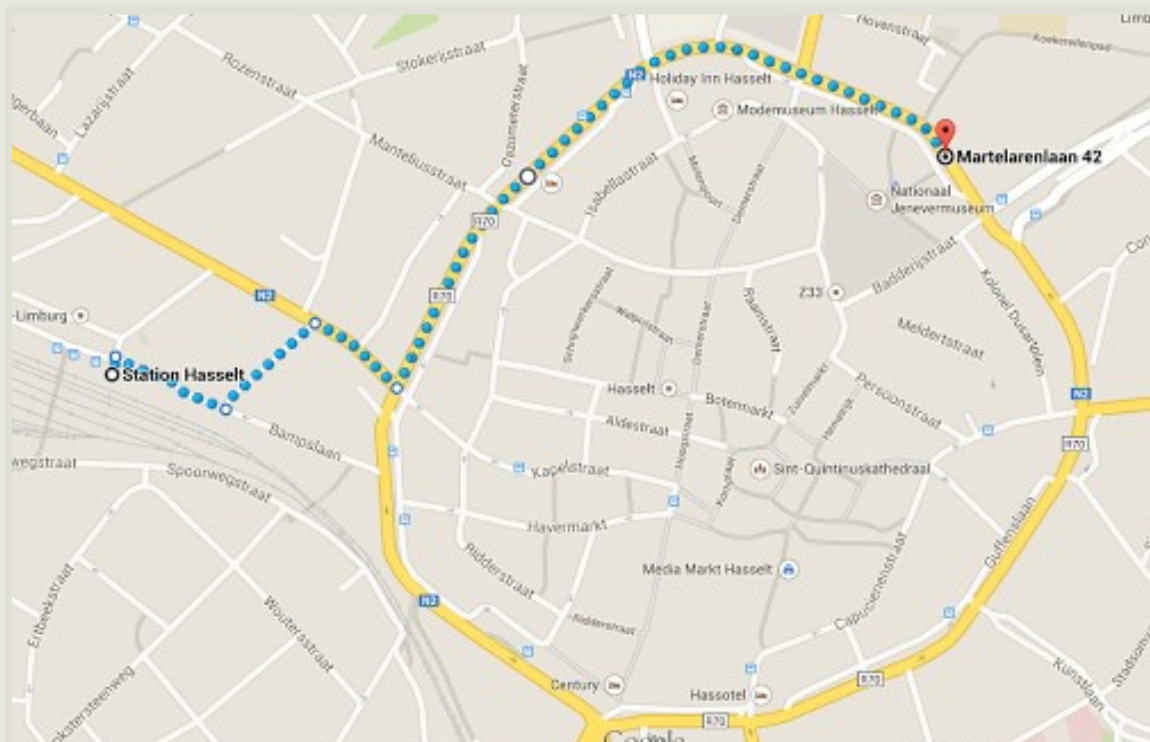
If you arrive at another airport, most of those have websites with information about taking the train.

From Hasselt to the Campus

You can get from Hasselt station to Campus Hasselt by foot, bike or bus.

By foot or by bike:

- Head North toward Tramstraat
- Turn right onto Stationsplein
- Turn left onto Geraertstraat
- Turn right onto Koningin Astridlaan



By bus:

You can use the following buses to go to the Kolonel Dusartplein, from there it's a short walk to the Campus.

- Boulevardpendel
- 52: Beringen
- 1: Genk
- 18a: Achel
- 20a: Maastricht
- 22: Beringen Mijnen
- 36: Genk
- 45: Maaseik/Maastricht
- 180: Lommel
- H2: Kiewit Domein
- H3: Godsheide

You can get from Hasselt station to Campus Diepenbeek by bike or bus.

By bike it's about 5 kilometers.

By bus you can take different busses. The buses with these line numbers will get you to the Campus:

- 45: Maaseik/Maastrichtt
- 36: Genk
- 20a: Maastricht (if 'via Universiteit' is displayed on the bus)

Reimbursements

If you have an Omniostatus at the Christelijke Mutualiteit (more info, see chapter 2), you can have a reimbursement on your train and bus ticket. This status is for students who applied for a full study programme and are insured here in Belgium. It provides you 50% reduction on your train and bus card. If you are staying in Belgium for a whole year or longer, contact the CM. There are different terms and conditions, so it is advised to go to the CM to ask about your status.

Address:

Christelijke Mutualiteiten
Kerklaan 6 bus 1
3590 Diepenbeek

Mail: didier.verding@cm.be

Bikes

In Belgium it's very common to use your bike as transport. It's also very useful, especially during evenings and weekends when buses are not operating anymore or not frequently.

Don't like public transportation, or you want to do some exercise? You can rent a bike for free. You need to pay a deposit of € 70, but it will be repaid if you bring back the bike. More information about renting a bike you can find at <https://citybike.uhasselt.be/citybike/>.



2. Traffic rules

By bike

- ◇ Always ride on the right.
- ◇ If there is a cycle track, it's compulsory to use it. Most of the Belgian cycle tracks are red and have interrupted lines to mark it (like the picture). Some don't have these lines, and other cycle tracks are grey.
- ◇ Taking a passenger on your bicycle carrier is strictly prohibited.
- ◇ Use your front and rear light at night or when it's dark or foggy → You're more visible to other people + otherwise you risk to be fined by the police.
- ◇ It's prohibited to drink alcohol and ride.
- ◇ If you are riding together with friends, use the cycle track. You're not allowed to cycle with more than two people next to each other.
- ◇ If you want to cross the street, use the zebra crossing. Always stick out your arm to the side you are crossing. If you turn to the left, use your left arm to sign it to other drivers.
- ◇ There are specific zebra crossings for bikers. If there is none, use the zebra crossing for pedestrians. If you use it, it's mandatory to walk next to your bike.
- ◇ Priority is given to the right. Drivers must stop for traffic joining from the right!



By foot

- ◇ Always walk on the side walk. If there is no sidewalk, walk on the verge of the road. If there is no verge, you can walk on the cycle track or the road. If you walk on the road, walk in opposite direction, as close to the left as possible.



- ◇ To cross the road, use a zebra crossing. If there is no zebra crossing, choose a safe place to cross the road. Don't do it on a bridge, in a bend, at a crossroad or between stationary vehicles.
- ◇ If there is a zebra crossing, you have priority to cross the road. Make sure the driver has seen you. Priority doesn't mean safety. Look to the right, then look to the left and wait for cars to slow down before crossing.

Traffic signs

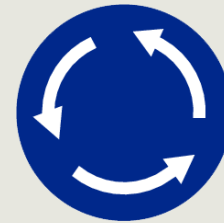
This space in traffic, this road, is especially for pedestrians and bikers. It's compulsory to use this road.



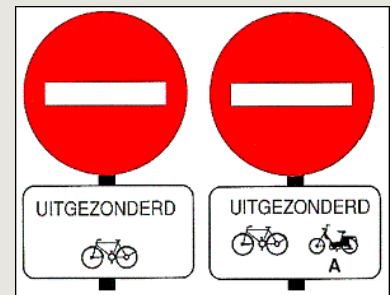
This sign means bikers need to use the left side of the road and walkers the left side of the road. Most of the time this will be a sidewalk or a cycle track.



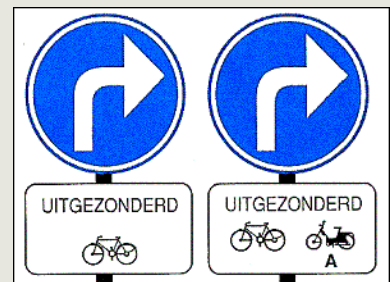
When you are taking a roundabout, you need to follow this direction.



This sign means cars can't enter this street, only bikers can use this road. The under board 'uitgezonderd + bike' means cyclists are an exception.



This sign means cars have to turn to the right and must follow this direction. The under board 'uitgezonderd + bike' means cyclists are an exception



This sign means there is an impediment on the road. Pay attention. This can mean different things. The road might be under construction, there might be a school in the neighbourhood (with children crossing the street without looking),...



This sign means there is a railway ahead. If you hear an alarm, you have to stop. The train has a priority on the road and may occur faster than you know. For your own safety, wait till the lights of the railroad turn white again.



3. Travelling abroad

You can travel abroad within the Schengen Area with no visa. The visa which allowed you to enter Belgium entitles you to travel through a part of Europe. The countries you can visit are:

Austria	Belgium	Czech Republic
Denmark	Estonia	Finland
France	Germany	Greece
Hungary	Iceland	Italy
Latvia	Liechtenstein	Lithuania
Luxembourg	Malta	the Netherlands
Norway	Poland	Portugal
Slovakia	Slovenia	Spain
Sweden	Switzerland	

Warning! The UK is not one of the countries in the Schengen Area. You might get able to enter the UK but won't be able to return to Belgium. Also Ireland is not a part of the Schengen Area. If you are a non-European, you need a visa to visit the UK and Ireland.

Always take your international passport and residence permit with you if you go abroad (even if it's only Maastricht in the Netherlands).

4. Important vocabulary and translations

ENGLISH	DUTCH
The bus	De bus
The train	De trein
Is this the bus to 'x'?	Gaat deze bus naar 'x'?
Can you tell me when we approach bus stop 'x'?	Kan u me zeggen als we aan bushalte 'x' zijn?
I need to be in 'x', can you help me?	Ik moet in 'x' zijn, kan u mij helpen?
Can you give me more information about 'x'?	Kan u mij meer informatie geven over 'x'?
On what platform will my train arrive?	Op welk spoor komt mijn trein aan?
What time does the bus/train arrive?	Om hoelaat komt de bus/trein aan?
What time does the bus/train leave?	Om hoelaat vertrekt de bus/trein?
Departure	Vertrek
Arrival	Aankomst
Platform	Perron
Pedestrian	Voetganger
Biker	Fietser
Traffic	Verkeer

Chapter 2

Health insurance

1. EEA (European Economic Area) students

- How do you obtain a card
- Treatment & costs
 - ◊ Doctors
 - ◊ Dentists
 - ◊ Hospital treatment
 - ◊ Prescriptions
 - ◊ Ambulance
- How do you get reimbursement?

