



**Country guide for new EPIET/EUPHEM fellows
National Institute for Public Health and the Environment/
Rijksinstituut voor Volksgezondheid en Milieu (RIVM)
The Netherlands**

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Updated by:

- STANOEVA Kamelia
- LOENENBACH Anna
- SHAH Anita
- PECKEU Laurene

Based on previous guidance by

- EPIET alumni, coordinator and supervisors from RIVM

Source:

<http://epietalumni.net/activities/countries-guide/>

Please note: This is a living document. If you find any information to be incorrect or out of date, or there is anything you wish to add, please amend the guide (and date it accordingly) and send the new version to your cohort representative for uploading onto the EAN country guides website. Thank you.

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EARLY ON AND GETTING STARTED

Access Netherlands is a voluntary organisation supporting the international community in the Netherlands: they can provide advice on relocation, healthcare, schools and many other issues for new residents. Check out <https://access-nl.org/>

Important documents to bring with you to the Netherlands

- Passport
- Birth certificate (Original or official certified copy or multilingual EU form extract from the public register)
- Marriage certificate / birth certificates of children, if applicable (Original or official certified copy or multilingual EU form extract from the public register)
- Degree certificates (Originals and certified translations or EU multilingual supplements)
- Residence or work permit, if applicable
- Certificate of conduct from the criminal records bureau from your country of origin (check with RIVM prior to requesting this, usually valid for a limited period)
- Documentation/ letter with Financial Identification Number or Tax Identification Number of the country in which you are currently liable to pay tax if initially opening a bank account without a BSN

1. Registration in The Netherlands

Residence permit/card (if needed) & Visa (if needed)

As an EU-citizen, you have the right to live in any EU country if you work there. During the first 3 months of your stay, your host country cannot require you to register your residence. You can do so if you wish. After 3 months, your host country may require you to register your residence with local authorities, to show that you're working there and obtain a document confirming your right to stay.

Source: https://europa.eu/youreurope/citizens/residence/residence-rights/index_en.htm

Registration and BSN

The International Welcome Centre Utrecht Region (IWCUR) provides support and information on various administrative issues for new arrivals to the Netherlands: <https://www.utrecht.nl/city-of-utrecht/international-welcome-centre-utrecht-region/>

In the Netherlands, the first step to complete your registration is making an appointment with the municipality office (Gemeente) in order to get your burgerservicenummer (BSN). The BSN is the Dutch equivalent of the social security number. You must register in the municipality office of the city/town where you reside, and change your registration if you move. Be aware, that, if you decide to live near

RIVM, like Bilthoven or De Bilt, you have to register in the municipality office in De Bilt and not in Utrecht.

BSN procedure

BSN is needed to work or study in the Netherlands. In order to get paid by RIVM and get your work ID, you need your BSN. You also need to provide the BSN to your bank upon opening an account or within 30-90 days (varies, see bank info below).

There are two options to register depending if you already have a place to live or not.

- If registering directly as a resident, you need a signed tenancy agreement. Alternatively, you need to be staying at a place where you can register (relatively rare, depends on the allowed number of residents at a given address). In this case, the owner must provide a signed permission in a format that you can find on the respective Gemeente website, along with a copy of their ID/driving licence. You will receive a copy of your resident record, incl. the BSN, as a letter within 2-4 weeks.
- Without a rental contract, you can register as a non-resident (RNI). Technically, that is an option for people staying for less than 4 months, so use at your own risk. You register with your home-country address (declaring plans to stay temporarily below 4 months) and you get a RNI number/BSN on the spot. However, you will not be registered as a resident of the Netherlands. The BSN will remain the same number, when you eventually register as a resident with a proof of address. A limited number of municipalities provide RNI service, including Amsterdam Zuidoost (appointment by phone) and Utrecht (appointment online).

Make an appointment with the municipality as soon as possible. In Utrecht in September, it can be fully booked for more than a week and sometimes up to three weeks, so reserve your appointment beforehand to avoid any delays.

You can make an appointment at the Utrecht municipality office, Gemeente Utrecht Stads Kantoor, via <https://www.utrecht.nl/>. Some information on the website is available in English. The municipality office is located at Stadsplateau 1, which is connected to Utrecht Centraal Station. That is also where you will find the International Welcome Centre Utrecht. Below, you will find the 10 steps to make an appointment:

1. From <https://www.utrecht.nl/>, click on “Maak een afspraak” icon
2. On the next page, select “Burgerzaken”
3. The following page provides two drop-down menus. Leave the first selection as “Alle producten”
4. In the second drop-down menu, choose “Verhuizen vanuit buitenland (immigration)” (Relocation from abroad).
5. In the “Aantal” drop-down menu, specify the number of persons in your family who are registering. Use this option to schedule a group appointment (all, incl. children must be present at the scheduled appointment)
6. Click on “Volgende”

7. On the next page, leave the location selected as “Stadskantoor” and click on “Volgende”
8. You will be presented with a calendar of available dates and times: make your selection and click on “Volgende”
9. Fill in your personal and contact information and click on “Volgende”
10. After you submit all information, you will receive a confirmation email with the date and time of the appointment. There is a link in this email if you need to cancel/reschedule your appointment.

For more information, you can reach Gemeente Utrecht by phone +31 30 286 00 00 or via WhatsApp on +316 24 92 76 65

Contact the International Welcome Centre Utrecht at + 31 30 - 286 00 00 (for English: press 9)

If you live outside Utrecht, check first which municipality office is the right one for your area.

For Bilthoven/De Bilt go to <https://www.debilt.nl/> and <https://www.debilt.nl/wonen-en-bouwen/verhuizen/vestiging-uit-het-buitenland/> for making an appointment.

For Amersfoort, visit <https://www.amersfoort.nl/> and <https://www.amersfoort.nl/wonen-en-verhuizen/to/vanuit-het-buitenland-naar-amersfoort-verhuizen-immigreren-.htm> Appointments are by phone at 14 033 (+31 33 469 5111 from abroad)

You will need to present the following documents when you go to the municipal office:

- Valid identification, e.g. your passport or ID card (driving licence is not valid for this purpose)
- Proof of address when registering as a resident (not for non-residents). Signed lease/tenancy agreement or permission from the owner of the house + copy of their ID.
- Birth certificate: Original or official certified copy or multilingual EU form extract from the public register (a simple photo copy is not valid)
- Marriage certificate / birth certificates of children, if applicable: Original or official certified copy or multilingual EU form extract from the public register
- If you are a national of non-E.U. country, you may need a Residence/Work Permit which is issued by Immigration and Naturalisation Service [Immigratie- en Naturalisatiedienst (IND)].For more information about Residence/Work permits, see <https://ind.nl/en/contact> AND speak with RIVM HR Advisors (Saar Niemoller)

DigiD

DigiD is your electronic identification for all government services, as well as related services like health insurance and pension. In the Netherlands, almost all bureaucracy is aiming at paperless processing. You can receive all your government correspondence in the online mailbox

<https://mijn.overheid.nl/>

You can apply for DigiD after your resident record has been created and updated, i.e. you have received the letter confirming your BSN and address registration. You will not be able to apply for DigiD if you are only registered as non-resident (RNI). There is a verification step where you receive

an activation code at your address. Once all set you can choose between using the phone app or user/password plus SMS codes every time you login.

