Welcome to Amsterdam!

So great that you arrived here! Now you can check out the most useful and important tips on Amsterdam and the Netherlands. We will introduce you to its history, cuisine, culture and must-sees. Have a gezellige* stay!

*gezellig/gezellige - Literally "cozy", "quaint", or "nice", but it can also connote time spent with loved ones, seeing a friend after a long absence, or general togetherness.

ESRII CONFERENCE 2023

Getting around

The best way to travel in and around Amsterdam is by foot, taking the bus, metro or tram. Biking is also a possibility, but it can be dangerous.

How and where to buy a ticket?

For the travel on all means of transport within the city, you need the same ticket. The best option for you can be purchasing 24- to 168-hour ticket upon arrival, because these cost only from €9 to €41. The ticket will be valid from the moment you mark the ticket on one of the e-readers when entering a tram, a bus or a metro until your departure. The tickets can be bought in the ticket machines at train stations, at the main hall of the Schiphol airport, or online.
Check the types of tickets and locations where to buy them at:
https://reisproducten.gvb.nl/en/toeristen .
It is also possible to pay contactless in trams and buses.

To travel to and from the airport:
* Take the bus 369 from Amsterdam Sloterdijk to the airport (and use the regular public transport ticket)
* Take the train (from any Amsterdam train station) and buy a multiple-day ticket including the travel to the airport (check the link above) or a special ticket only for this travel
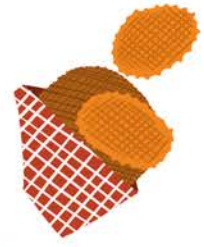
Metro map

Legend:

M50	Isolatorweg - Gein
M51	CS - Isolatorweg
M52	Noord - Zuid
M53	CS - Gaasperplas
M54	CS - Gein
⧟	Overstapstation
⧬	NS
♿	Alle metrostations, metrohaltes en metrorijtuigen zijn rolstoeltoegankelijk

M52 Noord

Conference venue is on walking distance from central station

M50 Isolatorweg
M51

← Zaanstad

← Haarlem

Sloterdijk ⧬

Noorderpark

M53
M54
M51

Centraal Station ⧬

De Vlugtlaan

Jan van Galenstraat

CENTRUM

Rokin

Nieuwmarkt

Waterlooplein

Weesperplein

NOORD

Postjesweg

WEST

Lelylaan ⧬

Vijzelgracht

Wibaut-straat

OOST

Muiderpoort ⧬

Heemstedestraat

De Pijp

Amstel ⧬

Science park ⧬

Henk Sneevlietweg

Europaplein

Diemen ⧬

Schiphol ↙

Amstelveense-weg

M52 Zuid ⧬

Spaklerweg

Over-amstel

Van der Madeweg

Diemen Zuid ⧬

Almere / Amersfoort ↘

⧬ RAI

Verrijn Stuartweg

Venserpolder

⧬ Duivendrecht

ZUID

Ganzenhoef

Strandvliet

ZUID OOST

Kraaiennest

AMSTELVEEN

⧬ Bijlmer ArenA

Bullewijk

M53 Gaasperplas

M54 Gein
M50

⧬ Holendrecht

Reigersbos

What to eat and drink in Amsterdam

Food places near the OBA (conference venue):
e.g. Hannekes boom, Scheepskameel, The Sea Palace, Homeland, Kanteen

Typical Dutch food:
haring, kibbeling, stroopwafels, poffertjes

Typical Dutch borrelsnacks:
bitterballen, kaasstengels, kaassouflés, gouda chees, ossenworst, patatje oorlog

Restaurants building upon Dutch tradition:
e.g., Loetje, Cannibale royale

International Food:
e.g., Thai (e.g., Bangkok), Japanese (e.g., Fou Fow Ramen), Turkish (e.g., Nefis Etli ekmek), Moroccan (e.g., Marhaba), Indonesian (e.g., Sampurna, Cafe Jakarta), Surinamese (e.g., Warung Mini, Hapjjeshoek), Italian (e.g., Bella storia, nNEa Pizzeria, Di Luca), Spanish (e.g., Pata Negra), Lebanese (e.g., The Lebanese Sajeria), American (e.g., The Butcher), and many more!