2. Non-EEA students

- How do you obtain this kind of insurance?
- How much does this insurance cost?
- Which expenses are covered?
- How do you get reimbursement?

3. Important vocabulary and translations

1. EEA (European Economic Area) students

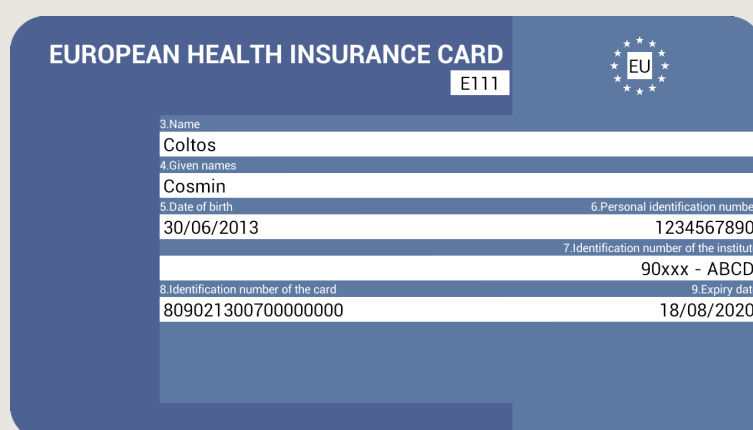
If you are from an EEA country, you are insured through your own national health service by the European Health Insurance Card (EHIC).

How do you obtain a EHI card?

You can obtain a card by contacting the health insurance institution where you are insured in your home country. It is free and normally it's valid for one year. This can vary from country to country, so be sure to check how long your card is valid.

If your EHIC is not recognised by the authorities of any EU country - or Iceland, Liechtenstein, Norway and Switzerland - you can request your home insurer to contact the doctor or hospital abroad.

It covers all basic expenses in case of illness abroad. It covers your medical treatment. With the European Health Insurance Card you can get healthcare - and claim reimbursement for the costs you have - on the same terms as nationals of the country you are in. If the treatment you need is free for local residents, you won't have to pay. If the treatment requires payment, you can either ask for reimbursement from the national institution whilst still in the country and get reimbursement directly there, or ask for reimbursement from your health insurer when you get home. Your expenses will be reimbursed according to the rules and rates of the country where the treatment was received. So you will be reimbursed either for the full cost of the treatment, or you will have to bear the patient's fee according to the rules of the country where the treatment took place. Alternatively, your insurer may decide to reimburse the full cost according to its own rules.



What type of costs does this EHIC not cover?

This is no alternative to a travel insurance. It does not cover expenses for repatriation, nor full hospital costs or special care (eyes, teeth). This card doesn't guarantee your expenses will be reimbursed. It depends on the adjustment of the medical health care of your own country.

Treatment & costs

Doctors

- You must pay the doctor at the time you are treated, but you might be able to claim back up to 75% of the cost when you present your “Getuigschrift voor verstrekte hulp” at the desk of a local sickness fund of your choice.
- Make sure the doctor gives you a green receipt (“Getuigschrift voor verstrekte hulp”) with the amount you paid.

Dentists

- You must pay the dentist at the time you are treated, but you might be able to claim back up to 75% of the cost when you present your “Getuigschrift voor verstrekte hulp” at the desk of a local sickness fund of your choice.
- Make sure the dentist gives you a receipt (“Getuigschrift voor verstrekte hulp”) with the amount you paid.

Hospital treatment

- You do not need (although highly advised) a doctor's referral, and you may see a specialist of your choice at any hospital.
- If you do not present your European Health Insurance Card (or provisional replacement certificate), you will have to pay the total amount in full. You can, however, seek reimbursement afterwards from one of the Belgian health insurance organisations by presenting the invoice and proof of payment at the desk of a local sickness fund of your choice.

Prescriptions

- You will need to present a prescription at the pharmacy, which you obtain from a doctor.
- You will have to pay for your prescription at the pharmacy. Patient charges may vary between 0% and 80% of the price of the medication.
- Make sure the pharmacist gives you a receipt that states your name, the medicine provided and the amount you paid. With it, you can claim reimbursement from one of the Belgian health insurance organisations.

Ambulance

- You pay a lump sum plus a fee per kilometer travelled. The Belgian public health insurance scheme reimburses 50%.

How to get reimbursed?

When you see a doctor or a specialist, you will be given a "certificate of services provided". In some cases, the pharmacist provides you with a document for refund purposes (certificate model 704). Bring these certificates, together with your EHIC to a mutuality office. You can go to all mutuality offices (De Voorzorg, Christelijke Mutualiteit, Liberale Mutualiteit, Partena,..)

Also remember to bring your bank account number. The mutuality prefers to make payment into a Belgian account. If you only have a foreign bank account number, bring your International Bank Account Number (IBAN) and the BIC or SWIFT code with you, together with your international passport.

You can find more information about the EHIC on these websites:

- European Commission website: <http://ec.europa.eu/social/main.jsp?catId=509&langId=en>
- Angloinfo website: <http://belgium.angloinfo.com/healthcare/health-system/ehic/>
- Europe website: http://europa.eu/youreurope/citizens/health/unplanned-healthcare/payments-reimbursements/index_en.htm

2. Non-EEA students

If you are not from an EEA country, your kind of Insurance may vary.

If you are here for less than 6 months, you will be automatically enrolled in the Student Insurance Programme (SIP-Integraal). If you are here for more than 6 months, you will be enrolled in the SIP-complement and have a mutuality insurance. Mutualities are services for public health insurance.

How do you obtain this kind of insurance?

You are automatically enrolled in the SIP. The University takes care of this and makes sure it is okay. If you are staying longer than 6 months, you are also subscribed to the health insurance fund CM. This is not automatically! For subscription by the CM, every student needs to complete the procedure. Every student needs to do the following things:

- Fill in the document provided by the student administration. This document is in Dutch, so let someone help you to complete this document.
- These papers need to be sent to the following address:
CM-Limburg, t.a.v. Didier VerdingKerklaan 6, bus 13590 Diepenbeek
If you have your residence permit, you have to send a copy of the card (both sides) to didier.verding@cm.be.
- CM will then send you a letter as well as some yellow stickers. You need those on several documents. It is a good idea to keep a few of these stickers in your wallet.

Now your insurance is complete.

How much does this insurance cost?

If you make use of SIP-Integraal, it costs 40 euros per month. If you make use of SIP-Complement, it costs 30 euros per month. (SIP-complement costs 25 euros per month + CM costs 5 euros per month).

The full insurance fee for year students is 360 euro (€ 30 x 12 months). It is paid together with the tuition fee at the beginning of every new academic year.

Which expenses are covered?

- Health insurance (including hospital costs)
- Civil liability
- Repatriation costs
- Legal assistance
- Travel insurance*

* If you are CM insured and you want to travel abroad, make sure you ask for an European Health Insurance Card. This card provides health care while being abroad. More information can be found on page 20.

How do you get reimbursement

1. Health insurance fund: CM Limburg

First you have to register with CM Limburg. You will receive the necessary documents during the orientation day or you can come to the international office. Don't forget to bring your student ID. Write down your address in Belgium somewhere, you will need this.

Once you have registered with CM Limburg, you will receive yellow identification stickers at your student address. The yellow identification stickers are to be affixed to all the refund application documents you send to the health insurance fund.

Health insurance on average covers approximately 75%. Some (critical) medical expenses are fully refunded. In Belgium, you are free to choose your care provider. Doctors can either be in private practice or attached to a hospital. Most doctors in Belgium speak English fairly well. Always take cash with you to the doctor. You will have to pay his fee immediately after the consultation. Only a few doctors accept electronic forms of payment.

2. Student Insurance Programme: SIP

SIP will refund the other 25% of your doctor costs.

You can find more information on the website of Hasselt University: <http://www.uhasselt.be/medical-refund>. On this website you can also find a document to get refunded and the SIP document you need for refunds.

! If you are not registered by CM because you stay less than 6 months, SIP itself will reimburse everything.

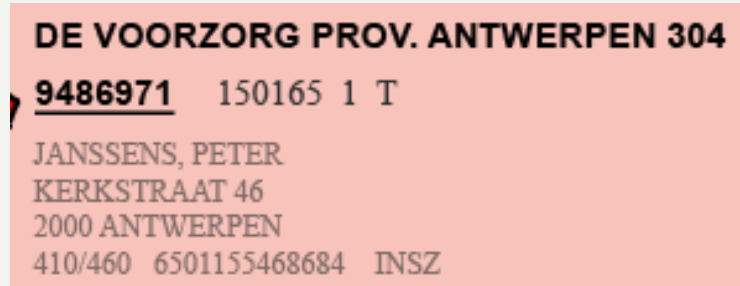
3. Important vocabulary and translations

ENGLISH	DUTCH
Insurance	Verzekering
Health insurance	Ziekteverzekering
Mutuality	Mutualiteit
European Health Insurance Card	Europese Ziekte Verzekering Kaart
Certificate of services provided	Getuigschrift voor verstrekte hulp

Good to know!

To give proof of your health insurance, make sure you always have a 'klever' in your wallet. This 'klever' helps you when you end up in the hospital or have a medical problem. It looks like this (though the colour can be different, depending on your mutuality).

You need these 'klevers' to get reimbursement as well. You can get them in your mutuality.



