

KdG WELCOME GUIDE



KdG Stuvo



| | |
|------------------------|----|
| Welcome | 4 |
| Let's Go KdG | 6 |
| Arrival | 8 |
| Accommodation | 10 |
| Do! | 12 |
| Don't | 13 |
| Practical information | 14 |
| This is Antwerp | 16 |
| Relax... take it easy | 18 |
| Antwerp: a green city | 20 |
| Student organisations | 22 |
| Student Affairs Office | 24 |
| Must sees in Belgium | 26 |
| In case of emergency | 28 |
| Bye bye Belgium | 28 |
| Don't forget... | 29 |



Antwerp is a wonderful historical old and student-friendly city, full of fun activities. There are countless theatres, cinemas, concert halls, museums (such as Rubens House, Plantin and Moretus, Fine Arts, Modern Arts, Fashion and Middelheim).

The city centre has an exciting nightlife, but also offers plenty of daytime activities. Within the first few days after your arrival, you will receive a student card. This card grants you reductions at sports centres, cinemas, cultural events, restaurants, and at parties, etc.

Furthermore, there are opportunities for entertainment organised by student clubs: local student clubs and **ESN** (Erasmus Student Network).

This guide enables you to discover a little bit more about the Karel de Grote University College before coming to Antwerp. We refer to many fun and useful websites about life & living in and around the city.

Do you still have some open questions? Join our **Facebook group** and ask an international student who is studying at KdG as we speak or has been studying at KdG in the past. You can also use this group to bond with your future co-students.

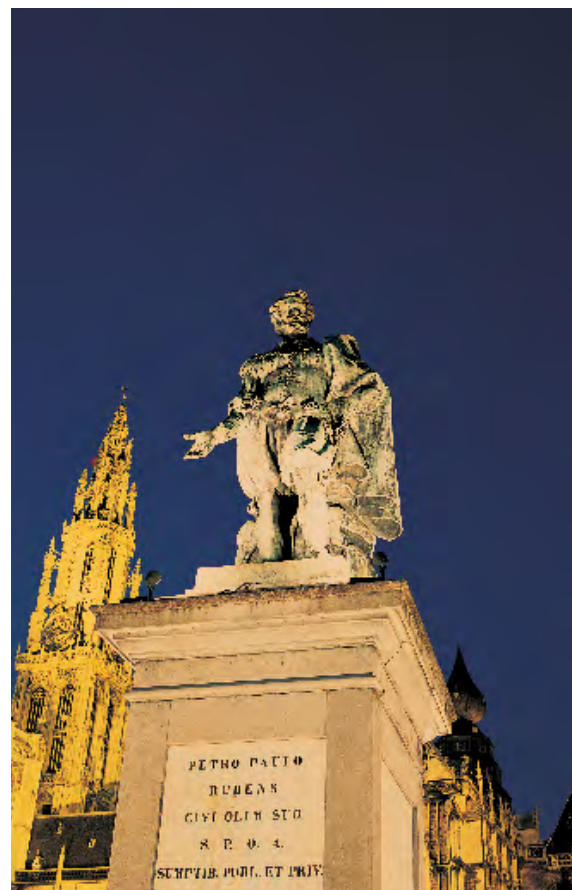
Also check the **Facebook group 'KdG in&Out'** for incoming exchange students and outgoing KdG Students. Rent a room or a bike from a KdG student who is going abroad. Exchange ideas and knowledge. Or find a buddy at KdG. Everything is possible!

KdG

Karel de Grote
University College

WELCOME

ME





KdG is thriving – in the heart of Antwerp no less. We will train you to become an enthusiastic, young professional capable of making a difference, both in life and on the job.

Every year more than 200 students from all corners of the world choose to study at Karel de Grote University College. **You are one of them, welcome!**

KdG IN A NUTSHELL

- One of Flanders' leading higher education institutes
- Over 13,000 students in 7 study fields (Management and Technology and Social Care, Health and Education, Art and Design), and more than 70 study programmes
- Over 1,150 staff
- Known for its student-centred approach
- Located in Antwerp, the heart of Europe!
- Only a short distance away from Amsterdam, Berlin, London and Paris

Website: www.kdg.be

Facebook: www.facebook.com/kdginternational

KdG INTERNATIONAL OFFICE

The International Office is responsible for the overall international strategy of the university college including student exchanges.

It has a large team of staff and operates at a central level, catering for all study areas. You can contact the international coordinator of your study area for all academic issues, campus and study-related questions. The international coordinator will most likely have his/her office nearby or at your campus.

