

WUR from within: straight, sharp, transparent

AID edition

Resource

SUMMER 2024 VOLUME 19

The journalism platform for all at Wageningen University & Research

WikiWUR
Isn't science
marvellous?

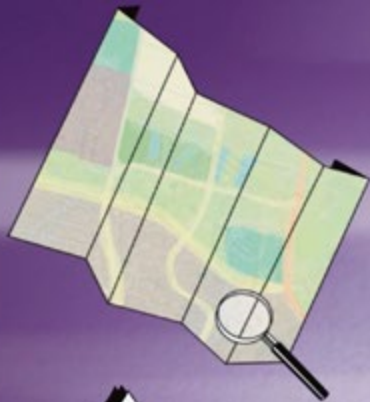
Join a society?
Help with choice
overload

Column: 'Glue
not strictly
necessary'

How to study
Great tips from
teachers

Penny wise:
Tips from finfluencer
Emmaa

Quick Start Guide! Studying in Wageningen



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FOREWORD

For you

Hold on, wait! Before you dive into this *Resource* edition, let me introduce ourselves. *Resource* is not just another journalism platform. We are the dedicated voice of the WUR community, providing independent coverage of all campus happenings. This is a tradition deeply rooted in the Netherlands, where independent editorial teams critically follow universities. This is crucial, especially for institutions that value academic debate and critical thinking. *Resource* embodies this spirit for WUR, for both employees and students, and for you.

So, are you eager to stay updated on all that happens on campus during your studies? Read our magazine and follow us on our website and social media channels to get the latest on student life, science, education or WUR as an organisation. But also for inspiring stories about students and scientists.

For now, we have made a magazine full of tips (from student associations to budgeting tips) and the experiences of more senior students and teachers to help you find your way in Wageningen in no time.

You can reach out to us at any time throughout the year with tips (resource@wur.nl). If you are an aspiring writer or have a knack for photography, check out the back page.

For now, enjoy this AID, and hopefully, we will meet on campus soon!

Willem Andréé
Editor-in-chief





CULTURAL HERITAGE

You may wonder what the students dressed as Snow White in this photograph are doing. No, they have not taken leave of their senses, and no, it is not some absurd hazing ritual at a student association. Well, what then?

These are the ground drilling championships, a typical piece of Wageningen cultural heritage that the study association Pyrus organises each year.

Hundreds of wonderfully decked-out participants attempt to drill a 1.20-metre hole in the shortest possible time in a muddy field near the Haarweg. Team members have varying tasks, ranging from the actual drilling to taking care of the lighting and shaking the dirt off the drill. The competition includes music, a barbecue and a bar. In short: a big drilling party in the mud. LZ

Want to know what else is typically Wageningen? Check out page 4.

Photo Guy Ackermans

Typical Wageningen

Every student city has its own culture and unique traditions and customs. And each city is a little different. Still, Wageningen is sometimes extra unique. AID board chair Machteld van Kempen and *Resource* editors Ilja Bouwknecht and Luuk Zegers give a crash course in 'Typical Wageningen'.

Informal

'The worst insult you can use in Wageningen has nothing to do with wishing a disease on someone or blaspheming; it is using the formal Dutch 'u' (you). In the rest of the Netherlands, it is used to politely address a person, but here, it is considered aloof and ultra-formal. In Wageningen, you will hear everyone use the informal 'je' to address teachers, the rector magnificus and even the mayor!' LZ

5 May

'Friends studying in other cities sometimes ask me what Wageningen has to offer in terms of activities. I don't invite them often, because they think it is boring here except on 5 May. That is when I invite everyone to come

because Liberation Day is not celebrated as abundantly anywhere as in the city where the liberation was signed. It is one big party, and the whole city is involved. There are stages with a variety of music styles, people of all ages enjoying themselves, parties everywhere, veteran's parade, and the freedom fire on the 5 Mei square. It is a unique festivity, which is typically Wageningen.' MK

Do not keep walking

'Cycling or hiking with Wageningers can be quite frustrating. At least if you value the activity as such. Many Wageningers have

the annoying habit of diving into the grass in the middle of the tour to admire a bird, fly or plant they absolutely must identify.' LZ

Chilling with cows

'Chilling on the banks of the Rhine is a typically Wageningen activity. You just follow the path along the concrete plant in the harbour until you see 'de Wolfswaard' on your left: a



mansion with a lush garden. Through the gate you can wander at your leisure along the flood plains until you find a suitable spot along the water. Bring snacks and beverages, throw down your blanket and...relax.

'Beware though, everyone is free to wander, including the cows that inhabit the area, so watch out for cow pats when you search for a spot. The cows may also be overly bold and sometimes even chase humans off their favourite grassy spots. Should a cow come too close, it is best to remain calm. Cows do not react well to panic.' IB

Familiar faces

'While you may remain anonymous in many larger student cities, there is no such thing in Wageningen. Although it is always relatively quiet in the city centre compared to, for example, Utrecht, you almost always run into familiar faces. The other day, I walked through the centre while making a phone call, and I had to interrupt no less than five times to greet friends. This has advantages and drawbacks. Of course, it is pleasant, but it can sometimes be nice not to run into

acquaintances when grocery shopping. Another frequently heard complaint is that Tindering is difficult because you know everyone, and everyone knows you.' MK

Soil drilling

'Page 3 of this magazine has a picture of the soil drilling championships. This annual event is organised by Pyrus (Study Association for Soil, Water and Atmosphere). The championships revolve around which team can drill a 1.20-metre hole in the ground fastest, and some one thousand participants from all over the Netherlands come to the field near Haarweg in Wageningen to attend the event, which also has a barbecue, beer and music. There is a prize for the fastest team and one for the team with the best outfits. A unique piece of Wageningen cultural heritage.' LZ

Barefoot nation

'Wageningen students wear some unusual footwear. You may see students walking around in wooden clogs or even barefoot.

The first time I ran into the barefoot nation was in the Forum first-floor restaurant. With no footwear, the brave students walked through the restaurant, and, perhaps most shocking, no one seemed to care. After so many years in Wageningen, I have become accustomed to the type of Wageningers who are so eager to be connected to the earth that soles are forbidden. 'The market in the town centre is also a favourite gathering spot for the footwear-challenged among us. There, you see those who would prefer to be shoeless but wear 'barefoot shoes' to avoid awkward stares. These shoes follow your foot's natural curves, have thin soles and enable you to feel the earth without developing a thick layer of callouses.' IB

Wageningen Championships worm charming?

Here, teams employ unusual methods to coax as many worms as possible out of the ground.' LZ

The worm charming scene is best described as seeing is believing.



From Ad fundum to Zaaier

As a student in Wageningen, you will end up speaking jargon: A combination of typical Wageningen concepts and classic student slang. Get the hang of this ABC and you will be off to a good start. Text Carina Nieuwenweg, Luuk Zegers and Coretta Jongeling

