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## Getting around

If you want to get around in The Hague region, you have a lot of options:

- Getting a car may be a good choice if you have a family, or go out of town very often. Read more about cars here [\[internal link\]](#)
- Truly blend in and get a bike, like every other Dutch citizen. Riding a bicycle in The Hague region is not only a great way to work out, but it can take you from door to door quickly. Read more about riding a bike here [\[internal link\]](#)
- The Hague region has a great public transport system which brings you from A to B very easily. Think of the tram, bus or metro which are convenient if you want to stay within the area. Or take the train, if you need to go anywhere else in the Netherlands. Read more about public transport here [\[internal link\]](#)
- If you want to go a little further and leave the country for business, family visits or holiday, there is always an international airport near you. Read more about airports in the Netherlands here [\[internal link\]](#).



## Car

One of the things that you will discover when living in The Hague is that you do not need a car. With excellent public transport and biking areas all around, it is very easy to get from A to B. However, if you plan to go outside of the city a lot, or have a family to think of, a car may be a convenient back-up plan – or even necessity.

In this section, you will find all the information you need on driving a car in the Netherlands. From buy a car, to bringing your car from abroad and from parking to paying your car taxes.

## Getting a car

There are several ways to get a car in The Netherlands, if you do not plan to bring your car from abroad [\[internal link\]](#). You can either buy (used or a new), lease or rent a car.

### Buying a car

When you buy a new car in the Netherlands, it will have a vehicle registration certificate (*kentekenbewijs*). This will consist of two parts. Part 1 (*deel I*) features technical information relating to the vehicle itself, such as brand, model and registration number. Part 2 (*deel II*) represents proof of ownership of the vehicle and consists of the name address of the current owner. Some older cars also have a Part 3 (*deel III*) confirming proof of ownership prior to 1996.

Make sure that during a sale the registration certificate is exchanged and includes all relevant parts. Transfer of ownership is usually arranged by the dealer who sells the car. You can also complete and submit the relevant form by yourself at the post office.

➔ Read more about buying a car in the Netherlands:

[https://www.expatica.com/nl/about/buying-a-car-in-the-netherlands\\_1986046.html](https://www.expatica.com/nl/about/buying-a-car-in-the-netherlands_1986046.html)

### Leasing a car

Many companies will offer you a lease car upon signing you if you live at a considerable distance from work, or are expected to travel frequently. You are allowed to use this car while you are employed by the company, but always check your contract for possible regulations. If you also use the car for private matters, you may need to reimburse some of the cost. Therefore, you may not take your car abroad without having this approved by your employer.

### Renting a car

You will find several car rental agencies in The Hague, if you need to rent a car for a certain period of time. In most cases, rental cars in Europe are equipped (standard) with CDW (Collision Damage Waiver) and TP (Theft Protection). You will often still be responsible for the deductible.

You will often get your car with a full tank and have to return it the same way. If that is not the case, you will be charged for the first tank - which may be easier for you, but will be considerably more expensive than when you refuel it yourself. It is also recommended to see if you get unlimited mileage.

## Bringing your car from abroad

Many internationals consider bringing their car from abroad to the Netherlands. If you do so, you can continue driving your vehicle using the foreign license number for 2 weeks. After that, you need to make sure your vehicle has a Dutch license number.

If you are moving from a EU/EFTA country, the application procedure for a license number is different from when you are moving to the Netherlands from a non-EU or non-EFTA country.

- ➔ Read more about how to apply for a Dutch vehicle license number for EU or EFTA country vehicle: <https://www.rdw.nl/information-in-english/import/apply-for-dutch-vehicle-license-number-for-eu-or-efta-country-vehicle>
- ➔ Read more about how to apply for a Dutch license number for non-EU or non-EFTA country vehicle: <https://www.rdw.nl/information-in-english/import/apply-for-dutch-license-number-for-non-eu-or-non-efta-country-vehicle>

### Motor vehicle tax (Motorrijtuigenbelasting)

Anyone who lives in the Netherlands and owns a vehicle (car, van, motorcycle, trailer or lorry) will have to pay motor vehicle tax (motorrijtuigenbelasting). The amount of tax depends mostly on weight and fuel type of the vehicle. You can find out the tax rate for all vehicle types by using [the motor vehicle tax rate tool](#) (in Dutch). The tool also allows you to see which types of fuel-efficient cars are exempt from paying vehicle tax.

- ➔ Read more about motor vehicle tax: <https://www.government.nl/topics/car-and-motorcycle-taxes/motor-vehicle-tax-mrb>

### Private motor vehicle & motorcycle tax (bpm)

Anyone who wants to register their vehicle in the Netherlands will have to pay bpm. Are you moving from another country to the Netherlands, and are you not liable for the payment tax for the import of your passenger vehicle, delivery van or motorcycle? In that case you will usually be eligible for a bpm exemption for the removal goods.

In order to receive this exemption, you should meet the following conditions:

- You move from another country to the Netherlands and you take your motor vehicle with you.
  - The motor vehicle forms part of your household effects.
  - You will use the motor vehicle which you bring with you for the same purpose as you used it abroad.
  - You bought the motor vehicle which you bring with you at least 6 months before you moved to the Netherlands and you used the motor vehicle during this period.
  - You lived at least 12 months abroad before you moved to the Netherlands.
- ➔ Read more about requesting an exemption for your imported car: [https://www.belastingdienst.nl/wps/wcm/connect/bldcontenten/belastingdienst/individuals/cars/bpm/exemption/exemption\\_for\\_removal\\_goods](https://www.belastingdienst.nl/wps/wcm/connect/bldcontenten/belastingdienst/individuals/cars/bpm/exemption/exemption_for_removal_goods)

**Further documents**

Once all these fees are paid, you will receive the Dutch vehicle registration certificate (*kentekenbewijs*). When you pass the RDW technical inspection, you will receive a notice of completion and a document of vehicle details for the BMP declaration. Once you have your vehicle registration certificate, your authorised garage can get you new license plates. Finally, you will have to take out the required motor vehicle insurance [\[internal link\]](#).

➔ Read more about legal and financial matters regarding a car here [\[internal link\]](#).

## Legal and financial matters

When you buy a car in the Netherlands, there are several legal and financial matters you need to take in account.

### Registration

If you buy a new car, you will have to register your car through the RDW (*Rijksdienst voor het Wegverkeer*), the national authority for road traffic, transport and vehicle administration. The RDW will give a vehicle registration certificate (*kentekenbewijs*). Before you can register your new car, you will need to pay bpm (see below). If you buy a used car from another individual, you must register the car under your name (as the buyer). The seller of the car will then give you the vehicle registration certificate and the car will be officially yours.

### Taxes

#### *Bpm*

Before you can register your car in the Netherlands, you will need to pay bpm. Bpm is a one-off tax that must be paid when a car, motorcycle or light goods vehicle is registered in the Netherlands for the first time. Bpm is charged on:

- cars, based on CO2-emission.
- vans or motorcycles, based on the net list price.

If you want to have your vehicle registered, it first must be approved for use in the Netherlands by the Vehicle Technology and Information Centre (RDW). This involves submitting the vehicle for testing to an approved RDW centre, along with relevant documentation including the registration certificate and a certificate of conformity to EU standards if necessary.

Once you receive the BPM certificate of approval by the RDW, you will need to send it to the Tax Office (*Belastingdienst*). They will calculate the amount of payable tax, including the BPM and any VAT/import duties. Once all fees are paid, you will receive the Dutch vehicle registration certificate (*kentekenbewijs*).

➔ Read more about bpm:

<https://www.belastingdienst.nl/wps/wcm/connect/bldcontenten/belastingdienst/individuals/cars/bpm/>

➔ If you bring your car from abroad, you may request exemption from bpm. Read more here [\[internal link\]](#)

#### *Motor vehicle tax (mrb, motorrijtuigenbelasting)*

After you register your car, you will automatically receive a bill for motor vehicle tax (mrb, *motorrijtuigenbelasting*). Everyone who lives in the Netherlands and owns a vehicle (car,

van, motorcycle, trailer or lorry) has to pay motor vehicle tax. The amount of motor vehicle tax you pay depends on which vehicle you own and several other factors such as:

- weight
- fuel
- sustainability
- the province the owner of the vehicle lives

You can find out the tax rate for all vehicle types by using [the motor vehicle tax rate tool](#) (in Dutch). The tool also allows you to see which types of fuel-efficient cars are exempt from paying vehicle tax.

➔ Read more about motor vehicle tax: <https://www.government.nl/topics/car-and-motorcycle-taxes/motor-vehicle-tax-mrb>

### *Bijtelling*

If you lease a car from your employer and use this for private purposes, you will have to pay taxes on *bijtelling*. Your employer must add a sum to the your wage before tax (private use addition). After all, you benefit from this private use. However, if you drive less than 500 kilometres privately, no addition is required. *Bijtelling* comes down to a certain percentage of the value of the car, depending on the CO2 emission of the car involved.

➔ Read more about the private use of a company car: <https://business.gov.nl/regulation/private-use-company-car/>

### **Insurances**

There are three different kinds of car insurances in the Netherlands.

#### **1) WA coverage**

You are required to take out third party liability (WA, *wettelijke aansprakelijkheidsverzekering*) insurance in the Netherlands. This will cover any damage you may cause to other cars.

#### **2) WA coverage + limited casco**

This insurance covers the damage you cause to another car. However, damage caused by yourself on your own car is not reimbursed. You will get a reimbursement for damage to your own car caused by theft, collision with animals, storm or window damage. This insurance is mostly chosen for 5- 10-year-old cars.

#### **3) All risk insurance**

If you have opted an all risk insurance, you will also be covered for theft, damage to your vehicle and personal injury. This insurance covers damage to other cars and almost all damage to your own car. This insurance is advisable if your car is younger than four years, or if you want to make sure your insurance will cover as much as possible.

Whilst not a standardised insurance, The Royal Dutch Touring Club ANWB offers a wide range of services that are an incentive to sign up for a membership. These services include roadside assistance and medical, repatriation assistance abroad, legal assistance, travel, information products, insurances and other products related to recreation, tourism and mobility.

➔ Visit the ANWB website: [www.anwb.nl](http://www.anwb.nl)

### **Technical test (APK)**

All vehicles that are more than three years old must undergo an annual APK technical test (*Algemene Periodieke Keuring*) at an RDW-approved testing centre. There is no fixed price for the APK test. If your vehicle does not pass the test, you benefit from a grace period to get it fixed before the RDW withdraws your registration. If you believe the outcome is not correct, you may appeal against it and submit a request to the RDW for a retest.

## Driving license [LINK!]

A driving licence allows you to drive a motor vehicle or ride a motorbike. To obtain a driving licence, which also serves as an ID, you need to pass the driving test of the Central Office for Motor Vehicle Driver Testing (CBR). If you want to renew your driving licence, you will not have to take the test again.

### Renewing or exchanging your driving license

Expats can continue to use their foreign driving licence for a certain period after they arrive in the Netherlands. When you come to live in the Netherlands, you may still use your foreign driving licence for a maximum of 185 days.

- ➔ Find out more about exchanging your driving license: <https://www.denhaag.nl/en/driving-licence/exchange-a-foreign-driving-licence.htm>

Do you have any other questions related to getting your driving license in the Netherlands?

- ➔ Find out more at the municipality website: <https://www.denhaag.nl/en/driving-licence.htm>

### Applying for a driving license

There are many driving schools in The Hague where you get driving lessons to prepare you for your exams: a theoretical exam, and, when your instructor considers you to be ready, a driving test on the road.

To be able to apply for a driving license at the Municipality of The Hague, you must be registered in the Municipal Personal Records Database (BRP, formerly the GBA) of the Municipality of The Hague.

- ➔ Get your first time driving license: <https://www.denhaag.nl/en/driving-licence/first-time-application-for-a-driving-licence.htm>

If you are taking a driving license test, you will need to fill in a Statement of Health. If you have originally filed your municipality registration at The Hague International Centre, you will also be able to purchase the Statement of Health form here.

- ➔ Make an appointment with The Hague International Centre [\[internal link\]](#)



### Parking [LINK!]

Paid parking is common in The Hague region. If you are a resident and have a car, you can apply for a parking permit which allows you to park in your neighbourhood without paying every time you park.

- ➔ Apply for a parking permit as a resident in The Hague:  
<https://www.denhaag.nl/en/parking/parking-permits/parking-permits-for-residents-and-their-visitors/parking-permit-for-residents.htm>
- ➔ Apply for a parking permit as a resident in Delft:  
<https://parkerendelft.com/en/parking-counter/request-parking-permit/>
- ➔ Apply for a parking permit as a resident in Rijswijk (in Dutch):  
<https://www.rijswijk.nl/inwoners/producten/parkeervergunning-bewoners>

### Visitor's parking permit

If you get visitors who need to park in the paid parking area in your neighbourhood, you can get a parking permit for visitors. The visitor's parking permit entitles you to a certain number of parking hours per year. This is your parking credit.

- ➔ Apply for a visitor's parking permit in The Hague:  
<https://www.denhaag.nl/en/parking/parking-permits/parking-permits-for-residents-and-their-visitors/parking-permit-for-visitors.htm>
- ➔ Apply for a visitor's parking permit in Delft: <https://parkerendelft.com/en/parking-counter/parking-counter-request-visitor-permit/>
- ➔ Apply for a visitor's parking permit in Rijswijk (in Dutch):  
<https://www.rijswijk.nl/inwoners/producten/parkeervergunning-bezoekers>

## **Parking in the city**

If you need to get popular neighbourhoods such as the city centre of The Hague and Delft or Scheveningen, you may want to consider Park & Ride or take public transport to avoid traffic and save money on parking fees.

- ➔ Read more about Park & Rides in The Hague:  
<https://www.denhaag.nl/en/parking/parking-in-the-city/park-and-ride-the-hague.htm>
- ➔ Find out the departure times for public transport at <https://www.htm.nl/english/>
  
- ➔ Read more about parking in The Hague: <https://www.denhaag.nl/en/parking.htm>
- ➔ Read more about parking in Delft: <https://parkerendelft.com/en/>
- ➔ Read more about parking in Rijswijk (in Dutch):  
<https://www.rijswijk.nl/inwoners/wonen/verkeer/parkeren>
- ➔ Read more about parking in Leidschendam-Voorburg (in Dutch):  
<https://www.lv.nl/parkeermogelijkheden>

## Electric cars

More people are choosing to drive an electric car. This is because driving an electric car is not only better for the environment, but it can be also good for your wallet. The Dutch tax system is designed to favour cars that are less damaging to the environment. Whether you buy a car privately or via your company, or you opt for a company car from your employer, the tax system provides incentives to choose an environmentally friendly vehicle. These incentives include financial nudges on road tax, the addition of tax liability to your income, bypassing waiting lists for parking permits and extra deductions on the taxable profit of one's company.