Chapter 3

Health & hygiene

1. Health

- What if you get sick?
 - Doctors
 - Pharmacies

2. Hygiene

- In the bathroom
- In the kitchen
- Cleaning the house

3. Important vocabulary and translations

- Health
- Hygiene

1. Health

What if you get sick?

It's possible you will get sick during your stay. In the winter lots of students get a cold or the flu. In the spring you can get hay fever or allergies. If you feel sick, take care of yourself. Rest, sleep, drink plenty of water and eat healthy. If this is not helping, you can go to a doctor or to a pharmacy for medicines. The rules of reimbursement you can find in chapter 2.

If you don't feel well, you can visit a doctor. In Belgium, you first go to a doctor to get examined. If you need further examination, the doctor will send you to the hospital. In Belgium, you don't go to the hospital, unless it is an emergency. So first, go to the doctor.

Doctors

You can find a doctor in Diepenbeek:

Doctor Bas Van den Bergh
Patersplein 3, 3590 Diepenbeek

Doctor Jansens–De Varebeke
Marktpllein 35, 3590 Diepenbeek

Doctor Gelders
Dooistraat 33, 3590 Diepenbeek

Doctor Lambrichts
Wijkstraat 11, 3590 Diepenbeek

Doctor Warson, De Winter and Michiels
Nanofstraat 50, 3590 Diepenbeek

Doctor Volders
Katteweidelaan 14, 3590 Diepenbeek

Good to know!

Most of the doctors work with appointments. They also have hours for consultation without making an appointment. Their consultation hours are almost all the time mentioned on their door.

For more doctors in Diepenbeek, visit this website:

<http://www.goudengids.be/dokters-huisartsen/diepenbeek/>

You can find a doctor in Hasselt:

Doctor Dujardin

Elf-Novemberlaan 8, 3500 Hasselt

Doctor Swartenbroekx

Heldenplein 2, 3500 Hasselt

Doctor Martens

Sint-Katarinaplein 12, 3500 Hasselt

Doctor Vroninks

Castrstraat 72, 3500 Hasselt

Doctor Paredis

Weerstandslaan 9, 3500 Hasselt

For more doctors in Hasselt, visit this website:

<http://www.goudengids.be/dokters-huisartsen/Hasselt/>

Good to know!

The Dutch word for 'doctor' is 'dokter' or 'arts'. Don't let them fool you with the word 'dierenarts' or 'veearts', this means a veterinarian for animals.



Pharmacies

Sometimes you will need a prescription for your medication. You can get this prescription from the doctor. Other medication you can buy without prescription. The following list contains a list of medication you can buy without prescription:

MEDICINES

- Remedy for nausea and vomiting
 - Ginger preparations
- Remedy for diarrhea (prevention and/or treatment)
 - Enterol® (*Saccharomyces boulardii*)
 - Lactéol® (*Lactobacillus acidophilus*)
 - Loperamide (Imodium®)
- Remedy for rehydration
 - ORS
- Remedy against cramps
 - Buscopan® (butylhyoscinebromide)
- Remedy for heartburn
 - Gastricalm® (magaldrate)
 - Gaviscon® (alginic acid, sodium salt + sodium bicarbonate + calcium carbonate)
 - Maalox antacid® (algedraat + magnesium hydroxide)
 - Rennie® (calcium carbonate + magnesium carbonate)
 - Riopan® (magaldrate)
- Analgetic, antipyretic agent
 - Paracetamol (Dafalgan®, Perdolan®, Algostase Mono®...)
- Analgetic, antipyretic, anti-inflammatory agent
 - Ibuprofen (Nurofen®, Spidifen®...)
 - Acetylsalicylic acid (Aspegic®, Aspirine®, Sedergine®...)
- Painful menstruation
 - Excedryn® (paracetamol 250mg + acetylsalicylic acid 250mg + caffeine 65mg)
 - Perdofemina® (ibuprofen)

- Local remedy for muscle aches, sprains, bruises
 - Flexium® (etofenamate)
 - Hirudoid® (mucopolysaccharide, poly sulfate)
 - Voltaren® (diclofenac)
- Remedies against colds
 - Cough inhibitor: dextromethorphan (Bronchosedal Dextromethorphan®, Tussorhinathiol® ...)
 - Cough with slimes: acetylcysteine (Lysomucil®) - Muco Rhinathiol®, Siroxyl® (carbocysteine)
 - Nose drops /spray: xylometazoline (Otrivine®, Nasa Sinutab®, Nasa Rhinathiol® ...)
- Personal medicines

If a generic product is available, the generic name comes first and the brand name in parentheses. If no white product is available, the brand name comes first and the generic name in brackets, this because of the fact that brands can differ internationally quite much.

Even if you are not in pain, it might happen that you will cut yourself while cooking or something. It is an good idea to have some stuff for wound care at your student home.

- ⇒ Band aids, elastic bandage, compresses, styptic cotton-wool
- ⇒ Desinfectant
- ⇒ Scissors, tweezers

Good to know!

Ask for House Preparations, these are often identical (or even better) than specialities and at a lower price!

There are no dangerous, exotic insects in Belgium. However, in summer there are lots of insects that will sting. Bees, wasps, mosquitos,... You can get the following if you get bit:

- ⇒ Insect repellent: DEET (diethylmetatolueenamide)
- ⇒ Anti-allergic and anti-itch agent: cetirizine (Zyrtec®), Euceta®, Afterbite®

Though the sun doesn't shine quite alot in Belgium, in summer you can get a sunburn. Use sun cream if there is a lot of sun, and if you still look like a lobster afterwards, use after-sun.

Other useful things you can buy in the pharmacy are:

- A thermometer
- Remedies against sexually transmitted diseases (STD): condoms
- Birth control

Where to find pharmacies in Diepenbeek:

Apotheek Souren
Marktpllein 17, 3590 Diepenbeek

Apotheek Dhr. Kreemer K.
Wijkstraat 29b, 3590 Diepenbeek

Where to find pharmacies in Hasselt:

Apotheek Havermarkt
Havermarkt 25, 3500 Hasselt

Apotheek Smeets
Kuringersteenweg 37, 3500 Hasselt

Apotheek Broos-Van Gorp
Luikersteenweg 193, 3500 Hasselt

Apotheek Vanroelen
Maastrichterstraat 56, 3500 Hasselt

Apotheek In het Zwaard
Grote Markt, 3500 Hasselt

Good to know!

You can recognise a pharmacy by its green cross:



Most of the pharmacies' opening hours are every day between 9h00 and 18h00. It varies between the different pharmacies. After that, you can go to the 'apothek van wacht', this pharmacy will be open on Sundays, holidays or nights. You can find a 'apothek van wacht' on this website: <http://www.apotheek.be/apotheker/apotheek-van-wacht>. This will change every week.

Warning: Going to a 'apothek van wacht' will cost you more. Only use it in case of emergency. The pharmacist can add an extra cost for his services during this period.

2. Hygiene

In the bathroom

A short list of products might be handy, just to make sure you don't brush your teeth with shampoo or other strange things...

English	Dutch	Use
Shampoo	Shampoo	To wash your hair in the shower. Wash it out of your hair before drying.
Conditioner	Conditioner/crème spoeling	To make your hair soft and shiny. Also use in the shower and wash it out before drying your hair.
blow dryer	haardroger	to dry your hair
hairbrush	borstel	to brush your hair
shower gel	douchegel	to wash your body in the shower
soap	zeep	to soap your body
hair gel	gel	to get your hair fixed
Hairspray	Haarspray/haarlak	To get your hair fixed
deodorant	deodorant	to prevent body odor
toothbrush	tandenborstel	to brush your teeth
Toothpaste	Tandpasta	The product you use to brush your teeth
Dental flos	Flosdraad	To make sure no food sticks between two teeth, you can use dental flos
Razor	Scheermes	To shave facial hair. (ladies: there is a difference between razors for men and women. Razors for women are most of the time pink!)
Shaving cream	Scheerschuim	To apply to your face before shaving

General rules of using the toilet

- Always wash your hands after using the toilet and flush it every time
- Wipe the seat if necessary
- Men who use the toilet to urinate, should put up the seat, and put it back down when they leave
- Use the toilet brush when necessary
- Don't put other things than toilet paper in the toilet. Tampons and sanitary napkins will block the toilet. Instead, use the toilet bin.



In the kitchen

In the kitchen you keep, prepare and eat food. It's important the kitchen is clean at all time for a good hygiene.

- Do your dishes as soon as possible after eating.
- Use dishwashing liquid to do your dishes. After you wash it, also dry your dishes and store it back. Don't let them dry on the sink (a caution for bacterias). Also clean your sink from the last food wastes. Otherwise it will smell.
- Use plastic foil over your plate when you put it in the refrigerator.
- Do not use metal or aluminium in the microwave!! Also, not all plastic boxes can be put in the microwave!
- After use, clean the microwave.
- If you want to fry something, be careful with the oil! Don't put water on it (it can set fire) and give it enough time to cool down.
- Defrost from time to time your refridgerator and freezer and wash it out (it's for the hygiene).
- Keep an eye on the expiration date of food. It's not harmful if your food is expired for some days or a week if the wrapping is still closed. If it smells weird or sour, throw it away.

Good to know!

Plastic foil will keep your food fresh in the refrigerator.

Also, cover your plate with plastic wrap before heating it in the microwave. That way, your microwave stays clean!



Waste and garbage

In Belgium, people need to sort their waste and garbage by each different type. The bags for this garbage can be included in the price of your student home, or you need to buy them yourself. You can find them in the super markets. Please only use official garbage bags, as the other ones are not collected by the garbage truck.

BLUE PMD BAG

In this bag you can throw: Empty plastic bottles and flasks from drinks and bathing + cleaning products, metal packaging, cans, aluminium plates, metal caps, lids and tips and cartons. What is not allowed: butter tubs, yoghurt cups, plastic bags or objects, aluminium foil, badly-rinsed drink containers.