You can also contact the central International Office for all general needs and questions, such as:

- Programme and grant advice
- Assistance arranging Belgian immigration, insurance and formalities upon arrival
- Technical assistance with the Mobility Online tool
- Advice and information on aspects of internationalization, Dutch language courses...

We are ready for you, so please feel free to **contact us**.

KdG STUDENT SERVICES

KdG Stuvo is short for 'Karel de Grote-Hogeschool Studentenvoorzieningen', or KdG student services. We provide various social activities and facilities for all students at KdG. We also give socio-legal info and advice (e.g. problems with a landlord) to all students. The same goes for psychosocial care: you can contact the student counsellor at your campus. Our mission is to make you feel at home. We'd love to invite you to one of the many activities we organise for students, such as: snowboarding, a bowling night, going to the movies ...you name it.

More info on the [Intranet](#).



RESIDENCE PERMIT

Registration at the Migration Office is necessary for:

- Students of non-EU member states
- Students who want to work in Belgium (EU and non-EU members)
- Students who want to open a bank account in Belgium (EU and non-EU members)

Residence permit link [procedure](#).

INSURANCE

As a foreign student, you should arrange health insurance and third-party liability insurance before arrival. The validity of the insurances must cover your whole stay.

Health insurance means adequate coverage for medical costs in case of illness or injury.

Third-party liability insurance covers you in case you are sued for compensation by a third party, where they feel that they have suffered a loss as a result of your negligence or carelessness.

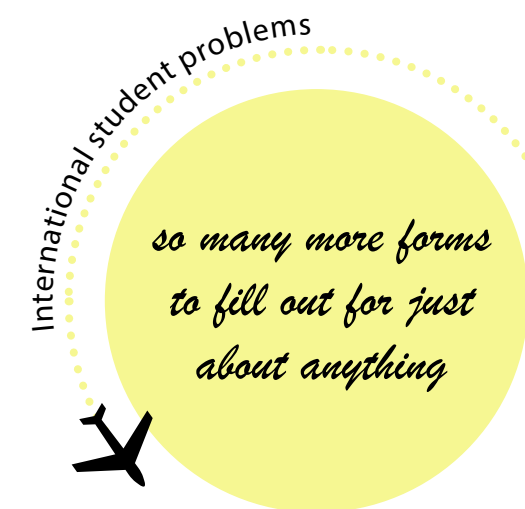
In case you are sued by a third party, your third-party insurance will cover the costs of damages awarded against you and of any legal costs that you have incurred as a result of disputing the case.

For more information, please visit www.kdg.be/en/education/apply#insurance or contact insurance@kdg.be.

CHANGE YOUR CURRICULUM?

Once the lectures have started, students are allowed to change their personal Learning Agreement. The procedures and deadlines will be explained by the International Office of your faculty.

www.kdg.be/en/contact#international-office---fields-of-study





ACCOMMODATION



Students in Flanders usually rent single rooms in a student house and share kitchen, toilet and shower facilities. One month's rent will cost an average of approximately €300. If you want to rent a room with private toilet, bathroom and cooking facilities, the price can go up to €400 or more. Landlords (-ladies) usually ask a guarantee of one (or two) month's rent, returned at the end of the contract if the accommodation has been left in good condition.

We advise you to contact 'Kotweb' to find a room: www.studentkotweb.be. Besides available rooms, studios and apartments, Studentkotweb also provides you with detailed information on the housing facilities, the lease, garbage collection, etc. Student accommodation that complies with quality requirements regarding living conditions and fire safety and which does not involve serious infringements of town planning, is given a quality label by Kotweb. This label can be found by students per property during their search for accommodation.

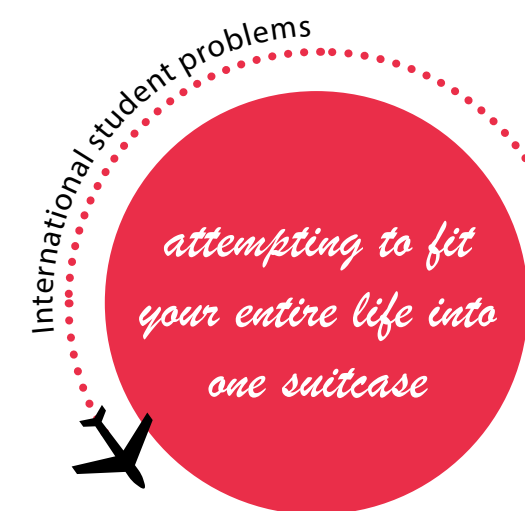
Also check the accommodation guide from student house Gate15 for more information. You can also join the following Facebook group to look for a room: www.facebook.com/groups/1607124712932659/

We recommend that you reserve your room as soon as possible; start searching for a room as soon as your application is confirmed.