- ➔ Read more about the advantages of buying/leasing an electric car in the Netherlands: <https://www.iamexpat.nl/expat-info/dutch-expat-news/advantages-buyingleasing-electric-car-netherlands>

## Charging points

If you drive an electric car, you will need a charging point. Because electric cars are getting more popular, more charging points are being placed throughout Dutch city. Make sure to only park at a charging point while you are actively recharging, as this may be checked by security guards. If the charging station is located in a paid parking zone, you will have to pay for parking. Some charging stations may have an exception for this rule. If there is a sign stating that electronic charging, or parking fees, only apply during certain time of the day, you will not be limited to this outside of those hours.

Keep in mind that as a regular car driver, you are not allowed to park at these charging points. You will risk incurring a fine if you do so.

## Request a charging station

If you would like a charging station close to your house because you have an electric car or will be getting one soon, you can request this at the municipality. Keep in mind that the public charging stations will never be linked to 1 particular user. Everyone with an electric car can use them.

- ➔ Request a charging station in The Hague: <https://www.denhaag.nl/en/parking/indicate-location-for-electric-charging-station.htm>
- ➔ Request a charging station in Delft (in Dutch, click '*Online aanvragen*): <https://www.delft.nl/milieu/delft-wordt-groen/elektrisch-rijden/oplaadpaal-elektrische-auto-aanvragen>
- ➔ Request a charging station in Rijswijk (in Dutch, click '*U kunt hier een verzoek indienen*' at '*Aanpak*'): <https://www.rijswijk.nl/ondernemers/producten/oplaadpunt-voor-elektrische-auto-aanvragen>
- ➔ Request a charging station in Leidschendam-Voorburg (in Dutch): <https://www.lv.nl/elektrische-auto-opladen>





## Biking

It may sound unbelievable, but there are more bicycles in the Netherlands than there are people. A stunning 22.7 million bikes can be found across the country versus 17 million people who live here.

There is a good reason for this: a bike (*fiets*) is the ideal way of getting around town. It is fairly cheap, reliable and easy to park. You will want to put 'buying a bike' at the top of your priorities when settling in The Hague. Do not be intimidated by traffic: The Hague is well-known for its large amount of biking paths and great biking conditions, even downtown. Just make sure to pay attention to the tram rails so you do not get stuck.

Dutch people generally will not wear a helmet, unless riding long distance on sports bikes. There are helmets for sale if you prefer one while getting used to your bike: it is always a good idea to prioritize safety. You can also buy additions to your bike, such as a bike basket or so-called saddle bags for groceries. If you have small children, make sure to install a children's seat in the front or back if you want to take them on your bike. Or buy a *bakfiets*, a cargo bike with a large box-like area designed to store and move your kids or any other precious cargo easily through busy, narrow city streets.

## Learn how to bike

Do you not know how to bike, or do you have very little experience? Ask someone to teach you. They will probably be glad to show you how to master a bicycle. There are also several places in The Hague where you can take bike lessons.

➔ Learn how to bike at Het Fietscollege: <http://www.hetfietscollege.nl/en/>

## **Children and biking**

Children are often quick to pick up biking skills. Most schools are also involved with making sure children know their way around a bike, especially if your child was not born and raised in the Netherlands. Your children will get a biking exam around the ages of 11 or 12 at their school, where their skills and responses to traffic will be tested. If your child needs a little extra support, make sure to take them out for an occasional bike ride so you can lead by example. Be confident but cautious; if you follow the rules, you should have no problem getting around.

## **Quick biking advice:**

- Use hand signals when you make a turn.
- Scooters, mopeds and other bikers will pass you by on the left side.
- Use your bell; it is the best way to warn pedestrians that are not paying attention.
- Always have lights on your bike.

A large white light will go on the front of your bike, and a red one on back. You can buy detachable bike lights for just a few euros. Be aware that they may get stolen if you do not remove them when you park your bike somewhere.

## **Parking your bike**

- Use two locks. One attached to your bike and one thick metal chain.
- Secure your bike to a bike stand, a tree or other solid permanent objects
- Don't put the chain through your tire when locking up. Someone might just take off your tire and walk away with your bike.
- Park in the right spot. Check if there are 'Geen fietsen plaatsen' (No parking your bike) signs or symbols. If so, you might be able to park your bike at a guarded lock-up.
- Keep a spare copy of your keys at home

## **Getting a bike**

You can purchase a new bicycle for about 250 to 500 euros, or a used bike for about 50 to 150 euros. Most locals will advise you to go for a used bike, as this is more practical and affordable for city life. There are many small bike shops across the city where you can find an excellent bike. Make sure to pick a solid bicycle but be aware that the most expensive looking ones will be the first to get stolen. It helps if you make it stand out with bright colours or decorations; it will be so distinct looking that it will discourage thieves. You can get insurance for your bike, but this is mostly recommended for brand new bikes. Make sure to compare the different insurance policies.

## **Bikes and public transport**

You are not allowed to take your bike into buses or trams. If you want to take your bike into the train or tram, make sure you are aware of the rules and regulation.

- ➔ Check rules on bikes at HTM: <https://www.htm.nl/english/rules-for-travelling-with-htm/>
- ➔ Check rules on bikes in NS trains: <https://www.ns.nl/producten/en/alleen-te-koop-via-station-of-kaartautomaat/p/dagkaart-fiets>

### **Rent a bike**

If you do not have your own bike, there are many rental places throughout the city. If you have been travelling by train, you may want to get a OV-fiets. An OV-fiets is a rental bike that is available at (major) railway stations. If you have a OV-chipkaart [\[internal link\]](#), you can rent a bike for 3.85 euros a day to get you to your destination. Make sure to return your bike at same location, or pay an extra fee of 10 euros when you turn it in at a different station.

- ➔ Find out more about the OV-fiets: <https://www.ns.nl/en/door-to-door/ov-fiets>

### **Bike repair**

Simply go to your local bicycle shop or the rental shops at the train stations. You may even borrow a bike while yours is being repaired.

Public transport



The Hague region has an outstanding public transport system. Over 30 bus- and tramlines will take you quickly and safely to your destination in and around The Hague. Also, The Hague region is easily accessible by train with several train stations within the area.

### **Get your travel card: OV-chipkaart**

When you live in the Netherlands and want to make use of public transport, you will need to get a personalized OV (*Openbaar Vervoer* - Public Transport) card. It is easy to connect this to an online account, so you can view details of your travels at all times.

➔ Apply online for your OV kaart: <https://www.ov-chipkaart.nl/purchase-an-ov-chipkaart/personal-ov-chipkaart.htm>

You will pay a one-time fee of 7,50 euros and need to upload a photo of yourself. Your card will be valid for five years. Once your OV-chipkaart is activated, swipe it when you enter or exit a tram, metro or bus. For trains, you will have to swipe it when entering or exiting the railway station.

### **Travelling by bus, tram or metro**

Make sure you have a minimum of 4 euros on your OV card before you swipe it in a bus, tram or metro. If you don't swipe out at your end station, or anytime within the next six hours, you will lose this balance and you will need to reclaim these costs. If you are going to switch to a train, you will also need to check out first and then swipe your card at an NS checkpoint.

### **Travelling by train**

Most trains are run by the NS (National Railways), recognizable by their yellow and blue colours. Make sure you have a minimum of 20 euros on your card (10 euros if you have a discount from season tickets) before you swipe your OV card at the railway station. If you don't swipe out at your end station, or within the next six hours, you will lose this balance and you will need to reclaim these costs.

If you switch to a local train company, for example Arriva in the southern provinces, you will need to swipe out at a NS checkpoint and swipe your card at an Arrive checkpoint. If you switch trains of the same provider, you won't need to check out and in.

Depending on how often and how far you travel, it may be profitable for you to get a season ticket. Once you've purchased this and loaded it onto your OV card, you will be able to travel with a considerable discount.

➔ Explore discounts and season tickets: <https://www.ns.nl/en/season-tickets>  
➔

### **Plan your travel**

Use the [9292](#) journey planner for your door-to-door itinerary by public transport.

## Taxi

Dutch taxis can be recognized by the lit 'taxi' sign on their roof and their blue license plates. Unlike in some countries, you cannot just hail a cab on the street. There are taxi stands at most train stations, at hotels or other assigned spots. But the best way to order a taxi is to call ahead and place a reservation. If you are staying at a hotel or having dinner at a restaurant, you may also ask the staff to order a cab for you.

Be careful that you do not get into any unlicensed cabs, not even when they offer you cheaper fare. You should be able to see the identification of the driver when you get into the car. Keep in mind there will already be a minimum fare on the meter to guarantee a fair price for drivers. Finally, remember that the Dutch can be cheap – it is not uncommon for someone to offer to share a cab with you and split the fare.

- ➔ Call HTMC Taxi Office at 070 390 77 22 or order online at <https://www.htmc.nl>
- ➔ Call TCH cabs at 070 390 62 62 or order online at <https://www.tch.nl/en/>
- ➔ In The Hague and several major Dutch cities you can use your phone to order an Uber ride.



## Airport

Even though the Netherlands is a small country, there are many airports located throughout the country. There is no need to worry if you want to hop on a plane for business, family visits or a holiday, because there will be always an airport near you. There are five civilian airports in the Netherlands:

### [Amsterdam Airport Schiphol](#)

Schiphol is the biggest, most important and the busiest airport in the Netherlands. It's the fifth most trafficked airport in Europe. It is located in Haarlemmermeer, a municipality that borders towards the city of Haarlem. The airport can easily be reached through public transportation, since there is a train station right at Schiphol which links the airport to Amsterdam Central Station within 15 minutes. Schiphol is the main convenient civilian airport for Amsterdam. Schiphol is the hub for KLM, as well as for Corendon Dutch Airlines, Martinair, Transavia and TUI fly Netherlands. The airport also serves as a European hub for Jet Airways and as a base for EasyJet and Vueling.

### [Eindhoven Airport](#)

Eindhoven Airport is the second largest airport in the Netherlands. It is the Dutch hub for numerous European low-priced and small airlines. Its location in North Brabant makes it relatively far from The Hague region (by Dutch standards). The airport can be reached by train in approximately 90 minutes and by bus number 401 from Eindhoven Station in approximately 30 minutes. The advantage of this airport is that several low-price air carriers like Ryanair, Wizz Air and Transavia will operate through Eindhoven Airport.

### **Rotterdam The Hague Airport**

Rotterdam The Hague Airport is the Netherlands' third largest airport. It is located in Rotterdam and serves both Rotterdam and The Hague region. The airport manages one million tourists per year, mostly clients of the six low-cost airlines that function through the airport: Transavia, CityJet, British Airways, TUI, Jetairfly and Vueling. Rotterdam The Hague Airport is the only airport next to Schiphol situated in the Randstad.

### **Maastricht Aachen Airport**

Maastricht Aachen Airport is an airport in Beek, the Netherlands. The activities of Maastricht Aachen Airport are aimed at the transportation of passengers and cargo. The airport serves the Meuse-Rhine Euroregion with flights from low-cost airlines Corendon, Ryanair and Enter Air.

### **Groningen Airport Eelde**

Groningen Airport Eelde is an airport near Eelde, in the northeastern of the Netherlands. The airport offers flights to destinations in for example Spain, Greece, Portugal and Turkey.

## Healthcare



The medical system in the Netherlands may be very different than you are used to. But don't worry, Dutch healthcare is among the best in the world with people having access to advanced treatments and preventative care during all stages of their lives. The health insurance system in the Netherlands is based on the principle of social solidarity. Together, we all pay the overall cost of health care. Everyone contributes, for example, to the cost of maternity care and geriatric care.

When you have settled into your new home in The Hague region, there are three priorities for your medical well-being:

- 1. Register at the municipality so you will get a citizen service number (BSN).** You need this in order to make use of the Dutch healthcare system. The BSN is included in the patient/client data exchanged by healthcare providers, assessment bodies and health insurance companies.
- 2. Get Dutch health insurance for you (and your family).** It is mandatory for everyone to purchase at least a base level of insurance and you must do so within four months of arrival, even if you already have an existing policy that covers you in the Netherlands.
- 3. Find a General Practitioner (GP).** GPs are your first point of contact for healthcare in the Netherlands, as they provide referrals to all specialists and, if necessary, to a hospital. Registering with a local practice is one of the first things you need to do.

There are many specialised forms of health care available to you whenever you need them. However, you will not be able to get proper treatment if you do not have your insurance in order.

### **Dutch healthcare system**

The Dutch healthcare system may seem complicated at first, but actually is quite easy to understand:

- General practitioners (*huisarts*) play an important role in the Dutch healthcare system; they are the first port of call if you have health problems. Patients are free to choose their own doctor, giving you the convenience of choosing one close to home. Doctors have practices in residential areas and operate on an appointment system. If necessary, the doctor will refer patients to a specialist at a hospital.
- Hospitals provide a high level of care. Academic hospitals are more specialized in certain areas, general hospitals have less specialized care. Hospitals use the latest equipment and physicians are continually educated on the basis of the latest insights from the scientific community.
- Dentistry is privatised in the Netherlands and not covered by basic insurance policies (except for children under 18 and specialist dental care, such as surgery). Dentists (*tandarts*) in the Netherlands usually work in their own single-dentist practice and at present most of them still do so, although the trend is that practices are becoming larger with more than one dentist per practice.

## General Practitioner



### **Finding a GP**

Finding a General Practitioner (*huisarts*, GP) should be a priority when you are settling down in your new city. Your GP is your link to the medical system, as they will be able to refer you to any specialist. When you pick a GP in your neighbourhood, you will need to register with your personal details and citizen service number. The GP assistant will often also ask for your health insurance to verify that you are covered. Any bills will immediately be sent to your insurance company. Please note that appointments with your GP are always covered by your insurance, but certain specialized treatments (such as testing your blood) may be charged under your deductible.