Vegan Food:
e.g., Vegan Junkfood Bar

Coffee and Pastry Places:
e.g., Selmas bakery, Ree7, Wolf, Sait Jean, Coffee and Coconuts, Chun, Sue bites, Cafecito, Lot61, Coffee Company, Bagels & Beans, Bocca Coffee

Amsterdam Must See

Centre
Centraal Station
St. Nicolas Basilique
The Dam Square
Royal Palace
The Old Church (and surroundings)
Nieuwe kerk op de Dam
Begijnhof
Bloemenmarkt
Rembrandtplein
Leidseplein
National Opera & Ballet
Magere Brug
Rembrandt's House
Waterlooplein Market
Portuguese Synagogue
National Holocaust Name
Monument
Hortus Botanicus
Artis Zoo
Nemo Science Museum (with free view of Amsterdam from rooftop)
The nine streets ("de negen straatjes"- shopping)
Jordaan
Homomonument
Westerkerk
Anne Frank House

Old West
Westerpark
Westerkerk

North
A-Dam Tower
(Over The Edge)
NDSM Werf

Old South
Vondelpark
Museumplein
Concertgebouw

Possible one-day trips from Amsterdam
Zaanse Schans
Volendam
Utrecht
Leiden
Den Haag
Rotterdam
Delft
Haarlem

Party and concerts in Amsterdam
Melkweg
Paradiso
Mulligans Irish Music Bar

Art and Museums in Amsterdam
Rijksmuseum
Van Gogh museum
Moco museum
Stedelijk museum
Eye Film museum
FOAM gallery
H'ART Museum
Maritime Museum (5 min. from the conference venue)

Other things to do in Amsterdam

Visit one of our museums (Rijksmuseum, Rembrandt Huis, Stedelijk Museum, H'ART), one of the old churches, or the Jordaan.

You can also take a boat trip along the canals and see Amsterdam from a completely different perspective. Tickets can be bought in front of the central station (15 euros).

Brief History of the Netherlands/Amsterdam

Origins

The oldest human (Neanderthal) traces in the area of today's Netherlands come from 250 000 ago from Maastricht, while the world's oldest canoe (dating to 8 000 BC) was found in Drenthe. Drenthe stayed important during the whole prehistory - until today, you can visit dolmens, large stone grave monuments, there, and in the Bronze Age, it was an important trading center. From 800 BC onwards, Germanic, Celtic and Nordwestblock tribes settled in the area of today's Netherlands. In 57 - 53 BC, during the Gallic wars, the southern part was conquered by Julius Caesar. Most of today's Netherlands became at least partially under the control of the Romans until early Middle-Ages.

Middle-Ages

Most of early Middle-Ages, today's Netherlands was split between the Frankish and the Frisian kingdom. Later, the inhabitants had to resist Viking raids, and from the 10th century, the area was part of the Holy Roman Empire. At the beginning of the 12th century, farmers in Flanders and Utrecht started draining swampy areas in the west of the country. Most of todays Netherlands and Belgium was united in 1433 under the rule of the House of Valois-Burgundy, and their heirs, the Habsburgs, took the rule after them. In 1568, the Eighty Years' War between the Dutch provinces and their ruler, Charles V, the emperor of the Holy Roman Empire and the king of Spain, started, and was concluded in 1648 by the recognition of independence of seven northern provinces.

Golden Age

Famous painters such as Rembrandt van Rijn and Johannes Vermeer played a significant role in shaping the Amsterdam we are familiar with today. The 17th century is often idealized for its cultural and economic flourishing, also referred to as the "Golden Age," but it also reveals darker aspects. Prosperity and cultural achievements went hand in hand with trans-Atlantic slave trade and colonial exploitation across the globe.

Beginnings of Monarchy

The republic noted a decline in the 18th century. In 1795, the last stadtholder (the effective leader of the Dutch Republic) William V of Orange fled to England. Subsequently, Napoleon Bonaparte then established the Kingdom of Holland, which later became part of the French Empire. After Napoleon's defeat at the battle of Leipzig in 1813, the son of William V, William Frederick, returned to the Netherlands and proclaimed himself the king William I in 1815. The southern Netherlands rebelled due to their cultural difference and gained independence as Belgium in 1830. The Netherlands became a parliamentary constitutional monarchy in 1848 and in 1863, it abolished slavery in its colonies. The country lost Luxembourg in 1890, when the king William III died with no male heirs, and his daughter Wilhemina was prevented from becoming the Grand Duchess of Luxembourg.

