

Christopher Newport University

Summer Programme 2019



Welcome to Maastricht!

We are very excited to have all of you take part in this unique and inspiring study abroad programme at the Center for European Studies (CES) in which you will get the chance to get to know the Netherlands, Belgium, Luxembourg, France and Switzerland. We hope you will all have a wonderful time and grasp every opportunity to experience Europe at its best. Our programme coordinator Iris Hofman will accompany you on all the day trips, tours and visits. If you have any questions or need help in any way, please do not hesitate to let her know. ☺

Please...

- Make sure you are rested and alert during each visit;
- Follow the dress code (business casual) whenever applicable: so no flip-flops, sneakers, shorts, collarless shirts or caps. Dress as you would for an internship: button-down shirts, slacks, dress shoes, nice skirts, nice jeans;
- Prepare for each visit by reading all information in the study trip guide. In addition, please look up additional information online and prepare questions in advance (*if applicable*);
- Throughout the visits, make sure you participate actively;
- Be on time - we will leave according to the schedule, so if you are late, it will be your responsibility to get to the next location;
- Interact in an appropriate manner with hosts and guides;
- Remain with the group until you have permission to leave.

Contact information

Center for European Studies (CES)
Bonnevandenstraat 2
6211 KL Maastricht
The Netherlands

Telephone office
+31 (0)43 388 5282 (Secretariat)

In case of an emergency

In case of an emergency you can always contact either Iris or the professors on their mobile phones:

Iris Hofman	+31 (0) 6 52 823 439
Brent Cusher	757-952-7415
Tian Qingyan	217-721-6671

Have a great time! On behalf of the entire CES staff,

Raimond Coumans
Director of CES

Friday 7 June 2019

- 7.15 AM **Arrival and Pick-up** at Amsterdam Airport Schiphol
By CES programme coordinator Iris Hofman
- 10.30 AM **Arrival in Maastricht**, check-in at guesthouse
- 11 AM **Taxi** with Brent and Tian to do the check in at their apartments
- 4.30 PM Walk to **Brasserie van Buuren** for your first experience of Dutch cuisine
With CES programme coordinator Iris Hofman
Meeting point: Guesthouse reception area
- 5 – 7 PM **Group Dinner** and afterwards free time to explore Maastricht
*Location: **Brasserie van Buuren***
Onze Lieve Vrouweplein 25, 6211 CK Maastricht
Phone: +31 (0) 43 321 2233

Saturday 8 June 2019

- 10 – 11 AM **Shopping tour at nearby 'Brusselse Poort' Mall** – practical help with getting your first groceries (remember to bring your own bag or buy one at the store and please note that supermarkets usually do not accept credit cards)
By CES programme coordinator Iris Hofman
Meeting point: Guesthouse reception area
- 11 – 1.30 PM Free time and time to lunch (at own expense)
- 1.30 – 3 PM **Practical city tour** (please make sure you have eaten beforehand)
By CES programme coordinator Iris Hofman
Meeting point: Guesthouse reception area
- 3 – 5 PM **Maastricht Scavenger Hunt** – Our fun scavenger hunt has been designed to take you off the beaten track. It will take you to the most beautiful spots in downtown Maastricht and teach you more about local culture and history on the way. The team that gathers the most points wins a prize. ☺

Starting point: CES Building, Student Services Centre, Bonnefantenstraat 2

We will end the tour with Dutch "bitterballen" and a drink

*Location: **The Lab***

Ezelmarkt 15, 6211 LJ0 Maastricht

Phone: +31 (0) 43 750 8680



Sunday 9 June 2019

Morning off

- 11.45 PM **Pick up** at the Guesthouse
By CES programme coordinator Iris Hofman
Meeting point: Guesthouse reception area
- 11.45 – 12 PM Walk to Brasserie van Buuren
- 12 – 1.30 PM **Watch DVD Geert Hofstede**
"How a stubborn Dutchman became one of the world's leading scientists"
*Location: **Brasserie van Buuren***
Onze Lievevrouweplein 25, 6211 HE Maastricht
- 1.30 – 2 PM Walk to Rederij Stiphout
Location: Maaspromenade 58, 6211 HS Maastricht
- 2 – 5 PM **Boat tour** along the majestic river Maas and a visit to the fascinating myriad of underground **caves** in the St. Pietersberg
- Please make sure to bring a sweater or jacket for the cave tour, as the temperature drops significantly inside of the cave!*