### **Making an appointment**

If you have a need for medical advice, your GP will be the right person to go to. Often a quick call will be enough to schedule a ten-minute appointment so your GP will be able to assess what you need help with. If you feel like you need more time, you should book a double appointment. If you are in need of a translator, your GP will be able to have an interpreter join you over the phone. Under all circumstances, your GP will maintain confidentiality over your personal information.

You will need a reference letter from your GP for most appointments with specialists. This includes mental health professionals. If you decide to see a psychologist or psychiatrist without a reference, your insurance will not cover your session.

### **International Health Centre The Hague**

If you do not feel comfortable with a Dutch GP, you may be interested in a more international health provider. The International Health Centre The Hague (IHCH) offers family and specialist health care to the expat and local community. Their services vary from GP assistance to cardiology and dentistry in an English-speaking environment. You do not need any reference to use their services.

### **International Health Centre The Hague**

Jan van Nassastraat 125

2596 BS Den Haag

Phone: [REDACTED]

Email: [REDACTED]@ezorg.nl

Website: <https://ihch.nl>

Monday to Friday, 8.00 hrs - 17.00 hrs

### **Finding a GP**

- ➔ The Patients Federation Netherlands offers a rated database of GPs, searchable by postal code: <https://www.zorgkaartnederland.nl/huisarts/den-haag>
- ➔ Independer, an independent health care rating site, also offers a national database of GPs: <https://www.independer.nl/huisarts/zoekresultaat.aspx>
- ➔ If you need assistance finding a GP, contact Huisartsen Kring Haaglanden at (070) 302 98 22 or [info@kringhaaglanden.nl](mailto:info@kringhaaglanden.nl) for recommendations in The Hague.

## Pharmacy

Any medication that is not available over-the-counter will require a prescription from your GP. You can fill this prescription at your local pharmacy (*apotheek*).

You should go to the same pharmacy every time you need to pick up medication. Once you have signed up at one, they will have access to your personal details and can process your insurance details. Depending on the medication you need, your insurance may automatically pay for it. In other cases you may need to pay a small price out of your own pocket. If you are starting with new medication, pharmacy staff will be able to provide you with usage instructions. Most pharmacies are open on weekdays and occasionally on Saturday.

If you took medication in a different country, it is best to have your GP decide whether you should continue with these or switch to a different brand.

### Emergency pharmacy

If you need immediate access to your medication in evenings or weekends, you can contact the following emergency pharmacies:

#### *The Hague*

- Emergency Pharmacy The Hague: +31 (0)70 210 1465 - <https://www.dienstapotheekdenhaag.nl/xcms/text/id/200> - Charlotte Jacobslaan 10, 2545 AB Den Haag
- SMASH: +31 (0)70 346 96 69 - <https://www.smashaaglanden.nl/> - President Kennedylaan 15, 2517 JK Den Haag

#### *Delft*

- Poli-apotheek Reinier de Graaf: +31 (0)15 212 5760 - <https://poliapotheekreinierdegraaf.nl/> - Reinier de Graafweg 5, 2625 AD Delft

#### *Rijswijk*

- SMASH: +31 (0)70 346 96 69 - <https://www.smashaaglanden.nl/> - President Kennedylaan 15, 2517 JK Den Haag

#### *Leidschendam-Voorburg*

- SMASH: +31 (0)70 346 96 69 - <https://www.smashaaglanden.nl/> - President Kennedylaan 15, 2517 JK Den Haag
- Apotheek Antoniushoeve (until 22.00 hrs): +31 (0)70 444 0444 - <https://www.apotheekantoniushove.nl/Default.asp?&HTTPSHASH=> - Burgemeester Banninglaan 3, 2262 BA Leidschendam

You will need to bring your ID and insurance papers if you need to get medication. While your medication should get covered by your insurance if you can present the right papers, it is wise to bring your bank card or cash in case you do need to make a payment.

**Over-the-counter medication**

There is a great variety of every day medication available in drugstores. You do not need a prescription to buy any of these, such as regular painkillers, flu medication or cough syrup. Sales representatives generally have had training about the medication available at their drug stores and can advise you to pick the right product.

## Hospitals



In the Netherlands, you generally only go for a hospital visit when you have a referral from your doctor to see a specialist. When you arrive at the hospital, follow the signs '*Poliklinieken*' and the department that you are referred to.

If this is your first time at the hospital, you will need to register at the front desk:

- Make sure you can present your ID.
- Provide your personal details such as name, address, insurer and the name of your general practitioner (*huisarts*).
- Hand in any referrals from your general practitioner.

Once your information is processed, you will receive a small plastic card that serves as a medical passport; a '*ponsplaatje*'. This will store your history at the hospital and send bills to your insurance company.

The purpose of your first appointment will be to determine whether you need further diagnosis and/or treatment. If this is the case, there are three options to proceed:

- You will be taken to a room for immediate tests.
- You will receive a new appointment for further treatment.
- You will be referred to a different specialist.

### **Overnight stays**

You will only need to stay overnight at the hospital in case of surgery or when you need to be monitored closely. Most hospitals in the Netherlands will have shared rooms with at least two to six patients, mixed gender, and with a curtain around the bed for some privacy. Each bed will often have a phone and a television, though you may have to pay for their use. You will need to bring your own nightwear, toiletries and other personal items.

- ➔ An overview of all hospitals in The Hague:  
<https://www.denhaag.nl/nl/algemeen/hospitals-and-clinics.htm>
- ➔ More information on the Reinier de Graaf Gasthuis, a general hospital in Delft (in Dutch): <https://reinierdegraaf.nl/>
- ➔ More information on Reinier de Graaf Gasthuis Diaconessenhuis in Voorburg (in Dutch): <https://www.reinierdegraaf.nl/algemeen/locaties/voorburg/>

## Dentist



There are many dental professionals in The Hague who speak English and other foreign languages. It is recommended that you go in twice a year for a check-up. If your dentist can detect any problems, they will make an appointment with you to treat this issue.

If you have any problems in between check-ups, you can always contact your dentist for an appointment. In case of a dental emergency in evenings or weekends, you can call the Emergency Dental Services The Hague at 070-311 03 05. If needed, they will be able to refer you to a dentist on duty.

### **Dental insurance**

You are not obliged to have dental insurance. If you only go for two check-ups per year, you are better off paying the bill out of pocket. If you need occasional extra work or are concerned about the health of your teeth, it may be wise to take out supplemental insurance for your dentist visits. Your health care provider will be able to tell you more about the available options. Often you can select coverage of €250, €500 or €750 per year.

### **Dental care for children**

All primary schools in The Hague are visited twice a year by a juvenile dentist. They will do a check-up for all children that are registered with them. You will have to give permission for this. In case the dentist detects any problems, your child will be picked up from school by an experienced supervisor and given treatment at the juvenile dentist Dental Health Care Centre.

➔ Read more about dental care for children at the municipality website:  
<https://www.denhaag.nl/en/general/juvenile-dental-services.htm>

## Find a dentist

- AngloInfo provides you with contact information of dentists in The Hague and surrounding municipalities: <https://www.angloinfo.com/south-holland/directory/south-holland-dentists-the-hague-area-735>
- If you speak Dutch, tandarts.nl is an excellent way to find a dentist close to your location: <https://www.tandarts.nl/>

## Medical emergencies



### **Calling the emergency services: 112**

If you are in a life-threatening situation, or you need an ambulance as soon as possible, call the national emergency services at 112. Your call is free of charge and operators will be able to help you in Dutch and English. You will be asked about the nature of your emergency and the location where you currently are. If you get disconnected, you will be called back immediately and a representative will check if you are okay. While calling emergency services is free of charge, it will not be free if you call for an ambulance - so make sure you only request one in case it is necessary.

You can also call 112 in case you urgently need the fire department to come or need police in case of an emergency.

### **Receiving medical help during emergencies**

Under Dutch law, any public and private health organisation is required to help an incoming patient in case of an emergency. Your nationality or your insurance status does not matter. You will have to identify yourself with an ID before you will receive treatment. If you are rushed to the hospital and are not able to present an ID, you will have to identify yourself officially within two weeks of your hospital visit.

The emergency room at a hospital is known as 'eerste hulp' (first help) or 'spoedeisende hulp' (urgent care). Services here are intended for serious situations only in case of accidents. When you have requested treatment that could have been done by your GP, you will have to pay for this and your health insurance will not cover it.

### **Help for non-emergencies outside opening hours**

If you have a medical problem outside of your GP's opening hours, there are several services you can reach for assistance.

- ➔ If you need medical assistance in The Hague, Rijswijk and Leidschendam-Voorburg, call Smash GP Centre for Emergencies at +31 (0)70 346 96 69.
- ➔ If you need medical assistance in Delft, call GP Centre Delft at +31(0)15 251 19 30.
- ➔ If you need dental assistance in The Hague, Rijswijk and Leidschendam-Voorburg, call Dental Emergency Services Haaglanden at +31 (0)70 311 03 05.
- ➔ If you need dental assistance in Delft, call the Dental Emergency Services Delft at +31 (0)15 212 22 68

## Health Insurance



Dutch health insurance is required for all people who live and work in the Netherlands. You have to take out a health insurance policy within four months after you register in the Municipal Personal Records Database (BRP).

Children can be insured through their parents' health care plan until their 18th birthday. Please note that you will have to notify your health insurance if you have a child that is covered by your policy. You will have a maximum of four months after the birth of your child to register them with an insurance company.

### **Basic health insurance**

The government decided on the standard package of health insurance. All health insurance companies need to offer this basic plan to everybody without exception and must charge all policyholders the same premium, regardless of their age or state of health. The following services are covered within this package, which costs around 100 euros per month at most providers:

- Medical care by General Practitioners (GPs) and medical specialists
- Hospital stay, surgery and treatments
- Medication (some may come at a premium)
- Emergency Medical Transportation
- Mental health care
- Rehabilitation
- Paramedical care
- Up to three IVF treatments
- Prenatal and post-natal care

- Medical care by obstetricians and midwives
- Community nursing services
- Various medical appliances
- Medical assistance during a trip abroad
- Smoking cessation therapy
- Up to three sessions with a dietitian
- Speech therapy
- Dental help (up to the age of 18)
- Physiotherapy (up to the age of 18)

There are two different kind of insurance policies. You will have to select one when you pick a health insurance provider.

Natura (policy in kind): Your insurance company will directly contract health care providers to deliver services to you. You will have to see a health care supplier selected by your insurance company in order to get your costs fully covered. Your insurance will pay your health care provider without needing further payment from you.

Restitution policy: At all times you are able to pick any health care provider you want to go to. You will have to pay the bills yourself and submit the receipts to your insurance company which will reimburse you

### **Deductible excess (*eigen risico*)**

As part of your basic health insurance, there is an annual deductible of 385 euros that applies to most kinds of health care services. This means that you will have to cover the first 385 euros of certain medical expenses; once you go past this threshold, your insurance will pay for any additional costs. The deductible excess stacks up during the year and will start over again at January 1st.

The deductible is not applicable for children younger than 18 years of age, GP consults and treatment, or health care covered by supplemental insurance.

### **Supplemental insurance**

If you need extra medical care, you can take out additional insurance. You will not be able to change this throughout the year and will have to wait until December to change your insurance plan. Generally you will be able to select premium coverage for:

- Dental care for adults
- Orthodontics
- Physiotherapy for non-chronic conditions
- Alternative healing and medication, such as acupuncture and homeopathy
- Glasses and contact lenses
- Traveller vaccinations
- Podiatric treatment

Prices for supplemental insurance vary considerably in price. It is worth comparing supplemental plans from various health insurance companies to find the best possible deal.

Your insurance may ask you questions about your health before issuing you supplemental coverage.

### **Compare health insurance plans**

- ➔ Zorgwijzer is currently the only comparison tool in English to explore health insurance options. <https://www.zorgwijzer.nl/zorgvergelijker/english#/search>
- ➔ Independer offers comparison tools for many insurance types, including health care. (Dutch only) <https://www.independer.nl/zorgverzekering/intro.aspx>
- ➔ Zorgkiezer is an independent website that helps you compare options for health care. <https://www.zorgkiezer.nl/zorgverzekering>

### **Healthcare allowance (zorgtoeslag)**

When you have healthcare insurance, you may be eligible to get healthcare allowance. This is a contribution towards the compulsory costs of having a healthcare insurance. Whether you are actually eligible for the health care benefits and how high the benefits would be, depends on your income and your household size.

You can apply for healthcare allowance yourself via the [Belastingdienst](#). You will need a DigiD [\[internal link\]](#) for this.

- ➔ More information on how to apply for healthcare allowance:  
[https://www.belastingdienst.nl/wps/wcm/connect/bldcontenten/belastingdienst/individuals/benefits/moving\\_to\\_the\\_netherlands/i\\_have\\_dutch\\_healthcare\\_insurance/](https://www.belastingdienst.nl/wps/wcm/connect/bldcontenten/belastingdienst/individuals/benefits/moving_to_the_netherlands/i_have_dutch_healthcare_insurance/)
- ➔ Read more about other benefits: [\[internal link\]](#)

## Vaccinations



Vaccinations protect people from infectious diseases like measles, mumps and rubella. If everyone is vaccinated, the diseases may disappear altogether. Therefore, vaccinations are highly recommended in the Netherlands, but not compulsory. The government has started an initiative to educate parents in the Netherlands about vaccinations and has made it mandatory for parents to inform the daycare centres and schools of their decision.

The National Institute for Public Health and the Environment, known as the Rijksinstituut voor Volksgezondheid en Milieu (RIVM), is responsible for immunisation and there is an extensive inoculation plan for children who are born here. The Dutch national immunisation programme includes the following vaccinations:

- DKTP: D = Diphtheria, K = Whooping Cough, T = Tetanus, P = Polio-myelitis
- HIB = Haemophilus Influenza type B
- BMR = Mumps, Measles, Rubella (German measles)
- Men C = Meningitis C
- Pneu = Pneumococcal vaccination
- Hep B = Hepatitis B vaccination
- HPV = Human Papilloma Virus (only for girls)

For children in the Netherlands, all vaccinations are free of charge. To ensure that children receive maximum protection against these diseases, vaccinations are given at regular intervals, starting as early as six to nine weeks: three months, four months, 11 months, 14

months, four years, nine years, and 12 years. A detailed schedule of vaccines can be found on the [RIVM website](#).

If you live in The Hague, visit [The Centre for Children and Families \(CJG\)](#) for vaccinations for your child. Do you live in The Hague region, outside of The Hague? [JGZ South-Holland West](#) takes care of children's vaccinations in this area.

