

**Welcome to
The Hague
for International Students**



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Mayor's Welcome

Welcome to The Hague, international city of peace and justice. There are many reasons to be proud of being the mayor of a city where tens of thousands of people are working and studying every day to build a more peaceful and just world. Walking through The Hague, you will hear languages from across the world spoken on every street.

In The Hague we believe that having a wealth of cultures expands our horizons. Our city sparkles with creativity and talent, with more than 480 international organisations and over 30,000 students, as well as numerous businesses and start-ups.

Our beautiful city has plenty to offer you: a historic centre with excellent shopping, culture and varied residential areas, and plenty of green space. We also have the beautiful seaside, which is only a short distance away from the city centre. Try to explore and see as much of The Hague region as you can.

The municipality of The Hague is very keen to help the international community in any way it can and so The Hague International Centre was set up for the city's international communities. The staff at the International Centre will be happy to answer any questions you may have about living and studying in The Hague and the surrounding area.

I very much hope you enjoy your stay in The Hague, that you feel at home here and become part of our community.

Jan van Zanen, LL.M.
Mayor of The Hague

**"Welcome to The Hague,
I am delighted that you
have come to live here,
and I hope you will soon
feel at home."**



The Hague International Centre

The Hague International Centre is your guide to live, work, and study in The Hague region. We support international newcomers and employers to make you feel welcome in our region.

The Hague International Centre is part of the municipality of The Hague focused on providing information and services to international newcomers. All of our services are free of charge.

We work together with the municipalities of The Hague, Delft, Rijswijk, and Leidschendam-Voorburg, the Immigration and Naturalisation Service (IND), and not-for-profit ACCESS. We also work together with Study in The Hague, Hi The Hague, and Studar to help international students.

Our Services

Information on settling in

You can always contact The Hague International Centre for questions around

- Immigration
- Municipal registration
- Obtaining a DigiD
- Exchanging your driving license
- Housing
- Education and childcare
- Healthcare
- Working and finding jobs

If you have any other questions not listed above, we will do our best to help.



Events

The Hague International Centre hosts a number of events to help international newcomers in the region feel at home, get information, and grow their (social) network. These events include:

- Welcome to The Hague events
- Feel at Home Events
- Various seminars and webinars, such as Moving to The Hague, covering important topics such as taxes, healthcare, housing and work.

For information about upcoming events, just check out our website.

More information?

Our website is regularly updated and includes information on all sorts of topics to help internationals arrive and settle into The Hague. It also contains a series of useful videos, important news items, and practical answers to frequently asked questions. thehagueinternationalcentre.nl



Let's keep in touch

The Hague International Centre is here to help people throughout their time in the Netherlands, however long they stay. We have a regular newsletter full of interesting information, a list of upcoming local events, and useful tips. Scan the QR-code to sign up for our newsletter! You can also keep up to date with us through The Hague International Centre on Facebook, Instagram, and LinkedIn.

Contact Information and Opening Hours

For updated information on the opening hours, check the website. You can make an appointment at www.thehagueinternationalcentre.nl. If you have any questions, you can visit the Centre or call +31 (0) 70 353 50 43, Monday through Thursday during working hours. You can always send an email to internationalcentre@denhaag.nl.

If you'd like to visit us, our address is:

The Hague International Centre,
City Hall (Atrium), Spui 70
2511BT The Hague

About ACCESS

ACCESS is a non-profit based in The Hague that assists internationals, encourages, supports, and facilitates international life in the region. ACCESS is completely managed and staffed by volunteers.

Visit ACCESS at The Hague International Centre. They are there to help you with questions about arriving, settling, and living in the Netherlands.

About the IND

The IND (*immigration and naturalisation service*) is part of the Dutch Ministry of Justice and Security who are responsible for issuing residence permits for people coming to the Netherlands to live, work, or study. All residence permit applications are assessed by the IND.

About Student & Stad

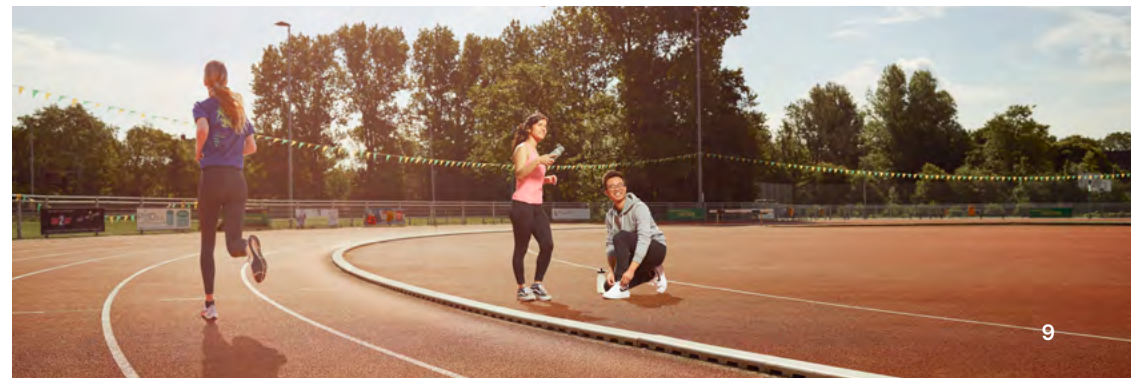
Platform Student & Stad is a collaboration between all higher education institutions in The Hague, the Municipality of The Hague, and student organisations. In a rapidly developing young student city, the partners work together to optimize the facilities of the student climate. In addition, there are the student committees HI The Hague, Studar, and Student Sports Board The Hague who organise and represent all kinds of leisure activities – for and by students. Get to know more on www.studyinthehague.com.

**Our goal is to
help you feel
at home in The
Hague Region.**

International offices

The international office at your university can help you with practical matters relating to your life in The Hague, such as your study permit, housing, student life, or welfare.