Monday 10 June 2019

Day off to explore at your own pace

Suggested activities:

- *Hike across the nature reserve that's located on Saint Peter's Hill ('Sint Pietersberg'), which also includes the area surrounding the ENCI, and discover the beautiful nature that surrounds Maastricht.*



- *Rent bikes (for example via <https://www.nextbike.nl/nl/information/> for €15.00 a day) and cycle to Eijsden along the gorgeous Meuse. Be sure to schedule a stop during your trip and walk around the Eijsder Beemden, where you will see wild Konik horses, Galloway Cows and (predatory) birds. After this amazing walk, continue cycling to Eijsden and have lunch at one of the most beautiful terraces of the Netherlands: Eetcafe Aon 't Bat (see photo on the next page). If you still have some room in your stomach, grab a delicious ice cream at Angelati. After this, continue your bike adventure by using the ferry (Fiets Voetveer Eijsden-Ternaaien) in order to cross the river. As soon as you set foot on the other side of the river, you're in Belgium! From there on, you can cycle back to the city centre of Maastricht while enjoying more beautiful views.*



- *Book a guided tour and/or a beer tasting at city brewery 'de Maastrichter Maltezer': After having been closed for a long time, the brewery's been revived. At the beginning of June 2018, the brewery opened its doors again. It's been transformed into a total concept, including guided tours, a brasserie, a tasting room and a beer shop. In the brewery, 'Maltezer Bier' is brewed according to an old recipe, which is definitely worth a try! In addition to this beer, they brew seven other beers.*

Tuesday 11 June 2019

- | | |
|-----------------|--|
| 9 AM | Pick up at the Guesthouse
<i>By CES programme coordinator Iris Hofman</i>
<i>Meeting point: Guesthouse reception area</i> |
| 9.30 - 10.15 AM | Opening of the programme – The Director of CES, Raimond Coumans, will formally welcome you to Maastricht, CES and Maastricht University
<i>Location: Student Services Centre, Bonnefantenstraat 2, Karl Dittrich room</i> |
| 10.15 - 11 AM | Coffee and 'vlaai' (a Dutch treat)
<i>Location: Student Services Centre, Bonnefantenstraat 2, Coffeelovers</i> |
| 11 AM – 12 PM | Information meeting: introduction, facts and getting to know your programme and the university
<i>With CES programme coordinator Iris Hofman</i>
<i>Location: Student Services Centre, Bonnefantenstraat 2, Karl Dittrich room</i> |
| 12 – 1 PM | Group lunch
<i>Location: Brasserie van Buuren</i>
<i>Onze Lieve Vrouweplein 25, 6211 HE Maastricht</i>
<i>Phone: +31 (0) 43 321 2233</i> |
| 1 – 3 PM | Guest lecture: Introduction to Dutch Society
An introductory lecture about Dutch Society, Geography, Traditions <ul style="list-style-type: none"> • How culture affects behavior and communication • Contrast between Dutch vs. US cultural preferences |

- How to communicate effectively in an intercultural setting
By Professor Russ Kent
*Location: Student Services Centre, Bonnefantenstraat 2,
Karl Dittrich room*

3 PM onwards

Time to explore Maastricht:
<http://www.vvvmaastricht.nl/en/home.html>



Optional visits:


Climb the Saint John tower (red tower) at the Vrijthof for a photo and visit Dominikanen Bookstore (the most beautiful bookstore in the world according to The Guardian) for a coffee.

Meander along the city parks and discover some of Maastricht's most beautiful spots on top of the historical city walls.



Make sure to end your explorations with an artisanal ice cream from one of the best ice-cream salons in The Netherlands: Smoeres in Wyck.