- A**
- Ad fundum:** Latin for 'bottoms up'. Various bastardized versions also get used in Dutch. Means downing a beer or other alcoholic beverage in one go.
- Agrotech:** Typical Wageningen term. Technology focused on agriculture.
- Asserpark:** One of the four high-rise blocks of student flats in Wageningen.
- B**
- Bike jam:** Traffic jam involving bikes, a problem in Wageningen. Your greatest chance of seeing one is at 8:30 at the Bornsesteeg crossing.
- Billie:** Reusable coffee cup with a deposit. Can be used on campus and in cafés in the town centre.
- Black giraffe:** Electricity mast in the Rhine floodplains, with various beaches nearby.
- Bonger:** Sports centre for WUR students and staff. With a large gym, playing fields and various sports courses.
- Bornsesteeg:** One of the four high-rise blocks of student flats in Wageningen. This block is closest to campus.
- Bractical:** Doing a practical when you can still feel the effects of the previous evening's boozing.
- Bunker:** also *Hunerbunker*: flat pub in Dijkgraaf.
- C**
- Chunder:** Vomiting after a drop too much.
- Cie:** Short for 'committee' in Dutch. The student societies have committees for specific themes. PromoCie, VITcie, LustrumCie, you get the message.
- Cobo:** Drinks to celebrate a new society board.
- CSF:** Christian Student Fraction. One of the three parties in the Student Council.
- Cum laude:** Distinction. At WUR, *cum laude* means you averaged an 8 for your modules and got at least an 8 for your Bachelor's thesis or at least a 9 for your Master's thesis.
- D**
- Dies:** Anniversary date for the university or student societies.
- Dijkgraaf:** One of the four high-rise blocks of student flats in Wageningen.
- Droeftoeter:** Student having lived in Droevendaal (see below) for too long.
- Droevendaal/Droef:** Student complex near the campus. *Droef* is a close community with its own culture. The students who live there are called *droefies*.
- Duif:** Student complex Duivendaal, in what used to be the university's administrative building.
- E**
- ECTS:** European Credit Transfer System. System that uses credits to allow comparison of courses and modules in different countries. In theory, 1 ECTS point is the equivalent of 28 hours of study.
- Erasmus:** Exchange programme and fund for students who want to go abroad for courses or an internship.
- F**
- First aider:** First aid official. You always need someone with first aid qualifications if you organize events at uni outside working hours or in the weekend. So students with a first aid certificate are very popular.
- Flunkibal:** Beer game in which you have to toss a bottle upright with your shoe to be allowed to drink it.
- FOS:** Dutch funding scheme for students. Students get financial compensation if they take time out to do committee work, take part in elite sports, have a baby, deal with certain family circumstances or because of illness.
- Fruit mafia:** Market stall where you can buy really cheap fruit and veg, especially towards closing time. Make sure you eat it quickly, though, as it's usually pretty ripe...
- GHIJK**
- Ground pizza:** The result of *chundering*.
- Hoeverstein:** One of the four high-rise blocks of student flats in Wageningen.
- Holo-ing:** Strolling up and down Hoogstraat. A popular activity on Saturdays in Wageningen for lack of anything more exciting.
- Knotsball:** Popular student sport involving a stick with foam rubber at one end. Also known as tampon hockey.
- Krokant:** Literally: crispy. What you feel like after an evening's serious drinking.
- LMN**
- Lebo:** Short for Leeuwenborch, the teaching building for the social sciences.
- Lecture:** You don't have classes at university, you have lectures.
- Liberation Festival:** The Nazis surrendered control of the Netherlands on 5 May, 1945 in Hotel de Wereld in Wageningen. Which is why Liberation Day is celebrated on a grander scale here than anywhere else.
- Major:** Your degree's core element or specialization.
- Minor:** Part of your Bachelor's degree where you choose a set of optional subjects. Can also be done at a different university.
- Momo:** Short for Molecular Life Sciences.
- OPQR**
- One for the road:** Beer for your journey.
- Open parties:** Parties organized by student societies that are also open to non-members. There is an open party every Thursday at one of the main societies.
- Period:** In Wageningen, the academic year is divided into six periods: four long ones for 12 credits and two short ones for 6 credits.
- Quidditch:** Sport based on the Harry Potter books. The Wageningen team is called the Werewolves.
- Rela/prela:** Relationship and the preceding period.
- Revision week:** The last week but one in a period, when nothing is on the timetable so that students can prepare for the exams.
- S**
- S&I:** Sustainability and Integration. One of the three parties in the Student Council.
- SOGgen:** Study Avoidance Behaviour. In Dutch: *Studie Ontwijkend Gedrag*. Doing the washing up, mending a flat tyre – suddenly everything has a higher priority than studying. Mainly seen during revision week.
- Soil-drilling championships:** A muddy and uniquely Wageningen spectacle in which teams compete to get the soil drill into the clay as fast as they can. The championships have been organised for at least 20 years by Pyrus study association.
- Star flats:** Star-shaped blocks of flats that are landmarks in Wageningen. There are currently six star flats, four of which are student only.
- Student Council:** Representative body chosen by students that looks after the interests of all students.
- Student counsellor:** Gives advice and information. You can go to them for all your questions about your degree, from getting an extension due to special circumstances to student grants.
- Study association:** Association linked to a particular degree subject. Organizes subject-related activities.
- Student society:** Social club that has nothing to do with the degree programmes. See also pages 12 and 14.
- Stufi:** Short for student financing.
- TUVW**
- Thuis:** Literally home: your student house.
- Thuishuis/Thth:** Literally homehome: your parents' house.
- UFW:** University Fund Wageningen. Manages various funds that pay grants to finance outstanding Wageningen research and education. Also provides scholarships for international students.
- Veggie:** Vegetarian or vegan.
- VeSte:** Verenigde Studenten ('united students'). One of the three parties in the Student Council.
- Waga:** Short for Wageningen.
- Wageningen quarter:** Flexible first 15 minutes of a lecture. But not every lecturer observes this tradition.
- Wajo:** Short for Wageningen youth, someone who grew up here.
- Woeste:** Short for Woeste Hoeve, the Hoeverstein flat pub.
- WUR:** Short for Wageningen University & Research.
- WURkForce:** Publishes a weekly list of jobs at WUR for those wanting to earn some extra money.
- XYZ**
- Zaaier:** Popular pub in the centre of Wageningen, and the name of a statue at the campus entrance.

See for yourself



Felix Landsman

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

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

students in exactly the same state. And perhaps this includes a drop or two. It is what it is. But go and see for yourself, is my advice. Before you know it, you may be making out with someone you have only just met.

And also, see for yourself what it is like when you get called out of bed the next morning at 08.20 hrs because you should be delivering a presentation in Orion in room 4041 right now (speaking from experience, luckily, the copious amounts of alcohol still present in my system

kidding?

It really was fantastic, the first time as an eighteen-year-old at student parties singing along with the worst possible songs with fellow

helped me wheedle my way out it).

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

At least, that is what happened in my case. And, before you start fearing that your future includes glueing yourself to the tarmac, you realise that glue and mashed potatoes are really not the only ways you can make a difference. But above all, see for yourself and enjoy. Believe me; I will run into you at that techno party.

Felix Landsman (23) is an *ex-Resource* student editor and recently graduated bachelor student in International Land & Water Management. Felix is an aspiring adventurer and often searching for something.

WIKIWUR

Wageningen science is broad, varied, and world-class. And there is much more going on than you may be aware of during your studies. To welcome you into this amazing world, *Resource* lists a few highlights of recent studies (see box) conducted by Wageningen University & Research's five sciences groups.

Text Roelof Kleis, Marieke Enter and Dominique Vrouwenvelder



TRACKING SICK COWS THROUGH PASSPORT PHOTOS

Like human faces, a cow's face speaks volumes.

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



MEASURING AIR QUALITY YOURSELF

Wood-burning stoves and fireplaces are ruining air quality.

Meteorologist Bert Heusinkveld developed a sensor to measure particulate matter in the air. Seventy of those sensors have been placed in the gardens of Wageningen residents. It's a true citizen science project. A reading is taken every 145 seconds. Levels of volatile organic compounds and nitrogen oxides are also measured, so it is possible to determine whether the particulate matter originates from wood fires or traffic. The data are available to all on the Sensor Community website • [ESG](#)



CARBOHYDRATE FUELLED EXERCISE

Recreational athletes are increasingly experimenting with their diets.

