

howdo

2022

June / July

www.howdomagazine.com

THE MAGAZINE FOR INTERNATIONALS | EINDHOVEN AREA

28



NEW COLUMNS:

Eindhoven Airport

Evoluon/Next Nature

Happy Bodies

ER-NL

JOIN THE CLUB

**PSV
FANCLUB**



Become a member of the Phoxy Club (0-6y) or FC PSV (7-14y) and enjoy PSV presents, exclusive events, magazines (in Dutch), discounts & priority sale on tickets

**CHECK
PSV.NL/HOWDO**



€25,-
per season

Word search

Can you find which word is not in the puzzle? Upload the answer on PSV.nl/howdo & win a plush mini-Phoxy

P	P	C	B	A	L	L
H	S	A	G	B	U	S
O	V	P	O	X	Y	H
C	B	C	A	K	E	I
A	E	F	L	A	G	R
R	A	S	L	E	D	T
D	R	A	P	P	L	E

- APPLE
- BALL
- BEAR
- BUS
- CAKE
- CAP
- CARD
- FLAG
- GOAL
- PSV
- SHIRT
- SLED



**EENDRACHT
MAAKT MACHT**

REPAIR LAB.

We are an Apple
Authorised Service Provider.



 Authorized Service Provider

Our technicians are Apple-trained, so you can trust us with all your Apple devices. That means we use genuine Apple parts to deliver certified repairs. What's more, we're recognized by Apple for exceptional customer satisfaction.

index

6

Save The Date

10

Destination Brainport

18

Eindhoven Sport

28

NEXT NATURE

34

Eindhoven News

38

VisitBrabant

46

Expat Kids

50

Digital Agency JAXX

9

Eindhoven365

11

ASML |
Being small and tall

20

Holland Expat Center South

30

ERNL

36

International Women's Club

42

Design You Own Future

48

Albert van Abbehuis

HOWDO Magazine

is a bimonthly publication

Publisher

Fred van Deurzen

fred@howdomagazine.com

Editorial Office

Fred van Deurzen,

Thomas Meulenbroeks

Creation

Thoros reclame en ontwerp

Distribution waiting rooms

Tour de Ville

Contact

info@howdomagazine.com

www.howdomagazine.com

Copyright and Disclaimer

All materials and content are protected under article 15 of the Copyright Act, Copying is prohibited

© 2022 HOWDO Magazine

HOWDO Magazine is not liable for the content of the columns and eventual inaccuracies and or typographical errors.

HOWDO magazine is a title of

Holi Media, and published under license by Uitgeverij RAWN

Contributing to this magazine:

Dórangela Giraldo Arana,
Beena Arunraj,
Monique van den Berg,
Olivia van den Broek-Neri,
Marco Denis, Josine Frankhuizen,
Peter Kentie, Heidi Los,
Koert van Mensvoort,
Sanne van Mierlo, Monique Mols,
Ralu Nistor-Lustermans,
Bart Rovers, Gijs Vrenken.



Dear friends of HOWDO,

Saying “Yes” to Niels when he asked if I wanted to take over HOWDO Magazine was not that difficult. But then, one morning there’s a pristine white Excel sheet with 56 empty pages in front of you that have to be filled: that’s a different story.

Fortunately, many pages were quickly filled, thanks to our loyal partners (in random order: Rebekah Villon, Joost Pool, Josine, Olivia and Ed from Holland Expat Center, Peter from Eindhoven365, Heidi Los from Design your own future, Yolima, Sally and Dorangela from International Creative Women, Hilde from High Tech Campus, Ben and Sanne from Eindhoven Sport, Aga from International Women’s Club Eindhoven, Silvia from Expat Kids, Beena from Eindhoven News.

And for the solid foundation of our magazine: dear business partners and sponsors (some from Day 1): PSV, ASML, Wonka Podia, Visit Brabant, Repairlab, Regina Coeli, Effenaar, Eindhoven Library, Financieel Advies Centrum, ABN AMRO, De Wereldwijzer, preHistorisch Dorp: without you there wouldn’t be a HOWDO Magazine in the first place!!

Add to these contributions the pages filled with the columns from our new partners Next Nature/Evoluoen, our host tonight, Eindhoven Airport, Eindhoven 365, Muziekgebouw, Happy Bodies, ERNL, and Autobedrijf Bos & Slegers, and we have a “must read” magazine for internationals!

Niels, Stephania, Milan: thank you very much for your patience and sharing your knowledge with me.

ps: don’t be afraid; the next foreword will be a lot shorter....

SAVE THE DATE

OPEN DAY TURNING DREAMS INTO REALITY HIGH TECH CAMPUS EINDHOVEN

THE OPEN DAY IS BACK!

High Tech Campus Eindhoven is once again a hotspot on the High Tech Discovery Route, kicking off the Dutch Technology Festival.

MARK YOUR CALENDARS FOR SATURDAY, JUNE 11TH FROM 11:00-16:00 AND GET READY FOR A HIGH TECH FESTIVAL LIKE YOU'VE NEVER SEEN!

We'll feature several hotspots of activities across Campus. Visit the south side to see High Tech Farmers, our sheep (!), the community garden, and to join mini-safari's guided by our urban ecologist. In the middle of the Campus, you will find the Conference Center buzzing with activities. Here you can help create city of the future with the Discovery Factory, visit a mini-Career Fair and check out the auditorium where you can hear a specially written fairytale. Curious about startups and scale-ups? Then you can check out the AI Innovation Center. There is also a lot to do for kids, like AI workshops and mini-coding sessions by IBM with Casper the robot.

Philips, Signify, Shimano, NXP and the 5G Hub and many more companies will open their doors for displays, demos, and activities. There's something for everyone: high tech, low tech and kids' activities, food trucks, music, and the international festival-within-a-festival. During the Open Day you can also join PSV football clinics, visit Formula E race cars, and jump on a rowboat on the lake.

MORE SOON!



HIGH TECH CAMPUS
EINDHOVEN

Save The Date: 11 June: “Share The Vibe by HOWDO Magazine”



SAVE THE DATE

One of the missions of HOWDO Magazine is to be a bridge between the “born and raised” Eindhoven residents and the “new” Eindhoven residents. We try to achieve this through our magazine of course, but also through events. In the past, HOWDO has organized the “International Days” for this purpose.

We expanded this initiative and we were very honored that in 2021 High Tech Campus teamed up with us and gave us the chance to use their sports and other facilities. The event (“Share The Vibe by HOWDO Magazine”) was planned for 18 September 2021, but because of the COVID measures we had to cancel the event.

Fortunately High Tech Campus extended their offer, and it even got better : after 4 years the HTC Open Day is back! On 11 June, more than 40 HTC-based companies will participate and HOWDO Magazine is invited to join as well!!!

We were allowed to bring our partners and up till now these companies/organizations already confirmed:

Muziekgebouw
Evoluon
Wonka Podia
Pre historisch Dorp
International Creative Women
Eindhoven Sport
Happy Bodies
ER-NL
Eindhoven Library
Expat Kids
International Women's Club Eindhoven
Eindhoven News
Radio4Brainport/Tea Talk
Centro Latinoamericano De Orientación

Keep an eye on our website www.howdomagazine.com for updates about new participants and: **SAVE THE DATE!**



VIKINGFEST

prehistorisch
dorp

For more information
and tickets, go to
www.prehistorischdorp.nl

8



holland
expat center
south

THE EXPAT'S GUIDE TO BRABANT

BREDA • EINDHOVEN • TILBURG



 FORMALITIES  HOUSING  TAXATION, FINANCE & INSURANCE
 EDUCATION & CAREERS  PERSONAL & SOCIAL NEEDS  CULTURE & LEISURE

QUESTIONS ABOUT SETTLING
INTO BRABANT?

☎ +31 (0)40 238 67 75
hollandexpatcenter.com

Together, we own the future: Eindhoven City Marketing strategy towards 2030

Let me introduce myself: I am Peter Kentie and I am responsible for the citymarketing and place branding of the city of Eindhoven. Together with a strong team at Eindhoven365 we work for our city and region to promote, advocate and stimulate visitors and inhabitants alike.

Thank you Fred that we can contribute to HOWDO in writing and of course through actions. Due to the enormous boost from the technological ecosystem in the Brainport Eindhoven region, the influx of international families from around the world has gained huge momentum in recent years.

The question is whether international newcomers in Eindhoven find enough connection and are welcomed by the local community. All indications point towards these families experiencing challenges in landing and settling in. Early this year we realized our citymarketing strategy towards 2030 called 'Together we own the future'.

A good strategy ought to be ambitious. Shoot for the moon, land among the stars. In five lines, we describe how we're going to support Eindhoven over the next four years to become the most human innovative city. Do check out eindhoven365.nl/strategy for further inspiring reading. The Eindhoven city council has unanimously approved this approach. So a great start!



We will facilitate meet-ups, small and large, adding designers and makers into the mix. And our ambitious Hotspot project, with the objective of creating new social connections, is our moonshot for Eindhoven. The realization of an inner-city space by combining the strengths of Eindhoven Library, Expat center and citymarketing. A much requested facility that Eindhoven is lacking. For a future column I will elaborate more on our ambitious project. The recent realization of RegioRadar Eindhoven where we combined all relevant cultural and leisure offerings of our Brainport Region is also a great example of the community impact we want to achieve together. So big ambitions, yet also small scale collaborations like the impactful project of Amit Biswas, called Logo Land. Where Amit, who is originally from Bangladesh was inspired by the Eindhoven Vibes, resulting in a fantastic publication about identities of all Dutch cities. So enough to look forward to together.

More information at www@eindhoven365.nl
Contact us at info@eindhoven365.nl





Destination: Brainport

Indeed, quite an unusual destination, right? And one that won't appear on our info screens at the airport. But that does not mean that our hometown is not on our radar. On the contrary. As the airport for this region, we serve Brainport in many ways. Including you as one of the many internationals who landed here. As Brainport is the new place to work or study, we take our responsibility to make you feel at home. Helping you to create a new home away from home by helping you to stay in touch with what, and who is important to you.

10



Living abroad broadens horizons. But it also comes with challenges. The internationals in and around Eindhoven know that better than anyone. Besides practical barriers such as language and culture, we saw something else surface in the last two years. The COVID pandemic taught us that staying in touch with 'home' through online means had its limitations. Some have had to wait many months to embrace family and friends again. That period seems history now as we see twenty thousand passengers on more than one hundred flights a day again at the airport.

There is a fair chance that one of those passengers was you. Or will be you in the weeks to come. For a family visit for example. Or you may have picked up your loved ones to visit your new home in Brainport.

