



# Orientation & arrival

Information sheet





## Before arrival

### Goin' to EUR

Connect with fellow incoming students before arriving through the Goin' app. Find peers from your home country, your study programme, or with shared interests. Chat, share tips, search for housing, and prepare for your move to Rotterdam. Check your student email or MyEUR for your access link to the exclusive EUR community.

[Go to MyEUR](#)

### Insurance

When living in the Netherlands, you are legally required to have sufficient health insurance. We strongly recommend arranging health, liability and travel insurance before your trip to the Netherlands. It is your responsibility to arrange insurance, ideally two weeks before your departure. This way, you are also covered during your journey and right after arrival. There are several insurance providers that offer health insurance for international students.

[Insurance details](#)

### Cost of living

Your lifestyle determines how much money you will need as a student. We strongly recommend you to make a budget plan to manage your finances effectively when moving abroad.

[Budget and cost of living](#)

## Upon arrival

### Public transport

Erasmus University collaborates with Student Mobility to provide international students easy access to all forms of transport in the Netherlands. With Student Mobility you are able to receive a customized public transport card (+ an ISIC Student-ID) with special discounts for international students! You can use this card for train, tram, metro and bus.

[Getting around in Rotterdam](#)

### First registration in NL

If you're moving to the Netherlands, you are usually required to register with the municipality where you'll be living. This process is known as "first registration". Depending on the length of your stay, different rules may apply.

[Check your situation](#)

### General Practitioner

During your time as student in the Netherlands, you may find yourself in the situation where you need medical care or professional support.

Since your General Practitioner (GP) will be your first point of contact in case of any health issue you may encounter, we strongly recommend you register with a GP as soon as possible after your arrival in the Netherlands.

[Health care information](#)

## **Dutch bank account**

Opening a Dutch bank account might come in handy, sometimes your account from your home country won't suffice.

[!\[\]\(3dfb8d66e81160ad61421a3452093d1b\_img.jpg\) When & how to open a bank account](#)

## **Sim card**

If you are staying in the Netherlands for a short period, your most feasible option would be to get a prepaid SIM card. You can pick up a free Lebara SIM card at the ESN office on campus Woudestein. Another option is to get an e-sim.

[!\[\]\(339a16584d5da0f0a3ca4e9ec17bf6a1\_img.jpg\) Come to our office](#)

## **After arrival**

### **Student life off campus**

Rotterdam offers plenty to explore beyond campus. Discover cultural hotspots such as theatres, comedy clubs, jazz cafés, museums and cinemas throughout the city. Enjoy green spaces like Kralingse Bos and other parks, or check UITagenda Rotterdam for daily tips on concerts, exhibitions and events. The city's vibrant cultural scene ensures there is always something new to experience during your studies.

[!\[\]\(6059a5aa8b4ca7bb793408023d6c6e42\_img.jpg\) Rotterdam events calendar](#)

### **Affordable dining options**

Eating out as a student doesn't have to be expensive. Rotterdam offers many budget-friendly restaurants, food courts, and international eateries, especially around Witte de Withstraat, Markthal, and the university area. Supermarkets like Lidl and Dirk, as well as the Erasmus Food Plaza on campus, provide affordable

meal options to help you manage your daily expenses.

[!\[\]\(e3275251d0893157c3584e20c81dc3ba\_img.jpg\) Living in Rotterdam](#)

## **Student deals & discounts**

As a student in the Netherlands, you can benefit from discounts on public transport, museum tickets, cinema visits, sports facilities, and cultural events. Many shops and restaurants also offer reduced prices when you show your student card or ISIC. Keep an eye out for student promotions throughout the city and online to make the most of your budget.

## **Nearby city trip suggestions**

Rotterdam is well-connected, making it easy to explore the Netherlands and nearby countries. Popular day trips include Delft and its historic city centre, The Hague for museums and the beach, or Utrecht with its canals and cafés. You can also travel slightly further to Amsterdam, Antwerp or Brussels for a weekend getaway. Frequent trains make planning your trips simple and convenient.

[!\[\]\(83bbbd261710c59db0214aa27b2edc0d\_img.jpg\) Traintickets for international travel](#)

## **Orientation programmes**

At the beginning of every semester, the university offers several orientation programmes for incoming international students.

## **Faculty Orientation**

Most faculties organise their own introduction programme to help students get familiar with their studies and classmates.





## International Office Activities

The International Office hosts events and activities to help international students settle into life in Rotterdam with a jump-start, such as the One Stop Shop, where you can take care of practical matters before classes start.

[!\[\]\(919a2cb85b99741a73c0c31a427236a8\_img.jpg\) Discover International Office events](#)

## Facilities on campus

Most faculties and schools are located at the Woudestein campus, a lively environment with everything you need as a student. The campus features student residence halls, the vibrant Erasmus Pavilion and the Erasmus Food Plaza, which offers a variety of international cuisines. A mini-supermarket (Spar) is also available for daily essentials.

Other campus facilities include a sports center, library, study spaces, cash dispensers, a prayer room, a bicycle shop, coffee corners, a hairdresser, a student-led bar, a living room to relax and more!

## Dutch courses

Looking to get the full Dutch experience? The Language & Training Centre (LTC) offers Dutch courses with a high discount.

