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Dear first-year MBLS student,

Hopefully you’re still enjoying your well-deserved holiday while you’re reading this introduction booklet. Coming September you’re starting a brand new chapter in your life! A new school, new people, new city and maybe even a new country. This is extremely exciting, but also pretty scary. Because you might have little to no clue about what’s going to happen, we prepared this introduction booklet with all the necessary details that you need to know. In hopes that you can feel more comfortable with all the new changes.

We, the introduction committee (IC), have worked together this past year to organise an amazing introduction for you! Of course, going to university is not only about studying, it’s also about going on a lot of great adventures, where you can learn to do new things, meet new people, get to know the campus at Utrecht Science Park, the Uithof and the city of Utrecht. Therefore, we start the first two weeks of the academic year with some awesome activities!

Every year the introduction is based around a theme. This year’s theme is “Throughout the Years, what a time to be alive!” During the introduction you will be divided into small groups which are guided by mentors, older MBLS and MLS students. They will help you with all your questions, give you relevant information, and teach you about being a student! :p

Lastly, there is U.L.S.V. Amino, the study association for MBLS students. Throughout your university experience, they will also organise some awesome, fun and very useful activities. You are always free to decide whether you want to be a member, and if you want to go to these activities. Later in this booklet, they will introduce themselves.

During the introduction you will not only have awesome activities, but you will also start with lectures and other study-related activities. But do not worry you’ll get the hang of it really quickly!

For now, mark your calendars!
Write down all the important dates, because you don’t want to miss out on all these great adventures!

These are the most important dates and things you need to know (see detailed schedule on page 5 and 6):
- Start introduction: 4th of September at 13.15 pm on campus (mandatory!)
- Gameday: 7th of September from 12 pm till 5 pm
- The weekend retreat: the weekend of the 16th of September (You don’t want to miss out on this one, register on page 7!!!)
- Booksale with discount from Amino (page 8)
- Please join the WhatsApp group from your study year to receive the latest information Here is the link: https://chat.whatsapp.com/KxSF46iq8hI8E363eW1LZ6

University might seem scary but you shouldn’t worry too much, just take your time to enjoy it! Read this booklet carefully. To get an idea of what to expect. If you have any questions about the introduction, you can contact us (the IC) anytime, by sending an e-mail to: introduction.mbls@uu.nl

Enjoy the rest of your holiday and we are really looking forward to seeing you all in September!

Desirée Donati
Chairwoman of the introduction committee Molecular and Biophysical Life Sciences
General terminology

Molecular life sciences (MLS)
In case you didn’t know, MLS was the track within Biology and Chemistry that became the foundation of your new programme MBLS. In 2021, the name and study programme changed, and it became the official bachelor: Molecular and Biophysical Life Sciences!

Mentors
On the first day, you will be assigned to an introduction group. Two experienced (2nd, 3rd, or 4th year) M(B)LS students form a couple to guide your group during the introduction. You can always contact your mentors, whether it is study related or not.

Tutor
Your introduction group differs from your tutor group; in your tutor group, an assigned student tutor (Stutor) and teacher tutor (Tutor) will help you with study-related matters. This includes choosing courses/subjects, study progress, and course evaluations. You can always talk with your stutor and tutor if you have any questions.

Study advisor
If your mentors or stutors cannot help you with all your study-related questions. You can contact the MBLS study advisor Lauw Klaassen (e-mail: studieadviseur.mbls@uu.nl) for questions regarding your Binding Study Advice (BSA), problems at home or courses at another university.

For any questions regarding the introduction (if you cannot attend an activity in the first two weeks, for example), contact the introduction committee instead.

Introduction committee (IC)
A committee is a group of students responsible for organizing study-related, extracurricular, or fun activities in their own time. The introduction committee is responsible for organizing the introduction for the first years. Together with the mentors, the IC members will ensure an unforgettable start to your bachelor!
For questions about the introduction, you can contact the IC via introduction.mbls@uu.nl

Study association
There are many types of associations in Utrecht, such as sports, social, philosophical, student, and study associations. The latter category, the study associations, can do much for you, for study-related matters as well as relaxation and fun activities with your fellow students. As a future MBLS student, you can become a member of the Utrecht Life Sciences Association Amino to broaden and deepen your student life. Parties, get-togethers, but also study-related activities such as lectures, symposia, help with exams and courses, and of course, book sales will not be missed!
Later in this booklet, U.L.S.V. Amino will introduce themselves.