In the coming editions of Howdo Magazine, we're going to look at what Eindhoven Airport can do to help you stay connected with what is important to you. We are also going to tell you how things work at our airport. Behind the scenes as well. Also discover how the airport lays down a red carpet to the city. Next to balancing our activities in relation to the local living environment. Because flying should contribute to a bright future for Brainport. And, of course, to a bright future for you here in Brainport as well. We will talk again soon!



Being small and tall

The Netherlands is a small country: only 41,543 km². I was about eight years old when I first realized my country was so small. I was looking for it on a globe and had trouble finding it. It was a mere dot. The name did not even fit, it covered part of the North Sea. And then I saw other countries like the US, Brazil, India, China and Russia (still Soviet Union). And the beautiful shape of Italy. All so much bigger and much more impressive.

I think every Dutch person is affected by the realization that collectively we are just that one dot on the planet. It must define us. But how exactly?

Our size means that every inch matters and has to be accounted for. I don't think there is one tiny piece of land that has not been the topic of some long meeting, municipal process or neighbour dispute. Our gardens are firmly fenced – we want everyone to know this is our property. My sister lives in Sweden and she does not know where exactly her garden ends. It naturally merges into no man's land that eventually meets a lake. The sense of freedom that comes with this is something we hardly experience here.

Size also matters when it comes to a nation's DNA. I thought about this for a long time but I truly believe the Dutch suffer from a weird version of inferiority complex that translates into over-confident behavior. There is a logical reason for this. If you live with more than 17 million people in a place the size of a stamp, you have to negotiate and reach consensus. You have to voice your opinions loudly and boldly. There is just no other way. Sometimes, in order to be heard, you have to make yourself bigger than you really are.

No wonder the Dutch are one of the tallest people on the planet. It is just a perfect compensation strategy. If you don't have space on the ground, aim for the skies.

Monique Mols
Media relations, ASML

ASML



International Theatre Collective Eindhoven & Wonka Podia present first co-production this June: **The New Continent**

The New Continent, a new play by the Eindhoven theatre maker Geert Niland, will premiere on Thursday 9. June 2022 in Theater de Hofnar in Valkenswaard. Afterwards the play will also be shown at three other Wonka Podia venues: Theater de Schalm in Veldhoven, Theater het Speelhuis in Helmond and Parktheater Eindhoven. It almost never happens that a play originally from Brabant goes on tour. Especially an English one. Wonka Podia and International Theatre Collective Eindhoven (ITCE) are very enthusiastic about this co-operation, in which Tu/E is also a partner. The New Continent is part of their lustrum program.

Collaboration Wonka Podia & ITCE

Wonka Podia are looking forward to receiving cast and crew from ITCE, in order to show the international talent of our region to anyone who wants to. ITCE is a fantastic cultural meeting place for internationals and the collaboration with Wonka Podia for this new theater piece is quite logical. Wonka Podia is a collaboration of six venues in South-East Brabant. Their main focus is to make theater more accessible to all residents of the Brainport region and the international community is a huge one in this region. So this collaboration with ITCE feels like 'one and one is three'. Reaching out to and bringing the international and local community together, and giving a nice cultural evening out in a theatre nearby. **The New Continent** is Wonka Podia's first co-production. The theaters provide rehearsal spaces for the cast, and among others support with marketing and technical aspects.

The New Continent

Geert Niland wrote the play during the pandemic. "The piece is very personal. I was inspired by how many have felt in recent years. Above all, it has become an adventurous theater piece with music and movement".

In **The New Continent** participants of Project Greenland leave for Greenland by ship. Looking for a fresh start in their lives, they leave unexpectedly quickly because a new pandemic is imminent. The ship is damaged and when the engine fails during a storm, the ship drops anchor. Where Gus threatens to polarize, Alice continues to doubt. Their love is tested. When they finally reach Greenland, Alice wonders, "Can I go on with the man I love so much?".





About the writer and director

Geert Niland is a writer and director in and around Eindhoven. He studied at the Fontys School of Drama, direction and drama teacher. Immediately afterwards he worked as an assistant director with Hans Croiset, Theu Boermans, Joost Prinsen and Ger Tijs, among others. As a director, he is best known in Eindhoven for the great musicals Moulin Rouge and RENT. Niland has written and directed more than 100 theater plays in the region. He is also artistic director of International Theater Collective, the only English-language theater collective in North Brabant.

ITCE International Theatre Collective Eindhoven | www.itceindhoven.com

International Theatre Collective Eindhoven (ITCE) makes theatre productions for an international audience. The topics of the plays match with current themes that are recognizable for both internationals and locals. The diversity of the international community is seen as a source of wealth for developing their plays. Cast and crew – a mix of locals and internationals - bring their cultural background, stories and commitment and thus make a significant contribution to the content, development, and design of the productions. ITCE makes theatre plays in which other disciplines are

vital. Movement-theater and (life) world-music are key pillars.

Wonka Podia | www.wonkapodia.nl

Wonka Podia is a collaboration between six venues from the Brainport region. They share experiences and learn from each other in the field of technology, marketing and programming. Together they take steps to make their venues more accessible and to make everyone feel - even more - welcome. They find each other in themes such as inclusiveness, internationalization and education. By working together, they create more impact and can mean more for the Brainport region; their working area. Wonka Podia and International Theatre Collective Eindhoven are very much looking forward to welcome the local and international community to this brand new play with topical theme this June!

Tour list The New Continent | June 2022

Thursday 9. June | Premiere | Theater de Hofnar Valkenswaard
www.hofnar.nl

Friday 10. June | Theater de Schalm Veldhoven (also v-tickets available to watch the play online (live) from every location worldwide!) www.deschalm.com

Friday 17. June | Theater Speelhuis Helmond
www.theaterspeelhuis.nl

Thursday 23. June | Parktheater Eindhoven
www.parktheater.nl

Ticket price is 15 Euro and all tickets can be purchased online via the sites of the various Wonka theaters.





14

With “Complete” we mean: with a full service and being ready for our customers at all times. We never let you down and charge reasonable prices. With good advisors and technicians, high-quality equipment and unparalleled service, we ensure that our customers never call on us in vain.

Because we are also brand-independent, we not only supply all makes of cars, but we can also provide honest and independent advice. For new and used cars and light commercial vehicles.



Autobedrijf Bos & Slegers complete in mobility!

BOS  SLEGERS
AUTOGROEP

Steenoven 28 (Bedrijventerrein ‘Kapelbeemd’) • 5626 DK Eindhoven

Telefoon: 040 252 24 25 • E-mail: info@bosenslegers.nl

 <https://www.facebook.com/AutoEindhovenBosenSlegers/>



The benefits of training, even if health is not self-evident

Bart Rovers, owner of Happy Bodies in Eindhoven, firmly believes that health and freedom are in line with each other. The profit is huge and it doesn't have to take much time at all.

Working on your health in a short time

I have been active in the sports world for 25 years. I was originally trained as an exercise therapist and my passion is to improve the triangle of sport, health and wellness. Somewhere in that journey I came into contact with the Milon Circle. I was a fan from day one: working on your health by training for 35 minutes twice in ten days, that's great, isn't it? I am convinced that health and freedom go hand in hand. After all, if you can do what you want to do every day, you have optimal freedom. Whether it's about being able to perform your work pleasantly or being able to go out with your grandchildren as a grandmother, health and vitality determine how easy it is for you.

Sports for everyone

The concept of Happy Bodies is unique and is completely in line with how my partner Johan and I view sports and health. Personal contact and genuine attention are central to every Happy Bodies location. Employees are also given the space to develop and deepen their knowledge. For example, we have many specialized people at Happy Bodies in Eindhoven. Think of exercise agogs, a nutritionist, an oncology specialist, a physiotherapist coach and

someone who specializes in cardiac rehabilitation. It is a place where everyone can train, even people who are not completely healthy - think of cancer, obesity, rheumatism, diabetes or corona - can come to us.

Better in, better out

Research shows, for example, that if you go into a fitter treatment for cancer, there is a good chance that you will also come out fitter. We call it better in, better out. It also improves your quality of life during the treatments. Of course you should not just train. But if you have permission from your treating doctor, a fitness trainer specialized in oncology can add a lot of value to your life. Such a specialized trainer knows better than anyone the side effects and challenges you can face and can offer a tailor-made fitness program. It is fantastic to see that people who are struggling with their health also walk out of our club with a big smile. I love to jump out of bed every morning for that.

HAPPY BODIES

Philitelaaan 59A - 5617 AK Eindhoven



Language knowledge brings freedom and is good for your brain

16

The children of expats often speak several languages. If they move to another country, they pick up the language in no time through school, sports clubs or extra guidance. That extra language knowledge brings freedom: the possibility to communicate easily with the people around you.

This language development is less evident in the adults who work as expats around the world. When people speak the lingua franca of English, speaking the local language may not be strictly necessary, and so adults may be less motivated to learn a new language. But it's very pleasant to be able to speak Dutch when you live and work in the Netherlands, especially if you have children.

Or you could go a step further and learn another foreign language. In the trading economy that is the Netherlands, being multilingual has big advantages. And it's also really good for your brain, so rise to the challenge and develop those linguistic brain cells!

Adults learn languages faster

You wouldn't expect it, but as an adult, you can pick up foreign languages faster than children. Some reasons for this:

- As an adult, you can easily make connections and associations, which helps you remember new words better.
- You already understand the meaning of the words and only have to learn a new word for them. While you would have to explain to a 4-year-old what a mortgage is, all you need to know is the word for it in another language.
- You're already familiar with grammatical structures. This helps in understanding the different grammar of another language.

The main difference is that as an adult, the bar tends to be set a bit higher. After all, children have simpler vocabularies.

How fast do you learn?

Of course, some people learn languages faster than

others. Here are a few factors that determine how quickly you pick up a language:

1. *Guts*

Someone who's not afraid to make mistakes and chats up everyone will soon find it much easier to speak a foreign language than someone who listens and counts the number of mistakes they hear. In this respect, we can learn a lot from children, who are more inclined to just go for it.

2. *Exposure to the language*

Someone who has heard the language many times before develops more of a feel for it and will learn it faster. Even in your mother tongue, you're usually unaware of why you put the words in a certain order—you just know that it's right. It works the same way when you listen to and read in a foreign language a lot.

3. *Knowledge of other languages*

If, for example, you already speak French, you'll pick up Spanish more easily. That's because the grammar and many words are similar. If you only speak your mother tongue, you'll have to learn how to learn a new language and get used to the fact that the structure may be different to what you are used to.

4. *The method*

Not all methods for learning foreign languages work equally well. You can spend years mastering grammar and still find it difficult to hold a conversation. It's best to learn intuitively and derive the rules of the language from how it's used rather than learning rules and words by heart.

Benefits for your brain, your career and your circle of friends

There are a number of advantages to learning a foreign language as an adult:

- It's good for your brain. By learning something new, you keep your brain active. Because language is found in many areas of the brain, it's especially healthy for you. Studies have shown that people who speak several languages are less likely to develop Alzheimer's disease.
- Speaking a number of languages is good for your career. It makes you more appealing to employers.