If you do not care to book a room in advance, you can come to Antwerp a week or two before the semester starts and have a look around. If there is a room available, people stick a note on the window.

In the meantime, one of the following youth hostels can put you up for the night.

Have a look on our website for [some tips and advice](#).



DO Do!

Watch out for pickpockets: They are of all times and places. Antwerp is generally a safe place to stay, but nevertheless it is advisable to take good care of your bank card, mobile phone, laptop, tablet and

Order a beer in a noisy club or café? Piece of cake! Just get the attention of the barman and raise your little finger. This gesture means 'one beer'.



Visit the **House of the student: GATE 15**

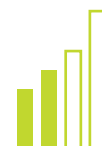


Never forget to take your umbrella or coat ... The Belgian weather is strange, enjoy the sun and sing in the rain.

Just to be on the **safe side**: lock your room



Visit one of the **Belgian festivals**.



Be a friend to the neighbourhood and keep your decibels in check.

Meet many people: if you don't know a person, give a hand, if you do know a person, it's better to give 1 kiss. For special occasions like birthdays, New Year ... give 3 kisses.

Have fun

DON'T Don't

Vandalism: every instance of vandalism will be reported to the office of the public prosecutor.

Graffiti: painting or tagging in the public domain is illegal.



Don't snap your fingers in a bar, but wave subtle if you want the attention of the waiter.

Public drunkenness: is a penal offence. You could be put in jail to sleep it off. Don't drink alcohol on the street.

If you use a public toilet, **don't forget to pay the 'toilet lady'**, most of the time she charges you 40 to 50 cents.



Spitting, vomiting, urinating and excessive noise at night: all of these activities are prohibited in the public domain.

Don't be late. If you have an appointment at 11'o clock, it means at 11 'o clock sharp. If you're running late, inform the other person. It's considered as not respectful to the other person if you don't.





PRACTICAL **INFORMATION** *Flanders fits you*

Flanders is the northern federated state of Belgium with Brussels as its capital. It is the gateway to Europe and is located less than 500 km from the major European capitals. It shares its own capital with the EU, NATO and numerous other international institutions and companies. The renewed seaports, the extensive railway and road network, the productive and highly educated population, the excellent healthcare and the R&D-friendly climate, are what make Flanders unique in Europe: www.flanders.be or www.fansofflanders.be.

Climate: sun, rain, thunder, wind, lightning, snow, blue sky ... Belgium has it all!

In Belgium we have the following **holidays** during the academic year:

- Autumn holidays
- Christmas holidays
- Spring holidays
- Easter holidays.

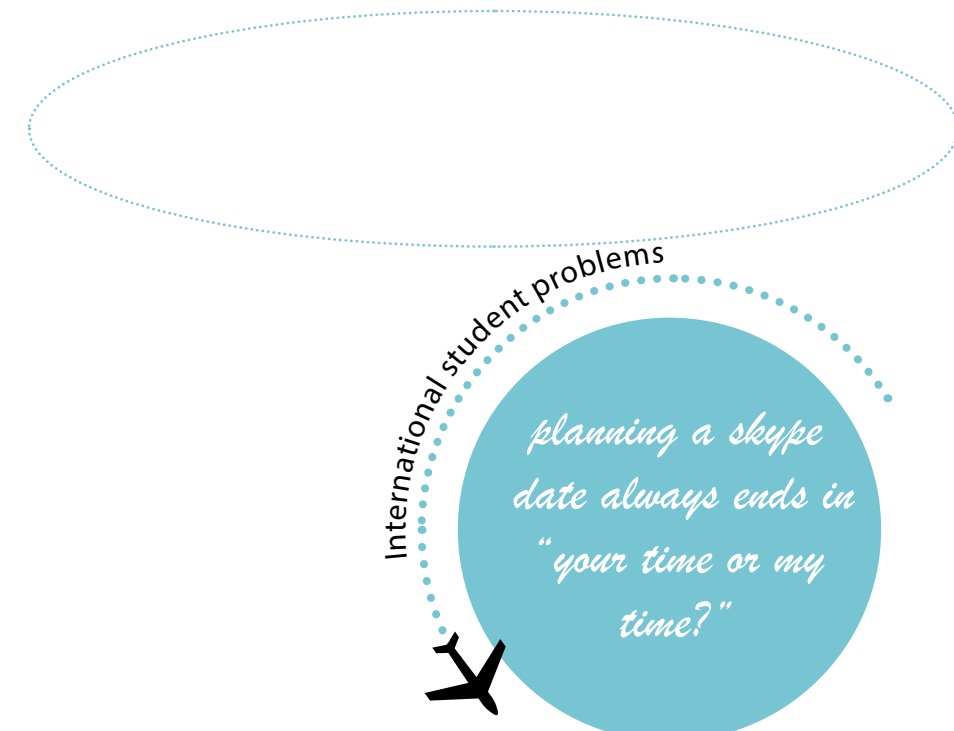
Birthday: Is it someone's birthday? Buy a birthday card or send a text message and give three kisses on the cheek. Are you invited to a birthday party? Don't bring your own food or drinks, but give the party boy or girl a little present.