GREEN GFT CONTAINER

All organic waste like fruit and vegetable peels, tea bags, eggshells, coffee, plants, food leftovers, ..

HOUSEHOLD BAGS

In these bags you can put all the rest of your waste. But don't put paper, cardboard or glass in it.

Paper and cardboard are collected together, but there is no special bag. You can put them in a cardboard box.

Glass is not collected, you need to bring it to specific containers which are spread over the city. These are sorted by white glass and coloured glass. Don't put glass splinters in there.

KGA stands for small dangerous risk waste. Batteries you can bring to almost every supermarket and put it in a container there. If you have medication that's expired, you can bring it back to the pharmacy.



Cleaning the house

If you are living in a small student home or in an apartment, it has to be clean all the time.

Dust and dirt are bad for your health. You should do the following things weekly:

- Remove dust from all furniture
- Sweep and mop the floor
- Scrub the sink, washbasin and shower
- Clean the taps with descaler
- Wipe mirrors

A basic list of cleaning material:

English	Dutch	Use
Dust wiper	Stofdoek	To wipe dust of your furniture
Microfiber cloth	Microvezeldoek	To wipe dust, to polish mirrors, to wash and dry the sink, ...
Vacuum cleaner	Stofzuiger	To suck up dust and dirt of the floor or out of a carpet. If you don't have a vacuum cleaner, make sure you can your carpet shake the dust out of it outside your room.
floor rag	Dweil	Use the floor wiper and the (wet) floor rag together to wipe the floor clean. If your floor is to wet after wiping, use the floor wiper without the rag.
Floor wiper	Vloerwisser	^
Bucket	Emmer	You can use the bucket to put hot water and product in it. That way you don't have to use your sink.
all purpose cleaner	allesreiniger	You can use all purpose cleaner to wipe the floor, wash the bathroom, your kitchen,...

English	Dutch	Use
Degreaser	Ontvetter	You use degreaser to clean your kitchen and your sink.
A (soft) deck brush	Een zachte borstel	With a deck brush you can sweep the dust and dirt of your floor.
Dustpan and brush	Stoffer en blik	A dustpan and brush are easy to clean the dirt and dust after you swept it together. This is also very usable when you break a glass.
Sponge	Spons	You can use a sponge to do your dishes or to clean dirty surfaces.
Toilet cleaner	Wc-reiniger	Use toilet-cleaner once a week to keep your toilet clean and



3. Important vocabulary and translations

1. If you're feeling sick

English	Dutch
Nausea	Misselijkheid
Vomiting	Braken/overgeven
Stomach cramps	Buikkrampen
Heartburn	Maagzuur
Having a cold	Verkouden zijn
Headache	Hoofdpijn
My 'x' hurts	Ik heb pijn aan mijn 'x'
I feel dizzy	Ik ben duizelig
I'm looking for medication against 'x'	Ik zoek medicatie tegen 'x'
IS there a reimbursement on this medication?	Wordt deze medicatie terugbetaald?
Physiotherapist	Kinesist
Eye doctor	Oogarts
Ear specialist	Oorarts
Dentist	Tandarts

Good to do!

If you have any medical condition which can cause you trouble during your stay, ask your doctor in your homecountry for a report of this. Take this report with you when you go to see a doctor. That way, he'll know your medical state and knows which medication he can (not) prescribe.

2. About hygiene

English

Kitchen towel

Sponge

Dishrag

Dishwashing liquid

Plastic wrap

Tin foil

Dutch

Keukenhanddoek

Spons

Vaatdoek

Afwasmiddel

Plastiekfolie / huishoudfolie

Aluminium folie

Good to know!

If you are not sure about a cleaning product, ask the attendant in the store for more information. The wrong product can cause stains or burns. Most of the products will have an English explanation on the backside.



Chapter 4

Saving money

1. Going to the store
 - A list of basic products
 - Fruit and vegetables
 - Supermarkets in Belgium
 - Tips and tricks
2. School materials
3. Buying clothes (and other things)
4. Going for drinks
5. Eating somewhere else
 - Budget of € 5
 - Budget of less than €10
 - Budget of less than € 15

1. Going to the store

Unfortunately, food doesn't appear magically in your refrigerator. Going to the supermarket can be pretty expensive if you don't know where to go or what to buy. Some stores are more expensive than others. In the next tabel, you can find a list of average prices on basic foods and drinks. The prices come from Collect&Go, the online shop of Colruyt. It's possible items cost more in other stores, or that they are less expensive. But if you go to a store and they ask double the price than listed below, you know you are paying too much.

A basic list

<u>English</u>	<u>Dutch</u>	<u>Price in €</u>
water (1 liter)	Water	0,20
coca cola (1 can)	coca cola	0,50
whole milk (1 liter)	volle melk	0,50
semi skimmed milk (1 liter)	halfvolle melk	0,60
skimmed milk (1 liter)	magere melk	0,50
orange juice (1 liter)	fruitsap	0,70
1 regular (non artisan) bread (if you go to a baker, bread will cost more because it's artisan in the bakery),	brood	1,20
potatoes (1 kilo)	aardappelen	0,90
pasta (500 gram)	pasta	0,40
rice (500 gram)	rijst	0,50
olive oil (1 liter)	olijfolie	3,00
butter to bake or cook (500 gram)	bakboter	1,40
butter for bread (250 gram)	smeerboter	1,50
cheese (250 gram)	kaas	2,00
jelly	confituur	1,00

<u>English</u>	<u>Dutch</u>	<u>Price in €</u>
yoghurt with fruit (1 kilo)	yoghurt met fruit	1,70
cornflakes (750 gram)	cornflakes/ontbijtgranen	2,50
tomato sauce (500 gram)	tomatensaus	0,60
mayonaise	mayonaise	0,70
ketchup	ketchup	0,70
eggs (12 pieces)	ei	1,30

Good to know!

The water that comes out of the tap is perfectly suited as drinking water. It may taste less good than water from a bottle, but in most cases it's even healthier.



Fruit & vegetables

The prices of fruit and vegetables will change every season. The best way to buy your fruit and veggies, is to buy them by season. The fruit and vegetables are then the tastiest, and the prices are not so high. A list of which fruits and vegetables are seasonal in Belgium is:

Seasonal fruit

January	apricot, apple, blueberry, blackberry, grape, melon, peach, orange
February	pineapple, apple, avocado, banana, lemon, grapefruit, kiwi, tangerine, pear, orange
March	pineapple, apple, avocado, banana, lemon, grapefruit, orange
April	pineapple, apple, avocado, banana, lemon, grapefruit, orange
May	strawberry, pineapple, apple, banana, grapefruit, orange
June	strawberry, apricot, pineapple, avocado, lemon, cherry, melon, prune, mango, nectarine
July	strawberry, apricot, blueberry, blackberry, lemon, raspberry, cherry, melon, peach, prune, mango, nectarine
August	apricot, apple, blueberry, blackberry, grape, melon, peach, prune, mango, nectarine
September	apple, banana, blackberry, lemon, grape, melon, pear, peach, prune, mango, nectarine
October	apple, banana, grape, kiwi, tangerine, pear
November	pineapple, apple, avocado, banana, lemon, grape, grapefruit, tangerine, pear, orange
December	pineapple, apple, avocado, banana, lemon, kiwi, tangerine, pear, orange



Seasonal vegetables

January	potato, carrot, mushroom, Brussel sprout, pumpkin, green celery
February	potato, carrot, pumpkin, green celery
March	potato, carrot, spinach, Brussels sprout, pumpkin, green celery
April	potato, carrot, asperges, spinach, green celery
May	potato, carrot, asperges, spinach, lettuce, green celery
June	potato, carrot, tomato, spinach, lettuce, green celery
July	potato, carrot, tomato, cucumber, spinach, paprika, egg-plant, lettuce, green celery
August	potato, carrot, tomato, cucumber, spinach, egg-plant, Brussels sprout, lettuce, pumpkin, green celery
September	potato, carrot, tomato, cucumber, spinach, egg-plant, Brussels sprout, lettuce, pumpkin, green celery
October	potato, carrot, tomato, cucumber, spinach, egg-plant, Brussels sprout, pumpkin, green celery
November	potato, carrot, Brussels sprout, pumpkin, , green celery
December	potato, carrot, pumpkin, green celery



Supermarkets in Belgium

The following list is of most supermarkets in Belgium. Prices are rated based on the prices of their private labels. Not all of these supermarkets sell the big labels! The opening hours of the shops can vary. Most of them are open between 9h00 - 18h00. Most of them are closed on Sundays and holidays!

Colruyt

Prices: low/average

Address:

- Hendrik van Veldekesingel 36, 3500 Hasselt
- Vennestraat 225, 3600 Genk



Lidl

Prices: low

Address:

- Weg naar As 124, 3600 Genk
- Hasseltweg 24, 3600 Genk
- Kempische Steenweg 144, 3500 Hasselt
- Sint-Truidersteenweg 470, 3500 Hasselt



Aldi

Prices: low

Address:

- Steenweg 16a, 3590 Diepenbeek
- Casterstraat 31a, 3500 Hasselt
- Genkersteenweg 76, 3500 Hasselt
- Hasseltweg 74, 3600 Genk



Carrefour

Prices: average

Address:

- Wijkstraat 37, 3590 Diepenbeek
- Sint-Janslaan 2, 3590 Diepenbeek
- Koerlostraat 50, 3600 Genk
- Herkenrodesingel 2, 3500 Hasselt
- Kuringersteenweg 291, 3511 Kuringen



Delhaize

Prices: average/high

Address:

- Nieuwstraat 169, 3590 Diepenbeek
- Luikersteenweg 109, 3500 Hasselt
- Stadsplein 15, 3600 Genk



Tips & tricks

1. Go to the super market once a week. Plan on doing this and make enough time for this. Make a grocery list of everything you need. It's an idea to make a menu for the rest of the week! When you use this list, you will only buy what you need and you can plan how to use your budget.
2. If you buy large packets, most of the time the prices will be more affordable, than if you buy everything in small amounts. If you see the word 'voordeelpakket' on the package, it means this is advantageous.
3. Advantageous packages are most of the time too much to consume by one person. If you have a freezer, you can freeze a part of the package (if it is meat or vegetables).