They are inspired by professional athletes who optimise their performance with a carefully designed diet. Mireille Baart studied differences in performance among recreational cyclists after adhering to a carbohydrate-rich and a low-carbohydrate diet. The body's efficiency in using energy was not improved through a low-carbohydrate diet. So, go ahead and ingest those carbs • [AFSG](#)



THE PARASITIC WASP'S PERFUME

The gene called doublesex determines whether parasitic wasps find each other attractive. Doublesex controls the production of pheromones, which act like the wasp's attractant aftershave. Entomologist Eveline Verhulst is trying to figure out the mechanism. Males in which the gene is switched off are no longer attractive to females. In fact, other males see them as females • [PSG](#)



CHATGPT FEEDBACK

The negative side of generative artificial intelligence (AI) is blatantly apparent: students have computers doing their homework. However, computers can also help you improve your work, according to researchers in Education and Learning Sciences. They provided students and ChatGPT with the same learning feedback assignment and then compared the quality of the output. ChatGPT was more critical regarding structure, while students focused more on content. These two forms of feedback are complementary • [SSG](#)



GREENHOUSE JEANS

WUR researcher Filip van Noort partnered with clothing manufacturer G-Star to develop Dutch cotton (Nederkatoen), which is cotton grown in WUR's greenhouses in Bleiswijk. Home Grown Denim is as sustainable as can be: no pesticides are involved, and the crop is grown using rain-water and solar energy. Dutch cotton is still too costly to hit the market. A new batch has been started for follow-up research • [PSG](#)



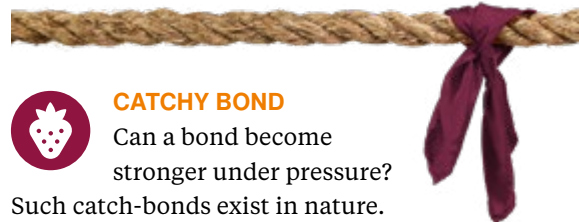
COINCIDENTAL ELITE

Nature follows reality. There is much inequality. There are many individuals of a few species and few individuals of many species. And this is a mathematical necessity, according to Marten Scheffer and his colleagues. Rarity is unavoidable, and coincidence plays a significant role, their mathematical model shows. Today's dominant species are a 'coincidental elite'. Their dominance may just as quickly disappear if circumstances change • [ESG](#)



INFLUENCING-ALERTNESS

The Dutch promotion committee demands that influencers must make clear whether they have been sponsored in any way to promote a product. How they make this known is up to them. A tiny hashtag (#ad) is enough. However, researcher Sophie Boerman discovered that hardly anyone notices such tags in online videos. A parental advisory-like pictogram also showed little results in recognising influencer marketing. So, should the rule be abolished? No, she says. Transparency is more important than ever, with influencer marketing becoming increasingly professional and sophisticated • [SSG](#)



CATCHY BOND

Can a bond become stronger under pressure?

Such catch-bonds exist in nature. PhD candidate Martijn van Galen made the first human-made one using two strands of DNA, one of which was partially folded like a bobby pin. Under normal conditions, the two strands of DNA are loosely attached. Under tension, the bobby pin opens like a zipper, after which the inside part of the zipper latches on to a piece of DNA on the other strand, which is a precise match • [AFSG](#)

LIONFISH SEES COLOURS

Lionfish thrive not only in fish tanks but also in other places. The tropical fish, with its striking (and poisonous!) spines, is also one of the world's oceans' most successful invasive non-indigenous species. How does the creature manage that? Perhaps its success can be attributed to the fact that it can see both ultraviolet light and colour, which benefits it when hunting. PhD researcher Elizabeth Philips showed this fact.



This unique ability enables the 'twilight hunter' to also operate successfully in daylight conditions

• [ASG](#)



Agrotechnology & Food Sciences Group (AFSG)



Animal Sciences Group (ASG)



Plant Sciences Group (PSG)



Social Sciences Group (SSG)



Environmental Sciences Group (ESG)



NOTHING WRONG WITH EXTRA RED

Plants grow better with some extra far-red light. This additional growth comes at the expense of energy for defence against plague insects. However, this need not be an issue when combined with organic pesticides, according to a study on tomatoes by PhD candidate Davy Meijer. Although plague insects fare better under extra red light, the same applies to their natural enemies, the ichneumon wasp • [PSG](#)

BREAKING THE PILL SPIRAL

Medication may have side effects that cause new symptoms. Doctors often fail to identify these symptoms as the side effects of medicines and respond by prescribing extra medication. This can cause a spiral of increased drug use and symptoms. That can change. Wout van Orten-Luiten linked medicine use to the levels of nutrients in our blood. Addressing shortages of nutrients can prevent an endless cycle of pills • [AFSG](#)





THE WOLF AND SEVEN PUPS

There is a pack of wolves living between Bennekom and Arnhem. The pack is made up of a mother, father and seven offspring. WUR's DNA studies show that the wolves are part of the total of 51 wolves that were released into the wild in the Netherlands. Half of these wolves are new arrivals and generally offspring of the ten packs in our country. WUR monitors the wolf population closely at the behest of the provincial governments. Most of the wolves are found on the Veluwe, with seven known packs • [ESG](#)



MULTICULTURAL CLASSROOMS

Over eighty per cent of the students in secondary professional education in some cities have a migration background. PhD student Kennedy Tieleman discovered that almost three-quarters of the teachers are wary of leading a culturally diverse group. And the more multicultural they deem their own skills, the warier they become. Not a contradiction, according to Tieleman. As one's multicultural skills improve, so does the ability to identify tension fields. Additionally, such skilled teachers are more likely to be placed in 'difficult' groups • [SSG](#)



3D-SNACK

A snack fully tailored to your personal preferences or designed to enhance your performance or health? It is possible! Martijn Noort partnered with, among others, TNO and the Army to develop a 3D food printer capable of producing such personalised snacks. They were tested on soldiers and IC patients. The snack looks like a puff pastry filled with a sweet, soft substance akin to apple sauce or a thick milkshake • [AFSG](#)



GRAB THAT PFAS!

Environmental pollution with PFAS is a serious issue. Organic chemists at WUR have developed a method to extract PFAS from polluted water. To this end, they use so-called pillarenes, ring-shaped molecules made up of benzenes. Attaching specific molecule chains to the sides results in a substance that filters PFAS out of a solution and binds it. The PFAS filter is reusable. The chemists are currently searching for a way to break down the PFAS and render it harmless • [AFSG](#)



CROSSING UNSEEN

Nathusius's pipistrelle bats follow the Dutch coastline during their fall migration. A study by Sander Lagerveld shows that part of the bats crosses the North Sea west of North Holland. He used acoustic measuring equipment on offshore drilling rigs to listen to Nathusius's pipistrelle bats passing by. The bats avoid the full moon during the crossing, possibly due to the elevated risk of predation • [ASG](#)

DNA FROM ONIONS

WUR researcher Richard Finkers (Genomics and Big Data Application) and his colleagues have unravelled the DNA of the onion. This was no easy task as the onion genome is five times bigger than the human one. The researchers had to sequence 100,000 fragments of DNA, 95,000 of which were hard to tell apart. Now the DNA sequence has been established, plant breeders can develop new varieties faster. They are looking for onion varieties that are more resistant to drought and fungal diseases • [PSG](#)



WHO'S WHERE

- **Agrotechnology & Food Sciences:** the food researchers are in Helix, the agrotechnology scientists in Axis;
- **Animal Sciences:** most are in Zodiac;
- **Environmental Sciences:** most of their activities are in Lumen and Gaia;
- **Plant Sciences:** mainly in Radix. The plant scientists use the Unifarm greenhouses round the back for experiments;
- **Social Sciences:** most of the social scientists are located in Leeuwenborch.

Jumping off the deep end

On my first day in Europe, I remember stepping off the plane at Schiphol to the Netherlands, greeting me with her characteristic cool, grey sky that threatened rain at any moment—by the time I arrived, AID week had already concluded. As some internationals will find relatable, long waits for visa appointments caused me to miss it completely. My visa made a dramatic appearance just a day before I was due to fly out.