### **Travel vaccinations**

If you are going on a vacation, you might need a vaccination depending on your destination. Your municipal health service, regional vaccination service or family doctor can give you advice on travel vaccinations. The baby and toddler clinic or your family doctor can advise you on travel vaccinations for your children.

- ➔ For more information on vaccinations, visit the Dutch Government website: <https://www.government.nl/topics/vaccinations>
- ➔ The International Health Centre The Hague offers travel advice and vaccinations to the expat and local community: <https://ihch.nl/en/services/travel-advice-and-vaccinations/>

## Juvenile health care

The Centre for Children and Families (*Centrum Jeugd en Gezin/CJG*) is a safe haven in The Hague for children, (expectant) parents and their families. You will find a location in each district of The Hague, where professionals are ready to help you with any information on children and their development.

For anywhere else in The Hague region, the JGZ South-Holland West is responsible for juvenile health care.

### Preventative health care

Up to age four, children will visit the health clinic (*consultatiebureau*) so their growth and development can be monitored. This form of preventative health care helps new parents to provide their children with the care they need. This is also a great place to get more information about topics like vaccinations, breast feeding or how to deal with mood swings from your child.

Once your child starts primary school, often around age five, this preventative health care will move to the school doctor (school arts) system. Their exams focus on your child's length, weight, hearing, eyesight, motor skills, eating and exercise habits. During these appointments, you also have the opportunity to ask any questions you may have.

When starting secondary school, your child will be invited to take part again in a health examination. During this appointment, the CJG doctor or nurse will talk with your child about his or her growth, development and lifestyle. When your child is around 15 years old, he or she will be invited to the youth consultation. During this consultation, teenagers find out how healthy they actually are, and how healthy their lifestyle is.

- ➔ For more information about youth consultation in The Hague (in Dutch): <http://www.jongerenconsult.nl/>
- ➔ For more information about youth consultation in the rest of The Hague region (in Dutch): <https://www.jgzzhw.nl/puber>

### Workshops and assistance

The CJG and JGZ offer many different workshops. While the CJG offers them in both Dutch and English, the JGZ only has Dutch ones. Sessions on child birth preparation, connecting with your baby and even Dutch language classes for (new) mothers are often a welcome help for international parents.

In conflict situations with older children, the CJG and JGZ can assist you with practical support and advice. If you suspect your child has an eating disorder or a drug problem, or you need help during a divorce, it can be hard to go to your GP for a consultation. The CJG and JGZ might be able to help you during these times.

- ➔ Click here for a list of CJG locations (in Dutch): <https://www.cjgdenhaag.nl/contact/cjg-in-mijn-buurt>
- ➔ Click here for a list of JGZ locations (in Dutch): <https://www.jgzzhw.nl/locaties>

## Women's health

You or your partner can ask your GP for a referral to a gynaecologist for a comfortable environment to discuss physical and sexual health. While your GP will be able to help you with several situations, including minor infections, a lot of women feel more comfortable in a female focused environment.

### **Family planning**

Your GP or gynaecologist will be able to help you with family planning. This may include choosing a contraception method so you will be able to plan with your partner for the best possible time to get pregnant. Condoms are available at all drugstores, but you may also ask for a birth control pill prescription or a IUD (a tiny device that is put in your uterus to prevent pregnancy).

When you decide to stop using contraception and actively try to have a baby, your GP or gynaecologist will also be able to assist you with advice and perform a check-up when needed.

### **Emergency contraception**

If your contraception has failed or you were not able to use it, you can buy the morning after pill without a prescription in drugstores. You should take this as soon as possible after unprotected sex. If it has been longer than three days since you've had unprotected sex, go see your GP for advice about your personal situation.

### **Pregnancy test**

You can get a pregnancy test at any drugstore in the Netherlands. If you test positive, it is wise to go see your GP or a midwife so they can do a full check-up and determine how far along you are. They will also be able to provide you with advice on how to proceed, and can answer any questions.

### **Unwanted pregnancy**

If you or your partner has an unwanted pregnancy, you may want to talk to your GP or your gynaecologist about your options. If you decide to not want to continue your pregnancy, you can choose to have a medical abortion (known as the 'abortion pill') or a surgical, in-clinic abortion. Your treatment options will depend on your personal situation.

## Having a baby [LINK!]

The Netherlands is one of the highest-rated countries in the world for healthy births and the Dutch system of supporting pregnant women and delivering babies is one you'll certainly find friendly and accommodating. Your GP or gynaecologist will be able to help you with family planning. Your GP or gynaecologist will also be able to assist you with advice and perform a check-up when needed.

You can get a pregnancy test at any drugstore in the Netherlands. If you test positive, it is wise to go see your GP or a midwife so they can do a full check-up and determine how far along you are. They will also be able to provide you with advice on how to proceed, and can answer any questions. In this section, you will find all you need to know about having a baby in The Hague region. From prenatal care [internal link] and giving birth [internal link], to postnatal care [internal link] and taking your child to the child health clinic [internal link].

- Check out ACCESS' guide on having a baby in the Netherlands: <https://access-nl.org/healthcare-netherlands/having-a-baby/>
- [Delft Mama](#): Information and community support for parenting in Delft.

## Sexual health

Regardless of your age and gender, your GP will be able to help you with questions regarding contraception and family planning. If needed, they can refer you to a specialist for further treatment. Please note that your doctor will not be able to help you with getting tested for STI.

### **Centre for Sexual Health in The Hague**

The Centre for Sexual Health (*Centrum Seksuele Gezondheid Haaglanden*) offers tests and check-ups for STI free of charge. A referral by your GP is not necessary.

The centre goes beyond helping with STI prevention and unwanted pregnancies, as they focus on sex being a pleasurable, positive experience for everybody. If you find yourself struggling with your sexuality, or your sexual relationship with your partner, they may be able to offer assistance. All tests, treatments and consultations are free and anonymous.

If you are or were forced to have sex against your will, you will be able to get medical and psychosocial assistance under full confidentiality.

Services:

- STI testing and information
- Contraception
- Pregnancy tests
- Information about STIs, HIV and PEP
- Support discussions for people up to the age of 25 with sexual problems
- Help after sex against your will (medical and psychosocial)
- Hepatitis B vaccinations for men who have sex with men

Centrum Seksuele Gezondheid (GGD Haaglanden)

Westeinde 128

2512 HE Den Haag

Phone: (070) 353 66 88

Email: [seksuelegezondheid@ggdhaaglanden.nl](mailto:seksuelegezondheid@ggdhaaglanden.nl)

Website: <https://www.seksuelegezondheidhaaglanden.nl/>

### **Rutgers: knowledge centre on sexual health and reproductive rights**

If you are looking for in-depth information and research reports on sexual health and reproductive rights, Rutgers has fifty years of expertise in the field. The knowledge centre also works together with schools and develops adolescent education programs to prepare youth for safe sex.

➔ Visit Rutgers International at <http://rutgers.international>

### **STI/AIDS/HIV testing**

SoaAids Nederland is one of the major organisations in the Netherlands that focuses on sexual health. On their website you will find more information about safe sex and getting tested throughout the Netherlands. They also offer assistance for people with HIV/AIDS to make sure they get the health care they need, and offer testing for people without a residence permit.

- ➔ Visit the SoaAids Nederland website: <https://www.soaaid.nl/en/information-for/diversity/topics/healthcare-netherlands>

### **Online sexual education in the Netherlands**

- ➔ <https://www.seksualiteit.nl> has a comprehensive selection of sexuality topics for adults in the Netherlands. It also offers information on sexual problems that will offer insight before you get in touch with a professional.
- ➔ <https://www.sense.info> offers accessible information on youth and sexuality for adolescents. If you need a reliable online source in Dutch for your children's development, this website will offer age and context-appropriate information.

## Mental health



If you need support with your mental health, or if you are facing problems within your family, there are various professionals who may be able to help you. The first step should be to go see your GP; they will be familiar with your situation and will help you find the treatment that is most suited for you. They will also need to provide you with a referral to a psychologist or psychiatrist in order for insurance to cover your treatment. Dutch mental health care has two main lines of defence. You do not need to use all two lines of care and will not have to choose by yourself. Your doctor will indicate the care you need in his referral, which will help you to find a suitable medical professional.

### **Psychological and psychiatric help**

*First line care (eerste lijn):* Your GP is the central coordinator to help you with your problems. They may refer you to a social worker in the GP practice, or to a psychologist (GGZ or otherwise) who can help you sort out your situation. A first line care professional will help with mild psychological issues, providing short term treatment in five to eight sessions. Your treatment will be fully covered by your insurance with exception of your deductible if you have a referral.

*Second line care (tweede lijn):* Specialised care and diagnosis in hospitals and other facilities. Services such as psychiatry require a more specialised approach. Unlike psychologist in the first line care, a psychiatrist will be able to prescribe medication if needed. If you are under treatment in first line care, you may need one or several treatments with a second line care professional to set a diagnose. Once a treatment plan is advised, your psychologist will be

able to continue treatment with you. A second line care professional treats moderate to severe issues. Your treatment will be fully covered if you have a referral.

### **Social work**

Algemeen Maatschappelijk Werk (AMW), or Dutch Social Services, helps people with a wide variety of issues. Trained professionals will help you with any personal or psychological problems, ranging from loneliness and insecurity to stress and relationship problems. They can also be of assistance if you have problems with (government) authorities, or find yourself in a difficult financial situation. You do not need a referral from your GP to make an appointment with AMW.

- ➔ Contact Social Services at +31 (0)70 205 22 22 or find online support at <http://www.hulponlinedenhaag.nl> (in Dutch)

### **Support for young people with mental health issues**

Children and adolescents up to the age of 18 with mental health problems are eligible for assistance from the paediatric mental health services (jeugd-GGZ). First, however, they need a referral from a designated expert, such as their GP or a care professional employed by or acting on behalf of the local authority.

- ➔ For The Hague: contact the Centre for Children and Families at +31 (0)800 285 40 70 or visit the website [www.cjgdenhaag.nl](http://www.cjgdenhaag.nl) (in Dutch)
- ➔ For Delft, Rijswijk and Leidschendam-Voorburg: contact JGZ South-Holland West at +31 (0)88 054 99 99 or visit the website [www.jgzzhw.nl](http://www.jgzzhw.nl) (in Dutch)

### **Emergency mental health**

If you or someone you know is having a mental health emergency, and/or is having suicidal thoughts or tendencies, there is help available at all times. You should contact your general practitioner (GP) immediately. The GP will contact the local crisis intervention team (available 24/7) if necessary. Or contact 113 Suicide prevention by visiting the website <https://www.113.nl/english> (click the 'Chatten' button in the top right corner) or call 0900-0113 and immediately talk to someone.

### **International Mental Health Services**

PsyQ International Mental Health Services provides discreet and professional support for all mental health challenges for internationals living in the Netherlands. Each patient will start with a treatment plan catered to their individual needs, with a focus on an intensive and brief series of sessions. In addition to English, they also offer therapies in different languages, ranging from Hindi to Spanish and Arabic.

#### **PsyQ International The Hague**

Jan van Nassaustraart 125

2596 BS The Hague

Telephone: +31 (0)88 357 34 78

Email: [imhs@psyq.nl](mailto:imhs@psyq.nl)

Website: <https://expatriates.psyq.nl>

➔ IAm Expat offers a list of expat-friendly counsellors, psychologists, psychiatrists and psychotherapists in The Hague: <https://www.iamexpat.nl/expat-info/dutch-healthcare-system/psychologists-therapists-counsellors/the-hague>

## Death



Whenever someone passes away, a doctor will provide a statement of death to the surviving relatives. This document is needed to arrange the funeral. If there are no surviving relatives, the municipality arranges the funeral.

### Registering a death

The death of a person is registered at the municipality where the person in question passed away. This has to be done by the next of kin in person, or by an undertaker (online or in person), within five days.

- When reporting a death, you will need to hand over the 'B-envelope' ('B envelope') and the 'verklaring van overlijden' (statement of death). This is the official confirmation of death by a doctor.
- Any other original documents, such as permission from the Public Prosecutor, a medical statement or a will.
- An official identity document.
- If you wish to postpone or expedite a funeral or cremation, you will require a permit.

The municipality will give you 2 documents:

- a document in which it permits the funeral to take place, the 'verlof tot begraven' ('permit to bury') or the 'verlof tot cremeren' ('permit to cremate').
- the death certificate (a copy).

In exceptional cases, the municipality will draw up a death certificate. This may happen if there is a legal presumption of death or for a stillborn baby. If nobody has been found but death is certain, the courts may declare that the person is dead.

- ➔ Find out more about registering a death and processing paperwork.  
<https://www.denhaag.nl/en/death/register-a-death.htm>
- ➔ Read more about obtaining an extract of a death certificate or translating it to a different language. <https://www.denhaag.nl/en/certificates-and-official-documents/certificates/death-certificate.htm>

### **Funeral or cremation**

Under Dutch law, a funeral or cremation has to take place within 36 hours up to five days after the death. The wishes of the deceased may have been arranged in their testament by a notary. Often, there may be a funeral insurance that will cover the costs of the ceremony or cremation. It is fairly common in the Netherlands to take out this insurance, so arrangements will not have to be paid by family or loved ones. For certain expat funeral insurance packages, this may include international coverage. In that case, the insurance may cover the arrangement and care of the departure in the Netherlands and the arrangement of the transport via Schiphol airport to the country of origin.

- ➔ Read more about arranging a funeral at the municipality website:  
<https://www.denhaag.nl/en/death/arranging-a-funeral.htm>

### **Protocol in the Netherlands**

The common procedure when someone passes away in the Netherlands, is that a funeral director or undertaker (begravenisondernemer) will assist the family in making arrangements. This will include picking a date for the service, reporting the death to the municipality, but also taking care of the body. It is also common for the direct family to send out a notice or a card to relatives and friends, informing them of the service, and placing an obituary in a (local) paper.

### **Repatriation of deceased**

Repatriation of a body to the home country requires the help of the relevant local Embassy or Consulate. Consular officials can assist in having the remains returned, in obtaining appropriate documentation and in inquiring about Dutch exit requirements.