4. If you don't have a freezer, but you want to buy advantageous packages, go shopping with a friend or another student. Split the cost, benefit!
5. Be ecological, don't buy food with lots of plastic package. Later on, you will have to pay for your garbage bags. They are expensive!
6. It's not easy to buy and cook a meal for one person. Most of the time you will have an overabundance of food. You can eat the same meal over two days, or you can cook and dine together with friends. You can cook simple dinners for € 2 per person if you want to.

An example: Making spaghetti with tomato sauce and meat for 4 persons

Ingredients	Price
uncooked pasta (500 gram)	€ 0,35
tomato sauce (1 kilo)	€ 1,40
paprika (2 pieces)	€ 2,00
mushrooms (500 gram)	€ 1,30
minced meat (400 gram)	€ 2,50
grated cheese (100 gram)	€ 1
Total price	€ 8,55

7. Subscribe for newsletters of the supermarkets you go to. You will know if there are promotions, special offers,... You can save money if you know the special offers.
8. Buy drinks and food in glass packages. You can put the empty package in glass containers for free. A part of the bottles also has 'statiegeld' on it. When you buy a bottle in the store, it can cost a little more because you pay a deposit. But when empty, you can return the bottle and get your money back.

2. School materials

Study books, ordners, pens,... It can get quite expensive if you don't know where to go. The previously addresses of the Action, Wibra and Zeeman are shops where you can go for some of the basic school materials you will need. At the beginning of the academic year stores like Al-di and Lidl also have a selection of school materials.

When buying school books second hand, it will be less expensive than new ones. Always look on the announcement boards at your campus. Some students sell their books for good prices. If you can't find what you need, you can always go to Re-Book IT, De Slegte or Stubooks.

Re-Book IT

Re-Book IT is a company ran by students of Hasselt University. They mediate in selling and buying second-hand books from students. You can buy your books here for competitive prices. After your study you can also resell your books and make some money out of it.

For more information:

Address: Visit them in room B111, Campus Diepenbeek. They don't have opening hours, but will be there most of the days around noon.

Mail: info@rebookit.be

Website: <http://www.rebookit.be/home>

Facebook: <https://www.facebook.com/rebookit>



De Slegte

De Slegte is a bookshop that buys and sells second-hand study books. Chances are that they have the book you need.

Address: Havermarkt 14, 3500 Hasselt



Stubooks.be

Stubooks is an online platform where students buy and sell their books second hand. The only disadvantage is that the website is in Dutch.

To make a new account:

1. Click on login and choose 'Nieuwe gebruiker', this means 'new user'.
2. Fill in the form

The screenshot shows the registration form on the Stubooks.be website. The form is divided into several sections: 'Nieuwe gebruiker' (New user) with fields for username, password, repeat password, and email; 'Persoonlijke gegevens' (Personal data) with fields for first name, last name, gender, date of birth, and phone number; 'Adresgegevens' (Address data) with fields for street + number, postal code, city, and address details; and 'Studiegegevens' (Study data) with a school selection dropdown and a program selection dropdown. There are also checkboxes for terms and conditions and linking to a Facebook account. A 'SAVE' button is at the bottom.

3. Check the website for books

⇒ Select 'select school' on the home page and click on Universiteit Hasselt

⇒ Select your study programma

OR you can enter the ISBN code of the book you need, or the title.

4. If you find a book that you need, click on it to get more information. Most of the time it will be in Dutch. In the lower right corner, you can select 'mail verkoper'. This way you can contact the seller.

Website: www.stubooks.be

3. Buying clothes (and other things)

If you want to buy clothes and other things, but you don't want to pay lots of money on it, here are a few stores you can go to:

Okazi—De kringwinkel

De KooP—De kringwinkel

Kringwinkels are thriftshops. You can find clothes in here, all secondhand. Next to clothes, you can buy shoes, furniture, tableware, cutlery, accessories, electronics,...

Address:

Sint-Truidersteenweg 150, 3500 Hasselt

Website:

http://www.okazi.be/Okazi.be/Okazi_Home.html

Address:

Bosdel 36, 3600 Genk



Zeeman

Zeeman is a shop where you can find clothes and underwear for low prices. Next to clothes, you can buy bedclothes, cleaning products, kitchen equipment,...

Address:

- Wijkstraat 35, 3590 Diepenbeek
- Maastrichterstraat, 3500 Hasselt
- Demerstraat 81, 3500 Hasselt
- Hasseltweg 191, 3600 Genk

Opening hours:

Monday till Saturday: 9h00—18h00

Closed on Sundays



Action

Action is a shop where you can find clothes for low prices. Next to clothes, you can buy office supplies (pens, paper, notebooks, folders,...), tableware, cutlery, accessories, cleaning materials,... They also have a small selection of food.

Address:

Hasseltweg 204, 3600 Genk

Opening hours:

Tuesday till Saturday: 9h00—18h00

Sunday: 12h00—18h00



Wibra

Wibra is a shop where you can find clothes and underwear for low prices. Next to clothes, you can buy bedclothes, kitchen equipment, cleaning materials, office supplies,...

Address:

- Maastrichterstraat 49, 3500 Hasselt
- Europalaan 488, 3600 Genk

Opening hours:

Monday till Saturday: 9h00—18h00

Closed on Sundays



H&M—Zara—C&A

H&M, Zara and C&A have fashion for youth at reasonable prices. It's not the most cheapest, but it's definitely not super expensive.

H&M

Address:

Demerstraat 23, 3500 Hasselt

Sint-Jozefsstraat 10, 3500 Hasselt

Sint-Martinusplein, 3600 Genk

Opening hours:

Monday till Saturday: 9h30—18h00

Closed on Sundays



Zara

Hoogstraat 17, 3500 Hasselt
Sint-Martinusplein 8, 3600 Genk

Opening hours:

Monday till Saturday; 10h00—18h00

Closed on Sundays



C&A

Demerstraat 11, 3500 Hasselt
Sint-Jozefstraat 10, 3500 Hasselt
Stadsplein 6, 3600 Genk

Opening hours:

Monday till Saturday; 9h30 —18h00

Closed on Sundays



4. Going for a drink

If there is one thing that is typically to the Flemish student life, it is going to a café or a bar after class or in the evening. Going for a drink is fun. You can relax and talk with friend about your day or have philosophical conversations till midnight. Even though it's nice hanging around, it can be pricey as well if you make a habit of it.

Thursday = student night

On Thursday it is student night in Hasselt and Diepenbeek. There are all kinds of activities, parties and special offers. If you are a member of a student society, the society will offer you special entry prices or nice deals on several occasions.

If there is a party, you will probably find information on the information boards of your Campus. Most of the parties are announced with big, screaming posters and flyers.

Jeugdhuizen

A 'jeugdhuis' is a place where youth organizes events and parties, have a café and the prices are low. For example, in Hasselt - Kiewit, there is a jeugdhuis called 't Geverke. For a coke, sprite, fanta, ice tea and water you pay € 0,80. Beer costs € 1. Of you compare this to a regular café, where you pay at least € 2 for a coke... You can do the math.

You can find the 'jeugdhuizen' here:

Jeugdhuis 't Geverke

Kempischesteenweg 518b, 3500 Hasselt

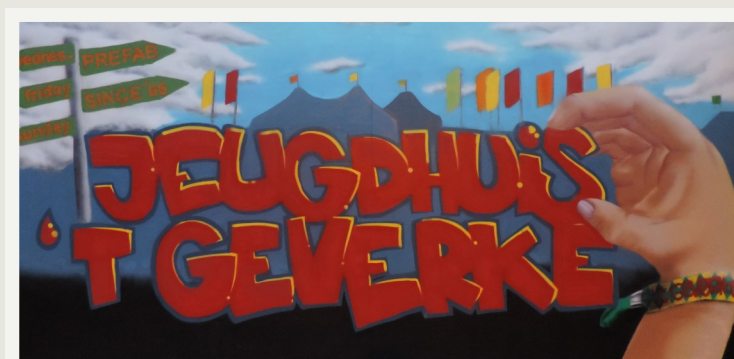
Opening hours:

Wednesday and Sunday: 20h00 - 23h00

Friday: 20h00 - 02h00

website: <http://www.tgeverke.be/>

facebook: <https://www.facebook.com/tGeverke?fref=ts>



Jeugdhuis De Bem

Kiezelstraat 118b, 3500 Hasselt

Opening hours:

Saturday: 20h30 - 02h00

facebook: <https://www.facebook.com/jeugdhuis.debem>

Jeugdhuis Ginsert

Europalaan 26, 3600 Genk

Opening hours:

Wednesday, Thursday, Sunday: 17h00 - 23h00

Friday, Saturday: 17h00 - 02h00

Special hours during schoolbreaks: <http://www.jeughuisginsert.be/node/53>

website: <http://www.jeughuisginsert.be/>

facebook: <https://www.facebook.com/jeugdhuisGinsertvzw>



5. Eating somewhere else

If you don't feel like cooking, you can always go and eat somewhere else. There are a few places in Hasselt and Diepenbeek where you can drink, eat and don't be broke afterwards.

If your budget is € 5:

Make use of the student restaurants! Use your PingPing card to get a student discount on the price.

