



Welcome to The Netherlands

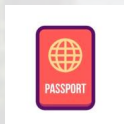
EVERYTHING TO ENSURE YOU ARE READY

TO START YOUR NEW LIFE

What to expect...

After reading this whitepaper you will know more about settling in the Netherlands. You will get insights, probably recognize things and get valuable information. This information will help you in living your full potential while being in the Netherland

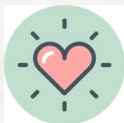
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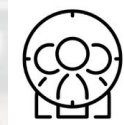
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Holiday feelings won't last for ever



At first when you arrive in another country everything might look fabulous, amazing, fun and so on. But after a while reality is knocking on your door. You have to face the truth. You are not just here for a holiday. Accept that feelings are changing.



Meet the locals! You might be willing to join a sportsclub or a theatergroup. See if there is a network of expats in your surroundings or go to [meetup.com](https://www.meetup.com) and search for expat groups. It's fun to hang out together and they can introduce you to other people or new events.



Realize what you are here for. What are your goals? Make yourself a plan. Make the steps to reach your goal or plan so tiny, that you might think that it is far too easy!



Adjust to what you have in your new surroundings. Is there for example a weird smell or do they not sell your favorite brand of coffee? It won't help you to complain about it. You need to get used to it in order to built up a healthy relation with your new home.

How to adapt

Hello new world! There is a lot to do for you. It is important to learn to know yourself better and not only the country and the language.

1. Give yourself some time to adapt
2. Allow yourself to make some mistakes in order to learn from them
3. Stay in touch with your family and friends at 'home'
4. Talk about what bothers you
5. And... share the things that make you feel WOW!

“TAKE CHANCES, MAKE MISTAKES. THAT’S HOW YOU GROW!”

Mary Tyler Moore (1936-2017); American actress



**FIRST
PHRASES
YOU
SHOULD
KNOW**

Hello, I am ... / Hallo, ik ben ...

I am from the Netherlands / Ik kom uit Nederland

I am learning Dutch / Ik leer Nederlands

Where is... / Waar is...?

Left - Right / Links - Rechts

How much is this? / Wat kost dit?

Thank you / Dankjewel

Good morning / Goedemorgen

Good evening / Goedenavond

Bye! / Doe!

Enjoy your meal / Eet smakelijk

Delicious / Lekker

One, two, three / Een, twee, drie

Stay connected to yourself

In these new surroundings it is very important to stay connected to yourself. It is very easy to lose yourself whilst everything around you has changed. And there is no one that knows you like they did at 'home'. There are lots of different ways to support you in staying connected to yourself.

If you feel you have no time for this, you probably need it most.

If you're not sure what will help you, try some different things, like:

Running, Working out, Meditation, Gardening, Take a walk, Yoga, Take some rest and read a book...

New to meditation and want some help to get it on?

Go to <https://www.youtube.com/watch?v=F6eFFCi12v8> and give it a go!



How to overcome the inevitable culture shock

After a month or three in your new surroundings the new is becoming your normal again. Accept the feelings that comes with this.

Without hesitation we can say you will experience a culture shock. Which is different for every individual. For some of you it won't be a big one, but it may enhance missing family, friends, things and food you were so used to in your former life.

Take a few small breaks during the day. This will help you to have a better night sleep. Sleep is one of the most important things to stay vital. You will need your vitality to stay positive. Positivity is one of the main things that will help you during this period.

Try to be open-minded. Treat everything new as a chance to gain knowledge about the culture. Not only does this make it easier to deal with, but you may also find certain things that you may like. Turn the shock into a learning experience or even treat it like an adventure, because to be honest, that's what it is!



How to make myself clear in my organization



Sometimes it's hard to make yourself clear in your new organization. You might not understand the jokes of your colleagues and due to these you might feel a bit lost sometimes. You definitely have a hard time to live your full potential and show the best of you in your job. Something you need like a hole in the head.

Be sure to reach out to someone to talk about this. If you don't fully understand what you are asked for, do ask more thoroughly. Remember what Michelle Obama said: "Asking for help is always a sign of strength!"

Observe your colleagues to find out what is seen as normal in your new organization.

Know that people in the Netherlands are more straight forward than most people in other countries around the world. At work, it might be quite refreshing to just say what you think of a project without beating around the bush.

Most people are on a tight schedule. Be prepared to (if you weren't used to) start using your calendar a lot. Don't be surprised if you are told: 'I'll schedule an appointment for over 2 weeks from 10am-11am to discuss this further. It doesn't say anything about you! This is very normal in the Netherlands.

"No one is YOU and that is your power!"

What should I know... to stay safe and vital

Biking is really that popular (there are about 23 million bikes to be precise) and a good way to work on your health.

Comparing to lots of countries the Netherlands is a quite peaceful country and in most places you are safe. It is best to ask your colleagues or neighbors which areas to avoid best.

It is very common to get a flu during the winter period. Some ways to (try to) avoid this:

1. Clean your house especially door handles etcetera
2. Ventilate your house
3. Open a window for at least 10 minutes daily
4. Use paper towels, and use them only once
5. Wash your hands after coughing or sneezing
6. Avoid touching your nose, eyes and mouth as the virus spreads this way

In case you get sick... It will last about a week and you will certainly fully recover.



Epilogue

This whitepaper is offered to you by Better Understanding. Better Understanding is specialist in supporting people to start up their lives in The Netherlands and get the best out of it. Our philosophy is that every package is unique, cause every person is unique in its own. So we tailor it to your personal needs.

In this whitepaper we gave you advice on 7 different levels with over 15 tips. There is no need to follow all these steps or in this order. It's all up to you! But we do hope we gave you some extra insights and support in making you stronger whilst building up your life in The Netherlands. We also gave you an insight in who we are, how we work and what we see as important in life.

Are you ready for a brand new start? And do you feel like having a bit of support? Don't hesitate to reach out to us for a free phonecall or Skypemeeting. We love to meet you!

We wish you a feeling of freedom in designing your new life and a pleasant time in The Netherlands!

Huib en Nicole



Better Understanding

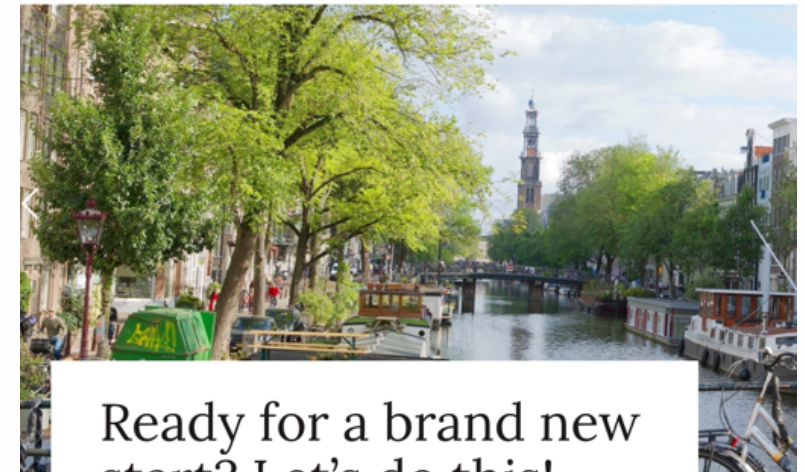
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HOME

WHAT WE DO

ABOUT



Ready for a brand new start? Let's do this!