Necessary documents:

- Medical certificate of death issued by the local authorities
- Mortuary certificate from the funeral home certifying that the coffin only contains the remains/body of the deceased
- Embalming certificate if necessary
- Removal permit from the police authorities
- Transit permit from the health authorities

- Read more about matters regarding death on the municipality of The Hague's website: <https://www.denhaag.nl/en/death.htm>
- Read more about registering death in the Netherlands on the website of our partner ACCESS: <https://access-nl.org/relocating-to-netherlands/legal-matters/netherlands-death-registration/>
- Read more about Dutch inheritance law here [\[internal link\]](#)



## Daily life

As a new citizen of The Hague region, you will probably do day-to-day things differently than you did before. Before you start settling in, you might want to know what is ahead of you. Think of buying groceries, throwing away your garbage or having a pet. In this section we discuss various topics that are good to know about your new daily life in The Hague region.

## Being connected

In the 21th century you cannot live without being connected with the rest of the world. In order to stay connected in a new country, you will have to arrange the following things:

- Internet access [\[internal link\]](#)
- Getting a phone [\[internal link\]](#)
- Postal services [\[internal link\]](#)

## Internet access

Depending on how long you are staying in the Netherlands, there are several ways to get internet access in the Netherlands. If you are planning to stay here for a longer period, it might be good to get internet access at home and on your cell phone. If you are not staying here for long, you can try to get internet access at several spots in the city.

### At home

Every household in the Netherlands can sign up for internet access. The main service providers in the Netherlands all offer competitive rates on different types of bundles. These can vary from all-inclusive packages which cover Internet, a telephone line and TV to basic Internet connections. Most of these providers offer a state of the art, fibre optic internet coverage, but cable and DSL connections are still available if preferred. Generally, prices will start around 20 to 25 euros a month for a basic Internet connection, up to 65 euros a month for all-inclusive bundles.

- ➔ Read more about internet providers in the Netherlands:  
<https://www.iamexpat.nl/housing/dutch-housing-market/home-utilities/internet>

### On your cell phone

All cell phone providers in the Netherlands will also offer bundles with internet access, depending on how much you want to use per month. Please note that you will need a smart phone for online access.

- ➔ Read more about getting a mobile phone.. [\[internal link\]](#)

### In the city

If you need internet access outside of your residence, there are several places you can go to. In all libraries you can use wireless internet for free. If you have a library membership, you will also be able to use computers at the library with internet access. Many coffee bars, lunch spots and some bookstores throughout the city will also offer Wi-Fi access. Sometimes these are publicly available, but other times you will need to ask staff for the Wi-Fi password.

## Getting a phone

If you are staying in the Netherlands for a longer period of time, it might come in handy to get a Dutch phone plan. In the Netherlands, there are two options: you can get a contract (*abonnement*) or a prepaid sim card. If you are planning to regularly use your mobile, a contract is the cheapest option. If you do not expect to use your phone very often, the best option is to get a prepaid sim card.

To get a contract, with or without a phone included, you will need to provide:

- a valid proof of identity (not a driving licence)
- an official bank statement
- a bank account (details or card)

Those presenting a foreign passport will only be accepted if they have an IND sticker or residence permit; those who are not official residents in the Netherlands will typically be limited to SIM only deals and pre-paid SIM cards in the Netherlands.

Please note that a cell phone provider may check whether you have any current lines of debit. You can walk into the store of any mobile phone provider or purchase a plan online.

### Mobile telephony providers in the Netherlands

There are numerous mobile operators in the Netherlands. Some of the main mobile operators in the Netherlands include:

- [T-Mobile](#)
- [KPN](#)
- [Tele2](#)
- [Vodafone](#)
- [Telfort](#)

Through [Expatriate Mobile](#) you can get a phone plan without a BSN or Dutch bank account.

Package comparison

Rivalry between the various mobile operators is fierce. Therefore, mobile package deals typically offer good value for money. So it pays compare mobile operators in the Netherlands, particularly when it comes to the add-on benefits. These sites provide you with the possibility to compare the different packages.

- [Prijs Vergelijken Mobile](#)
- [Mobiel](#)
- [GSMwijzer](#)

## Calling abroad

If you make a lot of international calls, there may be a way to lower your costs. Online calling service Skype offers monthly plans to countries for a fixed price. You can use Skype on your computer and your mobile devices.

➔ Explore Skype's calling plans: <https://secure.skype.com/en/calling-rates?expo365=bundled>

Another way to make cheaper phone calls abroad is to use an International Calling Service. Televergelijk will let you select a country you want to call to, determine whether it is a landline or mobile number. You will then get a list of 0900-numbers that you can call for a low fee to connect to the international number you want to call.

➔ Explore Televergelijk (Dutch): <http://www.televergelijk.nl/>

For more detailed information on mobile phones in the Netherlands, check out Expatica's guide: [https://www.expatica.com/nl/moving-to/netherlands-mobile-operators-numbers-sim-cards\\_1026213.html](https://www.expatica.com/nl/moving-to/netherlands-mobile-operators-numbers-sim-cards_1026213.html)

## Postal services

The mail, parcel and e-commerce corporation PostNL has been assigned by the Dutch government to carry out the UPD (Universal Postal Service or Universele Postdienst). Besides delivering letters, PostNL is also in charge of delivering parcels. There are also specialised parcel delivery companies in the Netherlands, such as DHL, GLS, and UPS.

Most post offices in the Netherlands have been closed and the services have been relocated to newsagent's shops, supermarkets and other stores. You can recognise a store that offers postal services by the PostNL sign on the storefront. Opening times vary depending on the store and some stores offer a limited selection of services.

The PostNL location finder will help you find mailboxes, post offices, stores that offer postal services and pickup/drop off location in case you are not familiar yet with your neighbourhood. The location finder also displays which services are available at a certain location.

➔ Check PostNL location finder: <https://www.postnl.nl/en/location-finder>

## How to write Dutch addresses on your mail

If you are planning on sending a mail in the Netherlands, it is good to know how to write an address in the Netherlands. A correctly written address includes:

- Name of the addressee (and possibly business)
- Street name + house number (+ suffix),
  - o or Postbox number,
  - o or Business reply number
- Postcode and city / town

## Public mail boxes

Dutch mail boxes are usually red or orange, with two separate slots. The right slot is for letters being sent to nearby zip codes, and the left one is for mail to other destinations. Mail boxes are generally emptied every week day at 17.00 hours, except for holidays. If you post a letter before this time, your mail should be delivered some time the next day, if sent to an address within the Netherlands. Letters sent on Saturday, Sunday or Monday are delivered on Tuesday.

## Package delivery

You will receive mail at your apartment or house from Tuesdays to Saturdays. If you are not home when your package is delivered, there are three options. Your package may be available for pickup at your nearest pickup point, it will be presented to you the next day, or may be dropped off at a neighbour. In all situations, the mail man will leave you a note informing you of how to get your package.

Food





## Dutch cuisine

Dutch cuisine is not particularly famous, unlike the French or Italian kitchen. Therefore, you may not know what to expect. Staying in the Netherlands, there are a few things you cannot (and should not) avoid trying.

1. You either love or hate it: Dutch sandwiches (*broodjes* or *boterhammen*). A very essential part of Dutch cuisine is their sliced bread, often topped with cheese or meat. You will not be able to miss them on a working day, as your colleagues will probably bring their own sandwiches in a lunchbox.
2. Then there is the national love affair of fried food, which is enjoyed frequently and without guilt. The epicenter of Dutch fried food is the snack bar, where chips (*patat* or *friet*) with mayonnaise and a *kroket* (a mash-up of meat products) can be purchased. Or try any of the other deep fried delicacies such as the *frikandel* (a sausage made out of all kinds of meat), *kaassoufflé* (a deep fried cheese soufflé) and the *bamischijf* (a fried snack filled with noodles).
3. The chilly winters in the Netherlands also come with certain dishes that will make the cold a little bit more bearable. Think of *hutspot* (potato, carrot and onion mash usually with meat on the side), *stamppot* (potato mash and ingredients like kale, endive, cabbage or sauerkraut often served with a smoked sausage on the side) and *snert* (pea soup filled with pieces of sausage).
4. A real treat for kids and adults alike are the beloved *poffertjes*: small, puffy pancakes served with butter and powdered sugar.
5. If you live in The Hague region, *haring* (herring) is definitely something you might come across. One of The Hague's biggest street festivals revolves around this fish: [Vlaggetjesdag](#) in Scheveningen. *Haring* is eaten raw, often accompanied by finely chopped onions (*uitjes*). It is

served with bread (broodje haring), from a paper plate with a little toothpick or can be eaten as a whole, hung from the tail as you takes small bites.

## **Dutch meals**

### *Breakfast*

The Dutch love their breads. The first meal of their day already is proof of that: Dutch breakfast consists of fresh, sliced bread topped with anything you like (from cheese and meat to anything with chocolate) or croissants. Popular drinks during breakfast are orange juice (*jus d'orange*) or milk.

### *Lunch*

If you thought that the Dutch already had enough bread for the day during their breakfast, you are wrong. Lunch is quite similar to breakfast and therefore also consist of sliced breads with any topping. Soup or a small salad can be eaten on the side.

### *Dinner*

Everyone in the Netherlands has eaten it at any point of their life: an AVG'tje. An AVG'tje stands for *aardappel* (potato), *vlees* (meat) and *groenten* (vegetables). The Dutch love to make this for dinner, three to five days a week. Also, pasta and rice are big favourites when it comes to Dutch evening meals. To accompany the meals, the Dutch usually stick to water or soft drinks. And after dinner, *vla* (Dutch custard), yoghurt or ice cream can be served as a dessert.

## **Diversity**

One of the perks of being a country with many ethnicities is having a great choice of different foods. Indonesian, Chinese, Turkish, Moroccan, Surinam, Italian, Mexican or Indian food: name it and you can probably get it here. This diversity can be seen at the variety of restaurants, but also at the product range at supermarkets. So, no need to worry if you miss the food at your home country. There is a big chance you may just buy it in a supermarket here.

## **Doing groceries**

Doing groceries in a new country can be a very exciting thing with all the different food you have never seen before. In the Netherlands, there is a variety of supermarkets. There are the big and small chains of supermarkets, but you can also get food at ethnic or specialist supermarkets. Or visit one of the groceries or bakeries. And if you love bargains, definitely visit the [Haagse Markt](#) (The Hague Market).

## Waste and recycling [LINK!]



The municipality will pick up garbage every week in your neighbourhood. The way that your household rubbish is collected depends on where you live in the city. Some neighbourhoods have trash bin curb side pickup, other places trash bags, and in the upcoming years more and more underground containers will provide to handle the trash of the city.

### The Hague

- ➔ Household rubbish disposal information in The Hague: <https://www.denhaag.nl/en/waste-and-recycling/household-rubbish.htm>
- ➔ Recycling your garbage is encouraged. Find out more at <https://www.denhaag.nl/en/waste-and-recycling.htm>
- ➔ Clothing and shoes can be disposed at special containers or given to charity shops. <https://www.denhaag.nl/en/waste-and-recycling/separating-waste/separating-waste-textiles.htm>

### Delft, Leidschendam-Voorburg and Rijswijk

- ➔ Waste management in Delft, Leidschendam-Voorburg and Rijswijk is handled by Avalex: <https://www.avalex.nl/for-our-english-speakers/>
- ➔ Delft residents have many options for reducing their ecological footprint through recycling their garbage: <https://www.delft.nl/en/housing/recycle-and-minimize>

## Pets



Pets are part of the family, so bringing your pet from your home country to the Netherlands may be on top of your priority list. It is important to be considerate of legislation to ensure a smooth move to your new home.

The Netherlands wants to prevent animals with rabies from entering the Netherlands. If you want to bring a dog, cat or ferret to the Netherlands from another EU country:

- the animal must be at least 15 weeks old;
- the animal must be vaccinated at 12 weeks old;
- after the animal has been vaccinated, you must wait 21 days before bringing it to the Netherlands;
- the animal must be microchipped and have a pet passport.

If you want to bring a different pet to the Netherlands, like a small rodent, rabbit, bird, fish, amphibian or reptile, you must have a pet's health certificate signed by a veterinarian.

If you want to bring an animal to the Netherlands from a country outside the EU, you should check with the European Council, Animal Health and Welfare if you need a specific licence. Keep in mind that importing protected species of flora and fauna, or as well as endangered species, into the Netherlands is almost always prohibited.

- ➔ Visit the European Council, Animal Health and Welfare site:  
[https://ec.europa.eu/food/animals/pet-movement/eu-legislation/non-commercial-non-eu\\_en](https://ec.europa.eu/food/animals/pet-movement/eu-legislation/non-commercial-non-eu_en)

In case you have an exotic pet, it is important you contact the Dutch Customs Information at +31 (0)45 574 30 31 before planning to bring an exotic animal, bird or plant into the country.

➔ Read more on importing pets at the Tax Office website:

[https://www.belastingdienst.nl/wps/wcm/connect/bldcontenten/belastingdienst/individuals/abroad and customs/restricted prohibited import export/pets/pets](https://www.belastingdienst.nl/wps/wcm/connect/bldcontenten/belastingdienst/individuals/abroad+and+customs/restricted+prohibited+import+export/pets/pets)

## **Travelling by plane**

There is a good chance that you will need to travel by plane to bring your pet to the Netherlands. Make sure to research beforehand which airlines provide the best service for travelling with a pet. Continental, Northwest, and KLM have cargo programmes to care for four-legged travellers: during any connecting flights, someone will check on your pet, feed them and give them water. They will also provide you with the necessary information on transporting your pet, so you can prepare for your trip.

## **Finding a local vet**

It is important that you find a vet in The Hague, so you will be able to get proper care for your pet at all times. They will be able to tell you more about the best brand of food for your pet, required check-ups and any adjustments to life in the Netherlands. You can look for a vet (*dierenarts*) or veterinarian practice (*dierenartspraktijk*) on Google. If you already have any Dutch friends who also have pets, they may be able to recommend a practice for you. You can also contact the ACCESS helpdesk at 0900 222 23 77 and ask for local information.

## **Microchip**

Cats and dogs in the Netherlands are required to have an electronic microchip implanted so they can be identified at all times. Each microchip has an issued number that gives access to all details stored in a European database so that it is easier for authorities to identify pets and their owners. Your vet will be able to help you with this.

## **Animal food**

Animal food and treats can be bought at every supermarket and animal stores. Also, most garden centres sell beds, toys, games, baskets and other accessories.

## **Walking a dog**

In the Netherlands, you are allowed to walk your dog outside everywhere, except for playgrounds, playing fields and sunbathing areas. There are, however, two important rules:

- Dogs should be on a leash.
- As a dog owner, you should clean up after your dog.