Educational Institute	Contact	Website
The Hague University of Applied Sciences	internationaloffice@hhs.nl + 31 (0)70 445 85 85	www.thuas.com/study-choice/international-office
Leiden University	+ 31 (0)71 527 8011	www.universiteitleiden.nl/en/education/international-students/prepare-your-stay
International Institute of Social Studies (ISS), Erasmus University	admission@iss.nl + 31 (0)70 426 04 60	www.iss.nl/en/prospective-students/studying-iss/student-information
Royal Academy of Art	international@kabk.nl exchange@kabk.nl + 31 (0)70 315 47 77	www.kabk.nl/en/practical-matters/what-to-arrange
Royal Conservatoire	international@koncon.nl + 31 (0)70 315 1515	www.koncon.nl/en/international/regular-international-students
Inholland University of Applied Sciences	+31 (0)10 439 22 20 intoffice@inholland.nl	www.inholland.nl/inhollandcom/exchange/international-office/#The_Hague
Hotelschool The Hague	+31 (0)70 35 12 481 info@hotelschool.nl	www.hotelschool.nl/blog/student-life/
TU Delft	internationaloffice-io@tudelft.nl + 31 (0)15 278 8012	www.tudelft.nl/en/education/practical-matters



START YOUR STUDENT LIFE RIGHT!

- ✓ **Official City Introduction Week**
Events, festivals, city tours & more!
- ✓ **Year-Round Events**
We're here for you not just summer but in winter!
- ✓ **HI Reporters**
Real student life on Instagram, TikTok & YouTube sharing tips, hidden gems & fun.



www.hithehague.nl

🎵 📷 @hithehague ➔ Stay up-to-date!

Study in The **Hague**.

Welcome to The Hague!

StudyinTheHague.com
is **your guide** to your
new student city

Check out this website for:

- ▶ student associations
- ▶ tips for housing
- ▶ free study spaces
- ▶ student sports clubs
- ▶ leisure
- ▶ healthcare
- ▶ and more

www.studyinthehague.com

**Don't miss
the student vlogs
and discover
the city!**

◆ The Talent
The Future
The **Hague**.



Relocation checklist

Before you move

- ☐ Research different programmes and apply to your study of choice
- ☐ Check your admissions offer
- ☐ Arrange your study residence permit
- ☐ Arrange your travel insurance
- ☐ Arrange (long-term) accommodation
- ☐ Arrange transport to the Netherlands

Upon arrival

- ☐ Settle into your accommodation
- ☐ Register at the municipality to get your BSN
- ☐ Obtain a DigiD
- ☐ Open a bank account
- ☐ Get a Dutch sim card
- ☐ Register with a general practitioner (GP or family doctor), pharmacy and dentist

- ☐ Check if you need to arrange utilities for your accommodation
- ☐ Take a Tuberculosis (TB) Test at the municipal health centre (GGD), if necessary
- ☐ Collect your residence permit at the IND
- ☐ Arrange your health insurance
- ☐ Get a bike and/or OV card
- ☐ Prepare for your studies by researching your chosen school and which formalities must be arranged before you start

Settling in

- ☐ Consider joining a student organisation or a sports club
- ☐ Join the introduction week of your educational institute
- ☐ Join the Hi The Hague programme for all new students
- ☐ Discover The Hague region
- ☐ Learn Dutch
- ☐ Stay updated and subscribe to our newsletter

Official matters

There are certain government formalities you must have already taken care of before arrival in the Netherlands such as immigration. Once here, you should arrange municipal registration.

Immigration

If you are from the EU, you do not need a residence permit to study, work, and live in the Netherlands. If you have a non-EU nationality, you will need a residence permit to live and study in the Netherlands. Your university should have already contacted you about your application for a study permit – as they will act as your sponsor. There is also an income requirement for which you will need to prove that you can afford to live and study in the Netherlands. Find out more here: www.ind.nl/en/income-requirements-study.

You can read all about the process of obtaining a residence permit for the purpose of studying on the website of the IND:



Submit your biometrics

You need to make an appointment to submit your biometric data if you need a resident permit but do not need an entry visa (MVV) and again if you have requested an extension or new permit. Your university will inform you about specific appointment slots. Biometric data consists of your fingerprints, signature and digital photo. The IND can only issue your residence permit once it has received this data.

Collecting your residence permit

Once you have received your letter from the IND regarding the collection of your residence permit, make an appointment to do so. You need this residence document to identify yourself and prove you are allowed to live in the Netherlands.

Tuberculosis (TB) testing at the Municipal Health Department GGD

Some non-EU students must undergo a mandatory TB health check. The health check consists of a TB examination, during which your lungs will be X-rayed. This health check is needed to get your residence permit. Your university will make an appointment for you, if this applies to you. ind.nl/en/requirements-that-apply-to-everyone

Municipal registration

If you are staying in the Netherlands for at least 4 months, you have to register with your municipality. When you are registered in the Personal Records Database (BRP), you will receive a citizen service number or a *Burgerservicenummer* (BSN). You need a BSN to arrange formalities, for example, for opening a bank account or taking out health insurance.



During certain periods throughout the year, the municipality and educational institutes in The Hague organise specific student registration days. You will need to make an appointment for student registration at the municipality. You can find out how to make an appointment via:



Registration for non-residents (RNI)

At the appointment, you will need:

- A valid form of identification: a passport or EU identity card.
- A copy of the passport or identity card (back and front)
- Proof of address: This can be a rental contract which clearly states the address (including house number and if applicable, room number) or written permission from the main occupant (including a copy of a valid form of identification for the person giving permission). www.denhaag.nl/en/moving-and-immigration/proof-of-occupancy
- For students who need a residence permit: a copy of the acknowledgement of receipt which the school received from the IND. The school will provide this document to students.

If you will be staying in the Netherlands for less than four months (for example if you are on exchange in the Netherlands), you can register with the municipality as a non-resident. This is for people who are not moving to the Netherlands long-term, but still need a BSN to (for example) open a bank account or work. More information about the RNI procedure is available on the website of the municipality of The Hague:



Your citizen service number or *Burgerservicenummer* (BSN)

Your BSN is an ID number that confirms your personal details in the Netherlands. You will need a BSN to:

- Open a bank account
- Get access to healthcare and Dutch insurance
- Access social security
- Work and pay income taxes
- Get a DigiD

You should keep your BSN secret. Your BSN is issued for life. Even if you leave the Netherlands for an extended period of time, your BSN will remain the same.



Students can register with the municipality at The Hague International Centre during certain periods. Students will receive their BSN during their appointment at The Hague International Centre.

DigiD

DigiD is the Dutch government's online login and identity verification system to arrange government formalities. It is only available for people with a BSN. It makes the process of doing your taxes, applying for social security, and other government services much easier.

There is a full, English-language, guide to getting your DigiD available on www.digid.nl/en

Reporting your move

If you move during your stay in the Netherlands, you need to report your change of address to the municipality of your new address within 5 days of moving. This can be done on the municipality's website, using your DigiD login. Other government agencies are automatically notified.

