TOUR GUIDE AMSTERDAM



Europass Teachers Academy

Welcome to Amsterdam!

Our names are Michael & Yara and we are the hosts of the location of your course in the beautiful Amsterdam. Through this guide we would like to inform you about a couple of important things about our location & the city. In this guide you can find the following information:

- About our location
- Activities this week
- Map of Amsterdam
- Sightseeing in the city
- Public transport

If you have any other questions or if you are looking for more specific tips please come to us and we would love to help you. We are both from Amsterdam so we know a lot about the city.

We wish you a lovely stay in our amazing city!

Kind regards,

Michael: 06 24 55 42 96

Yara: 06 31 95 35 23





About our location

Our school is in the centre of Amsterdam, near tot the beautiful canals and close to a lot of shops, bars and restaurants. Although we are in the heart of the centre, our school is in a quiet street. During your breaks or after your class you can walk around and see directly the famous canal houses. Besides our courses for Europass, we are also an institute for Spanish lessons. So if you feel the Spanish vibe, you know where it comes from!



Coffee/tea

Coffee & tea is free for you! There is a machine with fresh coffee and milk in our entrance room where you can grab whatever you like. We have normal black coffee but also cappuccino's, lattes, flat whites and different flavours of tea.

Adress

The exact address is: Utrechtsedwarsstraat 13-1, 1017 WB Amsterdam. We are on the first floor. Please be aware of the fact that there is no elevator present in our building.

Smoking

Smoking in The Netherlands is not allowed inside (not in any place, also not in bars). If you want to have a smoke you can go outside. Please don't throw your cigarette on the ground but put them into the outside-ashtrays.

Supermarket

If you want to go for a quick lunchbreak, there is a supermarket just around the corner. The name of the supermarket is Albert Heijn and it's a five minute walk. Please ask Michael or Yara tot the exact description of the way to get there.

Activities of the week

Besides the course you will follow this week we also have some nice activities planned for you! In this way we hope to give you a nice stay in our city, where you can enjoy a lot of different things that Amsterdam has to offer.

Walking tour

For everyone there is a free walking tour during the week. It depends a little bit on which day you will have the tour, but of course we will inform you about this beforehand. Our guide Cecilia will pick you up after the class and show you around in the city. The tour takes approximately around 2 hours and will give you a nice idea of the centre of Amsterdam. Cecilia is from Argentina, but she will do the tour in English. Besides that she is one of our Spanish teachers, she is also an amazing tour guide that knows a lot about the city. So..don't forget to put on your walking shoes this day!

Saturday activity

For your Saturday activity you can choose between two options that we have picked for you. Please let us know on Monday which one you prefer, in order to arrange your ticket for your chosen activity!

Option 1: Zaanse Schans + bus ticket

Looking around you at the Zaanse Schans, you will see nothing but history. A feeling of nostalgia, will strike you when you see the wooden facades, the slit windows and the low doors. Here, centuries of memories are like footprints of history resounding in each chamber. Hundreds of years ago, people slept, cooked, laughed, cried, loved, argued, were born and died within these walls. And still the Zaanse Schans lives on, because all premises are lived in.

Option 2: Rijksmuseum

The unique position Rijksmuseum Amsterdam gained in the world throughout the centuries, comes not only from the possession of many masterpiece paintings of Dutch and world art. Along the masterworks like Rembrandt's "Night watch", several paintings by Vermeer, van Dyck

and Jan Steen, the museum has truly exceptional collection of the antique objects of the material Dutch culture, vast collection of prints, drawings and the classic photography.

Map of Amsterdam



Sight Seeing in Amsterdam

Source: www.iamsterdam.com

With its picturesque canal network, rich history and thrumming cultural scene, the capital of the Netherlands is one of the world's most vibrant cities. There are endless things to do in Amsterdam in any weather and many of the most rewarding experiences lie beyond the well-trodden tourist paths of the city centre. To lead you through the wealth of wonders, we've whittled down the selection to this essential guide.

1. **Get lost in the arty Jordaan**

Often cited as Amsterdam's most charming neighbourhood, wandering into the Jordaan feels like stepping back in time. Originally a working-class area, the Jordaan's narrow streets and quaint buildings now make up one of Amsterdam's most desirable quarters, dotted with independent art galleries, antique shops, courtyard gardens and atmospheric bars and restaurants.

2. **Cycle to hidden gems**

There are over 800,000 bicycles in Amsterdam. That's more bikes than people! Cycling in Amsterdam is a way of life, made easier by the city's unbeatable network of cycle routes and flat landscape. Amsterdam regularly comes out on top in lists of the world's most cycle-friendly cities, and there's no finer way to explore the region's attractions than by pedal power. Hop on your bike and head to Sloterplas for a dip in the sprawling lake, or cycle over to Ouderkerk aan de Amstel to explore a 12th-century village idyll packed with historic sights. Many of Amsterdam's best-kept secrets can be discovered from the comfort of your saddle.



AMSTERDAM

3. Try herring from a herring cart

Raw herring may sound a little scary to the uninitiated, but every visitor to Amsterdam should give it a go. You'll spot haringhandels (herring carts) serving up this Dutch specialty all over the city - ask for a 'broodje haring' to get the fish served in a small sandwich with pickles and onions. The best time to try raw herring is between May and July when the herring is said to be at its sweetest. Still hungry? See if you can taste your way through all of these traditional Dutch snacks during your visit.