- ⇒ Campus Diepenbeek, between 11h30 - 13h30. Monday till Friday
- ⇒ Campus Hasselt, between 11h30 - 15h00. Monday till Friday
- ⇒ Campus PXL, Elfde Liniestraat 24, 3500 Hasselt, between 11h30 - 13h30. Monday till Friday
- ⇒ Campus PXL, Vildersstraat 5, 3500 Hasselt, between 11h30 - 13h30. Monday till Friday
- ⇒ Campus UCLL, Agoralaan gebouw B, 3590 Diepenbeek, between 11h00 - 14h15



You can go to a sandwich bar

- ⇒ Lunch corner Mika: Maastrichterstraat 1, 3500 Hasselt
- ⇒ De Badderij: Badderijstraat 10, 3500 Hasselt
- ⇒ Happy Burger: Lutselusplein 12, 3590 Diepenbeek
- ⇒ Joma broodjes: Kempenstraat 150, 3590 Diepenbeek
- ⇒ Traiteur Luc Haenen: Kabergheidestraat 38, 3590 Diepenbeek
- ⇒ Panos: Rootenstraat 6 (shopping 2), 3600 Genk
- ⇒ Panos: Maastrichterstraat 22, 3500 Hasselt

If your budget is less than € 10:

You can go to the 'frituur' (where you can buy French fries with a snack). This is the Belgian pride, and French fries are actually Belgian. If you want to taste the Belgian food, go to a 'frituur'!



- ⇒ 't Patatje, Kloosterstraat 5, 3590 Diepenbeek
- ⇒ Moderne, Marktplein, 3590 Diepenbeek
- ⇒ Mira, Nieuwstraat 226, 3590 Diepenbeek
- ⇒ 't Frietje, Varkensmarkt 31, 3590 Diepenbeek
- ⇒ Het Snackske, Steenweg 127, 3590 Diepenbeek
- ⇒ Friet Lounge, Kempische Steenweg 103, 3500 Hasselt
- ⇒ Frituur Ber, Kiezelstraat 179, 3500 Hasselt
- ⇒ Luciano, Sint-Truidersteenweg 494, 3500 Hasselt
- ⇒ Marmiet, Kempische Steenweg 25, 3500 Hasselt
- ⇒ Fritz en Co, Kolonel Dusartplein 50, 3500 Hasselt

Zuppa, the soup bar in Hasselt, is the place to go if you want a nice bowl of hot soup. You also get a slice of bread and an apple to go.

- ⇒ Botermarkt 13, 3500 Hasselt



Fitlink, next to Campus Diepenbeek, has a menu with low prices! Pasta, fries, toast,...

- ⇒ Agoralaan, 3590 Diepenbeek

You can go for a kebab, pizza and other fastfood. There are plenty of addresses you can go in Hasselt, Diepenbeek or Genk.

- ⇒ SVN Kebab: Badderijstraat 23, 3500 Hasselt
- ⇒ Kaya Kebab: Genkersteenweg 34, 3500 Hasselt
- ⇒ Aladin (kebab): Kuringersteenweg 6, 3500 Hasselt
- ⇒ Eataly Pasta: Sint-Jozefstraat 21, 3500 Hasselt
- ⇒ Venus (pizza, kebab): Ridder Portmansstraat 6, 3500 Hasselt
- ⇒ Da Francesco (pizza, pasta): Steenweg 54, 3590 Diepenbeek
- ⇒ Il Fornino (pizza, pasta) Havenlaan 20, 3590 Diepenbeek
- ⇒ Vero Gusto (pizza, pasta): Nieuwstraat 153/1, 3590 Diepenbeek



If your budget is less than €15 and you want a 'real' meal (no fast-food)

- ⇒ Tasty bowl is a restaurant with Thai cuisine and Japanese rolls. Most of the dishes cost less than €10! Address: Fruitmarkt 34, 3500 Hasselt.
- ⇒ De Witte is a restaurant with a variety of food. They serve snacks, but also salads, pasta's and many more. Address: Maastrichterstraat 21, 3500 Hasselt
- ⇒ Het Borrelhuis is a restaurant with a small menu. Address: Witte Nonnenstraat 28, 3500 Hasselt.
- ⇒ Century is a restaurant with a large menu. Not everything costs less than €15, but you will have many options to choose from. Address: Leopoldplein 1, 3500 Hasselt.
- ⇒ Botanique is a salad and burgerbar where you can eat healthy and fresh food. Address: Zuivelmarkt 11, 3500 Hasselt.
- ⇒ Demerhof is a restaurant with a small menu. Address: Stationsstraat 22, 3590 Diepenbeek.
- ⇒ Gasthof Lederhose is an Austrian and Belgian cuisine. Address: Heidestraat 55, 3590 Diepenbeek.
- ⇒ De Ploeg is a restaurant with a variety of food. Address: Steenweg 184, 3590 Diepenbeek.



6. Vocabulary & translations

Fruit

English	Dutch	English	Dutch
Strawberry	Aardbei	Pineapple	Ananas
Prune	Pruim	Apple	Appel
Apricot	Abrokoos	Avocado	Avocado
Cherry	Kers	Banana	Banaan
Melon	Meloen	Lemon	Citroen
Nectarine	Nectarine	Grapefruit	Pompelmoes
Blueberry	Bosbes	Kiwi	Kiwi
Blackberry	Braambes	Tangerine	Mandarijn
Raspberry	Framboos	Pear	Peer
Grape	Druif	Orange	Appelsien
Mango	Mango		

Vegetables

English	Dutch	English	Dutch
Potato	Aardappel	Carrot	Wortel
Mushroom	Champignon	Brussel sprout	Spruitjes
Pumpkin	Pompoen	Green celery	Groene selder
Spinach	Spinazie	Asperges	Asperges
Lettuce	Kropsla	Tomato	Tomaat
Cucumber	Komkommer	Eggplant	Aubergine

Chapter 5

Leisure, culture, nature

1. Culture

- Cultuurcentrum Hasselt
- Z33
- Muziekodroom
- Kunstencentrum België
- Museums

2. Leisure

- Sports
- Going out
 - ⇒ Student associations
 - ⇒ Places to hang out

3. Nature

- Parks
- Japanese garden
- Domein Bokrijk
- Domein Kiewit

1. Culture

Even though you're here for your studies, everyone needs to relax every once in a while. You need to explore the Belgian culture, the things you can do. There are lots of possibilities, the following list is just the tip of the iceberg. If you want more information, you can go to *the Tourist Office*.

Toerisme Diepenbeek—Gemeentebestuur Diepenbeek, Dorpsstraat 14, 3590 Diepenbeek

Toerisme Hasselt - Maastrichterstraat 59, 3500 Hasselt

Website: <http://toerisme.hasselt.be/en/content/3899/toerisme-hasselt.html>

UiT in Genk—Europalaan 34, 3600 Genk

Website: http://www.uitingenk.be/content/uig_content/record.php?ID=3292&LANG=EN

Cultuurcentrum Hasselt

Cultuurcentrum Hasselt (CCHA) is a place in Hasselt for dance, theatre, performance, comedy and much more. As a student of Hasselt University you will have a reduction of 50% if you show your student card while buying your ticket.

Address: Kunstlaan 5, 3500 Hasselt

Website: www.ccha.be

The website is in Dutch. If you want to look in their programme for their shows, these translations might help:

Dutch	English
Dans	Dance
Theater & literatuur	Theatre & literature
Familie	Family performance (for kids and parents)
Klassieke muziek	Classical music
Opera	Opera
Concerten	Concerts
Cabaret & comedy	Cabaret & comedy
Circus & musical	Circus & musical
Exploratie	Exploration
Kunsteducatie	Art education
Projecten & festivals	Projects & festivals

Z33

Z33 is an arts centre in Hasselt. They have all kind of exhibitions and projects. Some of them are for free. They also show cultural movies every Thursday at 17h00 and 20h15. As a student you pay € 5 to see a movie. With a European Youth Card, you only pay € 3.

Address: Zuivelmarkt 33, 3500 Hasselt

Website: <http://www.z33.be/en>

Muziekodroom

Muziekodroom (MOD) is a music centre where you can play music, get courses and where concerts and parties regimarmy tale ^mace.

Address: Bootstraat 9, 3500 Hasselt

Website: www.muziekodroom.be

The agenda: www.muziekodroom.be/concerten/



Kunstencentrum België

Kunstencentrum BELGIE profiles itself as an international arts centre with a young, diverse and challenging program of cultural activities. Ranging from dance, theatre and music concerts to video, film, exhibitions and performances, kunstencentrum BELGIE captures an international artistic dynamic and functions as an ideal transit zone for new talent.

A membership costs € 5 for a year, but you will have lots of reductions for every event.

Address: Burgemeester Bollenstraat 54, 3500 Hasselt

Website: <http://www.kunstencentrumbelgie.com/index.html>



Museums

Jenevermuseum

Everything about Belgian jenever. Jenever is also typical to Hasselt. Once a year, there is the jenever festival, where you can taste jenever and enjoy the Flemish hospitality.

Address: Witte Nonnenstraat 19, 3500 Hasselt

Website: <http://www.jenevermuseum.be/en>

Modemuseum

A museum about fashion and the world of fashion. It has temporarily exhibitions and collections to show different aspects of fashion.

Address: Gasthuisstraat 11, 3500 Hasselt

Website: <http://www.modemuseumhasselt.be/>



Het stadsmus

Het stadsmus is a museum about the history of the city of Hasselt. They also have different exhibitions.

Address: Guido Gezellestraat 2, 3500 Hasselt

Website: <http://www.literairmuseum.be/>

Literair museum

A museum about literature, books and reading.