Leaving the Netherlands

When you intend to leave the Netherlands for at least 8 months, you need to de-register from your municipality. You can report your move online (using your DigiD login) on the municipality website. You can also inform your municipality by email.

Once you have de-registered, the municipality will share this with other government agencies, such as the tax office and health insurance provider.

Using your driving licence

If you have an EU driving license, you can continue to use it until it expires in the Netherlands. If your license is from a non-EU country, you may use it for 185 days after registration in the Netherlands. After this period you have to take a Dutch driving test to obtain a Dutch license. Some countries are exempt from this. www.rdw.nl/en



Housing

In The Hague, most universities do not have their own dormitories and students generally arrange their own accommodation in the city. With over 30,000 students looking for housing in the area and a shortage of accommodation, it will be a challenge to find a room in The Hague. It is important that you start your search for a room as soon as possible. In order to assist you in your search, you will find some useful information and tips here. Check if your university has reserved student housing, or consider deferring the start of your studies until you have secured housing.

Budget

To find housing, you should take action as soon as possible by:

- Requesting housing via your university. Most universities work with student housing organisations like DUWO for accommodation. Universities have a limited number of reserved rooms for international and exchange students. This varies per university. Often the number of applications greatly exceeds the amount of reserved rooms available.
- Trying to find housing by yourself well before you arrive in the Netherlands.

Before you start your search, you should determine the budget you are prepared to pay. Student cities like The Hague, Leiden, and Rotterdam can be quite expensive. You should also consider looking outside your student city. For The Hague you can consider Rijswijk or Leidschendam-Voorburg.

We have listed a rough indication of monthly rental prices in The Hague region. The prices will most likely exclude utilities, service, and internet costs:

- Room: € 400+
- Studios: € 1,000+
- Apartments: € 1,500+



House search

You can look at various options:

- Non-profit housing organisations such as [Room.nl](https://www.room.nl). Room.nl is a platform through which housing corporations like DUWO offer students accommodation. Priority is given to students coming to the Netherlands from far away and operate on a first-come-first-serve basis. Other student housing corporations are: Vestia and Staedion.
- Commercial platforms and housing providers such as www.huurwoning.nl, www.kamernet.nl, and www.huurstunt.nl. Keep in mind that you may need to pay for a subscription in order to respond to housing opportunities.
- HousingAnywhere and RoomPlaza are booking websites for student accommodation. Mostly student to student rentals and subletting (this is only a short-term solution, you need to be able to register).
- The Social Hub, Holland2Stay, Xior, Student Housing The Hague, and Homey Housing offer student accommodation.
- Hospi Housing is the biggest platform for homestay in the Netherlands. They offer a free-to-use platform with hundreds of verified hosts and guest families. Hospi Housing does not charge any registration fees, you only pay a one-time fee if you find a room.
- Short term solutions include staying with friends or family or asking them for advice, temporary accommodation in hotels or hostels, and subletting.

Tips:

- If you haven't found a place before the start of your study, universities advise you to defer your studies.
- Involve your connections in the Netherlands in the house search as they may be able to help.

- Use social media to try and find flatmates. Students often use Facebook groups to offer rooms in shared apartments.
- Check www.studyinthehague.com/living and your university's website for more tips to find housing!

Affordable housing permit

If you rent a property from an individual and your rent is lower than € 1116.85 (excluding utilities), you may need an affordable housing permit. For more information, visit



Rent benefit

The Dutch government sometimes provides rent benefit (huurtoeslag) to help cover costs. There are certain requirements that must be met. The property you are renting must have its own address, front door, kitchen and bathroom. Rent per month (excluding utilities) can be no more than € 454.47 (2024). if you are between 18 and 23, or € 879.66 if you are 23 or older. For more information, visit the website of the Dutch Tax authorities:



If you have not found a place to live before your study starts, many universities advise you not to come to the Netherlands. You may want to defer your studies to allow yourself more time to find a place to stay. Your study experience and welfare may depend on your ability to find housing.



HOSPI HOUSING HAS A NETWORK OF 5000 VERIFIED HOSTS & GUEST FAMILIES

About Us

Hospi Housing is the biggest homestay platform in the Netherlands. We offer a social and sustainable solution to the housing shortage by connecting people from all over the world.

- Active throughout all of the Netherlands
- Matchmaking based on your budget and preferences
- Personal assistance of Hospi Housing once you found your match

Ready for your **cultural exchange journey**?
Join the Hospi Housing community today!

[Sign up on www.hospihousing.com](https://www.hospihousing.com)



Sign up for free

Sign up and make unlimited use of the platform for free. You only pay a fee if you find housing. Fair enough, right?



100% verified hosts

Safety has our highest priority. That's why we personally verify all our hosts and guest families. No need to worry about getting scammed here.



Collaboration with partners

Hospi Housing works together with +50 universities and municipalities in the Netherlands. This way you are optimally prepared for your arrival.

Contact us!

- [hospihousing.com](https://www.hospihousing.com)
- info@hospihousing
- [hospihousing](https://www.instagram.com/hospihousing)
- [hospihousing](https://www.youtube.com/hospihousing)



What to pay attention to when renting

When looking for housing, it is important to keep the following in mind so that you avoid being scammed or overpaying.

- Always **check the credentials of the advertiser**. Make sure the room is rented via an official website or agency. Search online for reviews or warnings. Ask for photos and personal details so you can search online. If possible, meet the landlord during a viewing before accepting the offer.
- **Check the property**. If possible, view the property in advance or ask an acquaintance to view it on your behalf. Search for the address online and check Google Street View.
- **Check your rental contract**. Be sure to understand the terms and conditions. Ask someone to translate if necessary. Make sure you can register with the municipality on that address. Ensure your contract mentions your personal details, the landlord's details, rental price, rental period, payment method, deposit and a notice period. Check if it mentions what is included for utilities, internet, local taxes, and service costs.
- Make sure your house meets the **Dutch safety standards** with smoke and CO2 detectors, fire escape routes and fire extinguishers.
- Check whether you have to **pay an agency fee**. A specific finder's fee, contract charge, or key fee charged by rental agents is illegal. You should not have to pay anything unless you have asked them to look for housing on your behalf.
- Be aware that **deposits** can range from one month's rent to two months. The agreement is that usually rent is paid on the first day of the month.

- Be wary of landlords who are **not based in the Netherlands** or who ask you to pay in cash, with Western Union, MoneyGram, or who have a non-Dutch bank account (you can tell whether it is a Dutch account if the IBAN starts with NL).
- Do not send **copies of your passport** to anyone you do not trust.