Wednesday 12 June 2019 – please don't forget to bring your passport

- 7.45 AM Meet *CES programme coordinator Iris Hofman* at the Guesthouse reception area
- 8 – 10.30 AM Drive to Brussels, Belgium – the 'European' capital
- 10.30 AM – 12 PM **Guest lecture** – "Cooperation between different cultures"
By: Niels Schreuder
Location: Provinciehuis, Trierstraat 59-61, 1040 Brussels
- 12.30 – 1.30 PM Lunch
Location: Provinciehuis, Trierstraat 59-61, 1040 Brussels
- 1.30 – 2 PM Drive to the city center by bus
- 2 PM – 3.30 PM **Guided walking tour of Brussels¹**
Meeting point: Tower of City Hall at Grand Place.
- 
- 3.30 – 5 PM **Free time**
- Time to visit the chocolate museum or to try the famous "Brusselse waffles" and hot chocolate (at your own expense)
- Places to go to:
Maison Dandoy Address: Rue Charles Buls 14
Museum van Cocoa en chocolate Address: Rue de la Tete d'Or 9
- 5 PM Meet *CES programme coordinator Iris Hofman* at **Délirium Café** to sample the local specialty
Location: Getrouwheidsgang 4, 1000 Brussels
Phone: +32 (0) 25 14 44 34
<http://www.deliriumcafe.be>
- 6 – 7.30 PM Drive back to Maastricht

¹ **Brussels** officially the Brussels-Capital Region is the capital and largest city of Belgium and the de facto capital of the European Union (EU) and headquarters for NATO. Brussels is a regional level entity comprising 19 municipalities, including the municipality of the City of Brussels, which de jure is the capital of Belgium, in addition to the seat of the French Community of Belgium and of the Flemish Community. Brussels has grown from a 10th-century fortress town founded by a descendant of Charlemagne to a sizeable city. The city has a population of 1.2 million and a metropolitan area with a population of over 1.8 million, both of them the largest in Belgium. Since the end of the Second World War, Brussels has been a major center for international politics. Hosting principal EU institutions, the secretariat of the Benelux and the headquarters of the North Atlantic Treaty Organization (NATO), the city has become the polyglot home of numerous international organisations, politicians, diplomats and civil servants.

Thursday 13 June 2019

6.15 AM Meet CES programme coordinator Iris Hofman at the Guesthouse reception area

6.30 - 9.30 AM Drive to the beautiful city of Delft, home of Vermeer

9.30 AM – 12 PM **Visit Delft Blue Museum** and paint your own masterpiece tile
Location: Rotterdamseweg 196, 2628 AR Delft
Phone: +31 (0) 15 760 0800
http://www.royaldelft.com/home_en

12 – 1.30 PM Drive to Inntel hotel Zaandam for the check-in, you will receive a **packed lunch** on the way

1.30 - 3 PM **Check in hotel Inntel Zaandam**
Location: Provincialeweg 102, 1506 MD Zaandam
Phone: +31 (0) 75 631 1711
<http://www.inntelhotelsamsterdamzaandam.nl/>



3 – 3.45 PM Drive to Amsterdam

4 – 6 PM **Guided walking tour Amsterdam ²**
Meeting point: in front of the Visitor Centre at CENTRAAL (main train station)

6 – 7.30 PM Free time to explore Amsterdam

7.30 - 8 PM Bus ride back to Zaandam
If you prefer to stay in Amsterdam, you are free to do so.

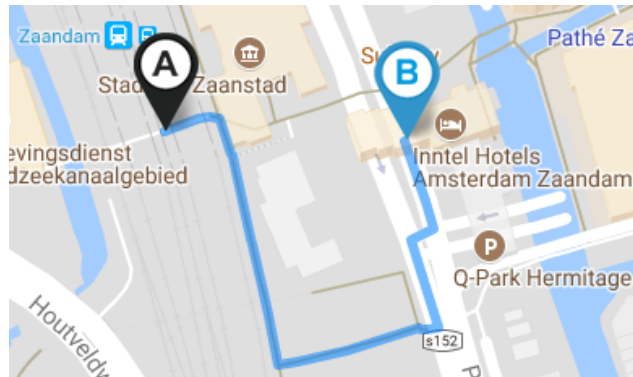
Public transportation between the hotel and Amsterdam Central Station:

Every 4 or 26 minutes there is a train from Amsterdam Central Station to Zaandam station (just steps away from the hotel). Below is an example of a train that you could take:

² **Amsterdam** is the capital city and most populous city of the Kingdom of the Netherlands. Its status as the Dutch capital is mandated by the Constitution of the Netherlands though it is not the seat of the Dutch government, which is The Hague. The city is located in the province of North Holland in the west of the country. It comprises much of the northern part of the Randstad, one of the larger conurbations in Europe, with a population of approximately 7 million. The 17th-century canals of Amsterdam and the 19–20th century Defense Line of Amsterdam are on the UNESCO World Heritage List. The city is also the cultural capital of the Netherlands. Many large Dutch institutions have their headquarters there, and seven of the world's 500 largest companies, including Philips and ING, are based in the city.