There are free-run areas (*losloopgebieden*) where dogs may roam freely as long as they do not get in the way of traffic or people and they do not disturb the wildlife.

- ➔ Check out free-run areas and the areas prohibited to dogs in The Hague:  
[https://www.denhaag.nl/nl/in-de-stad/den-haag-op-kaart.htm?extent=70132.05612,447680.92565,94516.10488,459745.94978,28992&lagen=Recreatie\\_4526](https://www.denhaag.nl/nl/in-de-stad/den-haag-op-kaart.htm?extent=70132.05612,447680.92565,94516.10488,459745.94978,28992&lagen=Recreatie_4526)
- ➔ Check out free-run areas in Delft (in Dutch, see '*Ligging renvelden en uitlaatstroken*):  
<https://www.delft.nl/wonen/melding-over-de-buitenruimte/hondenpoep-en-hondenoverlast-melden>
- ➔ Check out free-run areas in Rijswijk (in Dutch, see '*Waar mogen honden lopen?*):  
<https://www.rijswijk.nl/inwoners/producten/honden-uitlaten>
- ➔ Check out free-run areas in Leidschendam-Voorburg:  
<https://www.lv.nl/file/400/download>
- ➔ If you have a dog, make sure to check our section on dog taxes [internal link]
- ➔ Read more about having pets in the Netherlands on the ACCESS website:  
<http://www.access-nl.org/living-in-the-netherlands/lifestyle/having-a-pet-in-the-netherlands.aspx>

Religion





The Hague is a very diverse city with cultures and beliefs from all over the world. That is why you will also find houses of worship across the city. While there is no default religion in The Netherlands, the majority of believers tend to be affiliated with Christianity – though not necessarily practising their religion regularly. In a country that prides itself for its diversity and many colours, there is room for every expression of faith.

### *Angelican*

Church of St. John and St. Philip of The Hague  
Ary van der Spuyweg 1  
2585 HP The Hague (near the Peace Palace)  
Telephone: +31 (0)70 355 53 59  
E-mail: churchoffice@stjohn-stphilip.org

Church of St. James  
BSN Senior School  
Jan van Hooflaan 3, 2252 BG Voorschoten  
Telephone: +31(0)71 561 15 28  
E-mail: office@stjames.nl

### *Baha'i*

The Baha'i Faith National Centre  
Riouwstraat 27, 2585 GR The Hague  
Telephone: +31 (0)70 517 80 24

### *Baptist*

Trinity International Church  
Gruttolaan 21-23, 2261 ET Leidschendam  
Telephone: 070 517 80 24  
E-mail: office@trinitychurch.nl

### *Buddhist*

Buddhist Group Den Haag  
Geest 38, 2513 VB The Hague  
Telephone: +31(0)70 348 80 71  
E-mail: denhaag@diamantweg-boeddhisme.nl  
Affiliation: Tibetan, Diamond Way

Buddhist Institute  
499 Mient, 2564 LD The Hague

International Zen Institute Netherlands  
Tijmtuin 8, 2353 PH Leiderdorp  
Telephone: +31(0)71 541 09 98  
E-mail: Jishin@wxs.nl  
Affiliation: World Fellowship of Buddhists

Ching Chueh Buddhist Association Netherlands  
Soestdijksekade 960, 2574 EL The Hague

Telephone: +31 (0)70 330 02 35  
E-mail: info@ekayana.org  
Affiliation: Chinese Mahayana

Hague Kagyu Practice Group  
Louise Henriëttestraat 24, 2595 TH The Hague  
Telephone: +31 (0)70 347 38 28  
E-mail: kagyuhaag@diamantweg-boeddhisme.nl  
Affiliation: Tibetan, Karma Kagyu (Diamond Way)

Kanzeon Zen Centrum Den Haag  
Frankenslag 342, 2582 JB The Hague  
Telephone: +31 (0)70 350 46 01 kanzeon@worldmail.nl  
Affiliation: Zen

Stichting Sakya Thegchen Ling  
Boeddhistisch Dharma Centrum  
Tibetaans Boeddhistisch Instituut  
Laan Van Meerdervoort 200 A, 2517 BJ The Hague  
Telephone: +31 (0)70 360 66 49

#### *Christian Scientist*

First Church of Christ Scientist  
Andries Bickerweg 1 B, 2517 JP The Hague  
Telephone: +31 (0)70 363 66 52

#### *International and interdenominational community*

Crossroads International Church  
The British School of the Netherlands - Junior School  
Vlaskamp 19, 2594 AM The Hague  
Telephone: +31 (0)70 322 24 85

Interdenominational Pentecostal church  
Green Park Hotel (Golden Tulip)  
Gruttolaan 23, 2261 ET Leidschendam  
Telephone: +31 (0)6 1292 9578  
E-mail: shepherdplace@priest.com

#### *Hindu*

Shri Ram Mandir (Mr Ramdhani)  
Mijtenstraat 183, 2522 VC The Hague  
Telephone: +31 (0)70 389 50 93

#### *Jewish*

Liberal Jewish Congregation  
Community Hall: Prinsessegracht 26  
Synagogue: Jan Evertstraat 7, 2514 BS The Hague  
Telephone: +31 (0)70 365 68 93

*Orthodox Jewish*

Synagogue  
Cornelius Houtmanstraat 11, 2593 RD The Hague  
Telephone: +31 (0)70 347 32 01

Scheveningen Synagogue  
Doorniksestraat 152, 2587 AZ The Hague  
Telephone: +31 (0)70 358 63 63

*Muslim*

Mobarak Mosque  
Oostduinlaan 79, 2596 JJ The Hague  
Telephone: +31 (0)70 324 59 02  
<https://www.alislam.org/>

Mescidi Aksa Mosque  
Wagenstraat 103, 2512 AS Den Haag  
Telephone: +31 (0)70 363 45 46  
<http://www.hdvmescidiaksa.nl/>

*Protestant*

American Protestant Church of The Hague  
Esther de Boer v. Rijklaan 20, 2597 TG The Hague  
Telephone: +31 (0)70 324 44 90  
E-mail: [info@americanprotestantchurch.org](mailto:info@americanprotestantchurch.org)

*Roman Catholic*

Church of Our Saviour  
Ruychrocklaan 126, 2597 ES The Hague  
Telephone: +31 (0)70 328 08 16  
E-mail: [info@parish.nl](mailto:info@parish.nl)

*Russian Orthodox*

Russian Orthodox Church  
Obrechtstraat 9, 2517 VL The Hague  
Telephone: +31 (0)70 363 84 84

## Media

### Television

In the Netherlands there are commercial networks and a system of public broadcasters sharing the channels NPO 1, NPO 2, and NPO 3. Among the commercial broadcasters there is a big variety of channels, both Dutch and foreign. Many service providers offer a range of European channels in their standard package and also have additional options. You can check all available channels on the website of your service provider.

Most of the imported television shows (except for children's shows) are broadcasted in their original language and subtitled in Dutch. Some channels offer most television shows in English, while other channels have mixed or more Dutch oriented programming.

There are also regional television channels in the Netherlands. Omroep West covers the northern part of South-Holland: The Hague region, Zoetermeer, Westland, Delft, Leiden, Alphen aan den Rijn en Gouda. Stadsomroep Den Haag is a broadcasting service that operates in The Hague region in cooperation with Omroep West.

### Radio

Like the television system, radio in the Netherland is offered by both public as commercial stations. There are local and national radio channels. Most channels focus on specific genre and the music selection tends to be predominately international. Some radio stations can be listened to for free on their website.

### Newspapers

#### *National newspapers*

There are 10 national daily newspapers in the Netherlands. You can find a short description of the 7 newspapers with the largest circulation below, listed from largest to smallest:

- De Telegraaf: targets a broad audience, with news reports, financial news, campaigns in political issues, sports-related articles and popular articles.
- Het Algemeen Dagblad: profiles itself as without political or religious association. There is also a regional edition, the Haagsche Courant, that covers The Hague region.
- Metro: a free newspaper offered in public transport, post offices, municipal buildings, libraries, Q-park garages, universities and schools. A subsidiary of De Telegraaf.
- De Volkskrant: founded in 1919 and originally a Catholic newspaper. After becoming a left-wing newspaper in the 1960s, it began softening its stance in 1980.
- NRC Handelsblad: focusses on foreign issues, politics, economy, opinion pieces, and art.
- Trouw: started out as a Protestant underground newspaper. Nowadays pays specific attention to all the world religions.
- Het Financieele Dagblad: focuses on business and financial matters.

#### *Local newspapers*

There are also local newspapers that focus on news from your neighbourhood.

### *The Hague*

- Haagsche Courant: the regional edition of *Het Algemeen Dagblad*, which covers The Hague region
- De Posthoorn: a free, weekly newspaper distributed in The Hague, which focuses on news in The Hague
- Stadskrant: a newspaper by the municipality of The Hague, delivered together with *de Posthoorn*. Only covers news from the city of The Hague.
- Den Haag Centraal: a weekly newspaper which covers The Hague region.

### *Delft*

- Haagsche Courant: the regional edition of *Het Algemeen Dagblad*, which covers The Hague region.
- Delftse Post: a free, weekly newspaper distributed in Delft, which focuses on news in Delft.

### *Rijswijk*

- Haagsche Courant: the regional edition of *Het Algemeen Dagblad*, which covers The Hague region.
- Groot Rijswijk: a free, weekly newspaper distributed in Rijswijk, which focuses on news in Rijswijk.

### *Leidschendam-Voorburg*

- Haagsche Courant: the regional edition of *Het Algemeen Dagblad*, which covers The Hague region.
- Voorburgs Dagblad: an online newspaper which covers Leidschendam-Voorburg
- Het Krantje: a free, weekly newspaper distributed in Leidschendam-Voorburg, which focuses on news in Leidschendam-Voorburg.

### *Foreign newspapers*

If you are looking for foreign newspapers, there are various newsagent's shops that offer a foreign selection. An alternative is the PressReader app, which has a big selection of international content.

### **Media for internationals**

Whether you are new to The Hague, or simply prefer to stay in touch other expats: there are many media outlets that focus on the international communities in the Netherlands and The Hague. Read more here [internal link]...

## Emergencies & help lines

The Netherlands is one of the safest countries in the world. Crime rates are low, law is strictly enforced and there are excellent security measures. Whether you need the police, fire department or medical care during an emergency, they are there when you need them. As well as some other measures you may not be familiar with.

### Emergencies

In case of an emergency, you should call 112. By calling 112, you can contact the police, fire department or medical care.

### Police

If you do not have an emergency, but you still need to contact the police, you can call: 0900-8844. You can also report certain crimes online.

### Medical care

If you are not in an emergency, but need to speak to a medical professional you can contact your GP. During outside of office hours, you can call the *huisartsenpost* (out-of-hours medical clinic).

- ➔ In The Hague, Rijswijk and Leidschendam-Voorburg, you can call SMASH in evenings and weekends: +31 (0)70 346 96 69
- ➔ In Delft, you can call Huisartsenpost Delft in evenings and weekends: +31 (0)15 251 19 30

### Sirens on first Monday of month

If you are new to The Netherlands, you may wonder at noon on the first Monday of the month why you are suddenly surrounded by loud sirens everywhere. This is the *Waarschuwingsstelsel* – The Warning System. It is tested every month to ensure it works properly, reaching everybody across the country in case of an emergency, with 4200 sirens. They can be operated individually by regional fire departments and are owned by the Ministry of Internal Affairs.

If you hear this sound and it's NOT midday on the first Monday of the month, it is a warning to go inside, shut all doors and windows and turn on your television or radio for updates. You can also check the website <http://www.crisis.nl> to see if there are current warnings (in Dutch).

- ➔ Check what to do in case of an emergency (in Dutch): [www.nederlandveilig.nl/noodsituaties](http://www.nederlandveilig.nl/noodsituaties)

### NL-Alert for Crisis

The new NL-Alert crisis system will allow authorities to warn people within the immediate area of an emergency situation (e.g. a major fire or flooding) by sending a text message to their mobile phones.

The text message will describe the situation and give instructions on what to do at that moment. All mobile phones in the relevant area will receive these messages automatically, provided that the NL-Alert channel has been activated and the phone is switched on and has reception. It is free of charge and it is not necessary to register.

The messages are set by means of cell broadcasting, comparable to a radio signal. They are sent by way of the cell phone providers' transmitter masts. As a result, NL-Alert will still function in the event of a network overload.

Over half of all cell phones in the Netherlands, around 11 million in total, are already able to pick up an NL-Alert message. An increasing number of mobile phones are being sold with an automatic NL-Alert setting.

As such, this new tool is a valuable addition to the existing means of warning people about emergency situations, such as the siren, the emergency broadcasting stations, and the crisis.nl website.

➔ Read more about NL-Alert (in Dutch): <https://www.crisis.nl/nl-alert>

### **Amber Alert**

In case that there is a child missing in your area, you may receive a so-called Amber Alert on your phone. This will feature a description of the situation and the missing child, so people can be aware of the missing person.

➔ Read more about Amber Alert: <https://www.amberalert.nl/>

### **Weather Alerts**

In case of severe weather, KNMI will sometimes issue warnings to the areas affected. This could regard heavy snow fall, extreme wind or other threatening situations. They will send out a warning through their website and public broadcasts.

➔ Visit the KNMI weather website: [www.kmni.nl](http://www.kmni.nl)

### **NS train alerts**

In case of extreme weather conditions or so, the NS (Dutch Railways) may be dealing with delays or dangerous situations on the tracks. This will often lead to a temporary halting of all train traffic. In this case, national media and the NS will do everything to notify residents of the Netherlands who may be affected.