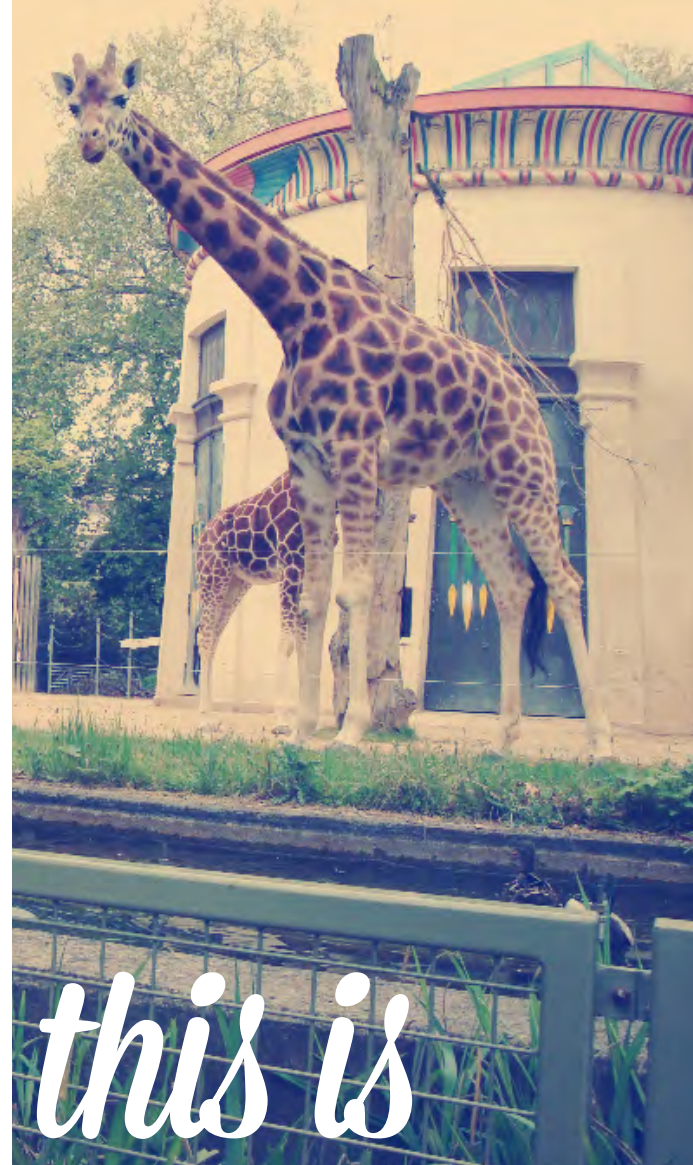
Shopping: Store hours: Monday - Saturday, 10:00am - 6:00pm. Stores are closed on Sundays. Antique and flea markets are generally open on Saturdays and Sundays. Tax is always included in the price.

Gastronomy in Belgium is an art, an art de vivre. From street food like Belgian frites or waffles, with the toppings of your choice, to traditional dishes like croquettes or mussels, the choices are endless.

Laundry: keep fresh.

Transport: Travelling to Antwerp? Travelling around?





this is



Follow the advice of Jack Johnson. “Reduce, Reuse, Recycle”: More information about [garbage disposal](#)?

Multicultural Antwerp: In Antwerp, people with various religions live closely together. There are Roman-Catholics, Protestants, Jews, Muslims, Anglicans, Orthodox and freethinkers. The city of Antwerp promotes dialogue and positive encounters between all its inhabitants of different religions. Walk around and discover multicultural Antwerp.

