

Eat well

What we eat is important – for us and for the environment. When you buy your food think about where it comes from, how it is processed and packed. There are some places in Wageningen where you can get good food. Buy organic food in Buys&Co (Bevrijdingsstraat 22), local vegetables and fruit (if you don't grow them yourself) on de Hoge Born farm (Bornsesteeg 87). If you like to eat out, choose vegetarian restaurant Vreemde Streken (1e Kloostersteeg 3) or (on Thursdays and Fridays) Zeezicht (Bevrijdingsstraat 38). Discuss issues surrounding food during **OtherWise FairShare Dinner** in October.

Volunteer

There are many small organizations in Wageningen who would appreciate your help and support. Give them some of your time, energy and creativity and you will get so much in return! Cook for the Food not Bombs actions of Happy JMA, get involved with Wageningen Environmental Platform or join the team to organize **OtherWise DocuFilm Festival**. Make yourself useful! Happy JMA: www.happyjmawageningen.nl
Wageningen Environmental Platform:
www.wep-site.org
OtherWise: www.st-otherwise.org

Cycle around

There are many bike routes around Wageningen and the surroundings are full of surprises. Find your way to the secret lake, look for an organic vegetable garden hidden behind an old brick wall, don't miss kangaroos and white peacocks – it's all out there. And so much more to be discovered.

Enjoy your Saturday

Saturdays are the nicest days in Wageningen. You can't miss the market – buy good bread, wait until the closing time to get some cheap fruit and vegetables.

The all time favorite second hand store Emmaus (Heerenstraat 9) opens its door at 13.00, before you can have a coffee in the lovely Villa Bloem (Kapelstraat 2a). Take your time, enjoy the day. On Saturday you can also visit our local windmill De Vlijt (Harnjesweg 42).

Go to Movie W

The cinema Movie W (Lawickse Allee 13) is a perfect place for the film lovers. It has a pretty ambitious program, showing different movies from around the world every month. A part of them is always in English, you may also find a movie in your native language. Going to Movie W is one of the best ways to spend an interesting evening in Wageningen, so check the program regularly.

Cinema Movie W: www.movie-w.nl

OtherWise

dialogue for development

9 great tips
to improve the quality
of your life
in Wageningen

Protest and fight for

If you see anything that you consider wrong, react. Never stay indifferent to injustice or discrimination. If you see that your University doesn't do what it preaches – say it aloud. Ask uncomfortable questions if necessary.

Find others who share your concerns – together you can do more. Try to contact WSO or Student Council – they are there for you.
Student Council: www.sc.wur.nl
Wageningen Student Organization: www.wso.wur.nl

Make music

Make music if you can. Ask around about jam sessions. Ask your classmates if they play any instruments or sing. Start a band. Join the university choir or one of the orchestras. There's many international people in Wageningen, don't miss the opportunity to explore music from other cultures. If you're sure you cannot make music, go and check how the others do it. Get to know local bands or go to a free concert in Cafe de Overkant (Bevrijdingsstraat 38).

WSKOV orchestra and choir: www.wskov.wur.nl

De Ontzetting orchestra: www.ontzetting.wur.nl

Care for others

Most of the international students at WUR are far away from their homes, their families and friends, the environment that they know. For those of them who come from different cultures living in the Netherlands is a completely new experience. Not all of them will find their way around easily, they may have problems with adapting to the new, unfamiliar conditions. You won't meet them in a pub nor in the International Club, they will probably not come to you to ask for your help, so take initiative! Take a look around, if you see that one of your classmates seems a bit lost, has not made friends yet, still doesn't have a bike or seems not to feel comfortable in Wageningen make the first step, offer your friendly hand. Let's make staying in Wageningen a good experience for all of us.

Discuss

Broader your horizons, revise your opinions and confront them with others - there's so many issues to explore and discuss! Studium Generale organizes many activities and invites interesting guests. Check also for the public activities of OtherWise.

Studium Generale: www.studiumgenerale.wur.nl

OtherWise: www.st-otherwise.org