General terms
A Lecture - or “hoorcollege” in Dutch - is the university equivalent of a school lesson. The most significant difference is that there may be a lot of students. Lectures are not mandatory, but strongly advised to attend! A tutorial - or “werkcollege” in Dutch - is in a less formal setting. These are smaller classes where you can ask questions and work on exercises. During a practical - or “practicum” in Dutch - you’ll get more “hands-on” experience.
## Schedule

### Week 1

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>04-09-2023</td>
<td>13:15- 14:00</td>
<td>Welcome lecture + meeting Amino</td>
<td>Ruppert-Wit</td>
</tr>
<tr>
<td></td>
<td>14:15 - 15:00</td>
<td>Explanation about the introduction by IC</td>
<td>Ruppert-Wit</td>
</tr>
<tr>
<td></td>
<td>15:15 - 17:45</td>
<td>Meeting introduction group, scavenger hunt and visit to the Amino room</td>
<td>Across the campus</td>
</tr>
<tr>
<td></td>
<td>18:00 -19:30</td>
<td>Get a voucher for dinner</td>
<td>Educatorium</td>
</tr>
<tr>
<td></td>
<td>19:30 - 21:00</td>
<td>Borrel (drinks)</td>
<td>Outside on grass front of amino room</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>05-09-2023</td>
<td>9:00 - 12:45</td>
<td>MBLS-102 lecture + tutorial**</td>
<td>Check MyTimeTable</td>
</tr>
<tr>
<td></td>
<td>13:45 - 17:00</td>
<td>Lasergaming, bamboo building tug-of-war, volleyball</td>
<td>Meet up with your group and go to Kampong</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>06-09-2023</td>
<td>11:00 - 15:00 MBLS-101 lecture + tutorial**</td>
<td>Check MyTimeTable</td>
</tr>
<tr>
<td></td>
<td>15:15 -17:00</td>
<td>Amino’s committee market</td>
<td>Ruppert Hall</td>
</tr>
<tr>
<td></td>
<td>17:15 - 21:00</td>
<td>Amino BBQ</td>
<td>Vagant</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>07-09-2023</td>
<td>12:00 - 17:00 Gameday!</td>
<td>Janskerkhof</td>
</tr>
<tr>
<td></td>
<td>17:00 - 20:00</td>
<td>Dinner with your mentors</td>
<td></td>
</tr>
<tr>
<td></td>
<td>22:00-03:00</td>
<td>Amino party</td>
<td>Basement</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>08-09-2023</td>
<td>11:00 - 17:00 Hangover ritual: time to get creative!</td>
<td>KBG-208/ KBG-244</td>
</tr>
<tr>
<td></td>
<td>13:15 - 15:00</td>
<td>MBLS-101 lecture</td>
<td>Check MyTimeTable</td>
</tr>
<tr>
<td><strong>Weekend</strong></td>
<td>09-09-2023/10-09-2023</td>
<td></td>
<td></td>
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</tbody>
</table>

*TBA = To Be Announced  
**Check out your first courses MBLS-101 and MBLS-102 below!
## Week 2

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>09:00 - 12:45</td>
<td>MBLS-101 lecture + tutorial discussion</td>
<td>Check MyTimeTable</td>
</tr>
<tr>
<td>11-09-2023</td>
<td>13:15 - 17:00</td>
<td>MBLS-102 lecture + tutorial</td>
<td>Check MyTimeTable</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>13:15 - 15:00</td>
<td>Study &amp; career coaching session</td>
<td>Ruppert Wit</td>
</tr>
<tr>
<td>12-09-2023</td>
<td>15:15 - 17:00</td>
<td>Symposium ‘Future Prospects’</td>
<td>Ruppert Wit</td>
</tr>
<tr>
<td></td>
<td>17:00 - 19:00</td>
<td>Cross the line</td>
<td>Cambridgelaan</td>
</tr>
<tr>
<td></td>
<td>19:00 - TBA</td>
<td>Optional borrel</td>
<td>Cambridgelaan</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>09:00 - 14:00</td>
<td>MBLS-101 lecture + tutorial + tutorial discussion</td>
<td>Check MyTimeTable</td>
</tr>
<tr>
<td>13-09-2023</td>
<td>11:00 - 15:00</td>
<td>MBLS-102 lecture + tutorial</td>
<td>Check MyTimeTable</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>14-09-2023</td>
<td>09:00 - 14:00</td>
<td>Check MyTimeTable</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>15-09-2023</td>
<td>09:00 - 14:00</td>
<td>Check MyTimeTable</td>
</tr>
<tr>
<td></td>
<td>From 15:00</td>
<td>Departure camp</td>
<td>Campus</td>
</tr>
<tr>
<td><strong>Weekend</strong></td>
<td></td>
<td>Camp!</td>
<td></td>
</tr>
<tr>
<td>16-09-2023/</td>
<td></td>
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### Signing up for activities

For some of the introduction activities you have to sign up in advance. These activities are: Amino BBQ, Amino Party, and The Introduction Weekend Retreat.