A whirlwind of packing, goodbyes, and a plane (+ a train and a bus ride) later, I found myself ringing the bell at the

‘I stumbled from one social interaction to the next, often coming off more than a little ridiculous’

house where I had arranged a sub-rent (I later learned that they hate the loud doorbell). Immediately, I was enveloped by a warm house full

of friendlies and found myself seated at a dinner table laden with food. Someone once told me that moving to the West from India feels like being dropped into an alien environment. To describe it as ‘different’ is a vast understatement. I remember feeling like a toddler learning to navigate a completely new world. That was nearly a year ago, and now, safely



Ananya Doraswamy

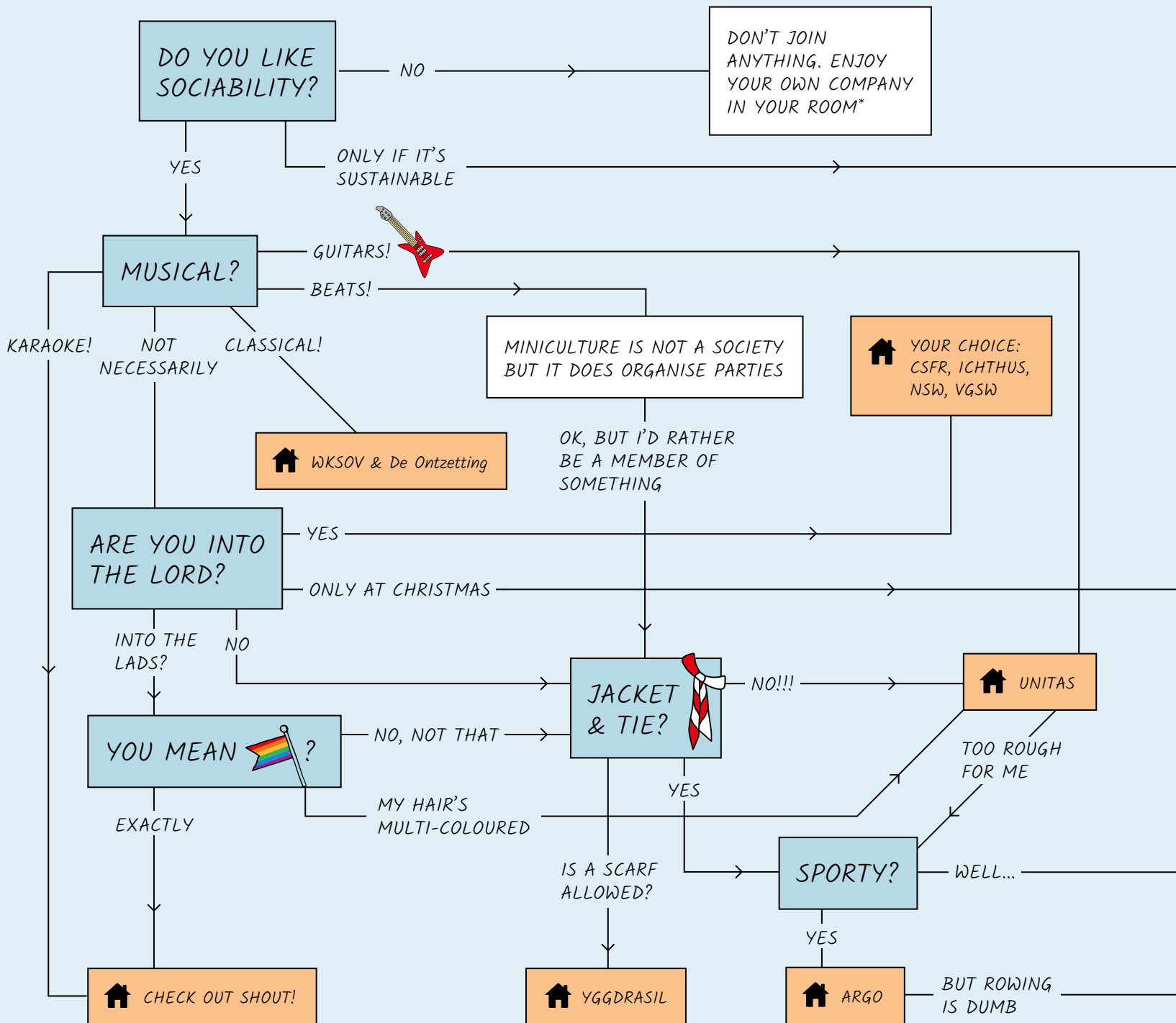
cocooned in my usual spot on the sofa, I can reminisce with amusement.

I remember walking the path to Forum for my first class with my head full of self-doubt and feeling about 2 inches tall. There’s no handbook that can teach you to feel like you belong in a completely new place. So, I threw caution to the wind and flung myself headlong into the bits I found the scariest. It didn’t help that I have a natural tendency for introversion. I stumbled from one social interaction to the next, often coming off more than a little ridiculous (to be honest, this still often happens). But every time I braced for impact, I usually experienced kindness rather than rejection. I know I’ve been lucky and wish you the same. In the mixed bag that is Wageningen, I hope you find your crowd. Paraphrasing the Beatles, we get by with a little help from our friends.

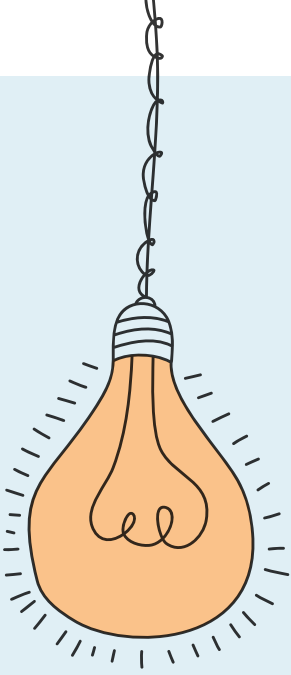
Ananya Doraswamy is a Master’ student in Health and Life Sciences from India. She delights in a slow-paced day that has plenty of time for cloud watching and tree-gazing. She enjoys being in busy, multicultural kitchens that have plenty of food and stories to offer.

TICKING BOXES

Not sure which society you should join?
Resource can help you. Just follow that arrow.



*Is all that club and society spam during AID driving you crazy? Not joining anything is fine too – you'll make friends soon enough.



CHECK OUT BOERENGROEP, RUW, OTHERWISE AND WAGENINGEN STUDENT FARM

BUT I'M VEGAN!

VSA

A BIT MORE REBELLIOUS PLEASE!



KSV

NEEDS TO BE BIGGER

NJI-SRI

THERE ARE 31 OTHER SPORTS CLUBS. YOU'RE BOUND TO FIND SOMETHING!

'T NOABERSCHOP

BSG

CHECK OUT ISOW OR IXESN



TWENTE



BRABANT



NO

WHICH DIALECT?

IT'S A LANGUAGE!

FRISIAN



JA FÊST!

WSSFS

NO, MORE OF A DIALECT

DO YOU TALK POSH?

I'M VEGAN

NOT REALLY

YOU BET

CERES

SSR-W

YES NO

ARE YOU A FARMER?



Got it figured?

The next page tells you what each society stands for (roughly).

Introducing **the societies**

BSG – You don't need Brabant roots but this Brabant society does have a focus on the sociability the province is famous for. There is a weekly activity but nothing is obligatory. hetbsg.nl

W.S.V. Ceres – The oldest student society in Wageningen and one of the largest with 48 society houses plus a detached villa clubhouse that is open to members four days a week, with cheap food and affordable beer. aidwsvceres.nl

C.S.F.R. – Christian student society that combines Bible groups with drinks. Members form a close-knit community of friends who play sports and go on weekend trips together, but also regularly discuss topics in society and philosophy in relation to their faith. csfrwageningen.nl

D.L.V. Nji-Sri – Originally farmers, with a large and active network of alums all over the world. Also has a clubhouse in the middle of Wageningen where all students are welcome to enjoy a beer on Thursdays. Member numbers are manageable so everyone knows one another and gets on well. njisri.nl

Ichthus – Faith, enjoyment and bearing witness. Ichthus combines relaxing together with a serious quest for God. It is a society for strong friendships and making a difference in society and your future field of work through your religion. ichthuswageningen.nl

IxESN – International student organization, part of the Erasmus Student Network (ESN). It offers a buddy programme, the ESNcard (discounts!) and weekly social, cultural and sporting activities and excursions. You are virtually guaranteed an international circle of friends. esn-wageningen.nl

ISOW – Internationally oriented and culturally and socially inclusive. Offers a broad range of language and dance courses, activities and excursions to make members feel they belong to one big international family. The ideal place to meet people from all over the world. isow-wageningen.com

K.S.V. Sint Franciscus Xaverius
Wageningen's largest student society with over 900 members actively involved in

committees, sub-societies, year groups and debating groups. A society where everyone finds their niche and builds a network of friends for life. ksvfranciscus.nl

NSW – Active Christian student society that combines growth in your faith with sociability. It offers a wide range of activities where you can build strong friendships and develop as a person. And there is always room for good conversations and great beer. navigatorswageningen.nl