Library: As a KdG-student, you have access to all the libraries of the associated schools (AUHA) with the student ID. The other members of the AUHA are: University of Antwerp; AP university college & Maritime Academy.

Student restaurants at your campus: You can enjoy a well-deserved lunch, while appreciating the nice view of the city. The restaurants offer sandwiches, salads, pasta, snacks, soups, fresh fruit, juices ... all at very affordable prices. At campus Hoboken and Zuid you can also enjoy a fresh warm meal with a sustainable twist. On top of that the KdG student-ID offers you lots of discounts at other restaurants in Antwerp.

Things to do in Antwerp: Antwerp lives! This vibrant city offers you many possibilities at all times.

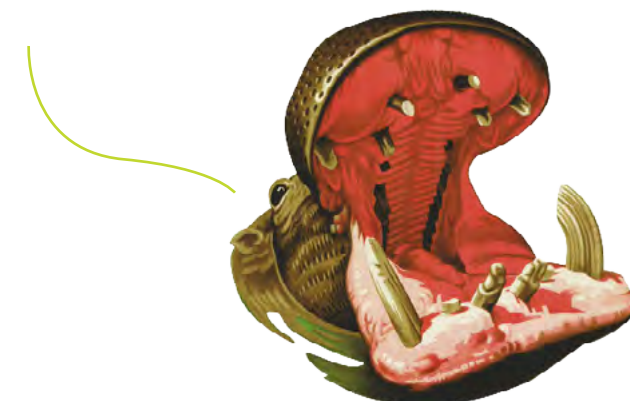
Let’s go [swimming](#) in the water, let’s go swimming in the pool.

Money money money

Banks are usually open from Monday until Friday, 9:00am - 4:00pm and are closed on Saturdays, Sundays and public holidays. Some banks have a lunch break of one hour.

Campus @ KdG: KdG has many campuses.

Antwerp ZOO: The Antwerp ZOO is one of the oldest and best-known zoos in Europe. The penguins live in “Vriesland” with their own arctic enclosure, elephants and giraffes are as tall as the Egyptian temple they stay in and hippopotamuses goof around in a pink villa. 950 different species and 5000 animals live at the zoo.





CULTURE VOUCHERS

Culture for you at low prices! That's what culture vouchers are all about. 10 euros buys you seven themed vouchers. These allow you to appreciate art in all its variety in nearly 40 culture centres, let you devour books for free at the Public Library and provide an entrance ticket to a museum for absolutely no charge. The vouchers are ordered per art discipline, allowing you to enjoy this opera or that play at a theatre of your choice. We handpicked the genres dance, music, film, classical music, and drama as well as libraries and museums. Each voucher has a list of places to choose from.

More info and sale on www.cultuurcheques.gate15.be.

SPORT STICKER

A sport sticker grants access to a variety of sports activities at all possible levels: amateur or professional, individual or team player. Most sports are free of charge. When they're not completely free, you get a student discount!

For Whom? Every student of the University of Antwerp, Karel de Grote University College, Artesis Plantijn University College, Institute for Tropical Medicine Antwerp and Antwerp Maritime Academy can buy a sportsticker. Price? A sport sticker will only cost you €18.

How and where can I buy my sport sticker? Check: www.sportsticker.be.

KdG STUVO ACTIVITIES

Do you like sports, cultural or leisure activities? KdG student services takes care of everything, for example:

- MOVIE NIGHT
- PAINTBALL
- BOWLING NIGHT
- CULTURAL TRIP to Paris, Amsterdam or Germany
- SNOWTIME, indoor skiing and snowboarding.

Info and registration (a must) for all events on <https://intranet.student.kdg.be/community>

Want to play (sporting duel)?

Put one or two KdG student teams together and inform KdG Stuvo. Decide what sport you wish to play, propose a date and Stuvo takes care of the room, the required equipment and, if necessary, the opponent. You can choose indoor football, basketball, volleyball, bumball ... or a combination of two sports.

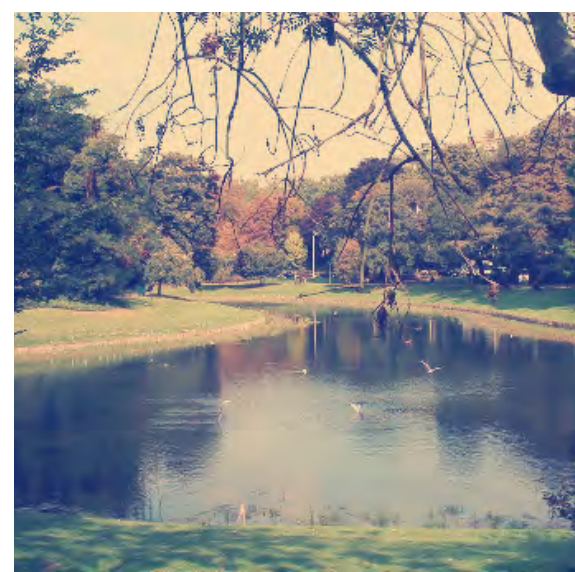
Questions or ready to play?