➔ Visit the NS website: <http://www.ns.nl>

## **Important phone numbers**

### *Emergencies in the Netherlands*

**General emergency line: 112**

**Police: 0900-8844**

**Anonymous Crime Reporting line: 0800-7000**

**Fire brigade Haaglanden: +31 (0)88 886 80 00**

**Fire brigade (for non-emergencies): +31 (0)88 246 55 00**

**GP (SMASH) in evenings and weekends: +31 (0)70 346 96 69**

**ANWB Alarm centre: +31 (0)88 269 28 88**

**Dentist emergency services Haaglanden: +31 (0)70 311 03 05**

**Veterinary services The Hague (08:00 - 20:00): +31(0)70 325 59 07**

**Animal ambulance: +31 (0)70 328 28 28**

### *Emergencies abroad*

**Ministry of Foreign Affairs (also for emergencies): +31 (0)24 724 72 47**

**Eurocross International (for emergencies abroad): +31(0)71 364 62 00**

**SOS International (for emergencies abroad): +31 (0)20 651 51 51**

### *Help lines*

**Victim Support Netherlands: 0900-0101**

**Suicide help line: 0900- 0113**

**Sexual abuse help line: +31 (0)70 362 04 96**

**Drug Abuse help line: +31(0)70 391 78 00**

**Child help line: 0800-0432**

### *In case of stolen or lost banking cards*

**Block all banking cards: 0800-0313**

**Block all banking cards (from abroad): +31(0)30 283 53 72**

### *Utility emergencies*

**Gas and electrical emergencies: 0800-9009**

### *Contact your municipality*

**Municipality of The Hague: 14070**

From abroad: +31 (0)70 353 30 00

**Municipality of Delft: 14015**

From abroad: +31 (0)15 260 22 22

**Municipality of Rijswijk: 14070**

From abroad: +31 70 326 10 00

**Municipality of Leidschendam-Voorburg: 14070**

## Embassies

If you are in urgent need of assistance of your country of origin, you should contact your embassy. The Hague currently has more than one hundred embassies from all over the world; other embassies may be located elsewhere in the Netherlands.

- ➔ Find your embassy in the Netherlands:  
<https://www.government.nl/topics/embassies-consulates-and-other-representations/overview-countries-and-regions>



## **Families and children**

We know how important education and good care for your children are. In this section you can read all about it. Are you looking for fun things to do with your children? There are loads of options. In this section you will also find information about parks, playgrounds and other trips as well as what to expect from a Dutch children's birthday party.



## **Education and childcare [\[LINK!\]](#)**

Are you planning to have a child or do you already have children and they are coming to live here as well? No doubt that you want the best for your child.

In this section we provide you with all the information you need for your child to thrive in our region. We cover various topics starting from the pregnancy up until completing university, with a focus on our health care system and educational system.



## Parks & Playgrounds

If you have children, you know how important it is for them to have room to play. The Hague region features a large number of playgrounds where your kids will be able to spend an afternoon – or full day – enjoying themselves. Here we have highlighted a few special playgrounds:

*The Hague*

### **Cantaloupenburg playground**

Let the kids go wild on the slide and climbing frames at this playground in the centre of the city.

*Cantaloupenburg 26a, 2514 KL Den Haag*

<http://www.clubhuiscantaloup.nl/> (in Dutch)

### **Robin Hood playground**

Children between the ages of 6 and 12 can discover the multifaceted nature of the Haagse Bos. A zip wire cableway, suspension bridge and lookout posts bring the mediaeval roots of the forest to life. Climbing walls turns everyone into a hero like Robin Hood. The play equipment is made from natural materials and the ground is covered with wood shavings.

*Boslaan, Den Haag*

<https://www.staatsbosbeheer.nl/Natuurgebieden/haagse-bos/Bezienswaardigheden/speelbos-robin-hood> (in Dutch)

### **Ot en Sien playground**

The 6-metre high play castle will certainly capture the imagination of older children. But Ot en Sien is also an adventure for young children, with spring toys and swings on a sandy ground. The playground is located in the Zuiderpark.

*Zuiderpark, Den Haag*

### **Sandplayground**

Not far from the Peace Palace you will find a lovely large playground and a skateboard park. Its location at the edge of the Scheveningse Bosjes means that a visit is easily combined with a walk in the forest. Children will find plenty to keep them busy in the playground set on sandy ground while parents can relax and treat themselves to an ice cream.

*Ary van der Spuyweg 1, 2585 JA Den Haag*

*Leidschendam-Voorburg*

### **Leidschendamse Speeltuinen Vereniging**

At this playground in Leidschendam, kids can go all the way with a huge climbing course, a cable car, a carousel and a water- and sandplayground. Every Wednesday, there are several activities organized for the kids, such as craft days, magic- and puppetshows and bingo.

*Rozenlaan 16, 2264 TS Leidschendam*

<http://leidschendamsspeeltuinenvereniging.nl/> (in Dutch)

*Delft*

### **Speeltuin Westerhonnk**

Kids from all ages can play at this playground in Delft, while their parents can sit and get a coffee at the kiosk.

*Van Bleiswijkstraat, 2613 NR Delft*

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

*Wassenaar*

### **Meijendel monkeybos**

At Meijendel, kids can play at the waterplayground next to the visitor's centre. At the Monkeybos, they can explore nature by building huts and climbing in trees. Also, there is a cable car, a watchtower and huge water pipes in which they can play.

*Meijendelseweg 42, 2243 GN Wassenaar*

<https://www.dunea.nl/bezoekerscentrum/monkeybos>

Indoor playgrounds:

*Den Haag*

### **Zuiderparadijs**

*Droogleever Fortuynweg 79, 2533 SP Den Haag*

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

### **Planet Jump**

Stadhoudersplantsoen 28, 2517 JL Den Haag

<http://planetjump.nl/>

**Monkey Town The Hague**

Westvlietweg 55, 2491 ED Den Haag

<https://www.monkeytown.eu/>

*Delft*

**Avontura Delft**

Leeuwenstein 18, 2627 AM Delft

<https://www.optisport.nl/avonturadelft>

**Kids Playground**

Kleveringweg 35, 2616 LZ Delft

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

*Rijswijk*

**Monkey Town Rijswijk**

Lange Kleiweg 1, 2288 GH Rijswijk

<https://www.monkeytown.eu/rijswijk>

*Leidschendam-Voorburg*

**Trixs indoor trampoline park**

Veursestraatweg 280-C, 2265 CL Leidschendam-Voorburg

Telephone: 070-3209791

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

## Fun things to do



There are countless activities across the city. If you have a family, and you are looking to spend some precious time together when you are not working, you have your pick of things to do. Particularly when you have younger children.

## Vacation Card

Make sure to sign up for a Vacation Card. This booklet is distributed at schools, offering discounts for holiday activities and inspiring children – and their parents – with fun ideas to spend time together.

→ Get the Vacation Card now: <https://www.vakantiepas.nl>

If you live in Delft, it would be a good idea to consider purchasing [the Delftpas](#). This card can get you discounts on various activities in the city.

## Petting zoos

A petting zoo (*kinderboerderij*) is a small farm in the city where you and your children can get up close and personal with a whole array of farm animals. People of all ages are welcome.

- Find petting zoos throughout The Hague: <https://www.denhaag.nl/nl/in-de-stad/vrije-tijd-en-recreatie/dieren-en-stadsboerderijen/stadsboerderijen-in-den-haag.htm>
- Find petting zoos throughout Delft (in Dutch): <https://www.delft.nl/vrije-tijd/recreatie/kinderboerderijen>
- More on Kinderboerderij Het Akkertje in Rijswijk (in Dutch): <https://www.kinderboerderijhetakkertje.nl/>
- More on Kinderboerderij Essesteijn in Leidschendam-Voorburg (in Dutch): <https://www.anwb.nl/landvananwb/kinderboerderij-essesteijn>

And if you and your kids would like to see more exotic animals, these are good options to visit:

## Butterfly garden by the Vliet

*Vlinders aan de Vliet* (Butterflies by the Vliet) is a small tropical zoo in Leidschendam near The Hague with hundreds of colourful butterflies, birds, fish, tortoises, reptiles and other unusual insects. From spring until autumn you can come here to learn all about butterflies and the secrets of the tropical jungle.

Veursestraatweg 195a, 2264 EG, LEIDSCHENDAM

<https://www.vlindersaandevliet.nl/>

## Avonturia De Vogelkelder

Avonturia De Vogelkelder takes you on an expedition where you will experience special moments. Come face to face with unlikely animal species: snakes, reptiles, coypus, exotic birds, tortoises, meerkats and parrots.

Kerketuinenweg 3, 2544 CV, The Hague

<https://www.de-vogelkelder.nl/>

## Children museums

Going to a museum can be fun and informative at the same time for your children. Some museums offer self-guided tours and scavenger hunts as well as workshops where the kids

can go to work and make their own handicrafts. A number of the museums also offer interactive visits and special children's programmes on Wednesday afternoon, weekends and in the school vacations.

### *The Hague*

#### **Kinderboekenmuseum (Children's books museum)**

Children can learn about youth literature in a playful way at the Children's Book Museum in The Hague. Learning, experiencing and doing are key elements of a museum visit. All exhibitions and workshops at the museum stimulate the imagination and awaken the joy of reading.

Prins Willem-Alexanderhof 5, 2595 BE Den Haag

<http://kinderboekenmuseum.nl/>

#### **Museon: Museum for Culture and Science**

The Museon in The Hague is a museum for culture and science. Visitors are inspired to discover the world and treat it with respect. In the central exhibition One Planet you learn in a fun way what you can do yourself to keep our earth livable.

Stadhouderslaan 37, 2517 HV Den Haag

<https://www.museon.nl/>

#### **Gemeentemuseum (Municipality museum)**

Children get to know art on a fun and interactive way through special kids' exhibitions, a scavenger hunt and drawing at the children's atelier. For older children, the *Wonderkamers* can be really fun.

Stadhouderslaan 41, 2517 HV Den Haag

<https://www.gemeentemuseum.nl/>

➔ More children's museums in The Hague: <https://denhaag.com/en/kids#museums>

### *Delft*

#### **Science Centre**

The Science Centre is great for kids who like technology. Here, they can discover what students and researchers really do at the Delft University of Technology. Children can follow in their footsteps by doing research themselves at workshops given by students.

Mijnbouwstraat 120, 2628 RX Delft

<https://www.tudelft.nl/sciencecentre/>

#### **Museum Prinsenhof**

Museum Prinsenhof shows how Delft has contributed to Dutch history and its international reputation through three themes: William of Orange, Delft Blue and Masters of Innovation. Families can do a quiz while walking through the museum or go on a guided tour.

Sint Agathaplein 1, 2611 HR Delft

<http://prinsenhof-delft.nl/en/>

#### **Theme parks**

### **Sealife Scheveningen**

SEA LIFE Scheveningen gives you a unique glimpse into the amazing underwater life in our oceans. Stand eye to eye with sharks and rays. Learn more about turtles and dangerous piranhas. And meet the friendly otters and penguins in their lovely habitat. SEA LIFE has no less than 45 aquariums with marine animals and is open every day.

Strandweg 13, 2586 JK, Den Haag

<https://www.visitsealife.com/scheveningen-nl/>

### **Duinrell**

Duinrell offers an exciting amusement park and a spectacular tropical pool paradise. Duinrell holiday and amusement park is well known for the Tiki Pool, the varied amusement park and the beautiful location in the dunes of Wassenaar, near the beach. With many spectacular amusements, charming little stores, several restaurants for snacks and beverages and dazzling shows Duinrell has plenty to do for both young and old.

Duinrell 1, 2242 JP, Wassenaar

<https://www.duinrell.com/>

### **Familiepark Drievliet**

With no less than 35 major attractions, a play garden and shows, Drievliet is an ideal amusement park for the entire family. Young and old can enjoy themselves in one of the four roller coasters.

Laan van 's-Gravenmade 81, 2495 BD, The Hague

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

### **Madurodam**

Madurodam is an interactive miniature park and the ultimate place to discover what makes the Netherlands so unique within a short period of time. It presents you all the relevant Dutch stories behind the miniature buildings through multimedia and numerous interactive installations. Canal houses, tulip fields, cheese market, a wooden shoes factory, windmills, the Peace Palace, the Delta Works: you will find them all in Madurodam!

<https://www.madurodam.nl/nl>

➔ Need more inspiration? Check out more things to do for kids in The Hague:

<https://denhaag.com/en/kids>

## Birthday parties



Your child's birthday is surely a joyous and special occasion. In every country, there are different customs when it comes to children's birthday parties. Therefore, it is good to know what to expect from and what might be expected of you at a Dutch birthday party, so you will not be taken by surprise.

### **Celebration at school**

At Dutch schools it is a custom for your child to hand out a treat on his or her birthday. This might be something sweet, but parents regularly choose a more healthy snack. They might get creative with pieces of fruit or vegetables and shape them in the form of an animal or other fun shape.

### **Celebration at home**

It is not uncommon for a child to have two birthday parties. One with relatives, which usually takes place at home and is centred around receiving gifts. The other one is with a few selected friends from school or the neighbourhood and usually is a fun activity. Some might come up with a program themselves, such as a treasure hunt in the neighbourhood or a park. But there are also companies that organise a special children's party programme. You can for example make cupcakes, bake your own hamburger or have a kids bowling party.

- More inspiration for birthday parties: <http://adutchview.com/29-ideas-for-kids-birthday-parties-in-the-hague/>

## Leisure



Whether you are in the mood for an elaborate meal, want to stay fit by doing your favourite sport, or are looking forward to seeing some art – The Hague’s local initiatives are ready for whatever mood you are in. Take your time to explore the city and join locals in sports, shopping or culture.

## Must-see

When you live in The Hague region, your priorities will be different from the highlights that attract tourists. There are a lot of sights you will get to know during your commute or during social events. Still, there is a lot about the region that you may not be aware of - or simply did not stop to admire.

### The Hague

*City by the Sea: Scheveningen*



Sometimes Scheveningen appears to be the country's best kept secret. Plenty of people across the Netherlands are not even aware that there is a beach located in The Hague. In just twenty minutes from the city centre, you will find yourself right at the edge of the sea. Any time of the year, you will enjoy visiting Scheveningen. Many people head to the beach in the summer time for some fun in the sun, but also fall and winter are the perfect time for a visit. Go for a walk after a long day at the office, or head to the shoreline with your family in the weekend. You will also find the harbour located here, where there always is something happening. Fishery used to be the main attraction back in the day, but nowadays it is one of the most beloved areas for people who want to get away from the city.

➔ More on visiting Scheveningen: <https://denhaag.com/en/scheveningen>

*Government seat: Binnenhof*



The Hague is the perfect example of democracy in action. When you walk through the city, you cannot help but notice the mix of history and current affairs. This is where the country is run - and it shows. Keep your eyes open, because once you step through the entry gate into the historical *Binnenhof* (Inner Court), you will see where history is made. Some of the buildings date back eight centuries of political history, but thanks to the court yard, this is not out of reach for you to see. You are free to enter here on your own, or even get a guided tour if you want to. Discover where the House of Representatives meets, but also where the King delivers his speech on Prince's Day.