't Noaberschap – Society with a lot of members from Twente and the Achterhoek region, who get to extend their network back home. Members from other areas are welcome too. An easy-going society where everyone knows one another, with weekly activities. hetnoaberschap.nl

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

SHOUT – The main LGBTIQ+ advocacy and social society in Wageningen. For all age groups (not just students). Organizes society evenings, open parties and discussion groups. Also gives talks on sexual and gender diversity at schools and helps LGBTIQ+ asylum seekers. shoutwageningen.nl

Unitas – Youth society with great premises in the middle of Wageningen. Offers a place where you can feel at home and develop as a person. Beer *and* soft drinks: Unitas is for all kinds of people and ideas, and always there for you, whether for hardcore partying or playing board games. jvunitas.nl

VGSW – A home for Christian students, offering members a place to grow in their religion and academically. A safe environment where you can make really good friends, have serious discussions or do crazy stuff. Important: Bible groups and the pub. vgsw.nl

SSR-W – One of Wageningen's biggest student societies but it never feels too big because all the members know one another. Offers plenty of opportunity to have a great time at university with all the year clubs, committees, debating groups and clubs. aid.ssr-w.nl

WSSFS – Communication is in Frisian but anyone in search of fun is welcome. A friendly society with few obligations, the perfect combination for student life in Wageningen. Different activities every Tuesday evening. *Oant sjen!* (See you soon!) wssfs.nl

Yggdrasilstam – Sociable group of students who do scouting-related activities together. Also welcomes members who don't have a scouting background. Members eat together on Wednesdays and go camping a couple of times a year, either alone or with other student scouting groups. yggdrasilstam.nl

W.S.R. Argo – Rowing is the quintessential student sport and easy for anyone to learn. You can row at every level, from touring to European championships, training on the Rhine and in the largest indoor rowing facility in the Netherlands. Also very much a social club, with weekly dinners, drinks and amazing parties. aidargo.nl

VSA – The Vegan Student Association makes veganism fun and easy. In addition to lunches, drinks and dinners, the society also organizes quizzes, cookery workshops, talks, film evenings and excursions — also open to non-vegans. See [@vsawageningen](https://www.instagram.com/vsawageningen) on Instagram.

WSKOV – The society consists of a student choir and student symphony orchestra, and has been around since 1919. wskov.nl

Wageningen has loads more special-interest societies for sports, music, hobbies and green topics, while each degree programme has its own study association. A list (not complete) can be found at wur.nl/nl/show/verenigenen.htm (switch to English)

THERE ARE BOUNDARIES

Your time as a student is the time of your life, they say. And, to be sure, this is the case for many students. Unfortunately, it is not all a bed of roses (trigger alert): transgressive behaviour still occurs in student life. Not for long anymore, hopefully.

From hazing taken too far and scandals with banga lists to a court case against a student in Utrecht who felt he could ignore a fellow student's 'no' (resulting in a three-year prison sentence this spring), several examples in the past year have shown that transgressive behaviour has not been eradicated from student life. Hopefully, it won't take long now, because both universities and student associations are making concerted efforts to put a halt to undesired behaviour. Moreover, the issue has the attention of politicians.

Sex and consent classes

Government commissioner Mariëtte Hamer investigated transgressive behaviour in tertiary education. Her investigation includes many interviews with students. In the recommendations she submitted to the government this spring, she calls to include relationship and sexual development in each programme's curriculum. Although WUR does not make 'sex and consent classes' mandatory

Respect others' boundaries – and don't forget to guard your own properly too

for all first-year students, it does focus on social safety on campus right from the start of the AID. You may expect an online compulsory module

and a so-called *Social SafeTEA challenge* from WUR's Student Service Centre. The latter is voluntary and contains a variety of assignments and meetings on social safety and how bystanders can help others stay safe. Let's Talk About Yes Wageningen (see box) would have liked to see all first-year students follow a mandatory workshop by the *Gelijkspel* Foundation, which addresses awkward and high-risk situations (you are already in bed with someone but don't want



Wageningen student associations are active against transgressive behaviour ♦
Photo Guy Ackermans

to go any further than just kissing. What to do?). WUR disagreed, but the workshop is offered intermittently by student associations. Keep your eyes and ears peeled for announcements.

Need help?

Stopping transgressive behaviour begins with the realisation that everyone has their limits, which may vary in different situations. Always check whether the other person is okay with what you say or do, even if your intentions are good. Respect other people's boundaries, and don't forget to set your own. Still ended up in an unpleasant situation? WUR has a special social safety contact point for students where you can – anonymously – share your experience and get help if you are a victim of transgressive behaviour. Bystanders are also welcome. Phone +31317 481 774 or send an email to socialsafety@wur.nl. Confidentiality is guaranteed. ME

Let's talk about yes (LTAY) is an initiative for tertiary education which was launched after an Amnesty International investigation revealed rather shocking facts about sexual intimidation among students. Over ten per cent of the male and more than half of the female students have encountered transgressive behaviour. Wageningen's LTAY community is active on Instagram: [@letstalkaboutyeswageningen](https://www.instagram.com/letstalkaboutyeswageningen).

First-year survival guide

You are faced with a lot during your first year: studying, making friends, finding your place. *Resource* asked four of last year's AID participants to look back upon their first year and provide tips for new students.

Text Luuk Zegers • Illustration Valerie Geelen



Jop van Veenendaal, bachelor student in Business Sciences from the Netherlands

'My first year was slightly stressful. Not my studies, but all manner of side issues. The study advisors, for example. Normally, you have one study advisor, but I am currently on my third. Each new advisor requires a meeting to introduce yourself. I have taken some extra courses, and doing so is a lot easier if you have a single point of contact, but with three advisors, it's quite a hassle. Moreover, having protestors entering the classroom and yelling loudly during self-study

'I wouldn't mind a bit more of a challenge'

week was quite disturbing. Not chill at all. Other than that, I obtained all my credits. The course material was a little too easy; I wouldn't mind a bit more of a challenge. 'With regards to student life, I recommend becoming a member of a student association. That provides you with a great chance to get to know people and make friends. I am a member of Ceres. The association is a place for partying and developing yourself in other ways. I have also become a member of the local rugby club. All in all, it is quite a lot, but, to be honest, I like it that way. It keeps one busy. My tip? Go wild in your first year, the second is likely to be a lot busier.'



Jennifer de Jong, master's student in Food Safety from the Netherlands

'I had a fantastic year. I learned a lot of new things during my master's, which enabled me to specialise in food safety. During my bachelor's at the Haagse Hogeschool, I lived

'I always seize every opportunity that presents itself'

with my parents, but here in Wageningen, I live in a student house with two fellow students. I really like it. We live close to the bar called Onder de Linden, and their outdoor terrace has become one of my favourite spots in Wageningen. They are also quite affordable.

'The AID helped me find my place in this strange, new world. I made friends, got to know the city and university, and caught a glimpse of all the fun there is to be had outside of your studies.

'I always seize every opportunity that presents itself because it always yields great new experiences. Thus, I became chair of my master's programme committee. But things like an honours programme or study associations are also very worthwhile. Get out of your bubble; there are amazing activities waiting for you!'



Naurah Nadzifah, master's student Sustainable Business & Innovation from Indonesia

'I think my first year in Wageningen went pretty well. When it comes to my study programme, some things really were beyond my expectations. We had a chance to speak with global managers of multinational companies about the challenges of applying sustainability in real-world companies, for example. 'Before coming to the Netherlands, I was a bit scared because I was

'Making friends with fellow students is a bit difficult'

overexposed to bad news about discrimination against Asian people and Muslims in the Western world.

However, so far, these stories don't match my own experience. The attitude here is a bit like "you do you, I don't mind". Making friends with other students is a bit difficult for me, especially with people who are more individualistic compared to the collective culture in which I grew up. These differences also affect how you build friendships and your expectations of a friendship. However, during the AID, I met a girl from Germany with whom I have become close friends.

'If I can give one advice to new students coming to Wageningen, it is to embrace the opportunities you have as a student. Use the AID to get to know organisations and associations. Make friends, enjoy life and enrich yourself outside the study programme.'