Help with housing problems

- If you have been **scammed**, you should contact the police to file a report. For non urgent inquiries you can contact the police via 0900 88 44. The emergency number is **112**.
- **The Huurbalie (Rental Helpdesk)** is part of the Municipality of The Hague. This is the first point of contact for any issues you may have with your rental property. The helpdesk provides free advice for both tenants and landlords. The Huurbalie may direct you to the Fair Rent Team if you are having issues with your landlord concerning service charges or maintenance. You can report overdue maintenance and other issues to The Hague Housing Inspection Bureau.
- Het Juridisch Loket provides **free legal advice** on a number of issues, including housing. Their website is in Dutch but they do offer assistance in English. www.juridischloket.nl.
- International students can also ask the **Housing hotline** for help. This is an initiative of the Dutch Student Union (LSVb) and Erasmus Student Network (ESN), through which international students can request online advice on a range of housing issues. dutchstudentunion.nl/housinghotline



Utilities

In some cases, utilities (water, gas, electricity) are included in the monthly rental price. This is called 'inclusive' (*inclusief*) rent. If this is the case, your housing contract should break down the costs each month into 'rent', 'utilities', and 'services'.

At the end of the year, the landlord should provide proof of the actual utility costs they have paid. You will then receive a refund or have to settle the difference.

If your rental price is 'exclusive', then you may need to arrange gas, water, internet, and electricity contracts. Sometimes the price is listed as 'exclusive' with the prices for utilities listed separately. Read your contract carefully to see what you need to arrange yourself. You may be free to switch to the cheapest provider or the one with the best service. Your water company is set by your geographical region. There are various websites which compare the different electricity, internet, and other providers.

What taxes should I expect to pay?

Depending on the type of property you are renting, some local taxes may apply. If you are privately renting a property and living alone, you can expect to receive bills in February. Based on your income and savings, you may be eligible for a refund. If you have an independent rental contract and your own house address, expect to be charged for:

Waste tax (*Afvalstoffenheffing*)

This is calculated depending on the number of people registered at the same address. In 2025, a one person household will pay € 403.68.

Wastewater and sewage tax (*Rioolheffing*)

Almost all houses and buildings are connected to the main municipal sewage system. Each household can use up to 500 cubic metres of wastewater (you pay more if you use more). For 1 person you would need to pay € 261.55 in 2025.

Waste and recycling

Depending on where you live, you might have to use the waste containers on the street. Sometime these containers can only be accessed with a pass. Another option is that your property has wheelie bins that are regularly emptied by the municipality.

There are also large shared recycling containers for paper, glass, plastics and drink cartons. The municipality collects certain types of recycling on specific days of the year. The waste in question should be left neatly outside your house before 08:30 on the day of collection. You can find the collection days on the waste calendar of the municipality at huisvuilkalendar.denhaag.nl

Large household and garden waste can be brought to the municipal dump (called *afvalbrengstation* in The Hague). It can cost money to dump certain waste items. It is also possible to ask the municipality to collect your rubbish, free of charge.

Healthcare

The Dutch healthcare system is privatised but all citizens living or working in the Netherlands must have a basic insurance. There may be some features that can be confusing to newcomers; for example, the role of your GP (general practitioner or family doctor), how insurance works, and getting in touch with the right medical experts. Before arrival you should check if your prescriptions and ongoing treatment from your home country are covered in the Netherlands.

How does the Dutch healthcare system work?

The Dutch medical system is very advanced and has up-to-date treatments. However, you must get a referral from your local GP (general practitioner or family doctor) in order to access specialist care. This means that signing up with a local GP is important.

It is mandatory to have some form of health insurance in the Netherlands. Should you receive a letter from the CAK (Dutch healthcare body) about claiming you are insured, you have to take action and sign up for Dutch health insurance.

EU students

EU students may use the insurance that they have in their home country, even if that insurance is public rather than privatised. You will need a European Health Insurance Card (EHIC) to access Dutch healthcare. However, it is possible that the policy you have at home is not fully covered in the Netherlands. Some prescriptions, for example, are not covered. You should check what your insurance covers in the Netherlands.

Non-EU students

Students coming from outside of the EU need an adapted form of health insurance. In many cases, the first year of the insurance is arranged by the school you will be attending. After this year, you will need to extend or change the insurance provider yourself. These adapted packages generally cost between € 300 and € 400 a year.

If your school does not arrange health insurance for you, or you would like a different package, you can choose your own health insurance. Some healthcare

providers that offer these kind of policies include AON and Insure to Study. Make sure to compare policies to get the best deal.

Dutch basic health insurance

If you decide to work or do a paid internship in the Netherlands, you will need to get Dutch basic health insurance. This usually costs around € 130 per month. Many employers will not let you start working unless you provide proof that you have a Dutch health insurance policy. If you have a lower income, you can receive health insurance benefit to help with the monthly costs (*zorgtoeslag*).

Although the Netherlands has a privatised health insurance system, it is highly regulated by the government who sets monthly premiums and costs of treatments. Most healthcare providers require that you pay the first part of medical costs (€ 385 in 2025) as 'your own risk'. After that, your insurance will cover the rest.

Most health insurance packages cover basic medical care, but do not include dental, opticians, or physiotherapy. Other extensive treatments may also not be covered. Read your policy carefully and choose additional packages where necessary.

Once a year, you can change healthcare providers. This must be arranged before 31 December. You can compare policies online to find the best one for you. For any other healthcare related questions, check out www.zorgverzekeringslijn.nl/english

Health Insurance Benefit (*Zorgtoeslag*)

Health Insurance Benefit, or *Zorgtoeslag*, is intended to help you cover the costs of basic health insurance. You can apply for it through the Dutch Tax Service (*Belastingdienst*) using DigiD. The amount of money you receive depends on your income.

You cannot apply for Health Insurance Benefit if you are a non-EU student using an adapted insurance policy. However, if you start working in the Netherlands as a non-EU student (and so take out a Dutch health insurance), you are able to apply for the benefit.

General Practitioner (GP, Family Doctor, or *Huisarts*)

Your local GP is your first point of contact in the Dutch healthcare system. Before you can seek specialised help, you need a referral from your GP. The Dutch healthcare system tries to avoid prescribing antibiotics, and so you may be asked to come back a second time before your GP will give them to you.