17

Most companies have many international contacts and are eager to have employees who speak several languages.

- By speaking another language, you more easily come into contact with others who speak it.

Learning a foreign language at different ages

At Regina Coeli, we teach foreign languages to adults of all ages. How easily someone learns a language doesn't so much depend on age but more on other factors. If you're unsure, we can give you solid advice on how best to learn a foreign language. Please feel free to get in touch with us.

www.reginacoeli.com



LANGUAGE
INSTITUTE
REGINA COELI

Krav Maga: be alert to unsafe situations and make yourself resilient.

18

What is Krav Maga?

Krav Maga is an effective form of self defense, developed to train yourself to defend yourself to physical, verbal and mental violence. The goal is to get home or to a safe place as soon as possible.

If you want to feel more confident and secure in any unwanted situation involving physical, mental or verbal abuse Krav Maga is the right system to work on. In our classes we will teach you the power of body language and non-verbal cues. Each class will have a mixture of safety discussion and physical techniques such as strikes, escapes, counter attacks. This can be in a standing position or on the ground.

Not only will your physical condition improve, but also your self confidence and mental state in everyday situations such as work, study and private atmosphere.



Is Krav Maga Something I could do?

The answer is yes, Krav Maga is for everyone. Background, fitness level, gender, it does not matter at all! We all train with each other, not against each other. More experienced members will guide you to their level.

19

Everything you need to do is bring a positive attitude and are willing to work on yourself in a fun, respectful and sporty, friendly environment



KRAV MAGA International

Curious about Krav Maga or if you want to register for a free trial lesson? Visit our website

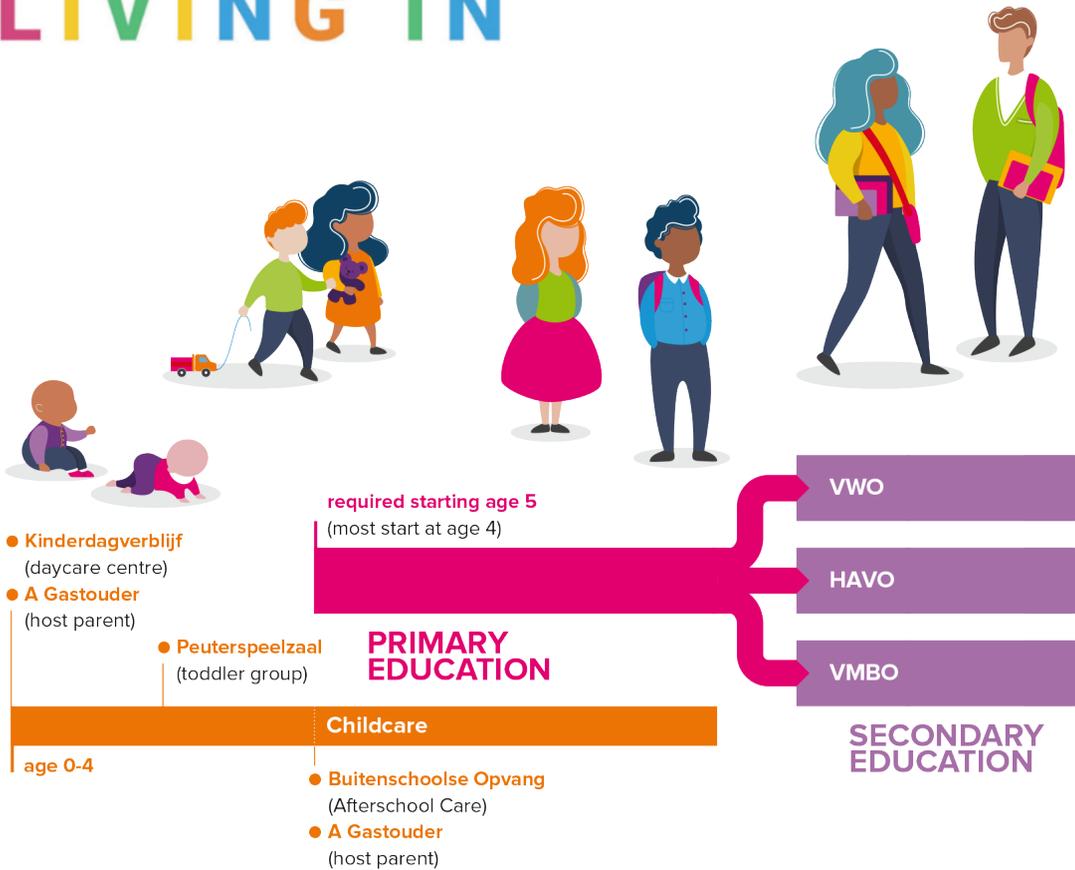
www.kravmagainternational.nl or call us at

0614895184

 KravMaga International

 KravMaga International

LIVING IN



20

The Living In Program is part of the Municipality of Eindhoven/ Holland Expat Center South. We help internationals to settle in and to feel more at home in the Eindhoven region. We work together with all kind of organizations in the region. This time we would like to give information about Education.

Check our free events on our website eventpage:
www.hollandexpatcenter.com/en/events

Education in the Netherlands

Education is compulsory (“leerplicht”) in the Netherlands from the ages of 5 to 16, however, most children start to attend primary school at age 4.

While the structure of primary education in the Netherlands is straightforward, the structure of the Dutch secondary education system often seems confusing because of the multiple paths and graduation ages in high school. In reality, Dutch secondary schools are similar to those in most other countries, with one stream to prepare students for vocational training (VMBO), and another to prepare students for university (VWO). The main difference in the Netherlands is that there is a third, middle, stream in high schools that prepares students to study at universities of applied sciences (HAVO).

Pre-Primary Education / Childcare

There is a law that deals with the quality,



Research University
(Universiteit)

University of Applied Sciences
(HBO)

Vocational Education
(MBO and company schools)

**TERTIARY
EDUCATION**



For more information about the Living In Program, please contact Josine Frankhuizen of Holland Expat Center South:

J.Frankhuizen@eindhoven.nl

management and finances of childcare in the Netherlands. It starts from the principle that childcare is a matter for parents, employers and authorities.

There are many options for childcare:

- The Peuterspeelzaal (toddler group) for children 2-4. Children play together twice a week, usually for two hours each visit.
- Kinderdagverblijf (daycare centre) for children 0-4. Children may be present for a half or an entire day.
- Buitenschoolse Opvang (Afterschool Care) Primary schools must offer afterschool care, and often work together with an established daycare centre.

- A Gastouder (host parent) offers childcare in a domestic situation, either at the host parent's home or at the child's home.

Primary Education

Most primary schools are public (state-owned) or faith-based (Protestant, Catholic, Muslim, or Jewish). There are also schools that teach according to a specific method, for example, Montessori, Jenaplan, Vrije Scholen, or Dalton. Parents may send their children to a public school or to a special school, which are run by the local authorities and are for everyone regardless of religion or philosophy.

- Children aged 4 can start to attend school, and are required to attend after they turn 5.

PRIMARY SCHOOLS in Eindhoven; international / language friendly

International School Eindhoven (ISE)

The International School Eindhoven provides primary and secondary education for the children of internationally-minded families within the Brainport region. The school is accredited with the Council of International Schools, which ensures that they not only offer programs that meet the highest of international standards, but have committed themselves to a process of continual improvement and development.

Salto International school Rise

This school has a hybrid international primary curriculum. Around 50% of the classes will be taught in Dutch. The other half of the time, the children will work with the international primary curriculum (IPC) in English or/and their mother tongue. There are 2 locations: SALTO international school RISE Reigerlaan and SALTO international school I-St@rt

Language friendly schools in Eindhoven

Language Friendly Schools are schools that have developed a language plan. It is a plan that is adapted to the school's own needs and aims at creating an inclusive and language friendly learning environment for all students.

• SALTO-school Floralaan, • SALTO-school Hobbitstee, • SALTO-school Reigerlaan, • SALTO-school de Ontmoeting

Primary School Wereldwijzer

Primary education for newcomers offers education for pupils age 4 to 12 years, who come from abroad. Pupils can start at any time during the school year. In 40 to 60 weeks they will learn to understand, speak, read and write Dutch, so that they can go to regular education.

Primary school 't Slingertouw

This school consists of two locations in the Meerhoven district. The educational methods and philosophies used are the same in both locations.

SECONDARY EDUCATION

The Dutch system streams students earlier than elsewhere, not only in terms of academic ability, but also in terms of a future career. Children usually attend a secondary school from ages 12 to 18.

- There are three types of secondary schools in the Netherlands:
 - VMBO (pre-vocational secondary education)
 - HAVO (senior general secondary education)
 - VWO (pre-university education)
- The school week is more dynamic than in many countries. Students start and end their day at differing times, according to their studies. An increasing number of Dutch schools offer their more academic students a bilingual education (TTO). In this system, about 50% of subjects are taught entirely in English.
- Dutch schools offer relatively little in terms of sports facilities or extra-curricular activities. Most Dutch children belong to a sports club outside of school.

For more information about primary, secondary and tertiary education and more (internationally orientated) schools in the different neighborhoods in and around Eindhoven please check our website and our free education brochure:

www.hollandexpatcenter.com/en/living-in/education/



holland
expat center
south

HOWDO
BEER



EINDHOVEN



... Uw gezellige slijterij ...



23

HOWDO
FROM
BRABANT
BEER

Available at
Slijterij Het Borreluur
Hurksestraat 44 - Eindhoven

Planetproof mushroom products



Meet Beefygreen! We produce mouth-watering, sustainable and delicious restaurant products made out of Dutch oyster mushrooms. The cultivation of fresh oyster mushrooms is being done locally in the Netherlands. They grow on large blocks filled with substrate.

This substrate is being made out of agricultural waste streams from farmers such as wheat straws. The oyster mushrooms grow on these pressed blocks and are being harvested by hand. After harvesting the fresh oyster mushrooms are sold to wholesalers and Retailers. The stems of the oyster mushrooms are normally being discarded because it is not that appealing to consumers. It is tough and not really good looking.

24 From sidestream to food ingredient

At Beefygreen we decided to make the oyster mushroom stems our hero ingredient. We created a food safe and certified process to upcycle the mushroom stems and transform it from waste into taste. By upcycling ingredients which are normally being discarded we instantly contribute to a more sustainable food chain and a planet proof environment. Did you know that the most efficient way to reduce our impact is by reducing food waste?

Beefygreen burgers on your menu?

Our mission is to create unique and tasty food products based on all sorts of mushrooms. Our products are plant based, free of nonsense and made in The Netherlands. All Beefygreen products are potential hero's on your restaurant menu.