Signing up can be done on the Amino website. You can sign up separately for the activities or you can purchase all the activities together.

**To sign up, visit:** [https://www.ulsvamino.nl/introduction-2023/](https://www.ulsvamino.nl/introduction-2023/)

⚠⚠ Also remember to fill in the form below for if you would like a sandwich on the first day and the choice of sandwich if you haven’t done so already :)

**Use this link -> Sandwich option on the first day**
Introduction Weekend Retreat!

After a trip back in time during two incredibly fun introduction weeks, there will be an amazing concluding activity: The Introduction Weekend Retreat! On Friday afternoon, we will go on a journey together from Utrecht to Someren, where we will stay for two nights, and you will get to know your fellow students like never before! ;)

Know that Someren is a very nice location and will have some comfortable beds and showers. :) The weekend will be full of unforgettable crazy moments and fun activities. Before you know it, you suddenly see someone walking around in a pink tutu or dressed up in a costume, you never know what’s coming next...

The admission fee will be €40,- per person for the entire weekend, food included! Snacks, beer and wine can be bought with tickets at the location, you can purchase these tickets with either cash or card. We can’t wait to see all of you in Someren on September 15th, so register for the Introduction Weekend Retreat via the link below! We are looking forward to it and we hope you are too!

Cheers,

IC 💙💛

You can sign up separately for the Introduction Weekend Retreat via this link
Visit: https://www.ulsvamino.nl/introduction-2023/

Address of the Introduction Weekend location
Groepsaccommodatie De Hoof
De Hoof 18
5712 LM Someren
(Check page 24 for instructions on how to travel in the Netherlands)
Dear new MBLS-students

A new year, a new study and possibly a new city or even country!! There are some exciting times ahead of you, and we will be kicking it off with an amazing introduction period. Next to the introduction committee, we from the study association U.L.S.V Amino will be there for you from day one. We are an organisation from the University and are here to help with matters regarding your studies, but we also are a way to connect with your fellow MBLS students.

Amino has its own association room. Here, all members can come by between lectures to hang out, get a snack and enjoy a fresh cup of coffee or tea. Members are also welcome to come to our activities. We organise study related activities like symposia, lunch lectures and informational evenings. We also have sports activities, parties, get-togethers, trips and much more! We organise these activities every week, so there is always something to do with Amino.

All these amazing activities are organised by our committees and task forces. Even though Amino is a fairly young association, we already have a large array of committees and task forces. Every Amino member is more than welcome to join one, or multiple of them! Doing this is also a great way to get to know your fellow students from other years. Since we are so young, new ideas and all the creativity is wanted!

Should you want to know more about Amino, visit our site https://www.ulsvamino.nl. Here you can find more information about our association, committees and activities. Should you be unable to find what you are looking for you can also email board@ulsvamino.nl or whatsapp: +31683504047. We would love to answer any questions you might have!

With kind regards,

On behalf of the VIth board of U.L.S.V. Amino,
Maira Kim
Commissioner of Internal Affairs

From left to right: Max van Baalen, Linde Lanting, Andressa Pelster José, Auke Heerdink, Lucas Siero, Maira Kim.
Committees and taskforces
A committee or taskforce is a group of people within the study association which organize certain events. These depend on which committee you are in. For example, the SynapCie organizes many different educational events such as lunch lectures or symposia while the TipCie organizes activities such as parties or “borrels” (drinks/get togethers). These are all very lowkey and informal activities. Depending on the committee or taskforce it is not a very huge obligation, and most of the time it is just having meetings with a drink/meal on the side. It is also a wonderful way to network by getting to know people you might not otherwise meet, outside your year for example. You will get more information regarding committees and taskforces at the committee market!