You should sign up with the GP in your area. It is advised to sign up with the one closest to you, however, some GPs have waiting lists. You can find the closest GP office by using a listing website, such as www.zorgkaartnederland.nl/huisarts

The Hague has special student GPs who offer specialised services to students. You can find out which GPs accept students at www.studyinthehague.com/health-care/general-practitioner.

GP care after hours

If you need to speak to or visit a GP after hours, you can contact the Hadoks service. They have several medical help desks (*huisartsenpost*):

Hagaziekenhuis

Charlotte Jacobslaan 10
2545 AB, The Hague
+31(0)70 210 20 60

HMC Westeinde

Lijnbaan 32
2512VA, The Hague
+31(0)70 346 96 69

HMC Antoniushove

Burg. Banninglaan 1
2262BA, Leidschendam
+31(0)88 979 79 00

Emergency care

In the event of a medical emergency, call **112**.

For suicidal thoughts, call **113**.

Most larger hospitals have Accident and Emergency services. Look for signs for '*Spoedeisende hulp*', or '*SEH*'.

SEH Hagaziekenhuis

Charlotte Jacobslaan 10
2545 AB, The Hague
+31(0)70 210 20 60

SEH HMC Westeinde

Westeinde 150
2512HH, The Hague
+31(0)70 346 96 69

Other types of healthcare: dentist, optician, physiotherapy

Other types of healthcare are not generally covered by your health insurance, though policies do differ. Make sure to check what is covered before selecting a provider. There is a free choice of dentists (*tandarts*), opticians (*opticien*), or physical therapy providers. You may be asked to pay for your treatment after your appointment.

Some prescriptions and medication will not be covered by Dutch health insurance. Be sure to check which medicines are covered in the Netherlands, especially if you have any pre-existing conditions.

Mental health

Educational institutes offer some sort of mental health care support. For example, if you feel depressed or lonely, you can contact your international office, welfare officer, or student counsellor. Welfare officers may also be able to guide you through the Dutch medical system to the best possible help.

There are public and private psychologists available in the Netherlands. You need a referral from your GP if you want to use a public therapist. They are often (partially) covered by your health insurance, however, there are long waiting lists. You do not need a referral to go to a private psychologist and they often do not have waiting lists. However, you will need to pay for this yourself.



Banking and finance

Opening a bank account

It is advisable to open a Dutch bank account as many organisations ask for one if you want to use their services. Credit cards are not widely accepted in the Netherlands, but many EU bank cards are accepted. If you come from a non-EU/EEA country, you should arrange a Dutch bank account.

In order to open a bank account in the Netherlands, you must register with the municipality to get a BSN. Some online banks also allow you to open an account before you receive your BSN. Some student-friendly banks with offices include ING, ABN Amro, and Rabobank. You can also opt for an online bank such as Revolut or Bitsafe.

What you need to open a bank account

During your appointment, the bank will confirm your details, check your ID, and make copies of your documents for security purposes. Remember to update your address with your bank when you move. With more and more banks you can set up a bank account in an app.

Setting up a Dutch bank account does not take long. You will receive your debit card in the post a few days afterwards. You will also receive your authorisation code (PIN) for your debit card by post.

- ☐ Admission letter or student registration statement
- ☐ Proof of your municipal registration, address and citizen service number or BSN
- ☐ Valid form of identification (passport or EU identity card)
- ☐ If Non-EU: a residence permit or IND residence approval letter

National taxes

Income tax and social security contributions are usually deducted from your pay and paid by your employer. Your payslip should clearly show how much money has been paid in taxes in a month.

Everyone in the Netherlands must also complete a yearly tax return. For your first year in the Netherlands, you will have to use a paper ‘M form’. This form is quite long, but if you only have one source of income, you do not need to fill in every page. There are lots of tax consultants on our service providers webpage that can help and also various webinars available online about the ‘M form’. You will receive this form in the mail.

After your first year in the Netherlands you can complete an online tax return. You do this by logging into the Tax Authority (*belastingdienst*) website or app with your DigiD.

The tax office will then confirm your tax return and inform you if you need to pay more taxes or whether you will receive a refund. It is important to note that the Dutch tax office does not refund or require you to pay discrepancies for amounts under € 50.

Returns can be sent in from 1 January, and you have until 1 May to complete your yearly return. For your first year’s tax return, you have an extended deadline until 1 July, and you can always ask the *Belastingdienst* for an extension.

Insurance

The only mandatory insurances in the Netherlands are health insurance (see healthcare section) and if you own a car, car insurance.

However, many Dutch people choose to take out personal liability insurance in

case they accidentally damage someone’s property (for example). Personal liability insurance is often very cheap, and available through your bank or a general insurance company. Some employers may ask you to take out this insurance.

Other types of insurance available in the Netherlands include home and home contents insurance. Your landlord may ask you to take out home contents insurance in your rented property. Both types of insurance are readily available through banks and insurance agencies.

Benefits (Toeslagen)

As a taxpayer in the Netherlands, you may be entitled to various benefits to help with the cost of health insurance, housing, childcare, and more. Some of these are listed below. You can find out more information on the websites of the UWV (worker’s agency), SVB (social insurance agency), and *Belastingdienst* (tax authority):

Zorgtoeslag	Financial aid to cover the costs of your health insurance (see healthcare section)
Huurtoeslag	Financial aid to help cover the costs of your rent (please see the housing section)
Werkloosheidsuitkering	Unemployment benefit

Other benefits may include financial aid for people with long-term medical conditions or disabilities and for those who have just lost their spouse.



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Work and career

Working as a student

Many students take up part-time jobs to help cover their daily expenses. Popular jobs include working in bars, restaurants, food or package delivery, or working for the university. In the Netherlands it is common to find a job via an employment agency.

Please note that students who decide to work must take out Dutch basic health insurance, pay taxes, and comply with work regulations. In general, students work between 8-16 hours a week so they can continue to get the most out of their study programme and life.

I have an EU nationality

Students with an EU nationality can work in the Netherlands without restrictions during and after their studies.

I have a non-EU nationality

Non-EU students in the Netherlands must have a student residence permit. On the back of the residence document, you will find information about working in the Netherlands. Non-EU students may work:

- Up to a maximum of 16 hours per week
- Or:
- Full time during the months June, July and August.

Non-EU students also require a work permit if they want to work in the Netherlands. This is a fairly uncomplicated process, and the application is submitted by your employer at the UWV (Dutch Employment Agency).

EU and Non-EU students are allowed to be self-employed during their studies. There are no restrictions on how many hours you work. You must register your company at the Dutch Chamber of Commerce or KVK.