2. Finding accommodation

Areas to live

RIVM is located in Bilthoven, which is about 7 km from central Utrecht, on the site of Bilthoven Biologicals. In terms of public transport, it is accessible by bus or train via Bilthoven station. It is anticipated that RIVM will relocate to the Utrecht Science Park (De Uithof) in 2021 or later. The area is accessible by tram from Utrecht or buses from Utrecht, Zeist and Amersfoort.

The first thing you should do is decide whether you prefer to live in Amsterdam, Utrecht or surrounding area (eg. Bilthoven, De Bilt, Zeist, Amersfoort). Amsterdam has all the benefits of a capital city, and is closer to Schiphol airport. However, housing in Amsterdam may be more expensive than in Utrecht. Utrecht is smaller and quieter, but still quite bustling as it is a student town. It takes about 20-25 minutes to bike from the center of Utrecht to RIVM. It takes a bit over an hour to get from RIVM to Amsterdam by public transport. From Utrecht Central Station, it is only 30 mins by train to Schiphol (trains run through the night but less frequently; the same applies for Sundays). Your travel expenses are paid by RIVM (Mobility Shuttel card); if you cycle to work, you are rewarded 0.12 Euro/km which is paid with your salary, but you have to select one primary commuting method to receive the appropriate benefit.

Once you have decided where you would like to live, the easiest (and most cost effective) way of getting an apartment is through someone you know, or through a contact, such as EPIET/EUPHEM fellows from cohorts above who are leaving! However, if there is nothing around, you will have to go through a website/agency.

Good/bad locations

In Utrecht:

Great areas: City centre, Wilhelmina Park (Central-East), Wittevrouwen (North-East), and Lombok (West) but the commute from the west side of Utrecht will be longer; the east side and the centrum is the most convenient.

Avoid Kanaleneiland (Canal Island), Ondiep and Overvecht.

<https://dutchreview.com/expat/housing/where-to-live-in-utrecht-neighborhoods-of-utrecht/>

In Amsterdam:

Avoid anywhere located too far from the train station, as your commute could get too long. There are direct connections to Utrecht from Amsterdam Amstel (closest to Utrecht), Amsterdam Zuid, Amsterdam Centraal and Amsterdam Sloterdijk (not a very nice area).

Others:

Amersfoort is on the train line to Bilthoven with the neighbourhoods around Centraal, Schothorst and Vathorst stations. There are also direct bus lines to de Uithof Science Park area.

Hilversum is linked to Bilthoven via train or direct buses, but not so conveniently to de Uithof.

Avoid areas without a direct bus connection or far from train/tram stations if planning to commute via public transport.

Both Bilthoven and de Uithof sites have free bike parking areas. The Bilthoven site has some free car parking spaces on a first-come-first-served basis. However, fewer parking spaces are planned for de Uithof (probably no free car parking will be available for fellows).

Type of housing

You may opt to rent furnished or unfurnished housing, but be warned that unfurnished might not include standard appliances. Kaal (shell) offers come without flooring, gestoffeerd (upholstered) have flooring and often some in-built kitchen appliances, gemeubileerd means furnished. Keep in mind that sometimes the posted photos misleadingly show furniture from the previous tenant that will not be included.

Flat-shares

This is a viable and cheaper option if you don't mind sharing. Be prepared to be interviewed by the tenants who already live there! This is called "hospiteren" in Dutch. Most rooms are in student flats ...but you can look for other people (in the numerous international groups, details below) with whom you can look for flats.

BEWARE OF SCAMS – these are common on some websites. Never transfer money before you have the key. If you think something might be a scam, google the address or the email address – often you will see people have already reported it on various blogs.

Terms – when looking for a flat

Be prepared, house hunting is a hard and full time job... Rental housing is in short supply and are quite expensive in the Netherlands (Amsterdam and Utrecht are the most expensive cities). City apartments are quite small and if you are looking for a central location, the choice is limited. Especially in September, when all the students arrive for the new university year, flats can be fully booked and new offers are gone within hours! If you can, start as soon as possible in June/July as students are leaving. For a studio/one bedroom flat in a central location, you should expect to pay 750 – 900 Euros per month with or without utilities included (but better deals can be found if you look around, or you can flat-share for a cheaper option). A house/apartment for two people will cost around 1200-1600 Euros per month.

BEWARE OF ANY AGENCY THAT ASKS YOU TO PAY FEES UPFRONT.

If you contact an agency to look for a flat for you, most agencies will help you look for free. The deal is that if you find a flat through them, you pay them up to one month's rent as a fee plus 21% VAT. However, if you contact an agency directly to visit a specific flat that is in their portfolio, then it's illegal in the Netherlands for them to charge any agency fee. They might charge administration costs at around 150-250 Euros if you sign a rental contract. Therefore, always ask about any additional costs when you arrange a viewing. Real-estate agencies use different formulas to calculate a required minimal income (for example gross income equal to 3 to 5 times the rent). Check any requirements in the add or on the agency website.

The rent is usually paid on a monthly basis directly to the landlord. Bear in mind that you will also be paying at least one month's rent as a deposit for the landlord, so it can be pretty expensive at the outset.

Rental duration is variable, but for most nice apartments the minimum rental period is a year. To leave, you usually have to give one month's notice (and the landlord has to give you two months' notice if they decide they don't want to rent the apartment out anymore).

Necessary documents for a rental contract

The following documents may be needed to get your rental contract:

- passport
- employment contract or RIVM HR reference letter stating expected annual income
- proof of income for your partner (employment contract, payslips, bank statements), if applicable
- Reference letter from your previous landlord (reference letter from abroad in English was accepted in 2019)

Useful websites

<https://www.funda.nl/en/huur/>

Funda is one of the biggest free local sites. It has an English version although you may need to google-translate the flat descriptions. Sort the ads by date to see what has been posted most recently, as this is not done automatically. It's a good place to screen what is available and you can call the agency for more details on a flat.

<http://www.pararius.com/english/>

Pararius is specialised housing site for expats moving to the Netherlands, which has the advantage that it is in English. Advertised flats come furnished as well as unfurnished. Many estate agents list their available properties here, and it is a great starting point to see what is available. If you see a flat that you want to visit, you can try to book an appointment through Pararius, but agencies are not always responsive. If you really like the place, is always best to email or call the agency directly (contact information generally available on the Pararius website).

<http://kopen.marktplaats.nl/huizen-en-kamers/c1032.html>

This website has many available rooms/apartments listed. Most estate agents put their rooms on Marktplaats as well as their own websites. It is a good starting point for getting an idea of how much your money can get you. It is in Dutch, but Google translate can help.