Please contact ruben.grietens@kdg.be



Antwerp a

GREEN CITY



Catch your breath now and then, breathe in the fresh air and feel the earth move under your feet! Head to one of Antwerp's green lungs, lushly snuggled around the city. Take a stroll, feed the ducks, read a book under a tree, let the children play, gaze at awesome art or nibble on a picnic lunch with someone special - green is always in fashion!

STADSPARK

It is not only the buildings that have survived the test of time in Antwerp. The triangular "Stadspark" is all that remains of Fort Herentals, one of the forts that guarded the city in the 16th century. Not far from the city centre and the hustle and bustle of the shopping streets, the park borders the Jewish neighbourhood. During Rosh Hashanah, you will see the neighbourhood's Orthodox Jews cluster around the pond, throwing a piece of bread into the water, symbolically drowning the sins of the past year.

Address: [Rubenslei, 2018 Antwerp](#)

NACHTEGALENPARK

The Vogelenzang, Middelheim and Den Brandt parks were the property of a group of elite aristocratic families. Thankfully times changed and the town council purchased the three estates in 1910. They were then opened to the general public as Nachtegalenpark! Antwerpers gather there on sunny weekends, enjoying nature at its best. In Middelheim Park marvel at the open-air Sculpture Museum, while Vogelenzang is ideal for children to get rid of their energy thanks to its large meadows, play area and small animal park.

Address: [Beukenlaan, 2020 Antwerp](#)

PARK SPOOR NOORD

A large panoramic green park, emphasising greenery, light, space, leisure, culture, sport and events. It boasts play areas, a spectacular BMX and skate bowl, two cooling water fountains for children to splash in and a shelter with a temporary summer terrace, run by Bar Cargo, which sees the trendy set settling in during the summer! Antwerpers sun their bodies, play and relax in this gem of a park - Park Spoor Noord, almost unimaginable in a city ...

Address: [Damplein, 2060 Antwerp](#)

BOTANICAL GARDEN

The Botanical Garden along Leopoldstraat is a unique green haven in the city centre. Enter a world of exceptional trees and shrubs, 2000 herbs, cactuses and foreign plants. Built almost 200 years ago, it grew only medicinal plants to supply the St Elisabeth's hospital next door. The city has managed the garden since 1926, and in 1950 the Botanical Garden was listed as a valuable landscape for the city of Antwerp and its inhabitants.

Address: [Leopoldstraat 24, 2000 Antwerp](#)

THE BEGUINAGE

You may feel like an intruder in this sacred, quiet place, but don't worry – you are welcome. The Beguinage reminds us of a secret garden, nestled in the city centre next to the university. It is a real surprise for those who encounter it during their explorations. The tiny houses and charming St Catherine's Church offer a haven of tranquillity for busy souls. The beautiful garden, orchard and pond in the inner courtyard replenish and rejuvenate. Walk along the cobbled streets in this sixteenth-century garden of peace and quiet.

Address: [Rodestraat 39, 2000 Antwerp](#)



STUDENT organisations



There are opportunities for entertainment organised by student clubs:

LOCAL STUDENT CLUBS

- **Magistra** – student club Teacher Education
- **Socio** – student club Social Work and Welfare Studies
- **Eligia** – student club Business Management
- **Fenrir** – student club Business Management
- **Transfusio** – student club Health Care
- **Brabo** – student club Applied Engineering and Technology
- **Creatica** – student club Art and Design
- **Explorers club** – a club for all students, international and local, from KdG



ESN (ERASMUS STUDENT NETWORK)

ESN Antwerp is the most multicultural student club you'll find in Antwerp and it will definitely complete your Erasmus experience. The club welcomes all Erasmus students and other foreign students to Antwerp. They try to get you settled in; help you out with whatever practical problems you may encounter. Apart from that, they try to teach you more about student life as we know it here in Belgium, with all its rich traditions.