Which one is your Beefygreen favorite? The oyster mushroom nugget, Vegan chimichurri burger, the coated crunch burger or perhaps our hybrid 50/50 burger? There are also several cool new products being developed as we speak. Soon we will be able to present you "oyster mushroom worstenbrood" "saucijzenbrood", "kroketten" and "bitterballen".



GREEN UP YOUR PLATE!



BEEFYGREEN



Let's green up the restaurant menus in Eindhoven!

You can order our mushroom products in wholesale packaging through our Beefygreen webshop or by contacting our chief mushroom Kasper Kavelaars directly.

kasper@beefygreen.nl
Tel. 06 40 03 40 74
www.beefygreen.com



VEGAN OYSTER
MUSHROOM BITTERBALLEN



VEGAN OYSTER
MUSHROOM NUGGETS



VEGAN OYSTER
MUSHROOM BURGER

Is buying a house in the Netherlands difficult?

Buying a house in the Netherlands is considered to be a good investment. But why should you buy a house? Besides control over the property, pride of ownership and great financial incentives and tax benefits, it could be a very smart investment as well.

First thing you need to do is have your financial advisor check your maximum mortgage and then find out what kind of a house you would like to buy. In this overheated housing market you might want to know more about your possibilities and how to get yourself the best deal. In this market it could be difficult even to arrange a viewing. Best way to deal with this is to find out new listings of houses even before they are published on the nationwide housing website Funda.nl. This would increase your chances greatly.

Your financial advisor could help you out buying the house, get yourself the best mortgage deals and help you out with the buying process as well as the mortgage application. For the mortgage it is important to find a mortgage provider with the best terms and conditions besides the lowest interest rate.

Also the mortgage type, fixed interest period, life insurance and even prolonged illness are important subjects on your mortgage advice. We could also help you out finding the best insurances for your house and get the best rate on your energy contract.

We offer mortgage advice and a complete package of intermediary services as well as the chance for you to increase your possibilities in this market and get yourself the best deals even before they are published on Funda.nl.



Feel free to contact us for a non-committal and free of charge introductory visit to learn more about your possibilities. We are happy to serve you.

040 211 51 52
info@fac-eindhoven.nl



By Olivia van den Broek-Neri
Project Coordinator
Communications & Events at
Holland Expat Center South



Holland Expat Center South's Events can Help You Settle Into the Region

My colleagues and I are busy organizing events to help you settle into the region. Whether you have been here two days, two months or more than 10 years, you are always welcome to attend! Of course you will have different wants and needs, depending on how long you have lived here, but that is why we organize different types of events.

Welcome Evening in Eindhoven: 3 June and 1 July

If you are new to the Eindhoven region, then you should check out our Welcome Evening! This is a reoccurring event that takes place on the first Friday of the month, which makes it a great way to start your weekend! The event begins and ends at LAB-1 in Eindhoven, which is a great location to check out!

The Welcome Evening begins with a short introduction from Holland Expat Center South and then you get to hear about what goes on at LAB-1. After the introductions, you will join other internationals on a guided walking tour of Eindhoven's city centre, which is a great way to get introduced to Eindhoven! Led by official tour guides, you will go around the city centre and get ideas on places to visit. The event ends at LAB-1 with a drink so that you can get to know the other participants.

A promotional graphic for the Welcome Evening event. It features a red background with a night view of Eindhoven's city lights. The text is white and yellow. The Holland Expat Center South logo is in the bottom left, and the 'LIVING IN' logo is in the bottom right.

WELCOME EVENING

You will go on a guided walking tour of Eindhoven and meet other newly arrived internationals!

When?
Check our website for upcoming dates!

Where?
LAB-1 (Keizersgracht 19, Eindhoven)

There is no charge to attend, but registration is required via our website
www.hollandexpatcenter.com/events

holland expat center south

LIVING IN

Job, Career & Language Lounge: Saturday 18 June

Holland Expat Center South also organizes events to help you take the next step in your professional life! During our Job, Career & Language Lounge, you will be able to speak with companies and organizations that could assist you with your career, including language schools where you can improve your language skills, organizations that can help prepare you with your job search, and companies in the region that have vacancies and are hiring!

Whether you are looking for a new job, or are just starting your job search, this event will have valuable information and resources for you! As with all of our events, there is no charge to participate.

We look forward to seeing you at our upcoming events! In the meantime, please feel free to contact us with any questions you may have about settling into the region!



JOB, CAREER & LANGUAGE LOUNGE

FOR INTERNATIONAL TALENT
LOOKING FOR A JOB OR WANTING
TO TAKE THE NEXT STEP IN THEIR
CAREER.

When?
Saturday 18 June 2022
11:00 - 14:30

Where?
De Bibliotheek Eindhoven,
Witte Dame - Emmasingel 22

There is no charge to attend.
For more information please
check the website
[www.hollandexpatcenter.com/
events](http://www.hollandexpatcenter.com/events)

Brought to you by  holland expat center south

de Bibliotheek
Eindhoven

Welcome Evenings

When: 3 June and 1 July,
18:30-21:00

Where: LAB-1 (Keizersgracht 19,
Eindhoven)

Job, Career & Language Lounge

When: 18 June, 11:00-14:30

Where: Eindhoven Library
(Witte Dame, Emmasingel 22)

For a complete list of our
upcoming events, go to:

[www.hollandexpatcenter.com/
events/](http://www.hollandexpatcenter.com/events/)

Or scan this QR code:



**Holland Expat Center is a
nonprofit governmental agency
that helps internationals settle**

**into Brabant. Contact us with any
questions you may have about
settling into Brabant:
info@hollandexpatcenter.com**

The Evoluon reopens in 2022

This year the Evoluon will reopen its doors in Eindhoven. The building, which resembles a spaceship, will function as a training facility for the crew of planet Earth under the creative direction of philosopher Koert van Mensvoort and his Next Nature Network. It will become a future lab for the wonderful world of science, technology, design and innovation. And you are invited.



The Evoluon was built in 1966 as a science and technology museum to celebrate the 75th anniversary of the Philips company. From its opening the museum was extremely popular, attracting over 500,000 visitors by 1970 with its educational and interactive exhibits on science and technology. It functioned as a museum until it—despite many protests—was withdrawn from operation in 1989.

A spacecraft in the middle of Eindhoven

The unique design of the building reminds of a spacecraft that has landed in the middle of Eindhoven. And though the building may resemble a spaceship, we must acknowledge that Earth is our mothership. Therefore the Evoluon will function as a training ship that encourages the astronauts on spaceship Earth to work together as a harmonious crew for the future generations to come. In the coming years, Next Nature Network will organize exhibitions and events to introduce the new Evoluon. In the Evoluon you will discover the story of how humans have changed the world through science and technology.

With the arrival of Next Nature Network, the iconic building will reopen its doors as a place of wonder, inspiration, knowledge transfer and education; an experience for young and old. Together with the visitors, the Evoluon will explore the possibility of an inclusive and sustainable world, a world in which our ideas of ‘nature’ and ‘technology’ enter a new evolutionary phase. It will become a future lab for the wonderful world of science, technology, design and innovation, and the role of humans in this world.

Biology and technology merge

Philosopher Koert van Mensvoort: “When a bird builds a nest, it’s considered nature. When a human builds an apartment building, it’s not. Technology is now incorporated into nearly every facet of our lives and is permanently changing our planet.” According to Van Mensvoort, we live in a time where biology and technology merge. Will it be a battle or a love story? Van Mensvoort is hopeful. Through

exhibitions, publications, and public events, Next Nature Network aims to build a future that is desirable not only for humans, but for all other species and the planet as a whole.

In September the first exhibition in the Evoluon opens: RetroFuture. This is the world’s first major exhibition on the future of the past; what was strange, clumsy and artificial in the past, is considered normal or even natural today.

The exhibition takes you on a journey of the dreams of yesterday’s future thinkers—from Da Vinci to Nostradamus—and explores what we can learn from these today.

NEXT NATURE

*From 24 September 2022 at the Evoluon,
Noord Brabantlaan 1, Eindhoven.*

29





Did you hear the saying “What brought you here will not bring you there”?

ERNL is a business advisory and coaching consultancy which works with organisations and individuals who want to challenge the status quo and find new perspectives to create an inclusive environment where diversity leads to more creative ways of achieving effective results.

30

ERNL is founded by Ralu Nistor-Lustermans.



Ralu is passionate about challenging and changing the way organisations fulfil their vision by connecting people, processes and technology to organisation’s vision, mission, strategy and culture. She believes that effective processes & innovative technologies are organisation’s success enablers and people are organisation’s heart; an organisation needs the best of all of them to succeed and deliver on its vision and mission.

Ralu is convinced that when employees connect with organisation’s mission and vision and the organisation’s culture enables every employee to be at their best, employees will thrive and lead the organisation to success.

In the last two decades Ralu held various Internal Audit roles in international organisations (in Italy, Ireland, France and the UK) which gave her the opportunity to develop a deep interest in the impact of organisational culture and behaviours on results and performance. A seasoned internal auditor she also trained in business coaching, NLP, applied neuroscience and positive psychology. More about Ralu on: <http://www.er-nl.com/about/>

If you need to transform your results, get in touch (ralu@er-nl.com) as ERNL can help. www.er-nl.com

Choose to challenge™ and
discover new perspectives

What it means is that not always actions and behaviours which brought you success in the past will continue bringing you success and will help you achieve your new goals. This might seem strange, as you also might have heard about the well-known saying: "Why changing what works well?"

It might not be a surprise to you that our behaviours have a direct impact on our results. But what impacts on our behaviours and how can we change those behaviours which do not serve us well in a new context? There are many elements of our life which impact on our behaviours. Behaviours are only the top of the iceberg, the actions we see, but beneath there are many aspects which impacts on our actions. Before we can change what does not help us anymore, we need to go deeper and explore what impacts on our actions:

- Our cultural lens: the social and family norms we experience in our lifetime, and how they impact on our way of perceiving and judging life experiences.
- Our values and beliefs are often based on our cultural(s) backgrounds and our own experiences, and they will impact the way we make decisions.
- Our emotions, feelings and needs are unique to us as well, the way we express or not our happiness, joy, sadness, and anger might differ depending on our background(s).
- Our neurodiversity or neurodevelopment makes us truly unique human beings and learning to value that diversity in ourselves is a source of growth.
- Our own-stories and narrative, have a huge impact on our perspective of the world and how we decide to behave.

When we are faced with big changes in our personal and professional lives, and our context changes we need to adopt so we can thrive and achieve the goals we want. That adaptation can happen only when we increased awareness of our current behaviours, and we understand what results we obtain now, and what we would like to change to obtain different and better results. While our behaviours have a direct impact on our individual results, they also have an impact on the results of the teams we are part of.