<https://sites.google.com/site/ingutrecht/>

The International Neighbour Group in Utrecht is intended for expats linked to the university, but anyone can join their google group. A lot of rooms and flats are advertised via this group. Also, you can get good deals on second hand furniture or bikes on this site!

There are multiple Facebook groups where you can find housing offered, as well as bikes, furniture and other items for sale.

Expats Utrecht <https://www.facebook.com/groups/expatsutrecht/>

Utrecht Interantional Students <https://www.facebook.com/groups/UtrechtInternationalStudents/>

Utrecht Free Ads <https://www.facebook.com/groups/545181045520780/>

Rooms/Kamer/Zimmer in Utrecht <https://www.facebook.com/groups/164101426987543/>

I know a place <https://www.facebook.com/groups/iknowaplaceUtrecht/>

Woonruimte aangeboden/gezocht <https://www.facebook.com/groups/woonruimte utrecht/>

<https://directwonen.nl/>

Direct Wonen has a paid subscription but you can search and use their email alert service for free. Often you can just google the name of the property (street) and find the add on the agency website, for example te huur ABClaan Utrecht.

<http://kamernet.nl/> - you have to pay a monthly fee of around 30 Euro. It has both rooms and studios/apartments on offer. They also have an application which is very user friendly and you can communicate directly with the landlords.

<https://www.bnsrentalservice.nl/en>

B&S Rentals is an estate agency based in Utrecht also specialising in rentals for expats –the advantage is that they will prepare contracts in English so you know what you’re signing. They charge a flat fee for their service, if they succeed in helping you find a rental property.

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

They show more upscale places than other websites but also some regular apartments. They more frequently have furnished places, it’s in English and very easy to navigate, and contact via the website is more effective than many other agencies.

<https://interhouse.nl/en/rental-properties/>

<https://www.123wonen.nl/>

Two agencies that were helpful when approached directly for free viewings in 2019. An approach is to choose a few agencies that have adds in your target area and charge no subscription fees. Then, it is a good idea to subscribe to their email alerts or check their website for new adds daily. Often they post the add on the big sites (funda, pararius, etc) with some delay, allowing a time advantage for people using directly their website.

AirBnB- As strange as it might sound, but many long term rents are available on the website. Check with the owner if it is possible to register at their address. This option gives a more flexible, longer term rental option until you find your own place. Also gives you some time until your first salary, so paying deposit and buying furniture will be less of a shock for your wallet.

One additional website

<http://www.expats-blog.com/en/classifieds/europe/netherlands/flat-share-house-share.html>

Amenities: Internet, Telephone, Television, Gas, Electricity, Water, Heating

You can contact EasyNuts (<https://easynuts.nl/set-up-utilities-iamexpat/>) or PartnerPete (<https://partnerpete.com/>) to connect all utilities online (energy, internet, television, water, insurance and mobile).

Internet

There are multiple internet service providers in the Netherlands: many offer bundled packages for mobile telephone, home internet and television. You can check which providers are available for your address, and compare prices at <https://www.breedbandwinkel.nl/>

[Check out the offers from the 3 main providers: KPN, T-mobile and Vodafone+Ziggo for bundling home Internet with a mobile phone contract.](#)

Dutch mobile phone

KPN, T-mobile and Vodafone are the 3 main networks providers. KPN is the biggest network, with T-mobile coming second. Vodafone's coverage is somewhat lower. Other companies like Lycamobile, Lebara, etc. use one of these 3 networks, but with some restrictions, so read well the small print. Heavily discounted pre-paid SIM options might be limited to Internet use within the Netherlands.

Contract: if you want to get a phone contract, you will need to have a Dutch bank account. All 3 main providers usually include calls and Internet valid within the E.U. with their contracts.

There are various phone shops on Lange Elisabethstraat (near Utrecht CS) including the Phone House, which deals with all networks so you can compare/contrast.

The following guide gives some idea about the prepaid options: <https://prepaid-data-sim-card.fandom.com/wiki/Netherlands>

Gas and Electricity (includes Heating)

These are the largest energy providers in the Netherlands:

- Green choice (customer service in English)
- Essent
- Nuon
- Oxxio
- Energiedirect
- Budget Energie
- Nerdelandse Energie maatschappij (NLE)
- Eneco

The Netherlands invests a lot in green energy. Therefore, it is pretty easy to receive sustainable energy generated from renewable energy sources such as wind and solar.

If you don't know which supplier you want, Pricewise is a comparison site that can help you to choose (<https://www.pricewise.nl/energie-vergelijken/?actioncode=tradetracker&campagne=regulier>).

In some cases, the heating in your building could be from a fixed provider and you will have to get a contract with them. It might be more convenient to choose them as electricity provider too, so you end up with a 1 contract for both.

Water

If you are renting a house, your landlord will likely have made arrangements.

There are 10 water supply companies in the Netherlands that produce and distribute water. Where you live determines what company will supply you with water.

- Evides: Zeeland and southern part of Zuid-Holland
- Dunea: The Hague/Leiden
- Oasen: Eastern part of Zuid-Holland
- Vitens: Utrecht, Gelderland, Overijssel, Flevoland and Friesland
- WMD: Drenthe
- WBG: Groningen
- Waternet: Amsterdam
- PWN: Noord-Holland
- WML: Limburg
- Brabant water: Northern part of Brabant

For Vitens, obtaining a contract, reporting water usage and setting up automatic bank withdrawals can be easily done online via <https://www.vitens.nl/>

Furniture and household goods

- Ikea

Needs no introduction. There's one in Utrecht (bus 77 goes there) and one in Amsterdam, also accessible via public transport.

Utrecht: <http://www.ikea.com/nl/nl/store/utrecht>

Amsterdam: <http://www.ikea.com/nl/nl/store/amsterdam>

Delivery can be arranged, although next day delivery only possible if you shop in person and make delivery arrangement with the customer service in-store. You can also order online and have larger items delivered (for a fee).

- The area where IKEA is located in Utrecht (the "woonboulevard") has many other furniture stores <https://www.woonboulevardutrecht.com/winkels/>.
- Bol is the Dutch version of Amazon: www.bol.com
- Marktplaats is the Dutch version of Ebay/ Craigslist: www.marktplaats.nl

3. Reimbursement of expenses

HR at RIVM

The contact person for HR in RIVM is [Saar](#) Niemoller. She will help you deal with the removal costs, and language class reimbursements. Ask her to explain the P-direkt portal, which is the HR website where you can change personal details, see your salary slips, annual leave days, request the mobility card, apply for the RIVM gym, etc.

Relocation procedures

Get quotations from three moving companies for your removal. For Cohort 2018, removal expenses are paid by RIVM against the receipts. You will need to fill a declaration form online (via an internal RIVM declaration link) using your own personal financial/project number (ask secretariat for help). RIVM does not require you to provide the moving company estimates, but you should retain the documents until completion of your fellowship in case of audit. The reimbursement takes some time: you should expect 2-3 months.