From Station Zaandam, it is only a 1 minute walk to the hotel:



Please check <http://9292.nl/en> for exact schedules and connections. Remember to buy a ticket at a ticket machine before going on the train (€2,80 one way and second class).

If you miss the last train (i.e. 1.13 AM), please use the 'Niteliner N92' bus which leaves once per hour from Amsterdam Central Station IJzijde to bus stop Gedempte Gracht Zaandam (i.e. 1.57 AM, 3 AM, and 4.04 AM). This ride takes 39 minutes (pay cash: max. €10 one way).

From bus stop Gedempte Gracht, it is a 9 minute walk to the hotel:



Alternatively you could order a taxi or Uber which would cost about

€25,00 - €50,00 one way.

Places to eat in Zaandam:

- **'t Groene Pandje** *Address: Gedempte Gracht 77*
- **Manzo's Bar-Bisto** *Address: Dam 7*
- **Erosa** *Address: Dam 44b*

Friday 14 June 2019

6.45 – 7.30 AM Breakfast

7.30 – 7.45 AM Load bus

7.45 – 8.45 AM Drive to Amsterdam

9.15 – 9.45 AM **Introductory programme**

You will be well prepared for your visit – they take you through the history of Anne Frank in the context of the Second World War and the persecution of the Jews, and they tell you about the museum and the Anne Frank House.

9.45 – 10.45 AM **Visit Anne Frank Museum³**

Location: Prinsengracht 263-267, 1016 GV Amsterdam

Phone: +31 (0) 20 55 67 105

<http://www.annefrank.org/en/>



10.45 AM – 12.45 PM

Activity of Choice – including time for lunch (at your own expense). You will be reimbursed based on your original museum ticket (for a maximum of €15). Hand in your ticket to Iris on the way to the Zaanse Schans.

12.45 – 1.30 PM Drive to Zaanse Schans to soak up some tradition, Dutch style

1.30 – 2.30 PM

Pancake lunch – traditional food, Dutch style

Location: Kraaijenpad 1, 1509 AW Zaandam

Phone: +31 (0) 75 615 6403

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

2.30 – 4 PM

Visit Zaanse Schans⁴

Location: Schansend 7, 1509 AW Zaandam

Phone: +31 (0) 75 681 0000

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



4.30 – 7 PM Drive back to Maastricht

³ The **Anne Frank House** is a museum dedicated to Jewish wartime diarist Anne Frank, who hid from Nazi persecution with her family and four other people in hidden rooms at the rear of the building. As well as the preservation of the hiding place – known in Dutch as the Achterhuis – and an exhibition on the life and times of Anne Frank, the museum acts as an exhibition space to highlight all forms of persecution and discrimination.

⁴ The **Zaanse Schans** is a delightful village on the banks of the river Zaan with characteristic green wooden houses, charming stylized gardens, small hump-backed bridges, tradesmen's workshops, historic windmills and engaging little shops. This enchanting village has been lovingly established by relocating local houses, windmills, storehouses and barns to form a remarkable replica of a typical Zaanse village of the seventeenth and eighteenth century. Apart from the cluster of windmills, characteristic wooden houses and delightful shops to visit, there are intriguing traditional Dutch crafts such as wooden shoes, pewter and cheese making, several fascinating museums and restaurants.