KdG has a cooperation with ESN to give you the chance to find a local buddy. The ESN Buddy System links an exchange student with a local student – based on interests, study field, language etc. A buddy is a first contact in Antwerp, a good source of knowledge and an easier integration in local culture. Sounds good? Check their website to see if the buddy project is already up and running for the new semester!

Meet ESN at the welcome days!

STUDENT JOBS

Jobweb is a job database created by and for the student services of the higher education institutions of Antwerp. This system can help you find a suitable job. It also provides you with some useful information: participating institutions, general information and legal requirements.

For more information: stuvo@kdg.be.

STUDENT AFFAIRS

office

STUDENT COUNSELLORS

'KdG Stuvo' (or the student services) includes various counselling services the objective of which is to promote the social, physical and mental well-being of all students. They help our students work and study under the best possible circumstances.

When something is bothering you ...

- I'm feeling lonely
- Staying in a student house isn't what I expected
- I'm having trouble making new friends
- My girl-/boyfriend is still at home and doesn't understand my choice to go abroad
- Did I make the right decision?
- I panic when I see the huge amount of courses
- I'm feeling homesick
- I just want to talk to someone who actually listens to my problems
- ...

Contact your student counsellor if you are dealing with personal circumstances or problems (for instance: family circumstances, illness, disabilities, dyslexia ...). We guarantee discretion and privacy.

SPECIAL SERVICES FOR SPECIAL NEEDS

Studying with dyslexia, ADHD/ADD, autism, chronic diseases, a handicap...? At KdG, it's possible. Your student counsellor can give you advice on special rules and options for extra support.

Furthermore, there might be individual services available to help you follow the courses, participate in exams and such, modified to your specific situation.

EXTRA SUPPORT?

You might be granted the right to special services that are linked to your specific situation.

All information can be acquired by contacting our student counsellors (contact details on the next page of this brochure).

- In which situations can I attain extra support?
- Learning disorder (dyslexia, dyscalculia, NLD ...)
- ADHD/ADD
- Autism
- Chronic illness
- Mental health problem
- Visual, auditory, or motor disability
- Social status: employed
- Special social circumstances (family situation, pregnancy ...)

WHAT STEPS DO YOU NEED TO TAKE?

Make an appointment with a student counsellor. They will provide you with the necessary information and discuss your individual needs and situation which is formalized into an agreement (contract extra support). This agreement applies to the entire academic year. Changes during the course of this period can always be discussed.

STUDY CAREER COORDINATORS

Each study programme has its own 'student advisors' or 'study career coordinators' who will help you with every study-related problem. They have fixed moments for appointments during the week. You can make an appointment to discuss, for example, your study plan or study method. If you have doubts about your study choice, you can contact the student advisor to take a look at the options.

MEDIATION

Mediators are independent and objective professionals who handle notifications, complaints and disputes.

They mediate in conflicts between:

- student - student
- student - teacher
- student - college

Beside mediating, they oversee the legal context, guidelines and regulations described in our "Education and Examination Regulations". They also justify the absence of students for non-medical reasons.

MORE INFORMATION?

Contact: stuvo@kdg.be

STUDENT

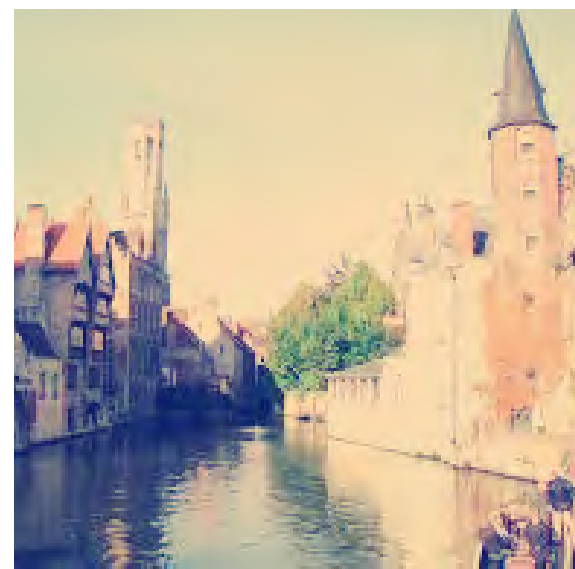
Participation

To create a pleasant, student-centred study environment, it is important that we offer you a chance to participate. As a student representative, our students can help shape the educational policy in your department and university college. By having a seat in the participation councils, you can gain experience in debating and working in a team. You learn to quickly weigh pros and cons. Among other extra facilities, in some faculties you receive credits for your commitment.

Feel free to contact els.apers@kdg.be for more information.