Address: Bampsiaan 35, 3500 Hasselt

Website: <http://www.literairmuseum.be/>

De Beiaardtoren

This tower is special to Hasselt, because when you are on top, you'll have an magnificent view over Hasselt.

You can learn everything about the carillon of Hasselt.

Address: Vismarkt Hasselt (it's the cathedral)

Website: <http://www.hasselt.be/nl/202/content/1527/beiaardtoren.html>



2. Leisure

Sports

If you want to practice sports, there are lots of possibilities in Hasselt. ‘Studentensport Limburg’ offers an extensive selection of sports for students. There are also reductions for students if you have a sports card. An overview of the sports:

Fitlink, Agoralaan, campus Diepenbeek		
Monday	Badminton, Body Power, Volleyball	weekly
Tuesday	Hockey, Ultimate Frisbee	weekly
Wednesday	Krav Maga/Self-defence, Body Fit, Badminton	weekly
	Introduction to squash	Each term 1 introductory course of 10 lessons
Health City, Agoralaan, campus Diepenbeek		
Monday	Step Aerobics, Tchoukbal	weekly
Tuesday	Total Body Workout	Weekly
Wednesday	Spinning	Weekly
Thursday	Zumba	Weekly
Sporthal PXL, Vilderstraat, campus Hasselt		
Tuesday	Badminton, Hip Hop, BBB, Step aerobics, Gymnastics	weekly
Thursday	Kickboxing, Basketball, Ball and Impact sports	weekly
Other locations		
Monday	Wall Climbing, Olympia Hasselt	Each term 1 introductory course of 5 lessons
Tuesday	Horse riding, Katevenia, Kattevennen 15, Genk	2 x 1 introductory course of 7/6 lessons
Wednesday	Ice Hockey, De Schaverdijn, Hasselt Rugby, Kuringen Swimming, Elfde Liniestraat, Hasselt	Weekly weekly weekly

Sports card

A sports card gives you access to all kinds of sports activities at reduced prices. You'll have discounts on fitness, climbing, swimming, ice skating,... You can register for your sports card in your student file (register for - sports event).

The sports card costs € 20, but some mutualities offer a reimbursement on this price. The CM will repay € 15 of the sports card.

For more information

Website: <http://www.studentensportlimburg.be/?lang=en>

Sports coordinator: Katleen De Wit (katleen.dewit@uhasselt.be)

Where to go?

Fitness

Hasselt University offers all kind of reductions and discounts for students who have a fitness subscription for a year. The university offers an intervention of € 75 for a subscription for a year.

Terms of intervention:

- It has to be an subscription for a year or an academic year
- The subscription at Basic Fit has to be a 'campusabonnement' (only in Diepenbeek, not in Hasselt available! In Hasselt there is no campusabonnement!)
- The subscription has to start before the 31st of March
- You have a sports card
- You need to apply for the intervention before the 1st of April.

How?

- You can find a form for intervention in your student file 'aanvraag tussenkomst fitness'
- Fill in the form and add your proof of payment, a copy of your subscription and a copy your sports card. The intervention will be payed on the bank account mentioned in your student file. If you have a Belgian bank account, add this one to your student file!

Fitness centres

Bennies Fit 4 Life Hasselt, Torenplein 9, 3500 Hasselt

Basic-Fit Hasselt, Badderijstraat 19, 3500 Hasselt

Basic-Fit Diepenbeek, Ginderoverstraat 7, 3590 Diepenbeek

Swimming

Hasselt: Elfde Liniestraat 21, 3500 Hasselt (no entrance fee with a sports card!)

Genk: E. Van Dorenlaan 144, 3600 Genk (no entrance fee with a sports card!)



Climbing

You can go climbing, with a discount from your sports card. It will only cost € 3,5 per ticket. You need to get your ticket in advance from the student administration of your campus. Make sure you bring your student card to the student administration and to the wall climbing. If you can't show a valid sports card, you can't enter.



Address: Olympia Hasselt, Kuringersteenweg 242, 3500 Hasselt

Ice skating

This ice skating area is open from September till May. Entrance fee is € 1 if you get your ticket in advance from the student administration of your campus. Make sure you bring your student card to the student administration and to the wall climbing. If you can't show a valid sports card, you can't enter.

Address: De Schaverdijn, Gouverneur Verwilghensingel 13, 3500 Hasselt



Squash

Fitlink Diepenbeek (only € 3 per ticket with a sports card). You need to get your ticket in advance from the student administration of your campus. Make sure you bring your student card to the student administration and to the wall climbing. If you can't show a valid sports card, you can't enter.

Address: Agoralaan, 3590 Diepenbeek

Running

Studentensport Limburg organises start-2-(campus)run. Every Monday and Thursday students gather at the Fitlink for these trainings.

If you want to go for a run by yourself, there is a running track in Hasselt and Diepenbeek. Diepenbeek: Stationsstraat w/n, 3590 Diepenbeek
Hasselt: Elfde Liniestraat (Kapermolenpark), 3500 Hasselt



Bowling

Diepenbeek: Ginderoverstraat 7, 3590 Diepenbeek



Going out

Students love to party, it's part of their culture. There are a few possibilities in Hasselt and Diepenbeek to discover the true meaning of being a student.

Be a member of a student association or a group

If you are a member of a student association, you will know all the parties automatically and you'll meet plenty of people to party with. Being a member of a student will allow you to receive special student discounts at most of the parties.

AES

AES is the official Association for Exchange Students connected to the Hasselt University (UHasselt), located in Diepenbeek. Its purpose is to promote real integration between all international students visiting Diepenbeek and the native students. It tries to represent and to spread the following spirit: a broad and open vision of Europe and the expansion of students' horizons. Membership costs €8.00.

Website: <http://www.aeshasselt.eu/>

Activities: pub crawls, barbecue, city trips,...

Facebookpage: <https://www.facebook.com/aes.diepenbeek>



JOSS

JOSS stands for Joint Organisation of Statistic Scholars. It's a group that tries to facilitate living in a completely different environment. At the beginning of the academic year JOSS starts with an introduction day, where they will provide you with information about the cultural differences, give you a tour through the university campus and take you to Hasselt city. They organize activities like soccer tournaments, bowling, ice skating,...

Membership: All registered students of the 3 Master of Statistics programs are automatically members of JOSS. As a member you will receive information about the activities and the JOSS newsletter via your Universiteit Hasselt student account.

Website: [http://www.uhasselt.be/UH/censtat/\(12129\)-Education/JOSS.html](http://www.uhasselt.be/UH/censtat/(12129)-Education/JOSS.html)

Activities: hikes, city trips, concerts, company visits,...

Facebookgroup: <https://www.facebook.com/groups/305943376094213/?fref=ts>

International Council

The International Council is part of StuRa, but specific for international students. The Council represents the international students and takes care of the concerns students experience during their stay in Belgium.

Mailaddress: internationalcouncil@uhasselt.be

International Platform

The international platform is a place for real life exchanges between cultures and for the organization of activities with the goal of raising awareness about issues related to internationalization and development cooperation. It's open to everyone: students, staff, researchers and professors!

Some examples of activities

- Set up a **buddy system** for international students
- Organize a **'language café'**, where international students can learn Dutch from Flemish students, and vice versa, Flemish students can learn languages from the international students
- Organize **sensitization activities**, e.g. the **'World Evening'**, fair trade actions, information sessions about international student mobility,

JOIN THE INTERNATIONAL PLATFORM!

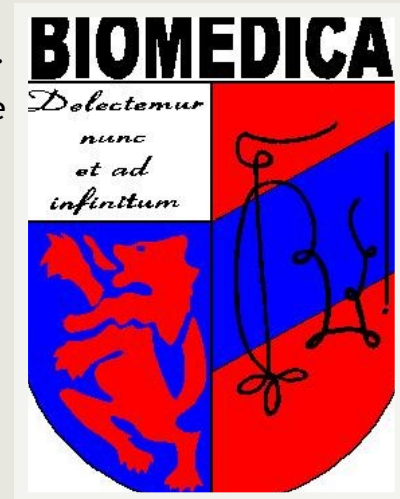


Biomedica

Biomedica is the society for students of biomedical sciences. They support new students in their studies. They also organize lots of events and activities.

Activities: Parties, trips, cultural events,...

Facebookpage: <https://www.facebook.com/pages/biomedica/143710633150>



Bi-

Commeatus

Commeatus is the society for students of transportation sciences. They organize all kinds of recreational activities during the academic year.



Website: <http://commeatus.be/>

Activities: Quiz, bowling, cantus,...

Facebookpage: <https://www.facebook.com/commeatus.diepenbeek>

DIP's

DIP's is the society for students of chemistry and biology. They support new students in their studies and teach you how to act like a real student.

Website: <http://www.dips.be>

Activities: Ice skating, cheese & wine tasting, parties,...

Facebookpage: <https://www.facebook.com/studentenvereniging.dips>



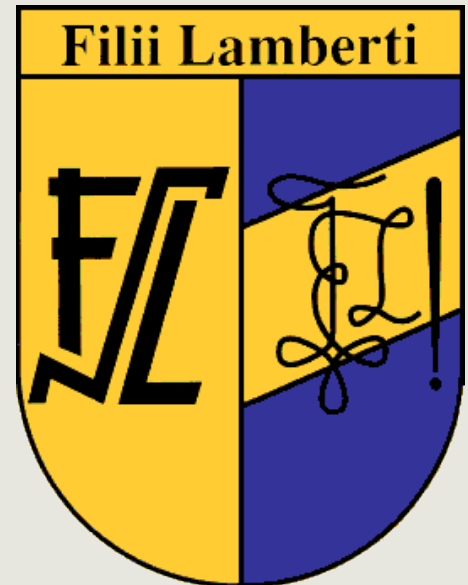
Filii Lamberti

Filii Lamberti is the society for students of mathematics, physics and informatics.