Doing an internship as part of your study programme

All students studying in the Netherlands may do an internship if it is part of their study programme. No work permit is required, however, you must make sure to have a signed internship agreement (signed by you, your internship employer, and your university).

Lots of study programmes in the Netherlands offer the chance to students to do an internship (usually up to 20 credits). Different programmes have different means of applying for internships. However, they will most likely take place in the first six months of the year. It is a competitive market and you may not always find the type of internship you want.

There are a large numbers of English-language internships available on websites of organisations such as The Hague Humanity Hub, The Hague Tech, Apollo 14, The Hague Security Delta and on Work in Rotterdam in The Hague.

www.workinthehague.nl

Finding a job after you graduate

As the international city of Peace and Justice and seat of the Dutch government, The Hague is home to many international organisations, multinational companies, innovative start-ups, and NGOs. For some knowledge-based jobs, you do not necessarily have to speak Dutch.

Of course, finding a job can still be a challenging process. Searching for and applying to different positions can take time and energy. Luckily there are plenty of places in The Hague region to find help, get advice, and obtain skills to boost your CV.

The Hague is part of the Randstad, a large urbanized area that is home to over 8.5 million people. This area is well connected in terms of public transport and roads. If you do not mind commuting, there are more job opportunities in the Randstad.

Orientation Year permit for (non-EU) graduates

At the end of your study programme in the Netherlands, all students with a non-EU nationality may apply for an Orientation Year permit (*Zoekjaar*). This permit allows you to live and/or work with no work restrictions in the Netherlands for one year. You can apply for the Orientation Year permit up to three years after you graduate – even if you move back to your country of origin or elsewhere. However, the process of applying for this permit

changes if you leave the Netherlands. One of the advantages of the Orientation Year permit is that when you find a job, you can apply for the Highly Skilled Migrant permit. This means that you are as eligible on the labour market as a graduate with Dutch or EU citizenship.

For more information on the Orientation Year Permit, head to the IND website: www.ind.nl/en/residence-permits/work/residence-permit-for-orientation-year

If you would like to take advantage of the Orientation Year permit right after your graduation, you must make sure to apply for it before your student permit expires.

Read more on The Hague's economic sectors on our website: www.thehagueinternationalcentre.nl/working-in-the-hague-region

For economic sectors in other Dutch cities you can visit the national Welcome to NL website: www.welcome-to-nl.nl

If you want to stay updated on local career events for internationals, follow The Hague International Centre on LinkedIn or sign up for our newsletter.



Top Sectors in The Hague region

New Energy	The Hague region is a central point for innovative, low, and zero-carbon ways of producing energy. It is also home to many multinational energy companies, including their support and engineering businesses. This means that there are many stimulating places to work in The Hague if you are interested in a clean energy career path.
IT & Technology	The Hague region is home to a mixture of excellent universities (including Delft University of Technology), start-up hubs, and global tech companies, making it an established centre for IT and tech innovation. Companies, research institutes, and the government work together to promote tech innovation. This sector is always looking for new talent.
Legal & Policy	The Hague is the international city of justice and peace and has long been associated with human rights. As the seat of the Dutch government, the International Court of Justice, Europol, and more other international organisations, The Hague is the place for anyone interested in making a difference. Accordingly, there is a high concentration of legal scholars and innovations centres.
Finance	Investment and funding are essential for innovation and growth. The Hague has an established financial centre, hosting many multinational headquarters such as NIBC and FMO. Together with key financial institutions in The Hague region, they create a foundation and healthy business climate for businesses and start-ups to build upon.
Cybersecurity	This sector presents an interesting crossover between several areas in which The Hague already plays an important part. Because it has such a strong IT and technology sector, there is a unique ecosystem of cyber-related companies in The Hague, creating initiatives and governing global cybersecurity concerns.
NGO's and Impact	The Hague is the European heart for non-governmental organisations as there are hundreds of NGO's in the city. In The Hague, entrepreneurs, governmental institutions, academics, and businesses come together to create a better, safer, and more just world. The city is so successful in this that it is sometimes considered Impact City.

Job portals and recruiters

We select English spoken vacancies at innovative businesses for you. Daily we list around 2.000 vacancies in The Hague, Rotterdam, Delft and Leiden: www.workinthehague.nl

Top Tips when applying

Open applications

In the Netherlands it is quite normal to send a speculative application to a company or organisation that you would like to work for. Lots of companies even have a specific 'open application' tab on their recruitment page. If someone has useful skills and motivation, then a position will be found for them (rather than the other way around), so if a company finds your CV interesting you might be invited to an interview!

Networking

Whilst almost every company and institution will post their vacancies on their own job pages, on local job portals, with multilingual recruiters, and on LinkedIn, they will also recruit 'from their own network'. This means that if you are speaking to someone who works at a company you would like to work for, do not be afraid to mention that you are looking for a job and would like to learn more about their organisation.

Focus on what you can offer

Lots of Dutch employers place a strong emphasis on individual and/or unique skills. For example, if you speak a non-European language, emphasise that you

could help break into new markets or provide information to a diverse group of people. If you are an account manager, but you also have experience with business development, mention it! Many Dutch employers love crossover skills.

Make it memorable

When applying for jobs, take some time to make sure that your CV and motivation letter are tailored to the position. Adding unique elements can help you stand out as well. Find a way to present your skills, or anything else that demonstrates your personality.

Volunteering, traineeships, etc.

If have just graduated, also look into whether a company offers traineeships or volunteer positions. Traineeships allow you to work and learn during a fixed period. Many organisations also offer volunteer opportunities which could boost your CV.

Make use of your internships

If you're currently studying and your course has an internship element, it is a good idea to take it. Lots of people in the Netherlands use their in-study internship as a stepping stone into employment when they graduate. Your university or college likely has a network that you can access through their career centres.

Volunteering

It is important to note that volunteering has a different status in the Netherlands compared to many other countries. Not only are volunteers often offered a small financial contribution for their time,

No Dutch? No problem. Volunteer!

Over 300 volunteer jobs suitable for non-Dutch speakers.



**VOLUNTEER THE HAGUE PROJECT
HELPS ENGLISH SPEAKING
RESIDENTS CONNECT WITH LOCAL
NON-PROFIT ORGANISATIONS.**



volunteerthehague.nl



employers consider volunteer work to be on a similar level to paid work: especially if it is relevant to the job function. Lots of Dutch people take time to volunteer, and it can be a very rewarding experience.