ECDC will only pay removal expenses done during a certain period of time (i.e. in previous cohorts it was from two weeks before the first day of contract up to end of the first “specific grant agreement” (SGA) budgeting period, end of February). This may change, so if you are planning to move *before* your contract starts double-check with ECDC that those expenses will be eligible for reimbursement. If you can't arrange to move your belongings before the Introductory Course, it's not a problem.

Allowable expenses may vary, but in the past have included:

- One-way personal transport within Europe
- Moving company for transporting your household/personal goods
- Hiring of storage space, for example for the weeks you are in the Introductory Course

Other expenses

You can get reimbursement from RIVM for your health insurance and Dutch classes based on receipts. You need to submit a declaration form, using your personal financial/project number (the same one that you use for your moving costs).

4. Finances

Bank account

There are many services that are more difficult to access if you don't have a Dutch bank account. To open an account with a Dutch bank, you will need to bring several documents with you:

- Identity Document - Passport (ID cards from some EU countries may be acceptable.)
- Your BSN – You may be able to open an account without BSN but you will have to provide it within a period (varying between 3 weeks to 90 days depending on the bank), or your account will be frozen. If opening a bank account without a BSN, ABN also requested documentation showing your Financial Identification Number or Tax Identification Number of the country in which you are currently liable to pay tax.

- Proof of Address - For example, tenancy agreement; utility bill less than 3 months old (at ABN AMRO, accounts were opened without this document)
- Proof of Income – Your employment contract should do, but it may be worthwhile taking along your offer letter, or letter from RIVM confirming employment status.

Many fellows have used ABN AMRO. It has a lot of information, in English, including internet banking, and has branches at Neude, Hoog Catharijne in Utrecht and De Bilt (close to RIVM):

<https://www.abnamro.nl/en/personal/index.html>

You need to make an appointment with the bank in order to set up an account. There are instructions on the ABN AMRO website:

<https://www.abnamro.nl/en/personal/payments/open-an-account/index.html>

You can make an appointment online, write to appointmentdesk.internationals@nl.abnamro.com or call +31 (0)20 343 44 22 (calling directly may be more efficient). They may ask you to send the scanned documents to the above email address, and/or bring them with you to your appointment.

Other banking options include Rabobank, ING and others.

Bunq is a an online app-based bank that could be a useful temporary solution until you manage to open a standard bank account. Opening account is done entirely via the app

5. Administration

Contract

No paper contract will be signed but you will receive by email a confirmation of agreements you make with RIVM. This email summarizes the starting/ending date of your contract, the amount of work hours per week, your salary, annual leave entitlement and other benefits.

Please note, you will need to bring the original certificates of any degrees and your passport to be verified by the HR office or your department head.

Be aware that you take all your vacation hours/annual leave by the end of your contract. Epi is not paying for unused vacation hours (even if this is offered to other RIVM employees), except in special circumstances (when taking vacation hours was not possible).

Salary corrections

You can check your salary correction with the ECDC Fellowship Office. As an indication, check the 2016 correction factor here, around page 16:

https://ec.europa.eu/eurostat/documents/6939681/7070380/5189298_annual_report.pdf

As an estimate, your monthly net income with the NL correction factor will be about 2500 Euros, but talk to the HR representative ASAP for a specific calculation.

Details: as you are officially employed by RIVM, normal taxes are automatically deducted from your gross salary. Your gross salary is calculated from the pre-determined net salary (based on ECDC decision for each cohort, subject to change). For cohort 2018, the net salary was 2,200 Euros per month over 24 months, plus the correction factor of 107.8%. Your gross salary will then be calculated factoring in the corresponding taxes. For cohort 2018, the gross salary was 3,913 Euros per month.

However, as an employee of RIVM, you may be entitled to annual holiday allowance of 8% and an end-of-year bonus of 8.3% of your gross salary. Your annual (gross) salary therefore includes this holiday allowance and end-of year bonus, that will then be divided by 12 months.

Pension (public/private)

As you are officially employed by RIVM (based on rules for cohort 2013 to 2016), pension contributions will be normally deducted from your gross salary.

6. Insurance

Health insurance

For a comprehensive overview of health care in the Netherlands, see <https://access-nl.org/healthcare-netherlands/>

You are legally required to get health insurance in the Netherlands. You will be charged from the day of registering as resident, so don't be surprised if you get a bill for September retrospectively. Part of the contribution is already deducted from your gross salary, but you have to pay a part yourself from your net salary. There are several providers with comparable pricing for the standard package, but RIVM employees are eligible for a discount with OHRA (<http://www.ohra.nl>); it costs around 120 euros/month for a single person. You can apply for insurance online filling in your date of registration as resident, then ask to be included in the RIVM collective discount from your first work day. OHRA customer service can provide additional information, and the HR advisors can also help you with the application.

You can compare insurances on the following website: <http://www.zorgkiezer.nl/>. Standard packages are very similar across providers: you will have to decide if you need additional coverage for dental care or other health needs. You are allowed to change your health insurance provider once per year

Finding a GP

GP practices serve predefined areas by postcode. Google "huisarts Utrecht" (or municipality of your residence) to generate a list of GP practices in your area. Physicians practicing in urban areas with many international residents will be able to speak English. The huisarts is your primary care provider; it is free and the gatekeeper to the health care system if you require a referral for specialist service. You should organize health insurance coverage before you visit/register with a GP. In some areas practices are full and do not accept new patients, so better start looking for a GP as soon as you choose an insurer.

Useful numbers

The emergency number in the Netherlands is **112**.

This emergency service will dispatch an ambulance, if required.

Urgent health care

If you have a non-life-threatening accident/illness out of normal GP office hours, you should call the number of your local huisartsenpost. These clinics provide treatment and care between the hours of 5pm and 8am for conditions that do not necessitate a visit to the local hospital's emergency department).

The number for Utrecht is **0900 - 450 1 450**.

The GP is available Monday to Friday overnight from 17:00 to 08:00 the next morning. On weekends and holidays there is a 24 hour service.

Be prepared to provide:

- Your health insurance card
- The name of your GP
- Your medication

On weekdays from 08:00 to 17:00 you can go to your own doctor.

Susan Hahné (EPIET supervisor) can also be called when necessary: her mobile number is +31 (0)6 4648 3623.

Travel insurance

Information about ECDC Travel Insurance

ECDC travel insurance is provided by Cigna International Health Services. All staff and sponsored meeting delegates travelling on behalf of ECDC are covered by this insurance. The insurance takes effect from the time one leaves their home/office for the meeting/mission and ends upon return to home/office. Times outside this period, including personal travel added on to a meeting or module ("private deviations"), are not covered.

Coverage includes, medical expenses as well as costs for repatriation in case of personal accident and/or serious illness, theft, riots etc. For medical expenses, the travel insurance is a complimentary insurance. Any costs or damages that are not covered by the primary insurance (private, national or corporate) will be supplemented by the travel insurance upon a written declaration that such expense had not been covered.

Please note that the ECDC Travel Insurance is only a "top-up" insurance and everyone is expected to have a travel insurance (professional or private) already.