<table>
<thead>
<tr>
<th>Committee</th>
<th>What do they do?</th>
</tr>
</thead>
<tbody>
<tr>
<td>TipCie</td>
<td>Reception and party committee</td>
</tr>
<tr>
<td>PCie</td>
<td>Computer committee</td>
</tr>
<tr>
<td>TraktaCie</td>
<td>Association birthday committee</td>
</tr>
<tr>
<td>PrimeCie</td>
<td>First-year committee</td>
</tr>
<tr>
<td>ImpresCie</td>
<td>Journalism committee</td>
</tr>
<tr>
<td>SynapCie</td>
<td>Education associated activities committee</td>
</tr>
<tr>
<td>DiffuCie</td>
<td>Travel committee</td>
</tr>
<tr>
<td>EnerCie</td>
<td>Sports, games and activities committee</td>
</tr>
<tr>
<td>VisitaCie</td>
<td>Parentsday committee</td>
</tr>
<tr>
<td>FrequenCie</td>
<td>Music committee</td>
</tr>
<tr>
<td>Website taskforce</td>
<td>Website maintenance</td>
</tr>
<tr>
<td>Merch taskforce</td>
<td>Merchandise taskforce</td>
</tr>
<tr>
<td>TaskForest</td>
<td>Sustainability taskforce</td>
</tr>
</tbody>
</table>

Booksale
At the start of a new Bachelor it is important that you have all the necessary tools and materials including your books. Members of Amino can get these at a discount thereby instantly getting back their admission fee. See here [http://ulsvamino.nl/booksale](http://ulsvamino.nl/booksale) to find out which and how to order your books with the association discount through Studystore. Your books will then be delivered to you or to Amino’s association room. Make sure you order your books in time! If you have any questions about the book sale you can send them to externalaffairs@ulsvamino.nl.

Becoming a member of Amino
You will need to be a member to get the discount. It is only €10,00 a year. Registrations can be submitted at [https://www.ulsvamino.nl/membership/become-a-member/](https://www.ulsvamino.nl/membership/become-a-member/). Here you can also find more information about the membership. For further questions please don’t hesitate to contact us!

Utrechtse Life Sciences Vereniging Amino
Sorbonnelaan 4,
Caroline Bleekergebouw, room 105
3584 CA Utrecht
Telephone: +31683504047
General email: board@ulsvamino.nl
Our website: [https://www.ulsvamino.nl](https://www.ulsvamino.nl)
Your first two courses

Mathematics and programming
One of your first foundation courses will be Mathematics and Programming (MBLS-102). In this course, you are introduced to mathematical and programming skills employed by researchers in the Life Sciences to analyse and integrate data and understand the physics of living systems. The mathematical part of the course introduces mathematical concepts and skills needed for many other courses in your curriculum. Contents covered include differentiation and integration, simple differential equations, vectors, inner and outer products, and complex numbers. You will also use programming languages such as Python to solve different problems. Python is a truly diverse programming language, meaning you can do many different things with it. In this course, you will be taught some basic functions and how you can apply this in the real world. You can use this skill in many other different courses in the coming years.

Lecturers of this course:

Cell Biology
Your second foundation course is Cell Biology (MBLS-101). The cell is the basic unit in biology, from a single-cell microorganism to multicellular life. By understanding the chemical and biological processes in cells, we gain insight into the possibilities and limitations of living organisms concerning animals, plants, and microorganisms. This insight into biomolecules is essential for learning to understand life processes at the molecular level. The course, therefore, starts with gaining knowledge and insight into the structure of amino acids/proteins, carbohydrates, and nucleic acids. The chemical processes that take place in the cell will also be studied. In addition, the structure and function of the genetic material and the influence of mutations will be discussed, and you will see how genetic material is stored in the cell and distributed among daughter cells. The second part discusses the molecular mechanisms of cellular transport, cell signalling, cell movement, and cell division.

Lecturers of this course:
The IC

We are the members of the Introduction Committee that will be guiding you this coming year. We’ll be introducing ourselves on this page, so feel free to read on a bit further

Chair of IC

Hey! I am Desirée Donati and I am 19 years old. In September I will be a second year MBLS student. Furthermore this year I am the chair of the introduction committee. I love cooking (as almost every Italian ahah), going to art museums and reading any kind of books. I have been here in Utrecht since August 2022 and I have fallen in love with this city ever since. I cannot wait to meet all of you newbies! I hope you are gonna be excited for this new chapter of your life.