A team is as strong and as performant as its weakest team member! Therefore, when we look to transform teams' results, the behaviours of each team member is hugely important, and the results of each team member matter for the results of the team. The same as the results of each team matters for the results of the whole organisation. Therefore, transformation organizational results should start with awakening awareness of each employee's behaviours' impact on their own results.

Are you curious to explore more how behaviours awareness can transform your results? Keep an eye on the next HowDo magazine in July or contact Ralu at ralu@er-nl.com

Ralu will also be present at Share the Vibe event, on the 11 June, at High Tech Campus and she will run two workshops. For those interested please check the event's programme.





There Are Two Sides to the Coin of Entrepreneurship

As Ambassador to International Creative Women, I have been blessed to hear beautiful transformation stories of women reinventing themselves and turning talents into business opportunities.

Listening to these stories reaffirms the power of focusing on what we can gain rather than what we lose when we make changes in life. Like a coin, every situation can be seen from two sides. From an entrepreneurial perspective, the coin may look like this:

Side 1: fear, failure, uncertainty, loss, regret, lack of creativity, risking a possible negative outcome

Side 2: opportunity, learning, growth, discovery, creativity, risking a possible positive outcome

Do we flip the coin at random or do we choose a side?

As Simon Sinek points out: "We are not victims of our situation. We are the architects of it." Let's look at a couple of life examples that demonstrate that we always have a choice and that we are responsible for working toward the reality we want:

Amanda Burkovski is a painter who recently became an entrepreneur after working in another profession. She is dedicated now to portraying hugs and connection.

"It was not until quarantine and social distancing that I learned the true value of a hug. And I missed hugs so damn much...Therefore during the pandemic I created my most important series of artworks, its title is Closeness, where I focused on depicting different kinds of embrace and human connections."

Kara Frost is another inspiring woman who runs her own illustration business; a decision inspired during the pandemic. Here she shares how a shift in perspective has the power to create new opportunities:

"Spending more time in the house during the pandemic caused me to experience my home in a new way. I noticed the art on my walls more, especially pieces that caused me to smile. With my business, I wanted to create and share artwork that inspires those lovely moments for others."

These two creative entrepreneurs are examples of how something that at one moment may not feel positive can be transformed into a business opportunity and even reveal inner talent, as well.

How does one choose the positive side of the coin?

Amanda and Kara share what has been useful in transforming their stories.

1 Be clear about what you want to reach and then work for it.
Setting clear goals guides focus, drives new behaviors, and helps sustain momentum. It also promotes a sense of achievement: “Much of my first step was about making a plan (defining my business, sourcing materials and partners, pricing), and creating the art itself. Helpfully, information about business planning is plentiful online, and my particular artmaking can be done in my home studio, so in the end it was up to me to make it happen.” – Kara

2 Surround yourself with positive people
To take on a project successfully without losing motivation, it’s necessary to surround yourself with people who not only inspire you, but challenge you: “Being close to people who cheer you up always helps. In my case, that person is my husband. He’s my personal fan and cheerleader. He believed in my potential when I had bad days and pushed me forward when I was stuck by self-doubt.” – Amanda

3 Try, practice, and grow your talent.
Any transformation needs time to build habits, patience, and lot of practice: “I started a challenge I called “A painting a day keeps Beatriz away” (Beatriz is my Art-therapist). During the challenge, which I kept alive for 100+ days straight, I’d paint a small watercolor work every day and post it on Instagram. Keeping daily habits is always a good first step”. – Amanda

4 Be open to taking risks.
Risk-taking can lead to failures but also to stunning successes. Kara invites us to have an optimistic view toward risk: “What the pandemic brought into focus for me was the realization that we cannot assume anything about the future. If there are ideas you are putting off because of fear or other reasons, don’t wait. Go for it. Having patience is always essential, but be urgent about your passions. No matter the outcome, you won’t regret trying”.– Kara

Along with Kara and Amanda, there are hundreds of women at International Creative Women who have pursued their passion and transformed their stories. How about you? Would you rather flip the coin, or play the positive side? No matter the circumstances, we always have power to choose.

Dorángela Giraldo Arana





Patat, Paraplu, Piazza & PSV

34

Eleven years this 11 May, since I landed in Schiphol carrying my whole life in two suitcases. I embarked on a different journey. I was so sure that I would go back in a year to my busy dental practice in India. My business partner had reluctantly agreed to let me off for a year.

Was it love at first sight with the Netherlands? No, not really. The place grew on me, the most impressive being the Dutch, yes, I mean it. I am in awe of the phrases “It’s what you want” and “if I were you”. In my opinion, I am not judged here (at least most of the time). Indeed, I am surprised to have become a fan of Dutch practicality and functionality. Or should I say simple life?

Ten springs ago, the birth of my son naturally changed my priorities in life. I cherished each day of being an important person in the world of that little human. It was a cozy, gezellig world and nothing else mattered. Days went by, and while my husband worked like crazy, my toddler son and I spent many hours together. We played, slept, read, danced and tended to the chores (?!!) in a harmonious and vibrant solitude, sometimes interrupted by friends.

One spring afternoon, seven years ago, my husband surprised me with tickets to a PSV match and I was thrilled. It had been a long while since we were at the PSV stadium. Eager to get set go, without much thought, I took a few strands of my hair and smelt it to check if my hair stunk of the salmon that I had fed my son earlier..That moment! My psych suffered a quake...an epoch of realisation. I had to get my life in order. Though I willingly decided to be a stay home mother for the first few years of my son’s childhood, I realised that second, that I didn’t have a life.

Slowly, I began exploring possibilities. In the course of getting my life in order, I founded and led a non-profit organisation, volunteered in another, ran an election, and joined Eindhoven News as a writer. To be precise, it has been two thousand and forty-eight days already with Eindhoven News.

For your daily news
in English

EINDHOVEN  NEWS.COM

Apparently, there was no turning back from the day I smelt my hair. My life has been packed with rich experiences, lessons, fun, tears, joy, challenges and achievements as well. I have had good days and bad days but seldom quiet days. And I love it.

Eindhoven News brought me many new friends, especially those from other cultures. Most importantly, I found a sense of belonging, and the diversity enriched my personality, maturing as a global citizen. You cannot experience new age Eindhoven if you lack cross-cultural immersion. That's not Brainport either.

Eindhoven News is an English online news source for the Eindhoven metropolitan region. You can read the news every weekday (also on holidays). I am proud of the fact that we are a group of volunteers who keep this going. Our team is so diverse and, in many ways, a good reflection of the Brainport region. We have many nationalities in our team, with volunteers hailing from South Africa to the UK and Korea to Columbia. The community aspect is as important as the mission.

Eindhoven News is not only about the news but also about an extensive events section where you can keep an eye on the various events happening in the region. Besides that, we bring feature stories and other informative articles.

Hard work and passion have helped me move to bigger responsibilities within the organisation. Since February, I have been heading Eindhoven News as editor-in-chief and director. I have big plans up my sleeve, but I want actions to speak louder. So please keep an eye on our website. I stand on the shoulders

of a committed team, and I am sure the vibe and power will help make many lives in the Brainport region better each day.

If you are still wondering about the name of this column, then the idea behind that is; fifty percent Dutchness (Patat and Paraplu) and fifty percent Eindhovenness (Piazza and PSV). In the coming editions, I am going to share the nuances of negotiating Dutch life, work culture, learning the language, cultural misgivings and sometimes the Dutch cuisine (don't worry, you read it right, it's not a typo).



About

Beena Arunraj is the editor-in-chief and director of Eindhoven News. She is a freelance writer, creates powerful web content and inks brand campaigns for her living. The most important principle in her life is «equality and fairness» so, a natural fit in the Netherlands.



Ralu Nistor-Lustermans: a mom, stepmom, wife, entrepreneur, board advisor and coach; a true European exploring the Dutch lifestyle and embracing what the Netherlands can offer.

Ralu moved with her family to the Netherlands from the UK in 2020 in the middle of the pandemic, but it seems to her that she only lived here for 6 months, as only now she can explore the world around. It's not the first time she moved to a different country. She says: 'Before the Netherlands we lived in the UK, in Surrey, for almost a decade; and before that I lived in France, Ireland, and Italy, having left my birth country, Romania, in my early 20s to study in Italy. When I packed my bags for my studies, I never thought that two decades later I would have lived in 5 countries and worked for several international companies; but life is full of surprises when you are open to embrace them. When I look back to my years of international work and life experience, I feel very privileged. It was not always easy, but I believe there is no great achievement without overcoming great challenges.

I knew the Netherlands before moving here, as my husband is Dutch, and we regularly visited family here. Nevertheless, it is very different what you experience when living in a country compared to when visiting it. I knew I would appreciate that the Dutch society is quite family. Observing the Dutch parents outside with their children is an eye opener for me on how freedom within clearly defined boundaries is taught from a young age. Then of course the bike paths and bike experience. I love going around on my bike when possible.'

The integration period

According to Ralu the most challenging part of the move was settling during the pandemic. The Netherlands is her sixth country to live in, so she thought she was prepared. As she recalls: 'I knew what challenges I might face and how to deal with them; but I could not be more wrong. Of

course, my focus was to ensure my children were landing well, and they did, that was the easiest part. Nothing really prepared me for the loneliness and isolation I felt at the beginning.

Aside the pandemic challenges, there are the usual challenges of moving country:

- learning a new language : I do understand the small things in Dutch, but can't have full conversations yet. It's always very funny to hear my children switching to Dutch and thinking I don't understand them.
- making new friendships : I joined a couple of clubs; like the International Women Club in Eindhoven; which gave me the opportunity to meet some amazing and inspiring women. The club really stands for what it says: Women for Women Stronger Together.
- integrating into the Dutch work



environment: When I left my job in London, I knew my next career step would be a portfolio career, as I wanted to do a couple of different things which I was not able to do in my corporate role. In my first year in Eindhoven, I registered my business consultancy and coaching (www.er-nl.com) and its slowly kicking off the ground.

I learned from previous experiences that change could bring a feeling of incompetence, making us feel not well equipped to deal with what life throws at us, but after a while things do get better. The best way to cope with the initial difficulties for me was to build on my resilience, by focusing on the small things I could control which gave me a sense of purpose. I got involved in activities which interested me: studied applied neuroscience, became a board member with a charity in the UK,

joined local international clubs and worked on my business.

Best part of the experience

Ralu values most the no-nonsense attitude of the Dutch, as she also likes to be direct and to the point. She adds: 'I find Dutch society to be very organised and planned, which is very different from the Latin world I grew up in; here parties and appointments have a clear start time and end time, and I enjoy this structure.'

She believes the number one tip for the people coming to the Netherlands is keeping an open mind, being curious and ready to step into the Dutch culture. Adopting a non-judgmental approach will allow newcomers to discover new perspectives which will enrich their lives.