Saturday 15 June 2019

10 AM – 12 PM **Guest lecture – “Cross cultural leadership”**
By Professor K. van den Hombergh
Location: Student Services Centre, Bonnefantenstraat 2,
Karl Dittrich room

Free afternoon

Sunday 16 June 2019

Day off to explore at your own pace

Monday 17 June 2019

7.15 AM Meet CES programme coordinator Iris Hofman at the Guesthouse reception area

7.15 – 7.30 AM Load bus

7.30 – 10 AM Drive to the Central Bank of Luxembourg

10 – 11.30 AM **Company visit Central Bank of Luxembourg**
Location: Auditorium of the Monterey Building 43, Avenue Monterey, Luxembourg

11.30 AM – 12.30 PM Drive to Luxembourg centre

12.30 – 1.30 PM **Time for lunch** (at your own expense)

1.30 – 3 PM **Guided walking tour Luxembourg city⁵**
Meeting point: Place Guillaume II



3 – 6 PM Drive to Strasbourg

6 PM **Check in Ibis Styles hotel Strasbourg**
Location: 29 Avenue Aristide Briand, 67100 Strasbourg-France

⁵ **Luxembourg City** is a lively and bustling capital with a lot of great touristic attractions to visit and a multitude of things to do. As a cultural platform, it abounds in venues for artistic expression, such as museums, theatres and concert halls. The cultural offer that makes up Luxembourg is representative of its city dwellers: multilingual, multicultural, creative and eclectic. Indeed, the centre region of the country is home to nearly 160 different nationalities that have chosen to live in or next to a capital at the heart of action. The city of Luxembourg is one of the institutional seats of the European Union, hosting for instance the Secretariat of the European Parliament and the European Court of Justice. Renowned for its efficient bank sector, Luxembourg is furthermore an ideal platform for dynamic business activity that is diversified and not limited to financial services.

6.30 PM onwards Free time

Tuesday 18 June 2019

6 – 7.45 AM Breakfast

7.45 AM Meet CES programme coordinator Iris Hofman at the reception area

7.45 – 8.15 AM Load bus

8.15 AM – 12.15 PM Drive to picturesque Lucerne⁶

12.30 – 1.30 PM All aboard the **Cogwheel Railway** - from Alpnachstad to Pilatus Kulm, the world's steepest cogwheel railway winds up through lush meadows carpeted with Alpine flowers, past sparkling mountain streams and fascinating rock faces.



1.30 – 2.30 PM Time for lunch with a spectacular view, on top of Mount Pilatus (at your own expense)



2.30 – 3 PM Panorama gondola to Toboggan Run

3.30 – 4.30 PM **Toboggan Run** - the spectacular descent on Switzerland's longest summer toboggan run - the numerous twists, turns and "dragon's dens" (tunnels!) along the 1350-metre stainless steel run promise adrenaline-packed fun. You prefer to take things a little slower? No problem – the speed is in your own hands.



⁶ **Lucerne** is the capital of the canton of Lucerne and in many respects the most important city in Central Switzerland. It is the cultural centre of the region and the fourth largest Swiss agglomeration. Lucerne owes its development firstly to its geographical location on the important north-south transport axis, sandwiched between the Swiss Plateau and the Alps at the threshold to Central Switzerland, and secondly to the uniquely picturesque scenery of this region.

4.30 – 5 PM Panorama gondola to Kriens

5 – 5.30 PM Drive from Kriens to hotel

5.30 PM

Check in Hotel Alpina

Location: Frankenstrasse 6, 6003 Lucerne, Switzerland

Phone: +41 (0) 41 210 00 77

<http://www.alpina-luzern.ch/en>

Places to eat in Lucerne:

- **Mamma Leone** *Address: Mühlenplatz 12*
- **El Divino** *Address: Winkelriedstrasse 39*

Wednesday 19 June 2019

7 – 8.30 AM Breakfast

8.30 AM Meet CES programme coordinator Iris Hofman at the reception area

8.30 – 8.45 AM Load bus

8.45 – 9.15 AM Drive to Aeschbach Chocolatier
Location: ChocoDromo 1, Hochschwerzlen, 6037 Root-Luzern, Switzerland
Phone: +41 (0) 41 747 33 33

9.30 – 11 AM Visit **Aeschbach Chocolatier**



11 AM – 7.30 PM Drive back to Maastricht
Lunch stop along the way (at your own expense)

Thursday 20 June 2019

- 10 AM – 12 AM **Class**
Location: Student Services Centre, Bonnefantenstraat 2, Karl Dittrich room
- 12 AM – 1 PM **Lunch Break (at own expense)**
- 1 PM – 3 PM **Guest Lecture – "Culture & Personality"**
By professor Wanne Wiersinga (certified associate partner of Hofstede Insights)
Location: Student Services Centre, Bonnefantenstraat 2, Room B0.27