Chef Camp

Heey newbies! My name is Talitha, I’m 21 years old and will be in my second year of MBLS this September. In my free time I like to play soccer, play the guitar and on the weekends I try to never miss a party. I live in Utrecht with 14 (!!!) other housemates, which can be a little chaotic sometimes but always ends up in fun stories. Last year I joined the introduction committee, where we’ve worked very hard to make a good and exciting time for you guys, so I hope you will have a blast! I can’t wait to meet you all this September!
Treasurer of IC

Hi everyone! My name is Kavin, I'm 19 years old and am a second year MBLS student. I enjoy sports, photography, and music, and I'm currently learning how to play the guitar, and love spending time playing it. I live in Utrecht now, but spent 5 years living in Amsterdam, and I've spent a lot of time exploring both cities and their nightlives so I have a pretty good idea of what's fun to do both here and there, which I think is a pretty good skill to have. I've had a lot of fun being a part of the introduction committee (the treasurer) for the last year, and look forward to meeting you all in September (and maybe even some of you in the committee next year)!

Secretary of IC

Hi guys, my name is Jayda Pang (19). This September I would've been a 2nd year MBLS student, but the future has something else in store for me ;). My current favourite hobby is crocheting and hanging out with my lovely friends by either going out to eat or just talking/laughing together. This year I joined the IC because of how much I personally enjoyed it in my first year. So I hope that this year can be a blast for you guys as well. As secretary of the IC committee, I’m fully ready to answer all the questions you might have for the upcoming year. So if you want to ask anything just send an email :))
Heyhey future MBLS students!
My name is Sterre and upcoming September will be my fourth year in MLS. Over the past year we as a committee have spent plenty of fun hours planning and creating an amazing and interesting introduction week for all of you! As an introduction here are some (random) facts about me: At home I have four really cute fluffy chickens who love to stalk me wherever I go. I love going to festivals and the gym. I can’t wait to meet you all in September! See you soon!!

Hey, I am Auke Heerdink (20) and I am a third year MLS student. Although this will be my last year in this committee😢 I’m really looking forward to the introduction! Can’t wait to meet all of the future first year students :) Last year I finally managed to get a place in Utrecht and I must say, I can highly recommend it! In my free time I like to go sailing in my hometown. I also like to cycle, read, and hang out with friends. Oh, and I also like pooling, so if you’re ever in the amino room, hit me up for a game ;). For the last three years I have been a part of the introduction committee and I’m really looking forward to meeting all of you guys in September!
Hi, my name is Myrthe and I’m excited to be a mentor and meet you! I am 19 years old and I’m in my second year of MBLS. I grew up in Rotterdam, but I love being a student here and can’t wait to show you around Utrecht together with Tjitske. In my free time I am active in multiple student organisations and I like going to concerts with my friends. My party trick is rolling a coin over my hand and I’ll always try to juggle any three objects that are handed to me. I’m looking forward to seeing you in September!

The Mentors

In addition to the Introduction Committee, some mentors are also gonna be there to help make your introduction as great as possible! These enthusiasts will take care of you during the introduction: you can contact them for all your questions about the study, Utrecht, parties or just to have a nice chat about any topic.

Get to know these amazing mentor duo’s a bit beforehand on the following pages!

Hey guys I'm Tjitske. I'm 19 years old and by the time you're reading this I'm probably a second year MBLS student. In my free time I like to cook and make music and if I feel motivated to play some sports like rowing. I'm looking forward to showing you around in Utrecht together with Myrthe, and I hope you will enjoy the student life just as much as I do.
Dear future time travellers,
My name is Ivana and this year I’m going to be a second-year student. I love learning about new cultures, animals, spending time in nature and in general doing anything art-related in my free time, especially painting and photography. Maja and I will be mentoring a group of you, and hope that we have a lot of fun together. Looking forward to meeting you all soon!

Ivana✨ (right)

Dear future time travellers! I am really excited to meet you all and to be your mentor! My name is Maja and I’m a second-year student who loves cooking, sports and spending time together with friends having dinners or going out. I’m really happy that with Ivana we will be the ones introducing you to MBLS and the UU environment, which is super friendly and welcoming for everyone! Looking forward to seeing you in Utrecht soon.

Maja✨ (left)

Hi there! We’re the unstoppable duo, Tani (right) and Pia (left), both in our 2nd year of MBLS. Tani, your fellow Dutchie, and Pia, coming from the sunny shores of Croatia, are here to bring the wild and adventurous spirit to your MBLS journey. We’re ready to have the best introduction week with you and create unforgettable memories! It will be a week filled with fun, laughter, and amazing new friendships. After all, we also met in our introduction week! When we’re not hitting the books, you can catch us living our best lives - partying, doing sports, cooking and travelling around the globe together. Get ready for an epic time with your intro moms! See you soon! Xx
Hello there! My name is Ludovica (left), and I’m a 19 year old originally from Milan, Italy. I really like to hang out with my friends, cooking like the good Italian I am, and binge watch whatever sitcom Netflix has to offer! When I’m not out with friends you can catch me attempting to absorb any ray of sunlight that the Netherlands has to offer (few) and trying to learn all dutch drinking games (many). I really look forward to meeting you guys, we’re going to have an incredible time and welcome to MBLS!