It is recommended to always bring your European Health Insurance Card when travelling in Europe.

Source: ECDC EVA

Accident insurance

You can discuss insurance issues with HR (Saar Niemoller) at the "aanstellingsgesprek"

Accident / Liability insurance

Everyone in the Netherlands has this. If you have an accident and harm a person or their property, they will generally claim against your insurance – which means it's a good idea to have some! You can

get this insurance through OHRA, ABN AMRO, and other banks and insurers, so look around. The cost will be around 2-4 euros per month.

House contents insurance

Your rental agreement may require that you have insurance for your personal effects and household contents. This is available from OHRA, ABN AMRO and other banks and insurers, and you will usually be able to bundle it together with accident/liability insurance to suit your own circumstances.

7. Leaving the country

For administrative advice on how to de-register etc when you've come to the end of your fellowship, please consult the following Access guide (double click to open).

http://www.access-nl.org/our_services/pdf/booklets/leaving_the_netherlands.pdf

AT WORK

8. The institute: Rijksinstituut voor Volksgezondheid en Milieu (RIVM)

Getting to & from Utrecht Centraal /RIVM

Bus number 77 goes from Nieuwegen (SW of city centre) via Utrecht CS to RIVM, stopping at Neude, Janskerkhof and Oorsprongpark, among others.

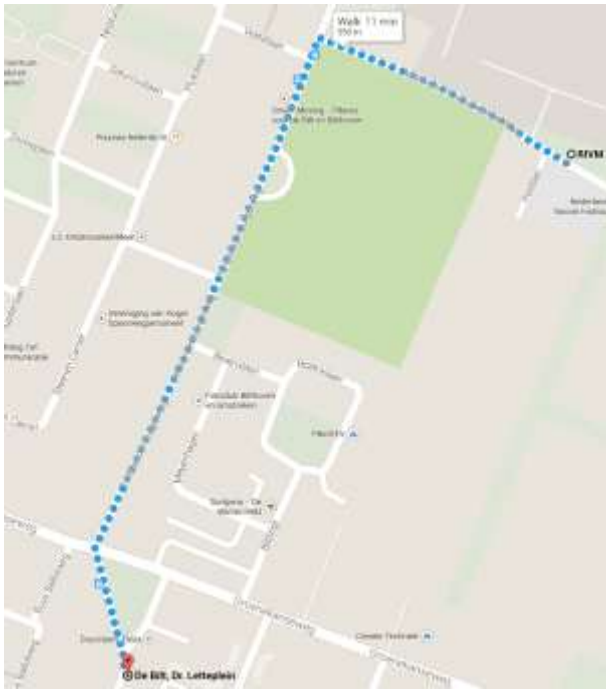
Get off at Dr Letteplein (ask the driver, or check the screen inside the bus that tells you what stop is coming up). Continue straight on the same road (1e Brandenburgerweg) for about 5-10 minutes.

You'll pass a modern church on your right, then you'll see a road going off to the right with a sign for RIVM; the front gate of RIVM is about a 5 minute walk from there.

There are two or three buses in the morning, between 7:30- 8:30 (check the schedule for exact times), which have a modified route and stop closer to the RIVM, on 1e Brandenburgerweg. The bus banner will read Bilthoven NS via RIVM.

In the afternoon, between about 16:30 – 17:30, three also stop closer to the RIVM (check the schedule for exact times).

Another option is to commute to Biltoven station by train (only the slower Sprinter trains serve the station). Bus 31 is generally scheduled to cover the train arrivals and departures. Alternatively you can walk or bike (shared Campus bike service available) the 2km to RIVM.



LIVING IN THE NETHERLANDS

9. Dutch Culture

<https://access-nl.org/living-netherlands/dutch-life-culture/>

Stuff Dutch People like is a great blog for helping you understand all the weird and wonderful habits of the Dutch people!: <http://stuffdutchpeoplelike.com/>

10. Public transport

Here's a comprehensive overview of public transport in NL:

http://www.expatica.com/nl/about/Dutch-transportation-Trains-metros-buses-and-taxis-in-the-Netherlands_100594.html

www.9292.nl (also available as an app!) contains information and schedules for all transportation (including changing trains, buses and trams) in the whole country. This site is also available in English.

<https://u-ov.info/> provides route and fare info for the Utrecht area

As soon as you arrive in NL, you should buy an OV Chipkaart (see <https://www.ov-chipkaart.nl/home-1.htm#/> and more information below). The OV Chipkaart can be used on buses, trains and trams everywhere in the Netherlands. You can get an anonymous chip card for 7.50 euros (plus travel fare) at the Schiphol train station. Once you have your Dutch bank account, you can buy a personalised one and set up automatic top up.

Trains

www.ns.nl is your friend for train schedules.

You can buy train tickets online, in machines at the station, or at the NS office in the station. If you have a foreign card the machines may not recognise it, in which case you have to make your purchase in person at the station office, and pay a 50 cent “service charge”.

Tickets don't have a time stamp on them, just the date, so they're valid for any single journey on the day. If the date is not written, you need to stamp the ticket in the yellow validator machines before going down to the platform. You can buy a return ticket (“dagretour”), but the price is the same as two singles.

Most Dutch train travellers use an OV Chipkaart, and you will find this the most convenient option.

For train travel outside of NL, check <https://www.nsinternational.nl/>

This may give you better prices than going through the individual train companies – e.g. worth trying to travel with Dutch trains and then Eurostar from Brussels, rather than book a Eurostar ticket from Amsterdam to London.

The OV Chipkaart

<https://www.ov-chipkaart.nl/travelling/how-does-travelling-work/checking-in-and-out.htm>

The OV Chipkaart is a chip card, which you top up with money. You then “check in/out” at the start and end of your journey and it deducts the cost. Be sure to check in/out otherwise you will be charged a maximum fare of € 4 if you travelled by bus and € 20 if you forget to swipe out after travelling by train. But you can claim it back if you go in person to the OV office at the central station or through the phone app!

If you buy a personalised card, you can set it to automatically recharge from your bank account if the credit drops to a certain level. So, you will never be stuck without bus or train fare. All OV Chipkaarts can be topped up online, at railway stations, and at certain shops (e.g. Albert Heijn: you can use your bank card, but many shops accept only Mastercard, not VISA). You need to have a €20 minimum credit on the card to check in for train journeys and €4 for bus journeys.

Off peak discount pass (Dal Voordeel)

This is a really good deal! You can buy an annual subscription via the OV Chipkaart site for 52 euros per year, which entitles you to 40% discount on all train travel after 9:00 am Monday – Friday, and all day at weekends and public holidays. What’s more, it applies to both first and second-class tickets. You can also get the 40% discount for up to three people traveling with you! So it’s excellent if you have visitors coming to stay.

An even better alternative is to get a personalised OV-chipkaart and NS-Flex subscription which allows you to change your subscription for a month at a time. Then you can choose between any of the off-peak, all day, or week-end discounts and switch them on or off for the month period you need them.

