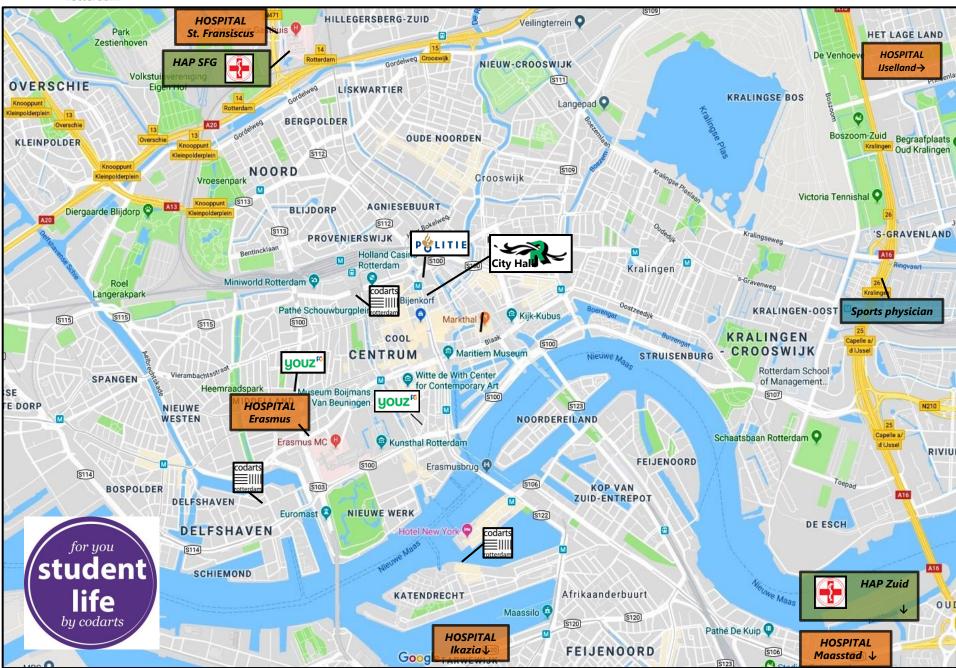
codarts rotterdam

CITY MAP ROTTERDAM – CODARTS STUDENTS



HOSPITALS (URGENT CARE)

If immediate medical assistance is needed, you can get help 24 hours a day at the First Aid (EHBO) or Accident & Emergency (spoedeisende hulp, SEH) at any hospital:

Centre District

Erasmus MC 's Gravendijkwal 230 Rotterdam 010 - 704 07 04 www.erasmusmc.nl

Centre/North District

Sint Franciscus Gasthuis Kleiweg 500 Rotterdam 010 - 461 61 61 www.sfg.nl

South District

Ikazia Ziekenhuis Montessoriweg 1 Rotterdam 010 - 297 50 00 www.ikazia.nl

South District

Maasstad Ziekenhuis Maasstadweg 21 Rotterdam 010 - 291 19 11 www.maasstadziekenhuis.nl/en

East District

Usselland Ziekenhuis Prins Constantijnweg 2 Capelle a/d IJssel 010 - 258 50 00 www.ysl.nl

GP OUT-OF-OFFICE SERVICE (HAP)

If you need medical assistance after office hours or during the weekend/public holidays, you should contact the GP out-of-hours service:

North District

Huisartsenpost SFG: Kleiweg 500, 010 - 466 95 73

South District Huisartsenpost Zuid: Maasstadweg 59, 010 - 290 98 88

GENERAL PRACTITIONER (GP)

Always register with a GP practice as soon as you arrive in Rotterdam, even before you need to see one.!

You may choose any GP that is based in the neighborhood (district) where you live; but we also have a document called 'External medical network' with names of practices who are open/available for registrations. When you contact a practice of our external network, please mention that you are a

Codarts Student.



SPORTS PHYSICIAN

Jan Leentvaarlaan 37-47, 010 - 304 20 80

Sportgeneeskunde Rotterdam | Multidisciplinair centrum

Doelwater 5 (main building) 0900-8844 This is the main building. For police station in the neighourhood where you live, check the website https://www.politie.nl/mijn-buurt?geoguery=Rotterdam

City Hall / Municipality / Gemeente Rotterdam

Coolsingel 40, call 14 010 This is the main building.



Every neighourhood has their own office. For locations, check the website https://www.rotterdam.nl/ (also available in other languages)

Youz

Youz offers treatment and support for youth and young adults with mental health

and addiction problems. Mathenesserlaan 208, Baan 176, UOUZ^{RG} 088 358 88 88



https://www.youz.nl/english





For example, is going to school or finding work difficult for you? Or do you not have a place to sleep, not even within your network? Do you not have enough money to take care of yourself? If you just can't get out, you are welcome at the Youth Desk from 18 to 26 years old. Together we discuss what you can do to work on your future. Your talents are paramount.