For Ralu, life is a multicultural journey. In her family they have 3

nationalities, and they speak three languages daily. They also keep traditions from all three countries which means they will celebrate Easter twice, Mother's Day three times; and they wear Christmas Jumpers. Her motto is "We are, where we are, let's make the best out of what it is!"

37



To learn more, visit
www.iwce.nl or
 drop us an email at
iwceindhoven@gmail.com

10 amazing biking and hiking experiences in North Brabant

North Brabant is full of things to do if you're a keen cyclist or walker. Cycle through a museum, or walk through water without getting your feet wet? Walk on the Starry Night, or walk or cycle on a route visiting all sorts of culinary hotspots? It's all possible in North Brabant and everything is close. Or just plan your own route taking in some great sights on the way. North Brabant. Closer to unforgettable adventures. See you soon?

38

1. Fortified city of Heusden

On top of the ramparts of the fortified city of Heusden you can enjoy a fantastic view over the countryside of Brabant, including the Bergsche Maas and the restored city. But that's not all: Heusden is a paradise for walkers, with its picturesque streets, narrow alleys and many grand buildings. If you want to discover more fortified towns in Brabant, the Zuiderwaterlinie (South Water Defence Line) Footpath is recommended. It's a route of 290 kilometres in total, past 11 Brabant fortified towns and their surrounding area.



2. Photogenic bridges!

Ever walked through water, keeping your feet dry? You can give it a try at the Mozesbrug in Halsteren - in the shadow of Bergen op Zoom. Or what about a visit to the Moerputten Bridge, just south of 's-Hertogenbosch - it's an old railway bridge that used to be part of the Langstraat railway line. You can make some stunning photos here.



3. Cycle through Vincent Van Gogh's world

More than 435 km of cycling fun, divided into 10 different routes. North Brabant is where Vincent Van Gogh was born, grew up, drew his first sketches on

paper, and where he painted his first masterpiece, 'The Potato Eaters'. Cycle past some beautiful cultural hotspots in Zundert, Tilburg, Etten-Leur, Nuenen and 's-Hertogenbosch. You could visit the Opwetten Watermill, the Van Gogh Roosegaarde cycle path or Het Noordbrabants Museum.



4. Black Kaat bicycle route

Myths and legends live on in Brabant. The Black Kaat cycle route is a 36-kilometre route in the vicinity of the town of Bladel, that lets you hunt a legend. Feel her breath in the wind, hear her squeaky voice in the woods, get to know her character and immerse yourself in her conquests! Discover traces of the past and go in search of the Heksenboom (Witch's Tree), proclaimed the Dutch 'Tree of the Year' in 2019.



5. Cycle through the War Museum in Overloon

A cycle path from the main road allows cyclists to take a free look at the exhibition in the War Museum in Overloon. That's a worldwide first, as the museum has the first bicycle bridge that literally cuts through a museum. From 2020, you can cycle 90 metres through the main museum hall itself, at a height of

three metres! Want to know more about the Second World War in North Brabant? The Living history app by Brabant Remembers allows you to experience personal stories from the Second World War in various locations, such as the National Monument Camp Vught.



6. Pushing boundaries in the Brabantse Kempen

Across the heathland, alongside winding streams, or perhaps even a quick stop over the border? A walking and cycling route through the Brabantse Kempen is definitely recommended. You can visit the Brandtoren Nature Gate close to the border with Belgium. It's the ideal base for a visit to the Peelse Heide nature reserve. Or discover the beautiful Cartierheide using TerSpegelt Recreational Park as your base. Tip: there is a wonderful horse riding route here.

39



Want to know more about the history of the Brabantse Kempen? Then visit the De Acht Zaligheden Kempen Museum. You can learn all about how the lives of peasant farmers in the area changed over a period of 100 years. Even handier: the museum connects to the cycling and hiking

network, so you can easily visit it as part of your cycling or walking tour.

7. TOP 10 scenic Routes

Walking through ancient forests, cycling along a maze of meandering rivers and losing yourself in exciting stories and rich history. North Brabant is an absolute TOP destination when it comes to natural scenery. Here you can enjoy peace, quiet and space in every season. Whether you want to go cycling, walking, hiking, mountain biking or horseback riding, there is so much to discover. But where to start? Well, here! Take a look at the TOP 10 Scenic Routes at [visitbrabant.com](https://www.visitbrabant.com); routes that are not to be missed. Stroll over the wooden walkway on the Cartierheide heath, take your kids into the adventurous play forest at Mastbos, or combine your trip with a visit to interesting museums and charming villages.



8. La Trappe Cycle Route: the best of both worlds

Do you enjoy cycling and Trappist beer? Then you can't miss out on the signposted La Trappe cycling route. Start your tour at the Abbey Our Lady of Koningshoeven in Berkel-Enschot (near Tilburg) and follow the red or blue signs through the beautiful Brabant landscape.



9. Climb the Observation tower!

Discover our stunning landscapes from above! What do you make of the Flaestoren Tower in Esbeek, or its bigger brother the Kempentoren Tower in Spoorpark Tilburg? Or enjoy views across the Brabantse Wal from the Pompejus Lookout Tower in Halsteren, on the outskirts of Bergen op Zoom. This is also where you will find the Mozesbrug where you can walk through water without getting your feet wet. You can venture up the 25 metre Herperduin Lookout Tower in De Maashorst Nature Reserve, close to Oss.



10. Plan your own cycling or walking route!

Want to plan your own cycling or walking route? You can at [routesinbrabant.nl](https://www.routesinbrabant.nl)! If you're planning to walk or cycle around North Brabant, you can try the easy to use route network. It's a network of beautiful and clearly signposted walking and cycling paths throughout North Brabant. Each junction has its own number. You can get started at Hiking in Brabant and Cycling in Brabant. Print it out and head off! And the network doesn't stop at the borders of Brabant. The neighbouring provinces of Zeeland, Limburg and a part of Flanders are also connected to it.





Digital events for expats

ABN AMRO organises free events for expats on a regular basis, as well online as at our office, Vestdijk 18 Eindhoven, covering topics like investment and buying a home in the Netherlands. The online meetings can be attended by logging in on your own PC, tablet or smartphone. If you're interested, sign up!]

How to register?

Click on an event in the event calendar below and then click on 'Register'. You'll now go to a new page where you can register.

Welcome events

If you haven't been living in the Netherlands for very long this event is specially for you. You might have a lot to deal with. During the event, our experts will tell you what you need to be aware of. Topics such as sustainability and culture are also discussed.

24 May 2022	19:00pm - 20:30pm	Online	Scan QR code to register
--------------------	--------------------------	---------------	---------------------------------

Buying a house events

If you are an expat, buying a home can be an attractive proposition, even if you won't be living in the Netherlands permanently. Monthly mortgage repayments may be lower than what you are charged in rent and you may even enjoy tax benefits.

9 June 2022	18:00pm - 19:30pm	Vestdijk 18 Eindhoven	Scan QR code to register
13 June 2022	11:00am - 12:00am	Online	Scan QR code to register

Investments seminars

Are you interested in learning more about investing in The Netherlands and the possibility of a higher return than on your current savings? Join our free investment seminars! During the seminars, we will provide you with important information about how to invest your money in The Netherlands. You will also be informed about the 30% tax facility.

16 June 2022	18:45pm - 19:45pm	Vestdijk 18 Eindhoven	Scan QR code to register
30 June 2022	19:00pm - 20:00am	Online	Scan QR code to register



Better Together

To all working internationals with partners

For you, the transition to the Netherlands has been relatively easy, if you compare it to your partner's experience. You felt the excitement of a new job and/or a new company. You had something to focus on, even before the move. You stepped into your new life with your work as your focus. Maybe you're puzzled about the differences in the (work)culture, and if you are working with Dutch people, figuring out how to cope with the directness of your colleagues. In your day-to-day life you know what to do, and you have a rhythm in daily life.

Your partner, on the contrary, is dealing with other things. He/she most likely quit a job and is trying hard to find a new one. But here's the thing, not everybody finds a new job easily, due to various reasons, they:

- deal with questions from family and friends: What are you doing all day? When do you start working? Or why aren't you working yet?
- learn new skills in **daily** live (think about what they are doing now, compared to back home)

Heidi Los

With DESIGN YOUR OWN FUTURE, Heidi supports Internationals in finding work that suits them best, and **at** work with cultural challenges they experience. Download free tips for your job search at www.designyour-ownfuture.com and start your process today! Wishing you a great job abroad!



- listen to your stories about your career
- miss family/friend's support
- feel uncomfortable with learning Dutch, alone at home
- feel insecure about the labor market
- find it hard to compare the work that they have been doing to new options in the Netherlands
- deal with rejections to job applications
- feel pressure at home, maybe from you?

This list is not complete and varies from one person to the other.

Talking about the last topic, do you realize the impact of the move on your partner? Of course, you both agreed on moving here but imagine that you are the one at home. How would you feel? How would you deal with the new situation?

Some partners are clear on one thing. They feel pressure from you. Most likely that comes from a good place, such as:

- You want to avoid the stressful situation for them

- You know your partner is happier with employment
- You know they really need the personal and professional development, just like you.

That is good, but pushing them is not the solution, instead you can support him/her. Listen. Avoid giving advice. It takes time to build up confidence in the new situation. If you really want to have a happy partner, support their long-term goals. Make things possible, give room to develop, and be proud!

The happiness of your partner sometimes comes with a prize. Not all companies (financially) support the wellbeing of partners. If you think your partner needs support in taking the next step, give them the time and resources to invest in themselves. That way they will find out what is best for them in their new situation abroad. They will learn what to do next and they will feel energized to work on it.



An Enigma Wrapped in a Mystery:

Drive Your Plow Over the Bones of the Dead

44

Book Review by Rebekah Villon

Olga Tokarczuk's *Drive Your Plow Over the Bones of the Dead* defies genres. While the story unfolds around a series of mysterious murders, the book isn't really about that. Instead, the book is about (and written from the perspective of) Janina, an elderly Polish woman who has lived long enough to develop some idiosyncratic habits. She doesn't use proper names, instead dubbing everyone in her life with an apt nickname, she manages mysterious Ailments, studies astrology, translates the poetry of William Blake, dreams

of ghosts, and observes the natural world around her remote village with obsessive, proprietary care. Naturally, she has some theories about the unusual deaths in her town.

Janina knows that the world has come to think of her as a crank, as an irrelevant old woman. She is sophisticated enough to know when she is being unjustly dismissed, but also when to use that perception to her advantage. Despite her Ailments and infirmities, and the unforgiving winter, she remains fiercely independent. Almost despite

herself, she manages to collect a small handful of friends who understand her, perhaps better than she realizes.