Friday 21 June 2019

- 10 AM – 12 PM **Guest lecture – "The way culture influences communication styles"**
By Professor Brigitte Opel (certified associate partner of Hofstede Insights)
Location: Student Services Centre, Bonnefantenstraat 2, Karl Dittrich room
- 12 – 1 PM **Time for lunch** (at your own expense)
- 1 PM – 4 PM **Class**
Location: Student Services Centre, Bonnefantenstraat 2, Karl Dittrich room
- 4– 5.45 PM Free time
- 5.45 PM Meet CES programme coordinator Iris Hofman at the Guesthouse reception area
- 6 PM Drive (taxi) to Neercanne to visit Château Neercanne, the only terraced castle in the Netherlands, situated on the edge of Maastricht. The castle offers panoramic views of the Jeker valley.
- 6.30 – 10 PM **Visit Chateau Neercanne for Business etiquette dinner**
Location: Cannerweg 800, 6213 ND Maastricht
Phone: +31 (0) 43 325 1359
<https://www.oostwegelcollection.nl/en/chateau-neercanne/>



- 10 – 10.30 PM Drive (taxi) back to the Guesthouse

Saturday 22 – Monday 25 June 2019

Days off to explore at your own pace

Tuesday 25 June 2019

Students must return to Maastricht before 5 PM

6 PM

Goodbye dinner

*Location: **Restaurant Minckelers***

Markt 35, 6211 CK Maastricht

Phone: +31 (0) 43 321 6538

Wednesday 26 June 2019

7.30 AM

Depart from Maastricht to Amsterdam Airport Schiphol

Bon voyage and TOT ZIENS!

Below you will find a couple of useful tips to keep in mind for the check-out at the Guesthouse:

- Empty your room or kitchen of all personal items, food, and trash. You do not have to clean the room as you have paid a cleaning fee, although please wash up any dishes and leave the kitchen neat. If you do not empty your room as asked, the Guesthouse will charge you €75,00 to have a company remove your things.
- On check-out day you must return your keys at the reception desk during working hours or the security desk if the former is closed. The security desk is open 24/7.

Restaurants in Maastricht

Maastricht has a wide range of good and inexpensive places to eat. You can also of course have a look at the Maastricht tourist office (www.vvvmaastricht.nl) for even more wonderful options!

Pieke Potloed: local restaurant with typical 'Maastricht' food. Best 'zuurvlees' in town.
Sporenstraat 5

Witloof: Traditional Belgian restaurant in Maastricht.
Sint Bernardusstraat 12

Boeuf la Roche – great for steak-lovers.
Sint Bernardusstraat 20

Rilette: very popular local restaurant with a nice atmosphere and good food.
Sint Pieterstraat 54

Madrid: Spanish tapas restaurant, great food.
Bredestraat 18

Il Giardino della Mama: Italian restaurant, reservation recommended, delicious food.
Onze Lieve Vrouweplein 15

La Bodega: Spanish tapas restaurant, great food, real Spanish atmosphere.
Platielstraat 9

The India House: Maastricht's number 1 choice for a delicious Indian meal. Located in the center of town.
Bredestraat 45

Edd's Café: dinner/jazz café in the heart of town, close to the Platielstraat with all (student)bars, also good for group dinners. They have live jazz music every Tuesday night.
Heggenstraat 3

Servaas café: informal dinner café overlooking the river Maas, great value for money. Just cross the old Servaas bridge and turn right.
Corversplein 10

Eetcafé Ceramique – friendly and good food with a 'gezellig' atmosphere – over the old bridge and the first street on your right is the Rechstraat.
Rechtstraat 78

Barsserrie Apart – lounge-style bar/restaurant – great place for cocktails – in between Onze Lieve Vrouweplein and the university area.
Achter de Molens 15

't Bassin: small historical inner city harbour. There are several restaurants and, if the weather is nice, it's a great place to sit outside in the sun.

Maastricht also offers several Michelin star rated restaurants: [Beluga](#), [Au Coin des Bons Enfants](#), [Tout a Fait](#) and [Toine Hermesen](#).