Coolsingel 40, 010 267 13 00 https://www.rotterdam.nl/werken-leren/jongerenloket/ (also in other languages)



Government of the Netherlands

https://www.government.nl/

EMERGENCY NUMBER 112

When can I call 112?

The emergency number 112 is for when you need urgent help, for instance when your life is in immediate danger, or if someone is seriously injured and needs prompt medical attention, or if you have witnessed a serious crime like assault, murder, robbery or a break-in.

https://www.government.nl/topics/emergency-number-112





SUPERMARKETS DRUGS		<u>RES</u>	OTHER			
Albert Heijn https://www.ah.nl/		Kruidvat https://www.kruidvat.nl/		 Shopping streets & shopping malls There are several shopping streets in Rotterdam that invite you to take a leisurely stroll, stroll, and store. These include, for example, the famous shopping street Lijnbaan, the Hoogstraat, known as the oldest pedestrian zone, or the Meent promenade. The KoopGoot, which is laid out like a tube, is worth seeing even without shopping plans because of its location. Although they are located somewhat outside the city, they are still good addresses if you want to go shopping on rainy days. The Rotterdam Alexandrium Mall and the Zuidplein Mall leave nothing to be desired. Both shopping centers are easily accessible by public transport. Markets Rotterdam has 14 markets of which the markets on the Binnenrotte and the Afrikaanderplein belong to the biggest markets in the Netherlands. Check out this selection of Rotterdam's best markets. https://www.cityrotterdam.com/en/shopping/markets-rotterdam/ Bars & Restaurants Rotterdam Market Hall, Witte de Withstraat, 'Oude Haven', Katendrecht 		
Dirk	Etos					
https://www.dirk.nl/						
Lidl		<u>ndbarrett.nl/</u>	Museums Museum Boijmans Van Beuningen, the Kunsthal, the Witte de With center, Fotomuseum, Maritiem Museum, the Museum Rotterdam or the Natural History Museum are all worth mentioning. A special highlight is the event Museum Night 010, where the cultural centers and museums are open until late at night. If you are not yet tired, you can enjoy the exuberant atmosphere at one of the many after-parties.			
https://www.lidl.nl/	Holland&Ba	Holland [®] Barrett		Rotterdampas With the Rotterdampas you can do a lot of fun things in Rotterdam for free or with a discount. Join a tour on the Spido, visit the Euromastand all of the musea for free! Students can get extra discount when buying this Rotterdampas. For more information: check https://www.rotterdam.nl/english/rotterdampas/		
Get a bike or rent one locally	RET	Train	<u>TRAVEL</u>	9292 travels with you	Rotterdam Airport	
Renting an OV-fiets I	https://www.ret.nl/ https://www.ns		<u>s.nl/en</u>	https://9292.nl/en	https://www.rotterdamthehagueairport. nl/en/	
Continue your journey on an OV-fiets NS			good network of routes, a	Want to go to somewhere by public transport? That can be done easily, by	Of course, an airport in a city like	

The best and fastest way to get around Rotterdam is by bike. Because the bicycle is part of the Dutch culture. As in every other city in the Netherlands, Rotterdam has countless bike paths that are not only used by the locals. That is why cycling here is especially safe and a pleasant means of transportation that keeps you fit at the same time. Getting around by public transport (RET) is a good alternative for wet days. In Rotterdam, the public transport network consists of buses, streetcars, metros, and ferries that will get you from A to B. Water taxis will help you get around. Thanks to the good network of routes, a train ride in the Netherlands is always a pleasant option for travel. It may even make sense for you to use the rail company Nederlandse Spoorwegen (NS) directly instead of flying if you are traveling from neighboring countries like Germany. Trains are usually on time and run at short intervals, making rail an attractive mode of transportation. There is a reason why rail is the mode of choice for trips within the country. It takes less than an hour to get to Amsterdam or Utrecht by train. Want to go to somewhere by public transport? That can be done easily, by using the train, bus, metro or subway. Purchase your e-ticket for train, bus, tram or subway in the Netherlands in the 9292 app. We're pleased to explain how to do this and tell you which public transport companies are included.

If you don't have the 9292 app yet, download it via this link or search for '9292' in the app store on your phone. Of course, an airport in a city like Rotterdam is a must. Rotterdam shares this with the nearby neighboring city of The Hague. The airport is located quite centrally on the outskirts of Rotterdam, which makes the onward journey towards the city center quite comfortable. It takes just 15 minutes by cab and only 10 minutes longer by public bus. Alternatively, you can land at Amsterdam Schiphol (AMS) or Utrecht (UTC) and take the train to Rotterdam.