Hey there, I’m Lotte! A 21-year-old who absolutely loves adventure and having a good time. Exploring new places and going out with friends is what I live for! When I’m not out and about, you can catch me on the hockey field, giving it my all. Of course besides all the fun, I spend a lot of time with my nose in the books. September’s introduction week has got me buzzing with excitement. I can’t wait to meet all the fresh faces, make new connections, and have a blast together! Get ready for an incredible introduction week, we’re going to make the most of our time together and create unforgettable memories.

Hi everyone, I’m Jip (left) and enrolled in MBLS a year ago, just like you are about to. You can often find me at the amino room and don’t be afraid to ask me for a game of pool. Other things I like are doing committee work for amino, rowing and partying. I am really excited to see you all at the intro and I hope I can give you all a great start of your career as a student and introduce you to this amazing new experience!

https://youtu.be/edarwnIliv0 (take a look at how we got this shot)

I’m Lars (right), a 21 year old and second year student. In my spare time I like to participate in a variety of sports such as Freerunning, Bouldering and calisthenics. Some of my other hobbies include playing Dungeons & Dragons, which is something I have been doing at least once a week for 6 years. I also try to play video games whenever I have the time for it (which is not that often). Lastly I am a big fan of board games and I am the proud owner of an ever growing collection of them.
Hi I’m Gemma. I’m a second year student at MBLS, 19 years old and originally from Rotterdam. I’m a bit of a homebody and enjoy a hot cup of tea with a good book. I’m currently also developing a minor addiction to coffee in support of my studies. If I need some extra oxygen or a break from deciphering books I’ll go rowing or just go for a walk in a park somewhere. I’m really looking forward to meeting all of you new students and helping you get your footing here.

Hello my lovely first year MBLS students! My name is Sandy, currently 20 years old but soon turning 21. I’m a second year MBLS student, from Rotterdam, but I live in Utrecht. In my free time, I like to hang out with my friends, party, make new recipes and learn new interesting things. Alongside my friend Gemma, we’ll be making sure that you’ll have an out-of-this-world experience. Fasten your seat belts, and prepare as we countdown to the rocket launch in 3,2,1!
Hi! We are Hein (Dutch, right) and Joël (French/German, left), and we will be your mentors for the introduction week. As second-year MBLS students, we are super excited to show you all the ins and outs of Utrecht and spend some quality time during the intro week activities. We met each other by playing squash and became friends because of our interest in environmental awareness and travelling.

We know how overwhelming the start in a new city or even new country can be as we were in that situation last year so we’d like to give you an enjoyable transition into student life possible and give support in the challenging start of the year. We can’t wait to meet you and hope to give you the best intro week:) Hein and Joel
Hey future student,
My name is Stan. This 21-years old youngling is fond of many things. Meeting with friends in Utrecht, chilling with my cats in the garden or just an old school night out, ending with delicious food at the nearest snack bar. But there is also a more serious side. I have a seat in the city council of Woerden, play football in a team of friends and study from time to time. Nevertheless, I would like to introduce you to the city of Utrecht and the campus, where Litske and I will do our best to let you have a great first two weeks at MBLS. Until September! Of course the "Until September" also refers to you guys! Soooo, until then.
Stan

Hello there! I am Litske, 21 years old and I’m going to be a fourth year mls-student. In my free time I like to go rowing, meet up with friends or go out dancing. And when I want some me-time I’ll be happily reading a book. I live in Utrecht, but I’m originally from Delft, a beautiful small city in the west of the Netherlands. I’m going to be a mentor couple with Stan. Funny thing is that we met because of our very first tutorial group, and we’ve been friends ever since! I look forward to meeting you all and I know we’re going to have a good time!
Hey first year students! My name is Jaume (left), and I’m Spanish, 19 years old, and a second year MBLS student by the time you read this. Besides my studies I enjoy playing sports in my spare time, especially basketball, so I play in the “Studenten Basketball Utrecht” (SBU) club. I also like hanging out with friends at parties and playing card games. Together with Daniele, I will be a mentor during your introduction, and I hope you can have a great intro week, as we had last year. See you soon!!