<https://www.ns.nl/flex>

Here’s an overview of available discounts:

<https://www.amsterdamtips.com/dutch-rail-discount-cards>

If you take a subscription for the 40% discount, make sure that your Chipkaart is activated (at railway stations or designated shops) before you use it. You need also to activate it again the 1st of January – you'll get a letter to remind you.

Commute and business trips

Your employment contract with RIVM makes you eligible for a Shuttel card (basically a business OV chipkaart), which allows free public transport commute between your home and RIVM or for business trips (e.g. to/from Schiphol) when you are on duty travel to modules or conferences. If you use it on weekends, you may receive an email asking you to confirm that your journey was for work. You can register for the Shuttel card via P-direkt; the HR advisor will give you more information when you start work. Ask for a temporary Shuttel card on your first work day, to use until your personalised card ordered via P-direkt is ready.

Air

Schiphol, the Amsterdam airport, is connected to Utrecht with a direct line. So, once at Schiphol, follow the signs to the train station and check the displays or ask at the ticket office for an intercity train stopping at Utrecht Centraal. The intercity train takes about 33 minutes to reach Utrecht whereas a regular local train ("sprinter") takes about an hour (the ticket price is calculated by distance, so it's no more expensive to get the fast train). The train's final destination should be Utrecht Centraal or a city further south (eg Nijmegen or Heerlen/Venlo). Check with any police officer or NS rail employee at the airport, they're friendly and speak English.

You can check for cheap flight tickets at <http://www.vliegtickets.nl/> or www.tix.nl (in Dutch) www.skyscanner.com www.googleflights.com etc

Taxi to & from Utrecht/Schiphol airport

For ECDC-related travel for modules and conferences, you are expected to use public transport to get to/from the airport. If public transport is not available due to your flight schedule, check with the Fellowship Faculty Office immediately (when your flights are proposed) to request approval for taxi. If taxi fare is not approved in advance, you will not be reimbursed.

You can book a taxi from and to Utrecht/Schiphol airport with the company Utrechtse Taxicentrale that will cost you 59 euros, one way. Beware, if you don't fill the right page the price will be around 100 euros ...

Go on the webpage: <https://utc.nl/reserveren/#ritprijs>

Scroll down and fill the information that appeared on the left of the page. Make sure that you choose Schiphol airport with the airplane icons (see screen shot below)

The screenshot shows the UTC website interface. At the top, there is a navigation menu with links: HOME, PRIVATE, AIRPORTS, FOR BUSINESS, PRICES, ABOUT UTC, and TO RESERVE. Below the menu is a header image of a taxi driver in a blue suit opening the door of a silver taxi. To the right of the image is a text block explaining the booking process and services. Below the text is a form titled "1. BESTEL EEN TAXI ONLINE". The form has two input fields: "Van" (From) with the value "Deelf van locatie op" and "Naar" (To) with the value "Schiphol Airport Amsterdam". The "Naar" field is circled in red. Below the input fields are dropdown menus for "details" (set to "1 persoon") and "Auto". A black button labeled "Ga verder" is at the bottom of the form. To the right of the form is another image of a taxi driver in a blue suit standing next to a silver taxi with the door open. The website footer includes "Powered by 14433" and a small orange logo.

You can book online well in advance. Do you need call a taxi within a few minutes then the taxi company or use our reservation form. Our taxi company is always accessible. Our dispatchers are available all year round 24 hours a day by phone. For other questions about transport than booking a taxi. We can show you the way if you need special transportation or regular transportation needs to the hospital or other institution.

At UTC, you are assured of good quality and service as you would expect from a good taxi company.

If you want a cheap taxi please use the UTC-key. This will give you 10% discount on the fare. And you're over 65, then the Utrecht Central Taxi is a special discount for you.

1. BESTEL EEN TAXI ONLINE

Van
Deelf van locatie op

Naar
Schiphol Airport Amsterdam

details 1 persoon Auto

Ga verder

Powered by 14433

Ferry

You can get ferries to all sorts of places in Europe from the Hook of Holland or Rotterdam. It takes a while, but is a good alternative for snowy Christmases/volcanic eruptions!

<http://hookofholland.com/> . The 'rail and sail' option will give you a train ticket to/from London and any Dutch station.

Coach travel

For cheap (but uncomfortable!) coach travel all across Europe.

<http://www.eurolines.nl/en/>

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

11.Cycling in the city

Cycling everywhere, in all weather, is an important aspect of Dutch culture!

There is a bike loan scheme at RIVM; ask the Secretariat for more details.

For more info on cycling in the Netherlands, please consult the Access booklet http://www.access-nl.org/our_services/pdf/booklets/cycling_in_the_netherlands.pdf

Bike theft is a problem so buy 1-2 good locks and always lock your bike frame and wheel to something fixed. Second hand bikes can be found for 80-100 euros in many bike shops around the city, and are regularly offered in the Facebook and Google groups mentioned above, or www.marktplaats.nl. Be careful as some of the bikes sold online will be the stolen ones!

12. Language schools

It is a good idea to start off with an intensive course, as there is so much travel in the first few months of the fellowship that you will miss several lessons if arranged weekly. In Utrecht in September and October courses can be fully booked, so if you want to enrol in a course at the beginning or after coming back from the Introductory Course, plan in advance!

Before arranging anything, check with RIVM to confirm the amount available to you for language classes in each financial period during your fellowship. For example, if you do not use your funds for language courses planned for the first SGA (in cohort 2016 was until the end of February) you will lose the money, as the funds cannot be transferred to the second SGA. And vice versa, you cannot be reimbursed in the first SGA more money than the maximum planned for that period.

Schools in Utrecht

Lest Best

A good option that has been used by EPIET fellows and coordinator. Expensive but good quality.

<http://www.lestbest.nl/index.php?webtekstid=11>

It is located on Maliebaan, on the east side of the city. This school offers classes on a rolling schedule, so there are no fixed start dates for lessons. Both private and group classes are available. Depending on your level, it may be possible for you to join a group class which will make your allowance stretch further (and is also a good way of making friends). It is a popular school so you may find yourself on a wait list for courses. Email or phone the school for more information.

Babel Talen

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

This is also a good option, and used in the past but been criticised for the lack of grammar etc. The school offers different courses (intensive, once a week etc), both group and private. It is located close to Wilhelminapark. The class sizes are limited, so if you are planning on a course, it is advisable to book in advance.

Learn Dutch Utrecht

<http://verbabel.nl/learn-dutch/>

This small school offers Dutch language courses in small groups or private lessons; they have regularly scheduled evening courses and semi-intensive beginner sessions in the centre of Utrecht.

Dutch First

www.dutchfirst.nl/

They are located in Lombok and offer Dutch language courses in small groups (max 8 students). They have morning or evening courses, typically twice a week, also with weekend option. In 2016/17 prices were slightly lower than other schools, so you may be able to study all the way to B1-1 level with your language allowance. The method they used is based in all in Dutch from the first day, so don't expect a course in Dutch grammar. It is a good start to understanding and building your familiarity with the language.