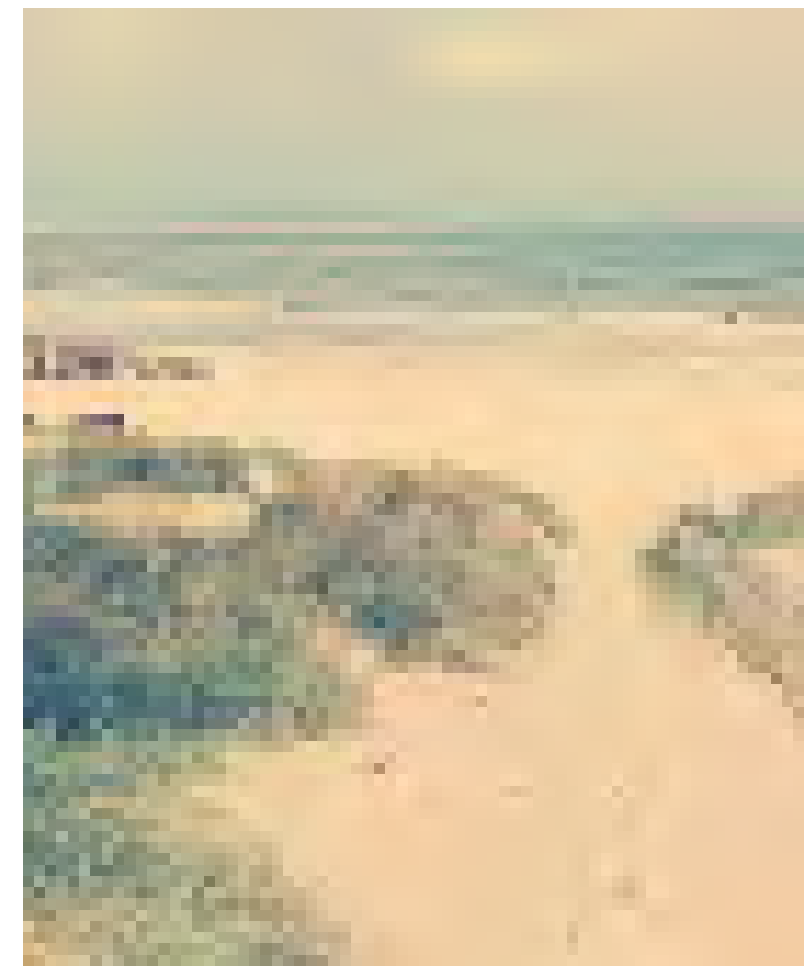


must sees in



Check:

- www.visitbelgium.com
 - www.worldtravelguide.net
 - www.lonelyplanet.com
 - www.neverstoptraveling.com
- and many more.



IN CASE OF EMERGENCY

Help, I need... a doctor? A hospital? A pharmacist?

Go to <https://www.gate15.be/en/content/in-nood>

USEFUL PHONE NUMBERS

- Antwerp Tourism & Convention: +32 (0)3 232 01 03
- European emergency number: 112 (in case of an accident or other emergency)
- Ambulance / Fire: 112
- Police: 101
- Doctors on call in Antwerp: +32 (0) 900 10 512

And many more

DUTCH FOR NEWBIES

Hello
Do you speak English?
Could you tell me where the... is, please?
Thank you
You are welcome
Could you repeat that, please?
How are you?
How much is it?
What's your name?
My name is...

Hallo
Spreek je Engels?
Waar is...aub?
Dank u
Graag gedaan
Kan u dat herhalen aub?
Hoe gaat het?
Hoeveel kost het?
Hoe heet je?
Ik ben...

Learn more?

BYE BYE BELGIUM

Did you receive a residence permit or other official document delivered by the Immigration Office? In this case, you have to deregister before leaving Belgium and returning to your home country.

You will have to fill out the document 'change of domicile' carefully, sign it and send a scan by e-mail to international@kdg.be one week before leaving Antwerp. She will forward the document to the Immigration Office.



don't forget

KEEP

CALM

AND

ENJOY

YOUR

STAY



Erasmus+

This project has been funded with support from the European Commission. This publication (communication) reflects the views only of the author, and the Commission cannot be held responsible any use which may be made of the information contained therein.

Dit project werd gefinancierd met steun van de Europese Commissie. De verantwoordelijkheid voor deze publicatie (communicatie) ligt uitsluitend bij de auteur; de Commissie kan niet aansprakelijk worden gesteld voor het gebruik van de informatie die erin vervat is.

KdG

Karel de Grote
University College