Hi first year students of MBLS. My name is Daniele (right), I am 19 years old and I will be a second year MBLS student when we meet next September. Besides MBLS I have a lot of hobbies, I like hanging out with friends, partying, all kinds of sports and going to the gym. I wish to get to know all of you and spend a really good time together. I will be a mentor in the introduction week together with Jaume and I hope to see all of you, motivated and happy to start this new chapter of your life. See you soon 😊😊

Howdy, y'all! Saddle up and welcome to the wild, wild west of Utrecht University! Get ready to wrangle those textbooks and rustle up some knowledge, ’cause we’re here to lasso those A’s like true cowgirls. We’ll (Nishtah, left & Helen, right) be your trusty cowpokes, guiding you through the rodeo of college life. From rockin’ those boots to line-dancing at campus parties, we’ll show you how to two-step your way to success. So kick off those spurs, grab your lassos, and join our posse. It’s gonna be one heck of a ride, yeehaw! Giddy up, cowgirls and cowboys!
Hi new MBLS’ers! I am Jolien, 20 years old and a third year MBLS student. I’m originally from Eindhoven and together with Ilse we form a ‘keigezellig’ duo. In my free time I like to row at the student Association Orca, hang out with friends, travel as much as possible and visit festivals. At Orca I am part of several committees, like the barcie and blikredaxi in which I tap the beers and help write the associations magazine. I had a lot of fun during my own introduction and the introduction I was a mentor last year, and hope to give you an even more unforgettable time this upcoming year :). See you at the intro!

Heyy new MBLS’er, my name is Ilse and I am a third year MBLS student.
At the moment I live in Hilversum with my parents. I play volleyball at USV Protos, which is at Olympos. In my free time I like to go to parties as well as going for drinks with my friends. I am looking forward to this introduction week and getting to know you guys! We will have a lot of fun at the introduction Weekend. And when you see me, you can always come for a little talk or have a laugh with me.
Hi guys,

My name is Erik. I am 22 years old and currently doing my 5th year of MLS. Together with Maud (who is also my roomie) I will form a mentor couple this year. One of my main interests in life sciences is plants and genetic modification. Some of my more general interests are dance and music. If you want to know more about study associations, I’m your guy, since I have done a year as the board of one quite recently. Looking forward to meeting you and let’s make our time unforgettable!

Hi! My name is Maud, and this year will be my third year of MBLS! Within the program, I am most interested in chemistry and molecular biology. I’m also taking some courses on my favorite language, Chinese! I live in Utrecht, together with my co-mentor Erik. I like to spend my free time riding horses, playing D&D with my friends or drinking delicious bubble tea. I’m so excited to introduce you to MBLS and its people, and I hope you’ll enjoy it just as much as I do. I am often found at the room of our study association Amino, so I’m sure you’ll see me around this year! :)
Heyy my name is Isabella (left) and I’m a 18 year-old international MBLS student from Luxembourg and this will be my second year of MBLS. Danae and I hope we can make your introduction week an incredible one where you can discover what life at UU is like, make new friends and do fun activities. Danae and I actually met during our introduction week as we were in the same group and we had lots of fun together. That is how we became good friends. We’re excited to help you have the best experience.

Hello, my name is Danae (right) and I’m 19 years old. I’m half Lebanese half Cypriot, and I’m going into my second year of MBLS. During introduction week I made some of my closest friends, and we’re currently all living in the same house. I met most of them when we were drunk which led to some interesting experiences thanks to my dear friend Kavin. My favourite part of the intro week was camp, which is also where I met my mentor partner Isabella. Me and Isabella will try our best to give you as good of an experience as ours was.

Heyy first years! My name is Marija (left), I am 20 years old and a 4th year MLS student. Next to studying, I love spending my free time hanging out with friends, running, reading books, travelling, and partying. I also love concerts and have a record player I adore, so looking for and buying new LPs is one of my hobbies. Together with Linde, we are coming back for round 2 as intro mamas to a group of you! I’m looking forward to meeting you all and I hope that together we will have lots of fun travelling through time in the intro week! Kisses xx

Hi all! I am Linde (right), and together with Marija I will be an intro mama to some of you. I am 20 years old, and will be a fourth year MLS student the coming year. Outside of uni work, I like to spend time with my friends, go out, cook, and see new places. Besides that, I do gymnastics once a week, but I also try to exercise outside of that (which I’m not always successful in). I am looking forward to meeting you all, and hope that we will have a very fun introduction together!! See you in September!
Hello there! My name is Luuk Albers (left), and I am 20 years old and during the introduction, a 4th-year student of bachelor. I am looking forward to meeting many of you and helping to provide a fun kickoff to your time here as a student!!