Nikshap Trinetra Bangalore Suresh, master's student in Environmental Sciences from India

'My study time in Wageningen so far has been great. Academically, I experienced a lot of freedom, and the courses have really made me think critically. Because we have an international classroom with students from all over the world, we are confronted with numerous views and perspectives. This has opened my eyes to how people with different backgrounds come up with different solutions to problems and challenges.

'Besides studying, many things are happening in Wageningen. I like to learn the language wherever I travel, so I have been learning Dutch on the side. This helps me feel more included and allows me to join conversations. Besides that, I have been a part of the international student organisation ISOW. It is nice to meet people from outside your study programme and organise activities with and for them.

As I love cooking, I was often involved in cooking for those events. I also signed up for Bachata dance lessons at Lafrique. I

'I experience great academic freedom'

can recommend it to everybody!

'When you have found your place in Wageningen, it is also nice to explore the city's outskirts. The forests of the Veluwe basically start at the edge of Wageningen and Bennekom. It's definitely worth visiting if you enjoy nature. And if you like to learn about growing fruits and vegetables, you can volunteer at De Ommuurde Tuin.' ■

WHERE'S THAT PARTY?

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



Photo Sven Menschel

Monday

- Monday is members' night at the **student societies**. It's pretty quiet in the rest of the town.

Tuesday

- The **Bunker**, the Dijkgraaf flats pub, often has parties on Tuesdays. It was recently renovated, it's sociable and the drinks are cheap.
- The **Doctor café's pub quiz** is another popular Tuesday event. Starts at 19:30. Be on time.

Wednesday

- Wednesday is often party time in **Woeste Hoeve**, the Hoeverstein flats pub. Enjoy it while it lasts; this flat bar will probably close in 2025.

Thursday

- The traditional student party day, with an **open party at one of the main societies** (Unitas, Ceres, SSR-W and KSV Franciscus) every Thursday.
- You can also often have a good time at **Nji-Sri** on Thursdays.

Friday

- The **International Club** often organizes parties on Fridays and Saturdays with (obvs) an international theme, from salsa evenings and Brazilian parties to tech house and St Patrick's Day celebrations.
- The **Bunker** (see Tuesday) sometimes throws parties on a Friday too, with different DJ groups from Wageningen!

Saturday

- See International Club (Friday).
- Every first Saturday of the month, it is party time at SHOUT, Wageningen's LGBTQ+ society (lesbian, gay, bisexual, transgender, queer and more).
- There are some good cafés in Wageningen for you to get to know, such as:
 - **De Vlaamsche Reus** (ask for the beer bible)
 - **Het Rad van Wageningen** (with its own brewery)
 - **Café Onder de Linden** (great outdoor area)
 - **De Zaaier** (popular student pub)
 - **Loburg** (often has live music!)

Cheap nights out A beer at a student society often costs only 1.10 euros, which is a lot less than ordinary cafés. The pubs in the blocks of flats (Woeste Hoeve in Hoeverstein and the Bunker in Dijkgraaf) are also budget-friendly.

And finally, students themselves know best what works for them: the best parties are often the ones put on in student houses.

LIVE

Popupop organizes musical evenings with live performers or electronic music at various locations and festivals. In café Loburg, for example, or the Rhine port. popupop.nl
Quiet is the New Loud evenings in the library has singer-songwriters regularly for you to enjoy. Or see indie acts during the monthly InDiePub (locations change). popcultuur-wageningen.nl

DANCE

The Grasshoppers teach Swing Dance and organize a social almost every Sunday in the Punt Centraal Wonen or in the Algemene Barak on Droevendaal. grasshopperswageningen.nl
There is salsa dancing during the SundaySalsa in Loburg every second Sunday of the month, as well as every second or third Friday of the month in community center de Nude. lafriquedancecompany.nl and facebook.com/SundaySalsa.Wageningen

OPEN STAGE

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

JAMMING, DINING OR TECHNO-KNITTING

There are weekly activities at Superette, from art workshops to improv theatre to techno-knitting: knitting while enjoying techno music. Meals are served on Fridays in exchange for a donation. desuperette.nl

LUNCH

Free performance with your lunch? Every two weeks at Impulse, you can enjoy a lunch concert ranging from classical to jazz to pop. Check Impulse's calendar via wur.nl

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

– Iija Bouwknecht

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

– Steven Snijders





How to study

Sweaty hands from exam stress or no social life because you've fallen behind in your reading? No need for that. Three lecturers give you tips on how to make a success of studying and still get the most out of your student days.

Text Luuk Zegers and Dominique Vrouwenvelder

Jessica Duncan

Associate professor of
Rural Sociology



1 Read the course guide. Maybe it's a bit obvious, but lots of students don't read the course guide! The course guide is literally the plan for the course. It tells you what the course is about and what is expected from you. You have so much going on in addition to your studies, so the better you understand what you have to do and when you have to hand in assignments, the better you can plan things. To test who actually reads the course guide, I might put in something like: 'If you read this sentence, send me a picture of your favourite food'. Maybe half of the students do that.

2 Take the reading seriously. Reading can be overwhelming. I get it. But reading is key to learning and reading academic work is also an important skill that can serve you far beyond your degree. It is so important to keep up with the reading,

ask questions about what you read, and try to understand why you're reading what you're reading.

3 Ask questions, but show that you're trying to understand. They say dumb questions don't exist, but if the answer to your question is in the course guide, it is a dumb question. That said, if you don't understand a concept or you need extra clarity, ask your teacher about it. Be sure to show them that you have tried to answer the question yourself, and explain what part you don't understand.

4 Be curious when selecting your courses. At Wageningen you have the opportunity to try out so many different things. Do that. Get out of your comfort zone. It brings new perspectives to you as a student.

5 Deal with stress. Transitioning to a new stage of life can be tough, so find healthy ways to deal with the stress. The university has support available in the form of student psychologists, study advisers, student deans, confidential advisers and more. If you feel overwhelmed, find someone to talk to, for example via the Student Service Centre. It's the bravest thing you can do!

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



Perry den Brok

Professor of Education and Learning Sciences

1 Study regularly. Research shows that it is often better to learn small amounts frequently than cram really hard for an exam in one go because you forget most of it afterwards. You might be able to pass your exams with some last-minute revision but hopefully you came to university to genuinely learn something. So it's good if you haven't then forgotten it all again one week after the exam.

2 Check exam designs. The next tip is actually rather a bad one... but there are some books, for example *Test Heroes*, that explain how teachers create exams. If you know how exams are designed, you will have a better idea of what to do to pass them.

3 Think about the long term. What do you want to get out of your degree and what do you want to do later? The possibilities sometimes seem endless so it's a good idea to figure out what direction you want to go in. For example, are you more interested in the research side or the commercial side?

4 You don't just learn things in lectures. Try and find out more about your degree subject outside your courses. Watch films, go to talks or try out something in practice that you learned in lectures.

Philippe Puylaert

Microbiology teacher

1 Not fun. There are many compulsory introductory courses that you may not all like equally. Prepare yourself for this, and don't let the fact that you saw many practicals during the open days. Unfortunately, that is not your everyday reality. Your first-year courses lay the necessary foundation for the rest of your study programme.

2 Saying no. Associations and clubs are great for meeting people. But don't be afraid to say 'no'. You came to Wageningen to study. One or two things in addition to your studies is fine, but three or more will impact your results.

3 9 to 5. View your studies as a nine-to-five job. Spend the time between 8.20 a.m. (when lectures start) and 17.00 p.m. on your coursework. After that, you can do as you like. If you have a day with no classes, this does not mean you are free. These days are intended for self-study.



4 Stay in the present. The most important thing during your studies is your next exam. Students frequently focus on graduation or start their master's or internship. They focus on their job after graduating. Don't forget that doing all those things requires you to pass your exams first. If you fail, you will have to resit, which will only delay you in taking all those follow-up steps.