But why should we have to be useful and for what reason? Who divided the world into useless and useful, and by what right? Does a thistle have no right to life, or a Mouse that eats the grain in a warehouse? What bout Bees and Drones, weeds and roses? Whose intellect can have had the audacity to judge who is better, and who

worse? A large tree, crooked and full of holes, survives for centuries without being cut down, because nothing could possibly be made out of it. This example should raise the spirits of people like us. Everyone knows the profit to be reaped from the useful, but nobody knows the benefit to be gained from the useless.

- Drive Your Plow Over the Bones of the Dead

Olga Tokarczuk is the first Polish female prose writer to win the Nobel Prize for Literature, as well as numerous other awards and recognition. Her background is in psychology, and many of the themes in her work are inspired by the mythological psychology of Carl Jung. *Drive Your Plow Over the Bones of the Dead* was written in Wassenaar, where she was living on a literary scholarship from the Netherlands Academy of Arts and Sciences. I read the English translation by

Antonia Lloyd-Jones, which was released more widely than the original Polish version, and was shortlisted for the 2019 International Booker Prize, among others.

Drive Your Plow Over the Bones of the Dead contains a major plot twist toward the end, as many mysteries do. Like all good mysteries, it makes you want to read the book again, searching more closely for clues. But the book also offers many other rich prospects for close analysis and deeper appreciation. Janina's detailed nightly analysis of the horoscopes of friends and enemies, the many references and quotes from English poetry, and the loving depiction of the landscape are all heavily metaphorical, almost mythical. These aspects of the story, and even the idiosyncratic use of capital letters, seem to contain hints and clues, with a deeper meaning and more relevance than implied by a superficial reading.

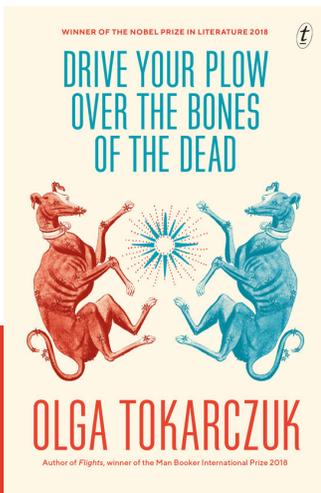
I think we all feel great ambivalence at the sight of our own Horoscope. On the one hand we're proud to see that the sky is imprinted on our individual life, like a postmark with a date

stamped on a letter—this makes us distinct, one of a kind. But at the same time it's a form of imprisonment in space, like a tattooed prison number. There's no escaping it. I cannot become someone other than I am. How awful. We prefer to think we're free, able to reinvent ourselves whenever we choose. The connection with something as great and monumental as the sky makes us feel uncomfortable. We'd rather be small, and then our petty little sins would be forgivable. Therefore I'm convinced we should get to know our prison very well.

- Drive Your Plow Over the Bones of the Dead

I really enjoyed this book. I like the fact that it features the kind of character, doing the kinds of things, that aren't usually central to major works of fiction. I like the detail and complexity in Tokarczuk's description of the landscape, the village, the way people live and manage in this out-of-the-way place: it grounds the story and establishes why things happen the way they do. It's a fascinating book, and if you read it once, you'll find you have to read it again.

Questions? Comments?
Suggestions for what I should read next? Let me know at
rebekah@howdomagazine.com



All about symbolic or role-playing games for children



46 *Symbolic play plays a very important role in children's development. In fact, role-play is much more than just entertainment, as it prepares the child for his or her future life as an adult.*



What is symbolic play?

Symbolic play is an activity in which the child plays and imitates situations, circumstances or people, symbolic play is playing "as if". That is to say, the child plays the doctor as if he were a real doctor; he plays the mummy who takes care of his doll as if she were a real mummy. Symbolic play helps young children to interpret and assimilate the world around them.

Although it is true that this play is intuitive and children play spontaneously, parents can also stimulate it. Play with the child in his or her fantasy. When the child wants to play, you have to play along.

Stages:

Experts say that children discover role-playing naturally at around 2 and 3 years of age. Since at this age they are already able to recognize themselves as an independent person, they begin to create their own representations of the lives of adults, television characters and children's stories.

During this time children are characterized by the fact that they play alone, although they may be with other children. They are not organized games and do not have a coherent or logical beginning, middle and end. The passage to the next level or stage of symbolic play occurs when the child begins to socialize and interact with other children in play.

Between 4 and 5 years of age, an age at which the child already has the necessary psychological tools and is able to recreate more complex scenarios, creating roles about his or her experiences and relationships with other people.

At this stage they accept the symbolic play of other children and can even participate in it by sharing the

same game. Here children already have a higher level of imitation skills, socializing even more among themselves. From the age of 4 and 5, they adapt much more and better to social reality, as they can put aside their egocentrism a little and play with situations or things in their immediate environment.

Around the age of 5, children start to become interested in social roles. Thus, they include themselves in games and play at being firemen, policemen, etc.

Objectives of symbolic play

- To have a meaningful and active type of learning.
- To promote knowledge of the world around the child.
- To turn it into a means of communication (the form of communication par excellence for children).
- To benefit the fine and gross motor skills of children from the age of 2.
- To allow socialization and communication. Improve language and social bonds.

What does symbolic play develop?

It promotes creativity and imagination and facilitates the learning of new behaviours. It allows children to learn social skills such as teamwork, friendship, cooperation and empathy and It benefits from the acquisition of symbolic language, associated with this type of play.

Helps to structure thinking and facilitates proprioceptive and vestibular awareness. And last but not least: it benefits the enrichment of vocabulary.

Why is symbolic play important in early childhood education?

- To enrich their lexicon.
- To increase their intellectual capacity.
- To develop their social skills.
- Develop their language.
- Stimulate their creativity.
- Increase their motor skills (both fine and gross).

Ideas for some symbolic games to spend time with your children and have fun.

1. Be a Character from History: Each child embodies a historical character, the idea is that they dress up, you can create the atmosphere, this will help them not only to dress up and play characters, but they will also learn more about history in a fun way.
2. Be a world figure: This is like the previous one but here the child has the opportunity to put himself in the shoes of a film personality, singer, sportsman, politician, take him to make important decisions, it can be about negotiating a contract or whatever they can think of. In this way he will learn to appreciate the consequences of his actions.
3. Be a detective: Let them solve a case guided by the narrator of the plot, where through clues the children discover the wrongdoer. In this way children will find stimulation in the story.
4. Be who you want to be when you grow up: Let them act out a professional they admire. Give the child free rein to become the professional he or she would like to be in the future and experience in his or her own skin what it means to be a doctor, lawyer, teacher, or computer scientist.
5. Be a superhero. Children love to become their favorite superhero. It is also a very simple way to empower them and encourage self-determination.



Silvia Ardila

Expat Kids in Eindhoven

To know more about us visit

www.silviaardilalovebygrace.com and check our Facebook Expat kids inEindhoven or send an email to expatkidsineindhoven@gmail.com



Front View Albert van Abbehuis, Photo by ...

Experience, Exploration and Connection through Art.

48

At Albert van Abbehuis

The Albert van Abbehuis is an art space at the heart of Eindhoven. It offers throughout the whole year high-quality visual art exhibitions and vivid cultural activities. They range from art performances, music shows, poetry readings, workshops, the full spectrum which is culturally enriching. Historically the Albert van Abbehuis was gifted by Albert van Abbe to the city of Eindhoven with the aim to further develop the cultural development of the city.

Experiencing art during the exhibitions

The program of the house is

defined by the 5 week-long exhibitions. Currently you can visit the exhibition “Burenruzie”, translated “Neighbor quarrel” from Ateliers Patagonia, curated by Yvonne Hamstra. Participating artists are Guus Smeulders, Rogier Walrecht, Mariëlle van den Bergh, Mels Dees and Paul Legeland. Paintings, graphics, drawings, tapestries, ceramics, photo collages, constellations in wood and copper, portraits, still lifes, unnameable genres, it’s all there. There is an abundance of content. The five artists are very different which makes this exhibition so special. So far, there

Art has an impact on every facet of our lives. It influences opinions and values and translates experiences into a sensorially processable medium. Painting, sculpture, music, literature and the other arts are inspiring and trigger thinking and rethinking at the same time.



haven’t been any quarrels yet, although this exhibition has everything to make that happen. In that sense, too, this is possibly a historic moment not to be missed. This exhibition is open every Thursday to Sunday 1pm - 5 pm, until the 5th of June 2022.

The following exhibition will take place from June 18th until July 17th and focuses on a completely different topic - “Art in Architecture”. A group of architects and artists are working on the vague boundary between visual art and architecture. They are actively



Results of the ECO-art workshop from Mariëlle van den Bergh and Mels Dees with ukrainian women - Results positioned temporarily within the visual arts exhibition "Burenruzie".

looking onto this no man's land and are constantly exploring the boundaries of thinking about visual art, design, architecture, urban and rural planning. They explore the relationship between architecture and the world of art – from the academic discussions to the manipulation of space and light, and the ways in which art has influenced architects in their practice and design. Participating creatives are fotograaf Hans Wilschut, kunstenaar Rob Voerman, Eindhoven's architects and connected to the TU/e, Jan Schevers, Ralf Brodruck, Renato

Kindt en Wouter Hilhorst; curator Tom Veeger and Femke Stout.

Exploration and Connection

Hand in hand with the highly-professional art exhibitions goes the broad side program of the Albert van Abbehuis and its ambition to include art more and more into education. It is a proven fact that involving art in education achieves long term advantages, which might be barely recognisable immediately. It impacts creativity and visual learning but also, motor skills, confidence, perseverance, decision making, focus, collaboration and accountability. Creating experiences, enabling exploration and encouraging connections are foundations for the educational program at the Albert van Abbehuis. Since mid 2021 the Albert van Abbehuis has been led by Stichting AVA who continuously expand their network to link art in every corner of the city of Eindhoven. For this recently the artists Mariëlle van den Bergh and Mels Dees gave an ECO-art workshop to Ukrainian women who are currently living in Eindhoven. Who's works are currently displayed within the exhibition "Burenruzie" ("Neighbour quarrels") - view picture 2. During every exhibition connections are made between seasoned artists and aspiring artists to enable an exchange and provide support.

A more extensive program was created with InterCulturass an

organisation who is working with schools and other educational institutions and enriches the curriculum with experience and fun focussed learning activities on intercultural education and communication.

InterCulturass Albert has designed three workshops which use the running art exhibitions as a learning medium and inspiration for the participants and can be booked throughout the year.

For only the first week of the summer vacations Albert van Abbehuis and InterCulturass have organised a Kids Art Week. During which children between 8 to 12 years will create their art related to the topic "Travelling the world while staying at home". For the children the highlight of the week will be the weekend-long exhibition of their own work.