You do not need a work permit to volunteer, either. English-language volunteering vacancies in The Hague can be found at www.volunteerthehague.nl

Learning Dutch

While there are plenty of people working in the Netherlands that do not speak Dutch, it is very beneficial in your job search. There are plenty of opportunities to learn Dutch in The Hague region. Inquire if your university offers a free or discounted course to help get you started.

You can also check out the Taalhuis Den Haag for more opportunities to learn and practice Dutch: www.taalhuisdenhaag.nl

Entrepreneurship

The Netherlands is a good place for entrepreneurs. There are many start-up hubs that can help you along the way. They can offer discounted office space, advice, and provide assistance when looking for financing. The Hague Business Agency is an organisation that can help guide you in the process. www.impactcity.nl/en

These are some of the start-up hubs in The Hague region:

- **Apollo 14:** a hub dedicated to social enterprise and 'impact' businesses.
- **Titaan:** the impact scale-up hub from Unknown Group
- **The Hague Humanity Hub:** a hub dedicated to international organisations, NGOs and social enterprises around peace, justice and humanity.
- **The Hague Tech:** a hub dedicated to IT, technology, and all things digital.
- **The Hague Security Delta Campus:** a hub dedicated to cybersecurity
- **Technology Park Ypenburg:** a hub located at the home of Dutch flight, the former Fokker campus, and dedicated to aerospace innovation and high-tech business.
- **YES!Delft:** the largest tech incubator in Europe. Active in Delft, The Hague and Rotterdam.

Find out more at impactcity.nl/en/hubs

Start-Up Visa and Essential Start-Up Personnel Permit

The IND collaborates with the Dutch Enterprise Agency (RVO) to allow entrepreneurs to come to the Netherlands and begin their start-ups. If they want to start their business in the Netherlands, they will receive a residence permit. There is also a permit available for essential workers from outside the EU that bring expertise to start-ups. Both permits have their own requirements, listed on the IND website.

For both permits you can reach out to the IND or the Netherlands Point of Entry www.netherlandspointofentry.nl/start-a-business/

Welcome to The Hague.

Royal city by the sea



◆ The City
The Beach
The **Hague.**

denhaag.com

Student associations

A good way to meet people during your studies and engage in social activities, is by joining a student or study association. Student associations are for all students, regardless of field of study. Study associations are for students enrolled in specific programmes.

Student associations

Some student associations include:

- **Afro Student Association:** Creates a community for afro students to navigate the academic and social sphere.
- **AIESEC:** global network promoting young leadership.
- **Amnesty International Student Group:** engaging people in the fight for human rights.
- **Enactus HHS:** bringing together students, academics, and business leaders for entrepreneurial responsibility with attention to societal issues.
- **Erasmus Student Network:** supporting international students across Europe.
- **H.G.S.V. Philautia:** LGBTQ+ student association that hosts social events.
- **H.S.R.V. Pelargos:** rowing association.
- **Interaccess NL:** an association for and by international students.
- **Initiatives of change (Casa Amalia):** global network of young people committed to a peaceful, just, and sustainable world.
- **Mundus Society:** The newest student association in The Hague. Aims to connect all students – wherever you're from and whatever you study.
- **Senti Questo:** international student association of the Hotelschool in The Hague.
- **The Hague Model United Nations Society (MUNOTH):** learn more about the field of United Nations debating.
- **Tribez:** empowering and educating students with African heritage or affinity.
- **H.S.S.O. Valerius:** The Hague's student orchestra.
- **PLNT:** organises events, workshops and programs for students interested in entrepreneurship.

ESN The Hague is part of the largest european network, present in 46 countries. Join us to make most of your time in The Hague and NL!

About us

Get to know The Hague – Make new friends – Party



Study associations

Study associations are a good place to meet other students who follow the same programme. These associations host social events, but they usually also give tips and tricks related to your studies, and sometimes can get you discounts on books. Check your programme to see which study association is linked to it.

Find out more on Study in The Hague:
www.studyinthehague.com/studying/student-organisations



Important information

Emergency numbers

Police, ambulance, and the fire brigade:
112

Suicidal thoughts:
113

Non-emergency police contact number:
+31 (0) 900 88 44

Non-emergency medical care

In the case of a medical emergency, always call **112**. However, if the situation is not life-threatening but you would like to speak to a doctor, you can call your GP's office (during office hours). Outside of office hours, you can reach a special GP line called 'Hadoks'. In The Hague you can ring Hadoks at **+31(0)70 346 96 69**.

Emergency Sirens

There are around 4,200 emergency sirens located around the Netherlands. Every first Monday of the month at 12:00, the sirens are tested. NL-Alerts (emergency text messages) are also used in case there is an emergency in your area. If you hear the air sirens on any other day or time beside the first Monday of the month at 12:00, you should go home and turn on the TV or radio for updates.

Country and Area Codes

Country Code for the Netherlands:
+31

Dutch mobile phone prefix:
06

Area code for The Hague:
070

Currency & daily payments

The Netherlands, like many other EU countries, uses the **Euro**. Many places accept both cash and card. Since COVID-19 however, more and more places are becoming cash-free. Nowadays, more and more contactless or mobile phone-based payments are widely accepted. Although most places accept card, they often do not accept Visa, American Express, Mastercard, or other credit cards. Dutch bank cards will most often be Maestro.

Time zones

The Netherlands is located in the Central European time zone (CET). This is one hour after Greenwich Mean Time (GMT +1). The Netherlands follows a summer and winter time-zone. In the spring, the clocks are set forward by one hour and in winter, the clocks are set back.

Seasons and weather

The Netherlands has a temperate maritime climate. This means that winters are usually mild and summers are relatively cool. Rainfall is distributed throughout the year, so there are no clear dry or wet seasons. In the winter temperatures average between 3 and 6 degrees Celsius, and summer temperatures average between 17 and 20 degrees Celsius. In recent years, the Netherlands has been getting warmer. There are fewer days of snow in January and February, North Sea storms are getting more violent in autumn and spring, and there are more tropical days in the summer.