Linguaterra

<http://www.Linguaterra.nl>

This small school, located in Overvecht that offers Dutch language courses in small groups or private lessons. This is a good option if you want to learn Dutch on your own pace in a family atmosphere.

Schools in Amsterdam

Joost Weet Het!

http://www.joostweethet.nl/index.php?id=24&action=switch_language

This school regularly offers 4 hour per day, 4 day a week classes for a period of 2, 3 or 4 weeks. The classes are cheap but pretty basic (e.g. you have no access to further resources such as language laboratories), but for an absolute beginner they're a very good start, especially as they offer intensive courses in November.

INTT - Institute for Dutch as a second Language

<http://www.intt.uva.nl/home>

Part of the University of Amsterdam, the INTT offers both intensive and evening courses at all levels, and is walking distance from Amsterdam CS. Has a 3 week winter course for absolute beginners right at the start of the New Year (useful if you've not managed to have any lessons in the first few months of the fellowship).

Vrije Universiteit

The second university in Amsterdam, which also has a department for Dutch as a second language offering intensive courses and evening courses at all levels. Very near Amsterdam Zuid station, so also good for people living in Utrecht (20 minutes by train). NB –class sizes for this course are very large (15 minimum), so they're good for making friends but not so good if you want to learn quickly.

<http://nt2.vu.nl/en/nt2-academy/expats/index.aspx>

Useful websites

<http://www.radioline.co/podcast-laura-speaks-dutch> - this is a really cute little podcast that a Dutchman made for his American girlfriend to learn Dutch while she was in the USA... It quickly became one of the most popular web resources for learning Dutch (you will fall a little bit in love with the guy who produced it)

www.dutchgrammar.com has lots of useful stuff, including a very comprehensive Dutch grammar book (which explains the rules in English) which costs only €3.75 to download.

The VerbiX verb conjugator is great when you can't remember how to put something into the past tense: <http://www.verbix.com/languages/dutch.shtml>

<http://www.mijnwoordenboek.nl/> - online dictionary into English/German/French/Spanish; good to have open whilst at work ☺

Watch <http://www.uitzendinggemist.nl/> for Dutch TV
... and Sesame Street plus many other delights at <http://www.2bdutch.nl/>

13.Recreational Activities, sports, worth visiting, meeting people

Trail network in the Netherlands: <http://wandelnet.nl/>

Uitagenda Utrecht <https://www.uitagendautrecht.nl/> provides information on concerts, events, museum exhibits and more in Utrecht and region.

www.iamamsterdam – covers all the current events/shows/exhibitions etc in Amsterdam

<http://www.utrecht.nl/> website for Utrecht council, has info on e.g. courses, location of gyms. leisure centres, history of the city etc

<http://www.iens.nl/> - restaurant guide for the Netherlands; you can find cheap deals here

www.parnassos.nl - Parnassos is a cultural centre linked to Utrecht university and offers all sorts of activities you can join from dance classes to choirs to massage lessons.

<http://ing-utrecht.squarespace.com/> The International Neighbour Group in Utrecht is intended for expats linked to the university, but anyone can join. They organize weekly drinks and the occasional excursion, and it offers an easy way to get to know some people in the city.

<https://www.meetup.com/Expats-in-Utrecht> there are regular Friday drinks organised. Great if you came alone to Utrecht or fancy meeting people.

<https://www.iwcu.nl/> - International Women's Contact Utrecht is a club that offers many social activities for women, including pub nights and Dutch conversation group.

Free legal advice

If for any reason during your stay you find yourself needing legal advice, the Rechtswinkel in Utrecht can help: <http://www.rechtswinkelutrecht.nl/index.php>

Expats

<http://www.access-nl.org/> - Access is a non-for profit organisation set up to support expats. They provide free information and advice via the Expat Center [helpdesk](#) and [personal consultation](#) services. They also offer a free referral service to their professional [counsellor network](#). Lastly, they have a range

of useful information sheets on a range of topics e.g. healthcare in the Netherlands, which can be downloaded for free from http://www.access-nl.org/shop/more_info_booklets.htm).

www.expatica.nl

<http://www.xpat.nl/home>

The International Neighbour Group is aimed for people new to Utrecht to meet each other and start making friends in a new city. It meets every Wednesday at Café Jan Primus near Wilhelmina Park: <http://ing-utrecht.squarespace.com/>

14.Shops and Supermarkets

Most shops stay open late on Thursdays. In the more traditional towns, many shops are closed on Sundays, although in Utrecht they are usually shops open on Sundays 12-18 pm. In December, many shops are open on Sundays and most evenings.

Useful shops for day-to-day living include:

- Albert Heijn (AH)
This is the main supermarket in the Netherlands. The bigger ones are usually open till 10pm, and on Sundays from 4pm-9pm or 12pm-7pm. You can receive good discounts with an Albert Heijn Bonus Card (available from the service desk).
- Jumbo, Plus and Lidl, Aldi are other common supermarkets and there are numerous health food stores eg Eko plaza.
- Blokker and Xenos
Sells almost everything you could possibly need for the house – light bulbs, toasters, candles, cushions, extension leads...you name it, it's probably got it. And it's cheap.
- Hema
Sells almost everything you could possibly need for life itself – also very cheap. There's a big one on the Oudegracht diagonally opposite the Winkel van Sinkel.
- Etos
Drug store that stocks toiletries, make-up, bathroom stuff, etc
- Kruidvat
Like Etos, but cheaper!!

SPECIAL CONSIDERATIONS

15.Moving in with a family

The Netherlands is generally a child-friendly country with lots of facilities and attractions for children. You can find some child-friendly museums here: <https://museumkids.nl/>
Dutch children are among the happiest in the world.

However, be also prepared for the financial side when moving with children to the Netherlands. Organizing daycare, school and after-school care is a time-consuming and costly venture.

Daycare

Kindergardens (kinderopvang) with kinderdagverblijf (KDV) cover babies and toddlers until their 4th birthday. Most daycare centers are private and the hourly fees are around 8-9 euros. They usually have a waiting list of a few months (or more in the big cities like Amsterdam and Utrecht). The typical contracts are for a certain day of the week in the whole month, with popular days like Mon, Wed and Fri having longer waiting times for a free spot. Check the hours individually, the longer ones cover 7:30-18:30, some less. The big chains are Partou and Ska, though it is worth looking for smaller ones in your area.

Gastouders are a form of daycare where a registered carer organises a daycare group in their own house. The groups are smaller and the hourly fees higher.

Peuteropvang (PO) in peuterschool are toddler schools for children between 2 and 4 years old. They also include pre-school educational program: Voor- en vroegschoolse educatie (VVE). From the age of 2.5 years most municipalities subsidise the integration of kids without Dutch spoken at home or with language developmental issues. Ask your local GGD office for a VVE referral letter. For example in 2020, Amersfoort municipality subsidised 15h/week = 3 days/week of VVE.

PO simulate real schools thus they are only half-day in the mornings (usually 8:30 – 13:30). It is possible to combine them with half-day KDV to a full day if both are located in the same building, or if you transfer the kid yourself during lunchbreak.