Find out more about the exhibitions and the side program on <https://albertvanabbehuis.com> Or visit the exhibition on Thursday to Sunday 13.00 - 17.00 at Bilderdijkstraat 19 in Eindhoven.

Most of the activities in the Albert van Abbehuis are made possible by volunteers. If you like to get more information about the activities or join the volunteering team please contact: info@albertvanabbehuis.com.



DIGITAL AGENCY | JAXX

HEY YOU. READY TO GRRROW?!!

We would really like to get to know you better. That is why we are introducing ourselves!

My name is Axell Avalon van Staveren and Digital Agency JaxX is my company. The specialists of JaxX are ready for you 24/7, with all the knowledge in-house about Branding, Marketing & IT. We do not outsource services, because no problem is too challenging for us. Our team has a critical view on important issues and we will give you honest feedback on how to get the best out of your business.

As an Online Marketing Agency, we want to help companies grow. We want to help you jump-start your online presence. This way you can turn your dreams into goals into results.

We offer you the unique opportunity to win a free one-time service that will help you grow your business. Take a chance. Scan the QR code, take a spin on the wheel to participate, and win one gift.

50

What services can you win with one click on the wheel? Always a prize!

Performance Check

It is important that people stay on your website, speed plays a major role in this. A slow website causes irritation, which results in low conversion. Together we will check the speed of your website and address any bottlenecks.

SEO Check

To grow in the online landscape, it is important to be found easily on Google. Your customers use Google and it is of great importance to reach the right target group. How does your website score on Google? We will take a look and advise you on how to optimize your Google SEO score.

Portrait photo

In the online world, you make a first impression with your profile picture. You only have one chance to do this, you must seize this opportunity with both hands! We will work together with you to schedule a shoot for a complete business profile picture.

Website Optimization

What makes a good website good? We look at your website with a critical eye. Then we will go through the points of improvement with you. You will go home with a report full of advice.

Logo Optimization

Successful brands have a strong logo. A logo is more than just a symbol: it will be seen as the core of your brand identity. We are happy to share our findings on your current logo in conjunction with your brand identity.

Zero measurement

It is important to keep track of what growth results have been achieved. Therefore, we will work with you to create a baseline measurement and realistic KPIs. After this, you can compare the achieved results with the baseline measurement.

Content Proposal

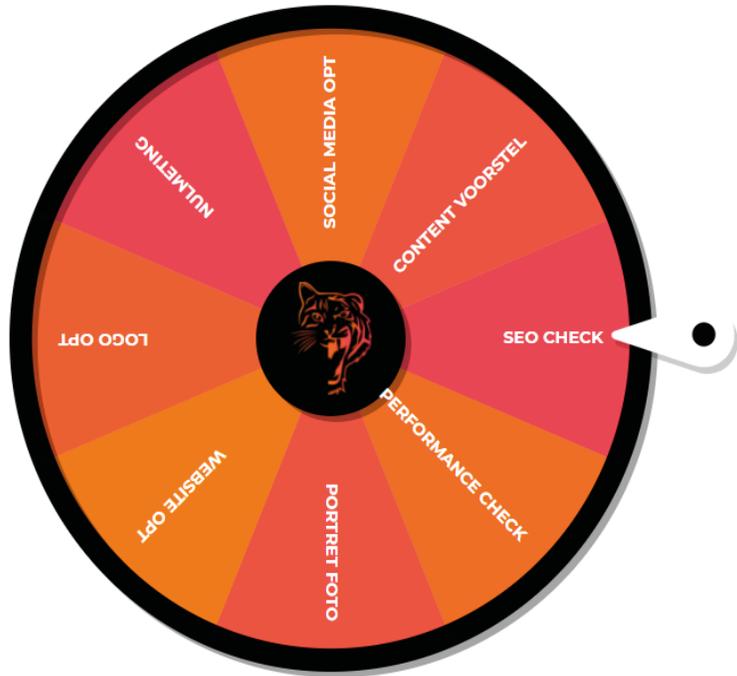
Good content is indispensable in today's internet age. Content creation is a profession, you need to address your target audience in a strategic and creative way. Together we look for a suitable content strategy for your company.

Social Media Optimization

Social Media is one of the most important channels to organically generate more brand awareness. We will take a look at your Social Media channels and write a report of advice to optimize your channels, so that your company gets noticed by the right target group.

GIFT ON BEHALF OF JAXX

As an online marketing agency, we help companies grow and that includes a reward. We want to offer you the unique opportunity to make your wishes come true. Take a chance. Click on the wheel to participate and have a chance to win a gift.



Digital Agency JaxX



de Wereldwijzer basisonderwijs voor nieuwkomers

De Wereldwijzer could be translated as the World wiser or pointing at the World. It offers primary education for newcomers and a fluent transformation to the Dutch educational system. All international children in the age of 4 to 12 are welcome. Pupils can apply and start at any given time of the year. They will be able to understand, speak, read and write the Dutch language within 40 to 60 weeks. After that the pupil can enroll in the Dutch system.



Pastoriestraat 88
5623 AT Eindhoven

For more information please
contact: T. 040 242 7892

www.wereldwijzereindhoven.nl

Restaurant VensZ: eat, drink, chill, repeat



Recently, the name of the well-known restaurant KIP 040 has been changed to “VensZ” Owner Nathalie van de Ven: ‘Because I, and many people around me, eat less meat and I like to contribute to a healthy society, I chose to change the concept and menu. .

On the new menu you will find the chicken runners such as ‘kipsalon’, piri piri and rendang, because they will remain of course. In addition, the menu has been expanded with fish, meat, vegetarian and vegan dishes.

If you want to combine your dish with a matching wine or special beer, we are happy to advise you.



JUNE '22

TUE 7 JUNE

Matteo Myderwyk

Lay down & Listen
neo-classical

WED 8 JUNE

Grigory Sokolov

Master pianist plays Schumann & Brahms
classical

FRI 10 JUNE

Aynur

Turkey's biggest star
world

SUN 12 JUNE

Agostinho Sequeira

winner TROMP Percussion 2019
classical

SAT 25 JUNE

The Pink Floyd Project

The Wall 40 Years
pop

WED 29 JUNE

Alan Parsons Live Project

The Turn of a Friendly Card
pop

MUZIEKGEBOUW
FRITS PHILIPS
EINDHOVEN **M**

Saturday 28 May

Jett Rebel

Sunday 29 May

Tamikrest

i.c.w. Muziekgebouw Eindhoven

Thursday 2 June

Eefje de Visser

Saturday 4 June

Wolfmother

50 Jaar Effenaar Special

Sunday 5 June

Thumper

Saturday 11 June

STASH

Wednesday 15 June

Together

Pangea

Tuesday 21 June | Stroomhuis

Chrystabell

Sunday 3 July

Vintage Trouble

Friday 22 July

Robert Cray Band

i.c.w. Muziekgebouw Eindhoven

EFFENAAR

effenaar.nl

Desert blues frontrunner Tamikrest travels to Eindhoven

In Tamasheq, the language of the Tuaregs, Tamikrest means connection. The band definitely lives up to it's name; bringing together members from Mali, Niger, Algeria and France while uniting their roots in traditional Tuareg music with various Western influences.

Through the message of their songs, Tamikrest wants to make Tamasheq poetry and culture accessible to inhabitants of a world larger than the immensity of the Saharian desert. "A desert hosts us, a language unites us, a culture binds us."

Alongside other Tuareg bands and musicians, such as Tinariwen and Bombino, Tamikrest is partially responsible for the renewed popularity of the desert blues genre. **Sunday, the 29th of May**, Tamikrest comes to Eindhoven for a concert in the Effenaar, in collaboration with Muziekgebouw Eindhoven.



.....
A number of shows in our program have been labeled 'No Dutch Required'. These shows can be easily understood by those who don't speak Dutch. No words are needed to understand the international language of music and dance!*

JUNE

JUNE 1

Parktheater Eindhoven
THE SQUARE 2

JUNE 2

Parktheater Eindhoven
STAYIN' ALIVE WITH THE BEE GEES

JUNE 2

Theater de Schalm Veldhoven
SLÄPSTICK
The Roaring Twenties

JUNE 3

De Cacaofabriek Helmond
REGGAE NIGHT
Camel's Drop & Heights Mediation

JUNE 4

Parktheater Eindhoven
SLÄPSTICK
The Roaring Twenties

JUNE 4

De Cacaofabriek Helmond
FLAIRCK
Back Alive Tour 2020-2021

AGENDA

NO DUTCH REQUIRED

JUNE 4

Theater de Schalm Veldhoven
DANA WINNER

JUNE 9

Theater de Hofnar Valkenswaard
THE NEW CONTINENT
ITCE (Premiere)

JUNE 9

De Cacaofabriek Helmond
THE GATHERING
Tour 2022

JUNE 10

Theater de Schalm
THE NEW CONTINENT
ITCE (also V-tickets available)

JUNE 10

De Cacaofabriek Helmond
YAKOEZA & BOLDER
Kienouwa

JUNE 11

High Tech Campus
**SEVERAL POP-UP
MUSIC ACTS POWERED
BY WONKA PODIA**

JUNE 12

De Cacaofabriek Helmond
SISTER LUCK
A tribute to the Black Crowes

JUNE 15

De Cacaofabriek Helmond
FLOTSAM AND JETSAM
Summer Tour 2022

JUNE 16

Parktheater Eindhoven
RESCHUFFLE THE DECK

JUNE 17

Het Speelhuis Helmond
THE NEW CONTINENT
ITCE

JUNE 17

De Cacaofabriek Helmond
WE STOOD LIKE KINGS
Filmconcert

JUNE 23

Parktheater Eindhoven
THE NEW CONTINENT
ITCE

JUNE 24

Het Speelhuis Helmond
PINK PROJECT THE BAND

JULY

JULY 9

De Cacaofabriek Helmond
THE SMITHS PRESUMABLY
The Music of The Smiths

JULY 15

De Cacaofabriek Helmond
RAMBLE TAMBLE & GOOD SOULS
Kienouwa

JULY 23

De Cacaofabriek Helmond
BAPTISTE W. HAMON
Jusqu'à La Lumiere Tour 2022

* Please note that most artists are Dutch. They might share anecdotes or stories during these shows in their own language. However, we are convinced this will not affect the overall enjoyment of these shows. We are happy to welcome you to our 'No Dutch Required' shows!

THEATER DE SCHALM VELDHOVEN • PARKTHEATER EINDHOVEN • DE HOFNAR VALKENSWAARD
DE KATTENDANS BERGEIJK • HET SPEELHUIS HELMOND • DE CACAOFABRIEK HELMOND

Cook like a star chef with the
Spicy Chef spice blends.

**Spicy[®]
chef**

Soenil
De Lindehof



SPICYCHEF.NL