5 Garbage bags. Never economise on garbage bags. Believe me, the last thing you want is a bag popping open as you descend the stairs. I can assure you, from personal experience, that this mistake is not worth repeating. KOMO garbage bags it is! ■

'DON'T LET IT GET TO YOU'

Another thing that is typical for Wageningen is running into WUR's bosses on campus. It is helpful to know who they are. *Resource* interviewed President Sjoukje Heimovaara (the boss of everything) and Rector Magnificus Carolien Kroeze (the research and education boss) about their time as students. And asked them if they have any tips they may wish to share. Text Willem André

Sjoukje Heimovaara, who grew up mainly in Zwolle, began her plant breeding and molecular biology studies in Wageningen in 1983. 'A fantastic time, I felt free. At the time, there was no campus like the one we now have; the molecular biology department was located on the Dreijen, atop the hill, and plant breeding was located across town. I relished, and still do, the space Wageningen has to offer. A unique feature of Wageningen is that there are no faculties, so you have the opportunity to design your own programme. I used that to take all sorts of courses after my first year. The molecular side was, at the time, new in the domain of plant breeding, and there was this

idea that it would enable us to change the world. We believed that molecular methods would accelerate breeding and allow us to save biodiversity. I wasn't a very passionate student, but I cared about the world. However, I have become more idealistic over time. But I was mainly just a student. I was a member of Ceres and enjoyed going to parties with friends. I lived in De Erwt and rowed at Argo for a year. I still know the chorus by heart, haha.'

Quite thrilling

Carolien Kroeze wanted to study veterinary sciences but ended up choosing biology. She calls herself an 'average' and 'well-behaved' student who considered all the theoretics 'a little boring'. 'Until we started doing our own research. I studied the effects of acid rain on plants. Setting up your own experiment and



Sjoukje Heimovaara's ID document for what was still the Agricultural College then.

seeing what happens, that feeling of investigating something no one has delved into before... suddenly I knew, this is what I want to do, this is where my future lies. That is also when my grades improved.' The newly appointed rector of WUR (Kroeze was appointed as research boss on 8 March of this year) never joined an association and spent most of her time as a student living in the city centre with eight fellow students. 'Leaving my parents' home was a big step for me, but I went with two friends, and we had a really wonderful time. We attended parties till late but still made it to the lectures the next morning because attendance was compulsory. Kroeze held various side jobs. She worked at the PTT (something like today's Vodafone) customer service and as a cafeteria manager. 'All things considered, I had a great time, which I enjoyed from start to finish. In retrospect, those years flew by.' ■



Carolien during fieldwork for her biology studies.



Tips from the top

No worries Heimovaara: 'Of course, there will be pressure during your studies. But don't let it get to you, particularly worries about a job in the future. WUR graduates are popular; organisations will be clamouring to hire you.'

AID Kroeze: 'Whether you continue living with your parents or move out, connect with others. Should you read this before the start of the AID, and if you have doubts about whether to go or not, do not doubt! Come to Wageningen and meet lots of people.'



Sjoukje en Carolien

Drugs Heimovaara: 'I worry about the increasing use of stimulants among students. You really don't need drugs to have a good time. And, most importantly, look out for each other.'

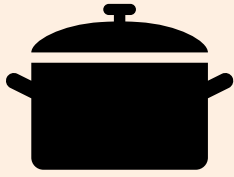
Building a resume? Kroeze: 'I talk to many students. There is this idea that you "must have done everything" during your studies because you can't once you graduate. Nonsense. You must study, of course, and do things you enjoy. But there is no need to accrue an endless number of credits. There is no need to join a board and travel abroad and have the right side jobs for your resume. Get to know yourself: what do you enjoy, and what fits? Try to discover these things quickly.'

Passionate Kroeze: 'WUR has many passionate and enthusiastic teachers and study advisors to motivate you. If you are in a crisis of motivation, share your concerns. You are not alone! And, a tip I really shouldn't be giving: pay close attention to your teachers; it will reveal what is likely to come up in the exams.'

Peer pressure Heimovaara: 'There is a lot of peer pressure amongst young students. They want to perform well for everyone and everything. Ignoring that feeling is difficult, but I urge you to try anyway. Figure out what you can do, fall and get back up.'

Beyond the books Kroeze: 'Studying is about more than acquiring knowledge and skills. Your time as a student is also a time of personal growth. We want you to become an independent and critical thinker. That is something you don't just learn in books. Look beyond your bubble. Wageningen is the perfect spot for you to learn from all the other cultures, perspectives and values in our international community.'

Compact world Heimovaara: 'I agree with Carolien. Try to find your place in Wageningen as soon as you can. You will feel at home sooner if you build a social network. And the great thing is that Wageningen is both compact and global. You have access to the world from your safe haven. And, you run into familiar faces everywhere. I really loved that as a student.'



Flavours of WUR

**Ingredients
for one small oven dish
(30x20cm) :**
Pasta

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

Sauce

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

Pasta al Forno

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



Stefano Fazzari
an exchange student from Italy

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

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

2 Add the meat and a dash of wine once cooked;

3 Once the wine has evaporated, add the tomato paste. Simmer for at least half an hour. Season to taste;

4 Once the sauce is ready, cook the pasta in salted water. Cook the pasta for a shorter time than suggested on the packaging;

5 Drain the pasta and add the sauce and the sliced mozzarella;

6 Put everything in the oven dish with more mozzarella

on top and sprinkle with parmigiano;

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

8 *Buon appetito!*

Turkish Lentil Balls

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

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

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

1 Cook the lentils till they soften;

2 Mix the bulgur into the moist cooked lentils. Leave the mixture with the lid on at room temperature for 30 minutes;

3 Heat the vegetable oil in a pan, add the finely chopped onion and fry it;

4 Add tomato paste, salt and pepper and fry for about 3 minutes. Then add the onion and tomato mixture

to the lentils and bulgur. Knead well;

5 Finely chop the spring onion, parsley and dill and mix into the lentil mixture;

6 Lay the lettuce leaves on a flat plate;

7 Take a handful of the lentil mixture to form a medium-sized ball. Aim to make about 25 lentil balls;

8 Cut the lemons into two and squeeze the juice onto the lentil balls;

9 Arrange the lentil balls on the lettuce leaves and decorate the plate with slices of lemon;

10 *Afiyet olsun!* (Enjoy your meal)

**Ingredients
for 5 portions :**

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



Yurdanur Yilmaz
a PhD student of Food Sciences
from Turkey

How to make ends meet as a student

You have enrolled in uncertain times. The basic student grant has been reinstated but is insufficient to make ends meet. So, a loan? Is a student loan the best debt to have? “Finfluencer” and former *Resource* editor Emma Mouthaan and her team provide budgeting tips on her Insta-account @skere_student. And here in *Resource*.



Emma Mouthaan

€ A ‘free’ loan

For quite some time, the interest rates on student loans were set at 0 per cent annually. That is ancient history; the current interest rates are set at no less than 2.56 or 2.95 per cent. Whether the interest rates will go up next year remains to be seen. The fact remains that there is a steep interest rate on your DUO (*Dienst Uitvoering Onderwijs*) student debt.

€ Risky interest rates

Many students are unaware of exactly how the interest on your loan is calculated. Suppose you borrow 2000 euros now, with the 2.56 per cent interest rate, and stop borrowing money as soon as the interest rates go up. That does not mean you will continue to pay 2.56 per cent interest over the 2000 euros annually forever. Instead, the rates are set yearly and apply to the total amount you borrowed. The interest rate at the time you took out your loan is, hence, irrelevant. Thus, when you take out a student loan with DUO, you have no

idea what this loan will eventually cost you. That makes a student loan rather risky, as well as making it difficult to determine whether the benefits outweigh the cost.

€ Supplementary grant

There is another grant you can apply for in addition to the basic student grant. The supplementary grant. You may think you don’t qualify. But apply just in case. Even if you don’t qualify for the full supplementary grant, you may well be entitled to a portion of it, and all help is welcome, of course. You can submit your application after you log in on the DUO website.

€ Performance grant

Another tip for students is to consider the “performance grant provision”. Are your studies not going so well due to temporary or structural circumstances? The performance grant provision can be really helpful. This provision allows you to apply for an extension of the grant or a more lenient graduation deadline. You can also apply for student funding or have

the performance grant changed into a gift without meeting the graduation criteria. You will find all the details in the free Skere Student eBook, which is available for download on skerestudent.com/geldhacks.