Nowadays

There are four major cities in the Netherlands: Amsterdam (capital), Rotterdam (port city), The Hague (seat of the government), and Utrecht (university town). Amsterdam houses 921 402 residents from approximately 180 different nationalities. The city's top five nationalities, excluding Dutch, are Moroccan, Surinamese, Turkish, Indonesian, and German. Making it a vibrant city with loads of things to do!

Some facts about the Netherlands and Amsterdam

❌ The Kingdom of Netherlands consists of 4 countries: the Netherlands and three islands in the Caribbean: Aruba, Curaçao and Sint Maarten. The Netherlands also comprises three public bodies in the Caribbean: Bonaire, Sint Eustatius and Saba.

❌ The Netherlands has 12 provinces, and only two of them are called "Holland" - "South" and "North Holland".

❌ Almost 26% of the Netherlands lie below the sea level. For Amsterdam, this is about 2 m.

❌ With 17.8 million people/33 500 km2 of land, the Netherlands is the 2nd most densely populated country in Europe and 16th in the world.

❌ Amsterdam is a UNESCO World Heritage Site and often named "Venice of the North".

❌ Its name comes from the location - it was built as a dam on the river Amstel.
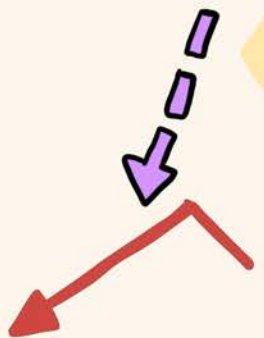
Tips from the locals – what to do and not to do

Be careful where the bike line is and do not walk there.
Remember: Bikes always have priority!
If you bike after dark, use the lights (otherwise you risk a fine).
If you use a bike, don't use your phone (otherwise you risk a fine).

If you want to avoid tourist traps, do not visit shops disguised as "museums".

Get ready for unpredictable weather during the day and always have an extra layer with you which you do not expect to need.

If you use make-up, opt for water-proof one 😄.

Use Uber or Bolt instead of regular cabs, as these are cheaper.

You can pay by Cash and Maestro everywhere. Please be aware that creditcards like American Express, Visa and Mastercard are not always accepted, amongst others in the supermarket.

The best way to buy cheese and other look foods is in (the larger) supermarkets.

The best way to withdraw money is from a "Geldmaat", they are yellow and can be found all over Amsterdam.

Download three crucial apps to your phone:
- 9292 (to get around Amsterdam)
- Buienradar (to manage unforeseeable weather)

You can dial 112 in case of an emergency

And finally – learn some Dutch!

Ik ben in Amsterdam voor een internationale conferentie van de Europese Vereniging voor Onderzoek naar Internetinterventies. - I came to Amsterdam for an international conference for the European Society for Research on Internet Interventions.

Goede dag!/Goeie dag!

Goedemorgen! - Good morning! (to use between approx. 6 am and noon)

Goedemiddag! - Good afternoon! (to use between noon and approx. 5 pm)

Goedeavond! - Good evening! (to use between approx. 5 and 11 pm)

Goedenacht! - Good night! (to use between approx. 11 pm and 6 am)

Hoi! Hallo! - Hello! (Informal)

Tot ziens! - Good bye!

Doei-doei! - Bye-bye!

Ik spreek geen Nederlands. - I do not speak Dutch.

Ik begrijp het niet. - I do not understand.

Kunt u dat herhalen? - Can you repeat it?

Ik spreek alleen Engels. - I only speak English.

Hoe heet je? - What is your name?

Mijn naam is... - My name is...

Hoe gaat het? - How are you?

Het gaat goed. - I am fine.

Pardon. - Excuse me.

Mag ik...? - Can I have...? (when ordering)

Alstublieft - Please

Bedankt - Thank you

Text:
Marketa Ciharova (m.ciharova@vu.nl)

Design:
Nursima Nas (nursima.illustrations@gmail.com)

Organization and feedback:
Khadicha Amarti (k.amarti@vu.nl),
Claire van Genugten (c.r.van.genugten@vu.nl),
Sophia Trofimova (s.a.trofimova@student.vu.nl),
Heleen Riper (h.riper@vu.nl)