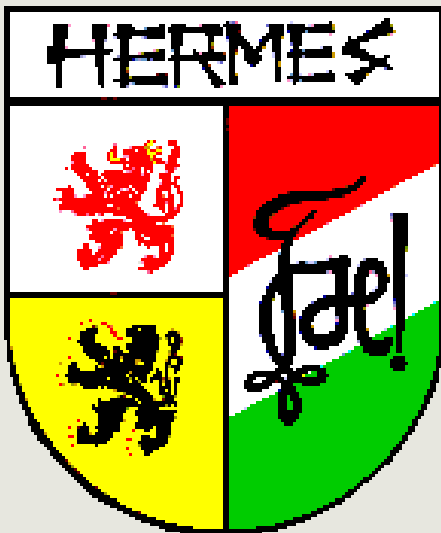
Website: <http://www.filii.be/>

Activities: Quiz, pasta night, TD's,...

Facebookpage: <https://www.facebook.com/filii.lamberti.3?fref=ts>



Hermes



Hermes is the society of the faculty of Applied Economics.

Website: <http://www.hermesdiepenbeek.be/>

Activities: Parties, TD's, infosessions, skiing trip, ...

Facebookpage: <https://www.facebook.com/hermesuhasselt>

Miezerik

Miezerik is the society of the Faculty of Medicine.

Website: <http://www.miezerik.be/>

Activities: parties, barbecue, skiing trip, ,...

Facebookpage: <https://www.facebook.com/miezerik>



Themis

Themis is the society of the Faculty of Law. They organize all kinds of events and infosessions.

Activities: Soccer competitions, parties, movie nights, ice skating, hikes,..

Facebookpage: <https://www.facebook.com/Themis.UHasselt>



Sofa



Sofa is the society of the Faculty of Architecture.

Website: <http://www.sofadiepenbeek.be/>

Activities: Ice skating, pub krawls, cheese & wine tasting,...

Facebookpage: https://www.facebook.com/pages/SOFA_/20618211421

StuRa

StuRa is short for “Studentenraad”, which translates as Student Council. It is the official student body which represents all university students at Hasselt University and Transnational University Limburg.

Website: <http://www.sturauhasselt.be/>

Facebookpage: <https://www.facebook.com/sturauhasselt>



CCG

The Christian Campus Society is formed by a group of young people who want to engage in a religious inspiration and find friendship with other students on campus. Our initiatives are aimed at anyone who wants discuss life more in depth. This year they're planning thematical and gospel conversations, a march, charity work, etc. This way you meet new friends from both Belgium and other countries. You can find them in room J5 at the UHasselt.



Website: <http://www.ccgdiepenbeek.be/>

Activities: meditation, Eucharist, movie evenings,...

Facebookpage: <https://www.facebook.com/pages/Christelijke-Campus-Gemeenschap-CCG/125702307482229?fref=ts>

Inderdaad!

Inderdaad! is a society for young people who are gay, lesbian or bisexual and their friends.

They raise awareness about the LGBT-community and organize recreational, informational and sports activities.



Website: <http://www.inderdaad.be/>

Activities: movie nights, sensitizing activities, bowling competitions, Antwerp Pride,...

Facebookpage: <https://www.facebook.com/inderdaadvzw>

Places to hang out

1. Versuz

Versuz is a club in Hasselt. On Thursday evenings you can head to this nightclub and let off some steam. They will hit you with an amazing mix of genres, introducing you to the latest club tracks. This is the place to be to meet music lovers and party animals. Make sure you follow the appropriate dresscode!

Address: Gouverneur Verwilghensingel 70, 3500 Hasselt

Website: <http://www.versuz.be/>

The logo for Versuz, featuring the word 'VER' stacked above 'SUZ' in a large, white, sans-serif font. A small registered trademark symbol (®) is located at the top right of the 'R' in 'VER'.

2. Kolonel Dusartplein

In Hasselt, at the Dusartsquare, there are lots of cafés and bars. Most of these cafés turn into dance cafés on Friday night.

3. Belgian beers

Belgium is famous for its beer! We have more than 400 different kind of beers. Probably it's too much to try them all, but if you have a curiosity for these beers, you can visit the following bars:

Hemelrijk

Hemel means heaven in Dutch, and that is what this place is. It's a heaven for people who would like to try new beers and have a nice time.

Address: Hemelrijk 11, 3500 Hasselt

Bierpunt

Bierpunt is a new concept in Limburg. You can find this bar in Hasselt, Diepenbeek and Genk. They have more than only Belgian beers, and student friendly prices!

Address: Zuivelmarkt 29, 3500 Hasselt

Marktpllein 5, 3590 Diepenbeek

Stationsstraat 1, 3600 Genk

The logo for Bierpunt, featuring the word 'BIERPUNT' in a bold, black, sans-serif font. A red circle is positioned above the 'i' in 'BIER'. A registered trademark symbol (®) is located at the bottom right of the 'T'.

4. Tips

If you want to go out in Hasselt or Diepenbeek, there are a few things you need to keep in mind:

- Watch out with alcohol. If you are older than 18, you can drink whatever you want. This might sound like fun, but in Belgium the beers contain more alcohol than in other countries.
- Never drink and drive, police can and will stop you, even if you are on your bike!
- Don't drink alcohol on the street.
- Make sure you can get home. Check your bus schedule in advance, arrange a taxi or go by bike.
- If you like singing, try the Irish Times Pub (Fruitmarkt 32, 3500 Hasselt) on a Thursday-night. Every Thursday it's karaoke night!
- If you want to mingle in the Flemish culture, you can always learn Dutch! Follow courses at the PCVO or go to the language courses of the International Platform at Hasselt University!

More information:

<http://www.modernetalen.be/>



3. Nature

When you need to get away from the city, or you want to reconnect with Mother Nature, there are some places in Hasselt and Diepenbeek you can go to.

Parks

In Hasselt there are two parks where you can go to relax.

Kapermolenpark

This park is the official public park of Hasselt. This park has a huge skatepark, a running track, a playground and a pool (not for swimming). You can go for a walk and in the summer the Flemish youth gathers in this park to relax, have a drink and play music.

Address: Elfde-Liniestraat, 3500 Hasselt

City park

Close to the Cultuurcentrum of Hasselt, Kunstlaan, there is another park. This one is smaller than Kapermolenpark, but still a beautiful park to relax in the summer.

Address: Kunstlaan, 3500 Hasselt

Japanese Garden

The Japanese Garden was a present of Itami (in Japan) to Hasselt, to seal the close cooperation between the countries. This garden is like you would see it in Japan and is really worth a visit.

Address: Koning Boudewijnlaan,
3500 Hasselt



Bokrijk

Bokrijk is a beautiful place with nature, leisure and culture. First of all it has a beautiful park where you can go for a walk. It has a forest, a large garden and the domain itself is worth wandering.

It also has an open-air museum. The Open-air Museum brings the past to life. More than 100 authentic buildings with contents, interpreters in period costume and craftsmen will bring the past to you and show you how things were done a century ago in the rural Flanders communities of The Kempen, Haspengouw and East and West Flanders. On some days they bring the history back to life by interpreters, people from today who take on the part of a character.

This, and much more, in you can find in Bokrijk.

Address: Bokrijklaan 1, 3600 Genk

Website: <http://www.bokrijk.be/en/domein-bokrijk/default.php>

Domain of Kiewit

Domain of Kiewit is a wonderful piece of nature. Not only to take a walk, but also to enjoy nature. This domain also houses a large number of Galloway cows, who walk freely over the domain. There is a children's farm, where you can visit all kind of farm animals.

Address: Putvennestraat 112, 3500 Hasselt.



Helping hands on this brochure

INTERNATIONAL PLATFORM, students from the Welcome & Guidance working group

INTERNATIONAL OFFICE, for information and additions

SPORTS OFFICE, for more information about sport

STUDENT FACILITIES OFFICE, for information about culture and leisure

APOTHEEK COENEN BART, for information about medication

Information from these websites

CHAPTER 1

- ◆ www.delijn.be
- ◆ www.belgianrail.be
- ◆ http://www.belgium.be/nl/mobiliteit/fietsers_en_voetgangers/fietsers/plichten/

CHAPTER 2

- ◆ <http://ec.europa.eu/social/main.jsp?catId=509&langId=en>
- ◆ http://europa.eu/youreurope/citizens/health/unplanned-healthcare/payments-reimbursements/index_en.htm
- ◆ <http://ec.europa.eu/social/main.jsp?catId=1021&langId=en&intPagId=1729>
- ◆ <http://www.uhasselt.be/medical-refund>

CHAPTER 3

- ◆ <http://www.goudengids.be/dokters-huisartsen/diepenbeek/>
- ◆ <http://www.goudengids.be/dokters-huisartsen/Hasselt/>
- ◆ <http://www.apotheek.be/apotheker/apotheek-van-wacht>
- ◆ <http://www.kuleuven.be/english/pdf/housekeepingtips0910.pdf>

CHAPTER 4

- ◆ <http://www.collectandgo.be/cogo/nl/home>
- ◆ <http://www.indefleur.be/culinair/dossiers/122/fruitkalender>
- ◆ http://www.okazi.be/Okazi.be/Okazi_Home.html
- ◆ <http://www.formaat.be/jeugthuizen/>

CHAPTER 5

- ◆ www.studentensportlimburg.be

Being a student is the most beautiful time of your life. Everything is exciting, you are making lots of new friends, you explore new things and feel like you could conquer the world... And then there are exams to keep you with both feet on the ground.

Studying abroad is a new adventure in your study cycle. To guide you through your first weeks, before and during your stay, this guide will provide you with some interesting information.

Enjoy your stay in Belgium, make it memorable!