4. Immerse yourself in culture at Westergas

Located at Westerpark, this sprawling complex of former industrial buildings used to be the city's municipal gasworks. Now transformed into a colourful cultural hub, Westergas is home to a variety of tempting bars, restaurants, coffee roasters, a microbrewery, art-house cinema, and a whole host of creative businesses. Look out for regular food markets, mini-festivals and events held here, such as the vibrant Sunday market held on the first Sunday of every month.

5. **Check out the museums & majestic buildings in Museumplein**

Home to the Rijksmuseum, the Van Gogh Museum, the Stedelijk Museum and The Royal Concertgebouw, Museumplein is the cultural beating heart of Amsterdam. Recently renovated to a world-class standard, the leafy and architecturally astounding 19th-century district of Oud-Zuid is an art lover's utopia. The open square between the buildings pulses with activity all day, with open-air exhibitions, markets and a large paddling pool to dip your toes into on warmer days. In the winter months, the square transforms with a vast outdoor ice rink. Get free entry to the museums with the I amsterdam City Card.

6. **Cruise past canal houses and bridges**

Created in the 17th century to keep the sea at bay, Amsterdam's UNESCO protected canal belt is the quintessential postcard-perfect vision of Amsterdam. It is an unbelievably pretty sight, especially after sundown when the bridges are lit up by fairy lights and the whole area takes on a magical feel. Floating along the canals by guided boat tour is a great way to get under the fabric of the city, and you'll learn lots of fascinating facts along the way – such as why the tilting homes along the canals are known as 'dancing houses'. There are many different canal cruises on offer, from hop-on-hop-off sightseeing tours to atmospheric candlelit night time cruises with food and wine.



7. **Try local beer at a historic brewery**

There are eight remaining windmills in Amsterdam and the easiest to visit is De Gooyer in the Oostelijke Eilanden (Eastern Islands) neighbourhood. And this isn't just any windmill – for under the sails of this striking landmark is Brouwerij 't IJ, an award-winning artisan microbrewery with a large outdoor drinking terrace and 30-minute guided tasting tours. The brewery produces a range of organic standard and seasonal ales that you'll find in many Amsterdam bars, though nothing tastes quite as good as beer brewed on the premises. Just try to pace yourself because the city is brimming with craft beer bars and microbreweries that will beckon you in for one more frothy fluitje.



8. **See how Anne Frank lived**

Reflect on the atrocities committed against the Jewish people during World War II at the Prinsengracht house where diarist Anne Frank and her family hid from the Nazis for two years after fleeing persecution in Germany. The front of the Anne Frank House is now a thought-provoking museum but the back annexe has been preserved to give an idea of what life was like for Anne and the families she hid with. Waiting times are often lengthy, so visit early in the morning or book online in advance to beat the queues.

9. Experience culture, film and architecture across the IJ

Dominating the view from the southern banks of the IJ behind Central Station, the striking white EYE building has rapidly become one of Amsterdam's most iconic landmarks since it opened in Spring 2012. An absolute must for film fans, the EYE Filmmuseum houses a permanent exhibition space that showcases retrospectives and contemporary exhibits, as well as a vast film library, cinema and fabulous restaurant bar with a terrace overlooking the water. Catch the free 'Buiksloterweg' ferry from behind Central Station, which takes three minutes. Get free entry to the EYE filmmuseum with the I amsterdam City Card.

10. Discover Amsterdam's independent shopping streets

While many visitors head straight to the busy chain-store mecca of Kalverstraat, those in the know get their retail therapy at one of the city's more locally flavoured shopping meccas. The most well-known of these is De Negen Straatjes or 'The Nine Streets' at a quaint warren of cobbled streets that connect the main canals between Leidsegracht and Raadhuisstraat. Here you'll find over 200 retailers, including a fine selection of independent boutiques, vintage shops and specialty stores selling everything from designer dresses to handmade cosmetics.



Public Transport

Source: www.iamsterdam.com



Travelling within Amsterdam by public transport is straightforward and convenient. The extensive network is operated by GVB and connects the city's neighbourhoods by train, tram, metro, bus and ferry.

Unlimited use of Amsterdam public transport with the OV chip card

If you're using public transport in Amsterdam and beyond, the public transport chip card (*OV-chipkaart*) is used for travel on trams, buses and metros. The most convenient option for visitors is a disposable one-hour card or day card (valid for one to seven days). One-hour tickets can be bought from the conductor or driver on the tram or bus. Day tickets can be bought on the tram or purchased in advance. Day cards can not be bought from the driver on the bus. Tickets are valid across the whole network from the first use, allowing you to take as many journeys as you choose within your chosen time-frame. Amsterdam is working towards making public transport completely cashless. Tickets can only be purchased using debit or credit as of 26 March 2018. ***Cash is no longer accepted on buses and trams.***

Helpful apps and sites for planning your journey

Before seeing the sights, you may wish to consult the 9292 route planner or GVB website to help you find the quickest and most convenient way to get from A to B. In addition, there are a number of excellent apps available to help you find your way around the city.