[!\[\]\(17413706fd4997a1a4bdf85c6864eee1\_img.jpg\) Learn Dutch with LTC](#)

## Studying with a disability

Whether it's a physical or psychological condition, Team SMF is happy to explore all support options.

[!\[\]\(d3102649f02e825ddb76dc3de0190154\_img.jpg\) Support for students](#)

## Social and cultural activities

Throughout the year, you can take part in many activities, including social drinks, trips across the Netherlands, music sessions, and more. Events, organised by [ESN Rotterdam](#), [Studium Generale](#), [the International Office](#) or other associations offer great opportunities to meet fellow students, explore Dutch culture, and make unforgettable memories.

[!\[\]\(b4eeff342f60cc7bcd67d869b4fedca2\_img.jpg\) Study in Rotterdam](#)

## Contact the International Office

### Visiting address

Burgemeester Oudlaan 50  
3062 PA  
Rotterdam, the Netherlands

### Postall address

P.O. Box 1738  
3000 DR  
Rotterdam, the Netherlands

### Email

[orientation@eur.nl](mailto:orientation@eur.nl)  
[internationaloffice@eur.nl](mailto:internationaloffice@eur.nl)

### Website

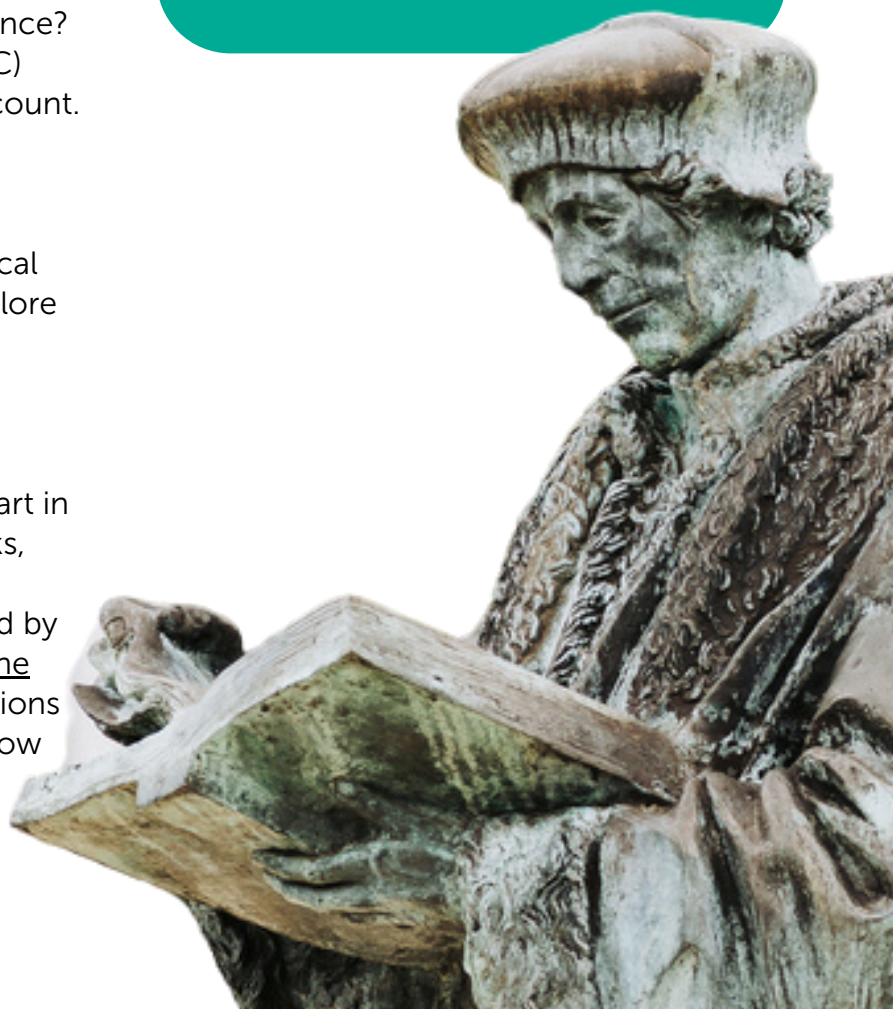
[www.eur.nl/internationaloffice](http://www.eur.nl/internationaloffice)

### Instagram

[@internationaloffice.eur](https://www.instagram.com/internationaloffice.eur)

### LinkedIn

[International Office -  
Erasmus University Rotterdam](#)



# CHECKLIST



Begin your housing search early. Stay open to different options and be aware of scammers, especially when looking from abroad.



Connect with fellow incoming students before arriving through the Goin' app.



You can start your online registration with the Municipality to obtain a BSN up to four weeks before your arrival in the Netherlands via this [website](#).



Set up a Dutch bank account. If you haven't received your BSN number, make sure to [explore alternative options](#).



Obtain insurance that includes health, liability, and travel insurance before your trip to the Netherlands.



Figure out your transportation method. Will you cycle, walk, or obtain a student mobility card.



Find a GP as soon as possible after your arrival in the Netherlands via this [website](#).



**Get settled, and explore Rotterdam and Erasmus University.**