➔ More on visiting the *Binnenhof*: <https://denhaag.com/en/location/180/inner-court-hall-of-knights>

*City of peace and justice: The Peace Palace*



In The Hague, tens of thousands of people are working every day to build a more peaceful and just world. With the Peace Palace at the centre of it all, The Hague is truly the international city of peace and justice. The Peace Palace does not only draw a lot of attention for its beautiful architecture, but also because the International Justice Court is located here. In addition to the Permanent Court of Arbitration, the palace also has one of the oldest libraries in the country. If the Visitor Centre is not enough to satisfy your curiosity, you are in luck - every summer, the doors of the Palace are open to the public for a limited time. Join one of the guided tours and discover why peace and justice is so important to this city.

➔ More on visiting the Peace Palace: <https://www.vredespaleis.nl/visit/?lang=en>

*Fit for a King: Palace Noordeinde*



The Netherlands has been a monarchy for over two centuries. The Hague is one of the cities where this influence is the strongest; it is home to the Royal Palace, also known as Palace Noordeinde, where the king spends a lot of time working. While the residence is not open to the public, it is a must-see for everybody who lives in The Hague. To be part of the city means to be part of its history, and the tradition of the Royal Family is a big part of this.

➔ More on Palace Noordeinde: <https://denhaag.com/en/location/326/palace-noordeinde>

*Seeing Green: The Hague Forest*



City life is exciting and with many opportunities, but one of the best things of The Hague is how close you are to nature. If the cool breeze of the sea is not your thing, you will surely fall in love with how quickly you can be surrounded by trees, plants and many paths to go for a walk. *Het Haagse Bos* (The Hague Forest) brings you to a different world right outside of your home. Stretching from the city centre all the way to the town of Wassenaar, you can escape for a quiet moment or two whenever you want.

➔ More on The Hague Forest: <https://denhaag.com/en/location/24192/the-hague-forest>

## **Delft**

### *City of Johannes Vermeer: Vermeer Centrum Delft*

Delft was the place where the 17th-century painter Johannes Vermeer lived and worked his whole life. The Vermeer Centrum Delft is the only place in the world where you can admire (reproductions of) all the paintings of Vermeer in their original size. You will find out everything you ever wanted to know about Vermeer's life, family, and work.

### *Royal Delft: Delft Blue*

When you think of Delft, you think of Delft Blue. And rightly so! Delft ceramics have been world-famous ever since it was first made the 17th century, and you can still see how Delft Blue is made in the authentic way in Delft today. Pottery fans will love visiting Royal Delft, the town's most famous earthenware factory.

### *City of Orange: New Church*

In the Royal Crypt of the New Church you will find the ornate tomb of William of Orange, 'the Father of the Nation'. Many other members of the Royal House of Orange-Nassau, both past and present, have also been laid to rest in the Royal Crypt. Prince Claus, Queen Juliana, and Prince Bernhard were buried here in 2002 and 2004 respectively.

*William of Orange: Museum Prinsenhof Delft*

Museum Prinsenhof Delft was the scene of one of the most important events in Dutch history: the assassination of King William of Orange. On 10 July 1584, he was gunned down by Balthasar Gerards as he climbed the stairs to his office. You can still see the bullet holes in the wall of the museum even today. Nowadays, the building is a museum which allows you to experience the history of the Netherlands.

## Culture



The Hague region is full of culture. There is no need to be bored here! Especially The Hague and Delft have a lot to discover when it comes to museums, theatres and music.

### **The Hague**

The Hague has a dazzling amount of culture and arts packed into the city. Visit one of the many museums in the city to admire world-famous works of Dutch painters like Rembrandt, Vermeer and Mondrian. Or enjoy drama, music, dance or opera at our theatres. And if you are in for a party, you are at the right place in The Hague as the city of pop music with its many festivals and concerts.

➔ Read more on culture in The Hague [\[internal link\]](#)

### **Delft**

As the city of Johannes Vermeer and William of Orange, you should definitely visit Delft if you are in need of culture. Discover the true story of Willem of Orange at Museum Prinsenhof, get up close and personal with Johannes Vermeer at the Vermeer Centrum, and see how the world-famous Delft Blue ceramics are made at the town's most famous earthenware factory Royal Delft.

➔ More fun things to do in Delft: <https://www.delft.com/>

→ If you are looking for fun things to do and want some discount, purchase the Delftpas: <https://www.delft.nl/en/leisure-and-social/delftpas>

## Sports





The Dutch love their sports. They enjoy actively doing sports themselves as much as watching a game on television. More than half of the Dutch population participates in sport on a weekly basis. Fitness and running are the most popular sports among adults. But there is a lot more than only fitness and running. Think of any sport and there is probably a club in your neighbourhood that trains regularly. And the good thing is, you are always welcome to take a look at one of these sports clubs and see if it is something for you.

## The Hague

The Hague's 11 kilometers of coastline are perfect for beach and sea sports. Scheveningen, for example, is the Dutch surfing mecca. Besides sports activities along the coast, the city of The Hague offers many other active opportunities. Try skating or snowboarding at the Uithof or catch ADO Den Haag, the local football club, play a match. With 11 km of sandy beach, 440 km biking trails, 271 sports clubs and as many as 194 sports fields, you will not be bored for a second if you like to get active.

- To find a place to sport in The Hague, check out this map (in Dutch):  
<https://heeldenhaagsport.nl/sportkaart/>
- Find out more about swimming in The Hague: <https://www.denhaag.nl/en/in-the-city/swimming.htm>

## International sport groups in The Hague

- Den Haag Lacrosse  
<http://www.denhaaglacrosse.nl>
- ABF International Sports Club  
<http://www.abfsport.nl/>
- Haagsche Rugby Club  
<http://www.haagscherugbyclub.nl/page/1009>
- BSN rugby football club  
<http://www.pitchero.com/clubs/bsnrfc/>
- Expat football  
<http://www.expatfootball.nl>
- Den Haag Gaelic Football and Hurling Club  
<http://www.denhaaggaa.com>
- X-patriots rugby club  
<http://www.rugby-tewerve.com/index2.htm>
- Hash House Harriers  
<http://www.haguehash.nl>
- The Randstad Harings  
<http://www.randstad-harings.nl>
- Voorburg Cricket Club  
<http://www.voorburgcc.nl>

- Plons LGBT swimming team  
<http://www.plons.nu/site/index.php/english>
  
- HDM floorball  
<http://www.hdmonline.nl>
  
- Wilhelmus International Football Club  
<http://www.vwilhelmus.nl>
  
- Yacht Club Scheveningen  
<http://www.jachtclubscheveningen.com>
  
- Catamaran School  
<http://www.catamaranschool.nl>

## **Delft**

Delft has over 100 sports clubs. With a [Delftpas](#), you can get a discount on the membership fee of various sports clubs.

- To find a sports club in Delft, check out this page (in Dutch):  
<http://www.sportraadvandelft.nl/aangesloten-verenigingen/>

## **Rijswijk**

Rijswijk has many opportunities to sport. Whether it is during the weekday or in the weekend; outside or inside, there is always something to your liking.

- To find a sports club in Rijswijk, check out this page (in Dutch):  
<https://www.rijswijk.nl/inwoners/leven/sport/verenigingen>

## **National sports**



There are a few moments when Dutch pride soars. One of those moments is when the Dutch soccer team plays in a tournament. The Dutch all come together to watch the game at cafés, all dressed in orange. If you really want to feel the Dutch spirit, you should definitely join them.

Another very popular sport is speed skating. The Dutch have a history of legendary speed skaters winning many medals during world cups and the Olympics. This is because many Dutch have a pair of ice skates at home to take out whenever it is freezing. Every winter, there's much hype around whether there will be an *Elfstedentocht*, a race over the frozen canals and rivers in the province of Friesland passing through 11 cities.

## Restaurants



In the bigger cities in the Netherlands, there are countless restaurants serving all kinds of food. The Hague region is no exception: there is a restaurant for every moment of the day or night. Your only challenge will be to make a choice from all the different cuisines you can explore. Some online food guides like [The Fork](#) (also known as iens) and [Yelp](#) will help you find out where to dine in.

### Food delivery

Food delivery has grown a lot over the past years in the Netherlands. While some restaurants have a direct delivery service, many locals will use a delivery app or website that will offer you all possible restaurants in your neighbourhood.

All you need is a delivery address and a payment method. Most delivery services will let you prepay by iDeal, credit card or PayPal, or you can pay cash upon delivery.

- ➔ Order from Thuisbezorgd.nl: <http://thuisbezorgd.nl>
- ➔ Order from Foodora The Hague: <https://www.foodora.nl/en/city/den-haag>

## Shopping



One of the best things about The Hague may very well be how nearby everything is. You do not need a car to go from one store to another, or to drive to three different malls to succeed on a shopping trip. When you want to go for a day of shopping, it could not be any easier to get around. As stores are open seven days a week, there will always be a moment that works for your schedule – even in evenings or weekends (every Thursdays shops are open until 21:00).

In the heart of the city you will find the Grote Marktstraat, one of the hotspots to go shopping. Several major department stores are situated in this street. In the surrounding streets you will find dozens of large and small shops, restaurants, bars and theaters. In the opposite direction at Plaats, the oldest square in the city, you will find haute couture and exclusive brands as well as in the surrounding streets the Hoogstraat, Molenstraat and Noordeinde. Also, make sure you visit the Passage, the oldest shopping mall in the Netherlands. And if you are looking to decorate your house, a good option to visit is the [Megastores](#) mall. It is situated near station Hollands Spoor.

Other concentrations of stores can be found throughout the region such as the [Palace Promenade](#) in Scheveningen, [In de Bogaard](#) in Rijswijk or [Leidsenhage](#) in Leidschendam-Voorburg. The streets surrounding the Markt square in Delft also provide a beautiful setting for a day of shopping.

- ➔ More on shopping in The Hague: <https://denhaag.com/en/shopping>
- ➔ More on shopping in Delft (in Dutch): <https://www.delft.com/nl/shoppen-doe-je-delft>

➔ More on where to shop in Leidschendam-Voorburg:  
<https://www.lv.nl/winkelgebieden-en-markten>

## Nightlife



No matter your mood, you will find some great places to spend your evenings in The Hague region. There are plenty of small, intimate cafes where you can mingle with the locals to spend a couple of hours during the weekend. But if you are looking for more action, there are plenty of music venues or clubs where you can go to unwind.

### The Hague

In the seemingly posh royal residence, you will find the best small cafes, cocktail bars, beach clubs and music venues. Start the evening with a drink on the Plein, listen to live music at the Grote Markt and discover the latest acts of The Hague's underground scene at PIP Den Haag. Finish the evening in style at one of the beach parties in Scheveningen.

- ➔ Read more on the nightlife in The Hague: <https://denhaag.com/en/nightlife>
- ➔ If you are looking for a place that is particularly welcoming to internationals, IAmExpat has some recommendations for you:  
<https://www.iamexpat.nl/lifestyle/going-out/nightlife-bars-nightclubs-netherlands/the-hague>

### Delft

Delft is a lively student town, so it goes without saying that it has a sparkling nightlife. If you are in for a night in Delft, visit one of the great traditional pubs in historic buildings or one of the many open-air terraces during a warm summer night. And if you are in a mood for dancing, you can dance the night away at one of the clubs that are open until the early morning.

➔ Read more on the nightlife in Delft:

<https://www.holland.com/global/tourism/destinations/more-destinations/delft/nightlife-in-delft.htm>

### **Anywhere else in the country**

Do not think that you are confined to The Hague region only. By train, it will only take you around twenty and fifty minutes respectively to get to Rotterdam or Amsterdam, where nightlife goes on non-stop. If you are planning an evening – or night – out on the town, it is highly recommended to explore these neighbouring cities for a change of scenery. The night train connections will bring you back home, or you may even consider booking a night in a hotel for a real getaway.

**Agenda [LINK!]**



## Social life

Moving to another country can be really exciting. You will have to start a brand new life in an unfamiliar environment. This includes a new social life: you will have to make new friends. Start by getting to know your new neighbours or co-workers. And if you are looking for more like-minded people, you can always join one of the many clubs and networks in The Hague region.

In an international city as The Hague, you will probably meet other internationals. This can be really comforting, as they know how you feel because they have started that way too. But getting to know the locals is also truly fun! That way you will start to appreciate the Dutch and their culture. Also, it can be a great way to learn some Dutch.

In this section, you will get to know the Dutch a little more. How are they like and why do they act like they do? And how can you adapt to Dutch daily life? Also, you get more information on everything The Hague region has to offer to internationals such as clubs, media and fairs focused on internationals, often set up by internationals.

Culture [LINK!]





The Netherlands has an estimated population of 17 million people as of 2017. It is one of the most densely populated countries in Europe. The official language of the Netherlands is Dutch, spoken by almost all people in the Netherlands. The Dutch are keen on speaking foreign languages: about 89% of the total population have good knowledge of English, 70% of German, 29% of French and 5% of Spanish. So, there is always a way to communicate with them.

Communicating with them is one thing, but understanding them is quite another. The following five points will help you understand them.

### ***1. Everyone is equal***

The Netherlands is a democracy with a tolerant, open society. Even though the individual is more important than the community, everybody is considered equal and should be treated accordingly.

### ***2. Modesty and work-life balance***

Dutch people usually do not like to draw attention to themselves and are very modest. They typically downplay wealth, and frown upon those who show off their success. They would rather spend their money on frequent vacations abroad, comfortable houses and safe cars than luxury items. Their private life is really important to the Dutch, therefore they are reluctant to work overtime and would rather reduce working hours instead of having an increase in salary.

### ***3. Directness***

The Dutch are pragmatic people. They are unbothered by rituals that other cultures usually have to deal with. The Dutch can be rather direct to the point of blunt in their manner of speech. This may come off as rude, but it is rarely intended that way. The Dutch will always tell you the honest truth.

#### ***4. Consensus***

The Dutch love consensus. Everyone involved needs to be heard and in the end a compromise will be reached in which every one agrees. Their famous polder model is proof of that. It is the Dutch consensus model in which employers, trade unions and the government work together to achieve consensus on terms of employment and wages.

#### ***5. Time is essential***

Dutch live by their agendas. They are extremely time-conscious and organised. If you ever want to visit the cinema with a Dutch friend, you may be expected to plan this 'appointment' a month from today. And being too late for an appointment is a big no-no, as it is considered to be rude.