School

School starts on the 4th birthday of the child (daycare contracts are also automatically terminated at the month they turn 4). For foreign children attending school is obligatory from 4 years, while for native Dutch speakers it is optional until 5 years. In practice, almost all children start school at 4 years old. Schools vary a lot: public and private, general educational plans and religious focus, different concepts of teaching and learning. Schools are often paired together close by or even in the same building (for example public and religious schools). After-school centres are also often on the premises.

Schools organize introductory days when you can visit them for a tour. It is a good idea to apply early (around the 2nd birthday of the child or before), so you can be placed on the waiting list. Most schools contact you around the 3rd birthday to confirm/reject your application.

In some municipalities like Amsterdam, schools are limited to certain postcode catchment areas and the child can only choose between the schools in the defined neighborhood.

School holidays are set for the entire country each year and divided into 3 regions. Utrecht municipality is in the central region (regio midden).

After-school care (Buitenschoolse opvang, BSO)

After-school care is often offered by the same providers as the daycare (see above). Partou or Ska are the big chains, but check for smaller local ones, and most importantly which are located near/in your school building. They usually collect children directly from school, and could also provide mornings care if you need to drop off the child before 8:30. Waiting lists are long, so register as soon as you have a school/choose a school to apply.

Allowances

Child allowance (kinderbijslag)

You can apply for the child allowance (kinderbijslag) at the Sociale Verzekeringsbank (SVB) website. It is a fixed amount depending on the age of the child (200-300 euros) paid every quarter, thus 4 times/year. Registering with your child as residents in your municipality forwards information to the SVB and they should contact you to submit a claim form. You might be asked to provide proof of employment and they sometimes cross-check with the RIVM.

Once approved, SVB automatically forwards information to the tax office and you might be eligible for a child budget too (see below)

<https://www.svb.nl/en/child-benefit/>

Daycare allowance (kinderopvangtoeslag)

For all forms of childcare (KDV, PO, gastouders, babysitters at home), you can apply for childcare allowance (kinderopvangtoeslag) using DigiD via the Tax office website.

<https://www.belastingdienst.nl/wps/wcm/connect/bldcontentnl/belastingdienst/privetoelagen/kinderopvangtoeslag/>

There are set limits of what and how is covered: hourly rate (for example, maximum 8,17 euro/hour for KDV in 2020) and hours per month (calculated depending on the parents' work hours and annual income). The most important eligibility condition is that both parents work, study or follow an integration course. You can do a test calculation (Proefberekening toeslagen) using the tax office calculator:

<https://www.belastingdienst.nl/wps/wcm/connect/nl/toelagen/content/hulpmiddel-proefberekening-toeslagen>

Keep in mind that in order to be eligible for daycare allowance the center or provider MUST be registered officially and list their LRK number in the monthly invoices. The register is also a good starting point for locating daycare in your area:

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

Another very important point is the processing time for the allowance. A new application or every change to an existing allowance (change in hours/month, new daycare locations, changes in rates, etc.) triggers a 5 to 13 (usually 13!) weeks processing period during which allowances are NOT paid. You must notify of any changes within 4 weeks, thus triggering a processing period. Thus, in the beginning you might have to pay 3 to 4 months of daycare fees until you receive the allowance which is a considerable sum!

Once approved, the daycare allowance is transferred around 20th in advance for the following month. Daycares also send out the monthly invoices in advance to be paid by the end of the current month. There is an option for the daycare allowance to be transferred directly to the daycare, thus resulting

in bills only for the remaining amount. There are certain conditions to be met (incl. all children going to only one daycare provider), though and that option is not always possible. Ask you daycare provider about it.

Child budget (Kindgebonden budget)

That is a form of additional allowance for children up to 18 years. It depends mainly on the parents' income. The application for it is forwarded automatically to the tax office (belastingdienst) when you apply for a child allowance kinderbijslag at the Sociale Verzekeringsbank (SVB). If for some reason it is missing, you can apply for it via the tax office website. Check the tax office calculator (Proefberekening toeslagen) if you are eligible:

<https://www.belastingdienst.nl/wps/wcm/connect/nl/toeslagen/content/hulpmiddel-proefberekening-toeslagen>

CONTACT

16.Key contacts at RIVM

Host site supervisors EPIET

Susan Hahné - Susan.Hahne@rivm.nl

Tel +31 6 4648 3623

Mirjam Knol – Mirjam.Knol@rivm.nl

Host site supervisor EUPHEM

Titia Kortbeek – Titia.Kortbeek@rivm.nl

Tel +31 6 4648 2372

co-supervisor EUPHEM

Kim Benschop -

EPIET Coordinator

Lisa Hansen – lisa.hansen@rivm.nl

Tel +31 (0) 6 3870 6545

Secretariat

Epi - secretariaat.epi@rivm.nl

IDS - ids-secretariaat@rivm.nl

The secretariat will be different depending on which department you are affiliated with as an employee.

HR

Saar Niemoller - saar.niemoller@rivm.nl

Finance

Marjon Hartwigsen marjon.hartwigsen@rivm.nl

17. Contact information of current and previous fellows

Feel free to contact the current and previous fellows. They have lots of additional information that they are happy to share with you.

Name	Cohort	Email	Nationality, moved from→to	Moved with partner/family
Anita Shah	Cohort 2019 (2019-2021) EPIET	anitashahmph@gmail.com	British, Switzerland → NL	no
Kamelia Stanoeva	Cohort 2019 (2019-2021) EUPHEM	kamelia.stanoeva@gmail.com	Bulgarian, Japan → NL	Yes, family with toddler
Laurene Peckeu	Cohort 2018 (2018-2020) EPIET	l.peckeu.mcj@gmail.com	French	
Anna Loenenbach	Cohort 2017 (2017-2019) EPIET	aloenenbach@gmail.com	German	
Susana Monge	Cohort 2016 (2016-2018) EPIET	susanamcorella@hotmail.com		
Zsofia Igloi	Cohort 2016 (2016-2018) EUPHEM	zsofiaigloi@gmail.com	Hungarian	
Gudrun Freidl	Cohort 2015 (2015-2017) EPIET	gudrun.freidl@rivm.nl		
Saara Parkkali	Cohort 2014 (2014-2016) EPIET	saara.parkkali@gmail.com		
Laura Nic Lochlainn	Cohort 2013 (2013-2015) EPIET	lauraniclochlainn@gmail.com		
Jussi Sane	Cohort 2012 (2012-2014) EPIET	jusa83@gmail.com		
Nelly Fournet	Cohort 17 (2011-2013) EPIET	nellyfournet@yahoo.fr		
Georgia Ladbury	Cohort 16 (2010-2012) EPIET	georgialadbury@gmail.com		
Jane Whelan	Cohort 15 (2009-2011) EPIET	whelanjane@hotmail.com		
Marc Rondy	Cohort 14 (2008-2010) EPIET	marc.rondy@gmail.com		