Important dates and festivals

On national holidays people in the Netherlands have the day off work and though only (some) Christian holidays are recognised as national holidays, the right to take time off for a religious holiday is protected by law. Double check with your school or employer if you have the following holidays off:



New Year's Day (<i>Nieuwjaarsdag</i>)	1 January
Good Friday (<i>Goede Vrijdag</i>)	3 April 2026 (not every employer gives the day off work)
Easter Sunday (<i>Eerste Paasdag</i>)	5 April 2026
Easter Monday (<i>Tweede Paasdag</i>)	6 April 2026
King's Day (<i>Koningsdag</i>)	27 April
Liberation Day (<i>Bevrijdingsdag</i>)	5 May (only a day off work once every five years)
Ascension Day (<i>Hemelvaartsdag</i>)	14 May 2026
Pentecost (<i>Pinksteren</i>)	24 May 2026
Christmas Day and Boxing Day (<i>Eerste en Tweede Kerstdag</i>)	25 December and 26 December

Cultural do's and don'ts

Punctuality

Many Dutch people schedule their social calendars weeks in advance. Sometimes it may seem that the Dutch attribute very little time to some of their social events. Because of this, punctuality is greatly appreciated.

Smoking

Many places in the Netherlands have designated non-smoking (*rookvrij*) areas, including many universities, colleges, and schools. Some Dutch may let you know before they light up a cigarette.

Meeting people

It is common for the Dutch to take initiative when introducing themselves. Prior to the COVID-19 pandemic, the initial handshake was very important, especially in formal settings. When meeting family or certain acquaintances, it can also be common to greet them with three kisses on the cheeks.

Distance

Dutch people may be used to a more personal, social, and emotional distance than people from non-Dutch cultures.

Directness

Many Dutch people pride themselves on their (sometimes brutal) honesty. The Dutch dub this 'nuchterheid', which roughly translates to soberness. For example, if someone dislikes an idea you should expect the Dutch to say so, but usually they do give you a reason.

Consensus

In the Netherlands it is important to reach a consensus in social and public life. This is because the Dutch political system is based on consensus. It is therefore common to involve everyone in the decision-making process.

Birthdays

The Dutch don't only congratulate the person having their birthday, but congratulate their friends and family as well. Many Dutch people keep track of their friends' and family members' birthdays using a calendar kept on the back of the toilet door.

Dinners

If a Dutch person invites you to dinner, they will expect you to be punctual. If you invite Dutch friends or colleagues over, they will be (very) on time. It is generally customary to bring a present to dinner, such as something to eat, flowers, or something to drink. If you bring wine, there is a good chance that the bottle will not be opened that evening.

Before eating, the host often raises their glass as a toast. You will most likely be offered seconds, however, only after everyone has finished their first plate.

Bills and tipping

If you enjoyed your meal and the service provided, it is normal to tip 5-10%. Famously, the Dutch like to split the bill (going Dutch). One way they do this is having one person pay who then sends everyone else a Tikkie (digital payment request). However, if someone wants to pay, they will say so before you start the meal or drinks.

Getting around

Public transport

The Netherlands has an excellent public transport system with trains, trams, and buses available. The national rail company is called Nederlandse Spoorwegen (NS) and is responsible for train services across the country. Their blue and yellow trains are easily recognisable. Various other companies handle local routes, including HTM for trams in The Hague and RET for metros.

Buses are operated by a range of companies. Some cities (such as Rotterdam) also have water taxis.

The best way to check your fastest commute is through the NS app, 9292 (www.9292.nl/en), or Google Maps.

OV-Chipkaart

You can purchase tickets from machines in stations, online or check in with your debit card. If you are staying in the Netherlands for a longer period of time, it would be a good idea to get a personal public transport card (OV-Chipkaart). These can be used on all forms of public transport, by checking in at the station or on the bus. You can now also use your debit or credit card to check in and out of public transport.

There are two types of OV-Chipkaart:

- Blue: This is an anonymous card that you can get at a ticket office, and add credit to through ticket machines.
- Yellow: This is personal card, linked to an online account. These cards can be used for different subscriptions that can help you save money when traveling often.

More information: www.ovchipkaart.nl/en

Bicycles

The Netherlands is known as a biking country and there are more bicycles than people! Bike infrastructure is very advanced in the Netherlands with many streets having separate bike lanes. Bike lanes are often made from red bricks or red tarmac (and usually have the outline of a bike painted on it).

You can buy a bike in hundreds of shops across the Netherlands, and you do not need to wear a helmet when riding it. Make sure to purchase a strong lock with your bike. When you do lock your bike, remember to lock it onto something (for example a bike rack).

Swapfiets is a popular choice with students (these are the bikes with the blue front wheel). This is a monthly subscription for a bike which includes repairs.

Even if you prefer public transport, many train stations have multi-level bike parking. Or you can rent a bike from the station with your OV-Chipkaart.

Driving

You may use a driving license from another EU member state in the Netherlands until it expires. If you have a non-EU driving license, you can use it for 185 days after you register in the Netherlands. After that you will have to take a Dutch driving test and obtain a Dutch license.

How can The Hague International Centre help you settle in?

The Hague International Centre is your first point of contact as international in The Hague region. You can reach out to us if you have any questions while living in The Hague. Whether you decide to stay after your studies or not! Check our website for updates on how things work in the Netherlands or where you can go for help in our service providers section. Sign up for our newsletter or follow us on Facebook, LinkedIn or Instagram. Visit our helpdesk in City Hall to ask your question directly. We also organise regular events to help international newcomers settle in The Hague region.



Our events include:

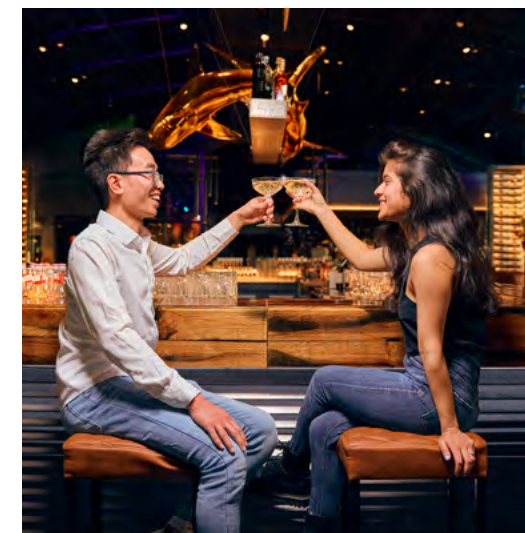
We host various networking events where we also discuss certain topics such as taxes, healthcare, housing, and employment in collaboration with our partners. Twice a year, we organise Feel at Home events to connect the international community to service providers, clubs and networks in the region.

Sign up for our newsletter and keep an eye on our website for events!



City Events

For everything that is going on in The Hague, make sure to check out www.denhaag.com, which showcases the best in culture, lifestyle, and more.



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The Hague International Centre / Gemeente Den Haag

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