

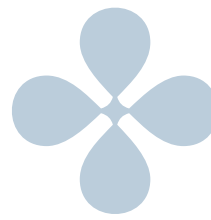


NETHERLANDS SUSTAINABILITY GUIDE



Congratulations on choosing to study abroad in the Netherlands! In addition to any cultural and social considerations you may have to make before and during your time abroad, you should consider how you want your actions to affect the ecosystems and communities that you will be a part of. This guide will walk you through ways to consciously and sustainably study abroad in the Netherlands, including your options to shop locally, ride public transit, and give back to the communities you will be staying in.

AMSTERDAM



Public Transportation

Amsterdam has excellent public transportation. Amsterdam has a tram system, metro system, bus and ferry. You can travel to places outside and within the Netherlands through the national rail provider NS. There are also plenty of ways to get to and from Schipol Airport to the city.

Food Options

Albert Heijn has locally grown food options, and it also has sustainable food options as well. Ekoplaza is also a grocery chain in the Netherlands which has local and organic foods. There are also local markets like Albert Cuyper Market, and Noordermarkt-Boerenmarkt which have locally sourced produce and foods.

Volunteering

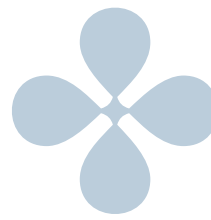
There are multiple environmental clubs, sustainability clubs, and local volunteering opportunities in Amsterdam. Checkout Amsterdam's City website, or VU's website for details.

Recycling and Thrifting

Amsterdam has excellent recycling and composting. A map of city provided waste disposal can be [found here](#), although your housing situation should have its own facilities. Amsterdam also has numerous thrift stores and second hand stores around the city.



MAASTRICHT



Public Transportation

Most students in Maastricht walk or bike to get around, although Maastricht does have a good public transit system. Maastricht has an extensive and reliable bus system which can take you around the city. Trains can be taken across the Netherlands and to other countries from the main station.

Food Options

Albert Heijn has locally grown food options, and it also has sustainable food options as well. Ekoplaza is also a grocery chain in the Netherlands which has local and organic foods. There are also local markets like De Ruitersij, and the weekly market which have locally sourced produce and foods.

Volunteering

There are multiple environmental clubs, sustainability clubs, and local volunteering opportunities in Maastricht. Checkout Maastricht City website, or the university website for details.

Recycling and Thrifting

Your housing will have recycling options available, and there are multiple city provided recycling options as well. Maastricht also has numerous thrift stores and second hand shops where you can buy second hand furniture, clothing, bicycles etc.