€ Supplements

Almost all students qualify for a care allowance. In some cases, you may also qualify for a rent allowance. You can apply for these supplements on toeslagen.nl. Occasionally, temporary supplements are available, such as energy allowances for 2022 and 2023. Moreover, there is a study allowance for students with a medical disability, i.e., students whose medical condition prevents them from working outside their studies.

Want more financial tips from Emma?

Check her site skerestudent.com, her Insta or TikTok: @skere_student, or download the free eBook Money Hacks for Skint Students on skerestudent.com/geldhacks. ‘It could save you thousands of euros’, says Emma.

Teacher of the Year Ignas Heitkönig

‘I WANTED TO BECOME A MONK’

Every year, a teacher is elected ‘Teacher of the Year’. Ignas Heitkönig (Wildlife Ecology and Conservation) currently holds this title. *Resource* interviewed him on his time as a student and the road to teaching.

Text Luuk Zegers

What did you want to become as a child?

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

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

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

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

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

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

And you ended up in South Africa.

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

But you went.

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



Mali 1981 • Private photo



Ignas Heitkönig • Photo Guy Ackermans

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

How was your PhD research?

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

And just like that, you were a teacher.

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

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

Why did you return to the Netherlands?

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

Want to learn more? We also interviewed Ignas Heitkönig on the topics of activism, outdoor teaching, bringing the A12 climate protestors cake and a tram line to Ede. Scan the QR code to read all about it



Student Training & Support

Your study at Wageningen University & Research is about acquiring knowledge and preparing for your future career. Sometimes you may need a little extra support, and that's where we come in. Student Training & Support offers a variety of support groups, hands-on workshops & short training courses to improve your study skills, work on your (mental) well-being and explore your talents.


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Lieke Muijsert

Tien paar ogen staarden elkaar ongemakTen pairs of eyes scrutinised each other warily on the first day. But not for long. Before long, we formed a tight-knit team that braved all the obstacle courses and sports games and yelled I LOVE YOUUUUU loudly and drunkenly at each other.

During the AID, I learned that there are many people in Wageningen who are ready to help you. Not just my AID “daddies” who “protected” me from all the scary, forward boys, but my AID brothers and sisters also felt safe and secure. Half of my group were international students. They lavished us with

‘Jam-packed days have been a constant in my life as a student’

stories about their home country, and one of them even brought Chinese bookmarks for each of us. We taught them about Dutch culture during a game of Twister (the words ‘hand’, ‘foot’, ‘yellow’ and ‘green’) and the lyrics to the song Dakterras so that we could all drunkenly sing along when Swifty performed during a party. Afterwards, a Mexican AID brother wondered how we Dutch managed to cycle while drunk. He lasted no more than five metres...

Never had I imagined there was so much to do in a single day. One activity after the other: a crazy 88, rowing at Argo, a tour of

Ceres, eating at KSV, drinking ahead of the start of the party and getting ice cream at Cicuto’s. Jam-packed days have since been a constant in my life as a student. I do all sorts of things, thanks to the AID market where all student associations, sports clubs, political parties, the library, *Resource*, businesses, etc, are represented. I chaired a study association committee in my first year, took up basketball, made many friends and started writing for *Resource*. A full programme and still managed to get all my credits, but after two years, it’s taken its toll. Now, I am about to go on an exchange, a fresh start during which I will take things a little slower.

My advice to you, as a new student, is to pay no attention to the opinions of others. Enjoy the people around you, and do what makes you happy. But don’t overdo it. Everything is just so much fun!

Resource student editor Lieke (20) is a third-year bachelor’s student in landscape architecture and keeps busy with her sports, side jobs, study association, and spending time with her friends. She enjoys relaxing in nature and feels very much at home in Wageningen.



⚡ AID Program

Friday
16/8

Saturday
17/8

Sunday
18/8

Monday
19/8

09:00			9:00-11:00 Religious Morning (optional) @Campus	
10:00	9:30-12:00 Registrations, Lunch & Bike Sale @Campus			
11:00		11:00-13:30 Presentations & Brunch @Associations	11:00-13:00 Sports Brunch & Aerial Picture @Bongerd	
12:00	12:00 Official opening!			
13:00	12:00-16:00 Campus Games @Campus	13:30-17:00 Crazy 88 @City Centre	13:00-16:00 Sportsday & Sportsmarket @Bongerd	11:00 - 17:00 Study Day @Campus
14:00				
15:00				
16:00				
17:00	16:30 - 19:45 Presentations & Dinner @Associations	17:00-20:00 AIDinner @Belmonte Arboretum	16:30 - 19:45 Presentations & Dinner @Associations	17:00-19:30 Study BBQ @Campus
18:00				
19:00				
20:00	20:00 - 23:00 Crossing Borders @Campus	20:00-23:00 Street Theatre @City Centre	20:00 - 23:00 Pubnight @Festival Area	20:30-23:00 Singalong @Festival Area
21:00				
22:00				
23:00				
24:00				

2024

Tuesday 20/8

Wednesday 21/8



11:00 - 13:00
Brunch
@Mentors

12:00- 14:00
Lunch
@Campus

13:00-16:20
Workshops
@Campus &
Associations

13:00-16:00
Infomarket
@Campus

16:45 -20:00
Presentations & Dinner
@Associations

17:00- 00:00
Festival
@Festival Area

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

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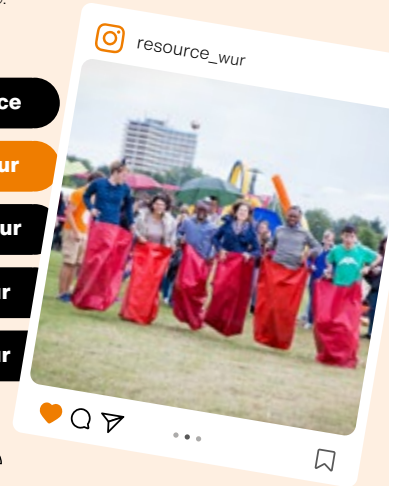
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Resource

Colophon

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resource@wur.nl | www.resource-online.nl

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WANT TO BE A *RESOURCE* STUDENT JOURNALIST?

Calling



Resource is always looking for students who enjoy writing, blogging, drawing, filming or photographing and who enjoy reporting on the life of a student in Wageningen. What are you experiencing? What stands out?

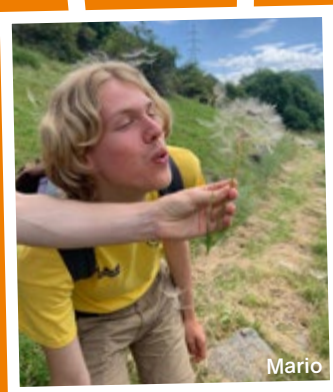
As a student editor, you keep a close eye on what is going on around campus, you help decide which topics *Resource* covers, you interview interesting people and visit fascinating locations for stories (in text and images) that *Resource* then publishes

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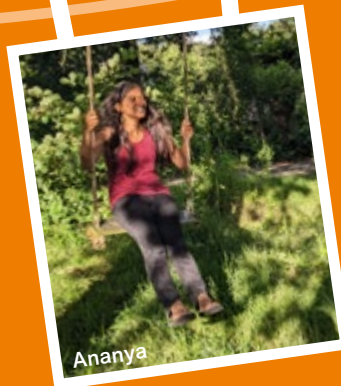
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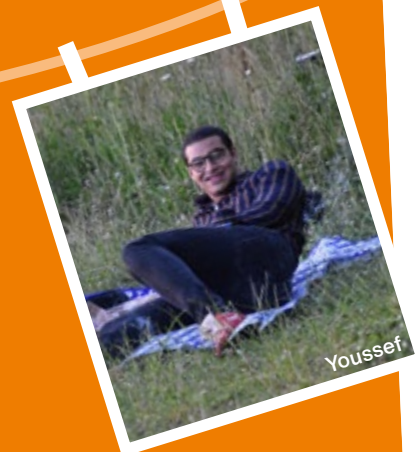
Ilja



Mario



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INTERESTED?

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



Femke



Lieke