

A GUIDE TO

# Life in Amsterdam



ONCAMPUS  
AMSTERDAM



## About Amsterdam

The University of Amsterdam, home to **ONCAMPUS** Amsterdam, is located in the heart of the city, overlooking the famous canals. Surrounded by history and culture and within a short walk of the shops and restaurants in the city centre, it's the perfect base to enrich your student experience.

The Netherlands ranks 1st in the world in the Numbeo Quality of Life Index 2023. This is based on cost of living, crime rates, healthcare, and environmental pollution.

The population of the city is around 850,000 with 180 different nationalities represented. Amsterdam is proudly home to one of the widest varieties of nationalities of any city in the world.



## Flower market

The world-famous Flower Market in the centre of Amsterdam is the only floating flower market in the world. There are many florists and garden shops, as well as a wide variety of souvenir gifts.

## Kalverstraat

The Kalverstraat is the biggest and busiest shopping street in Amsterdam. Many famous international brands have shops here such as H&M, Zara, Levi Strauss and Nike. The street is also full of cafes & restaurants to hang out with friends.



## Cultural attractions

More than 50 world-famous art galleries & museums, including the Van Gogh Museum, Rijksmuseum, Anne Frank house and the Royal Palace can be found in Amsterdam. There are also 15 cinemas in the city.



# Living in the Netherlands

Amsterdam has much to offer international students. It's famous for its bikes, canals, museums, galleries, food, parks and culture. There are over 16,000 live performances throughout the city every year with many happening in the famous concert hall, The Royal Concertgebouw. You'll never have a dull weekend whilst living in Amsterdam.



Over  
**1000**

restaurants within the city centre

including Indian, Thai, Italian and many more....



## The city of bikes & cafes

Amsterdam has 400km of bike lanes and bikes are easily rented all over the city.



**80%**

of residents in Amsterdam speak English to a high level. It's the perfect environment for an international student to feel at home.

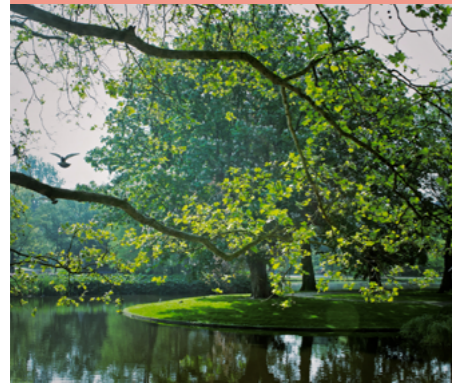
## Explore Europe

Amsterdam has brilliant connections to European cities such as London, Paris and Berlin, just over an hour's flight away.



## Shopping centres

are located within 8km of the city centre, plus regular local markets and a wide variety of independent shops.



## Explore and relax in Vondelpark

Vondelpark is the largest and most famous park in Amsterdam. It spans 120 acres and receives over 10 million visitors per year.

# Living Costs Amsterdam

Living and studying in Amsterdam gives students the chance to experience the all the things that the Netherlands is famous for. As a metropolitan capital city and travel hub, students also benefit from all the best things that Europe has to offer too.

The currency used in the Netherlands is the Euro.

Average price:

## University Gym Membership



**€17** per month  
(£14.78)

## Rent



**up to €950** per month  
(£826.22)

## Cinema ticket



**€12 - €15**  
(£10.44 - £13.05)

## Travel



**€9** day travel card  
(£7.83)

## Restaurant meal (average)



**€17**  
£14.78

Sources:  
University of Amsterdam  
Travel Guide Amsterdam  
Numbeo 2023



## Sports and activities

Over 70 sports activities are on offer at the University Sports Centre including badminton, ice skating, tennis, rowing, aerobics, swimming, dancing, golf and even skiing.

If you feel like watching a professional football game, then the Johan Cruyff Arena is home to Amsterdam's best and most famous football team, AFC Ajax. The arena is only 30 minutes away from **ONCAMPUS** Amsterdam by bike.



## Equality and diversity

All staff at **ONCAMPUS** Amsterdam are committed to the success of students, and therefore committed to providing support to enable all of them to study effectively, progress to one of our partner universities and enjoy their life and experience of studying and living in Amsterdam.

Respect for, and acceptance of cultural differences and students' individual backgrounds is at the centre of our the system of support provided at **ONCAMPUS** Amsterdam.



[oncampus.global/amsterdam-city-guide](http://oncampus.global/amsterdam-city-guide)

DIGITAL **MAP**



To find out more, visit our website  
[oncampus.global](http://oncampus.global) or get in touch with  
your local **ONCAMPUS** representative.



For more information visit:

**[www.oncampus.global/amsterdam](http://www.oncampus.global/amsterdam)**