Hey, My name is Jeroen van Tellingen (left) and I will become a 4th-year student in the upcoming year. This is the second time I will become a mentor during the introduction so I’m very very excited!! Previous to studying here, I studied in Eindhoven (de gekste) for 2 years. After two years I finally came to my senses and came to Utrecht. I also play rugby at USRS, which you should join if you weigh more than 85 kg and/or are taller than 190 cm.

Hii!! It’s Arianna (left) and Marta (right) here! Describing me, Arianna, in one sentence: coffee addicted, gym enthusiast and long walks lover!
I (Marta) love coffee and the gym as well; I also like sharing a nice meal and dinner with friends! And I do prefer watching a nice series rather than going for a long walk😬!
We can’t wait to meet you guys😊!
How to travel in Utrecht

When you first arrive here you might be feeling a bit lost and uncertain on where to go and how to get there. This is why on this page we will give two great apps that are mostly used in Utrecht for travelling by bus or train. Check it out and see if you can already get the hang of it.

This is the first app, called NS (which stands for “Nederlandse Spoorwegen” which literally translates to “Dutch Railways”) This one has a lot of extra functions, such as ordering a taxi or renting an E-bike.

https://www.ns.nl/reisplanner/

(Here is a clearer view of the previous screenshot ;))
The other common used app is 9292
This is a more straightforward app that shows you directly how to go from A to B without unnecessary extra functions.

On page 28 we placed a link that you can use to download both the NS and the 9292 app to start checking them out.

Of course you can still use Google maps or Apple Maps but these apps are what most citizens in the Netherlands use to travel. We hope this page made things a bit clearer in any case.
## Student slang

<table>
<thead>
<tr>
<th>Dutch</th>
<th>Literal translation</th>
<th>Real meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afko’s</td>
<td>Abbre’s</td>
<td>Abbreviation of the Dutch word for abbreviation (afkorting)</td>
</tr>
<tr>
<td>Sjaars</td>
<td>Syears</td>
<td>First year student</td>
</tr>
<tr>
<td>Uithof</td>
<td>Outcourt</td>
<td>This is the student name for the Science park.</td>
</tr>
<tr>
<td>AVG</td>
<td>PMV</td>
<td>This is a classic Dutch student’s meal, aardappelen, vlees en groenten or in English: potatoes, meat and vegetables</td>
</tr>
<tr>
<td>Thuis</td>
<td>Home</td>
<td>Utrechtse home</td>
</tr>
<tr>
<td>Thuis-Thuis</td>
<td>Home-Home</td>
<td>Parental home</td>
</tr>
<tr>
<td>Vrijmibo</td>
<td>Freeafgt</td>
<td>Vrijdagmiddagborrel or FridayAfternoonGetTogether (there’s usually alcohol involved)</td>
</tr>
<tr>
<td>BVO’tje</td>
<td>BTG</td>
<td>This is a “biertje voor onderweg” or “A beer to go”</td>
</tr>
<tr>
<td>Adje (adten) (iedereen die zegt dat het atten of)</td>
<td></td>
<td>Stems from the Latin word “ad fundum” which means “to the</td>
</tr>
</tbody>
</table>
Handy links

General page of the study program

Students page of the study program

General page of honours

Information for Dutch students
https://www.uu.nl/bachelors/informatie-voor-nederlandse-studenten

Information for international students
https://www.uu.nl/bachelors/en/general-information/information-international-students

Your schedule (MyTimeTable)
https://mytimetable.uu.nl/

The “electronic learning environment” of the university
https://uu.blackboard.com/

Administration for things as registration for courses, view your grades and change your address details
http://uu.nl/osirisstudent

Overview of which courses you must and may take
https://cursusplanner.uu.nl/

9292 travel app
https://9292.nl/

NS Reisplanner
https://www.ns.nl/reisplanner/#/

Introduction Committee's instagram
https://www.instagram.com/introductionmbls/

Study association U.L.S.V. Amino's website
https://www.ulsamino.nl/association/

Become a member of U.L.S.V Amino!
https://www.ulsamino.nl/membership/become-a-member/

Link to join WhatsApp group with your fellow students
https://chat.whatsapp.com/KxSF46jq8hI1BE363eW1LZ6

Or:

MBLS 2023-2024
WhatsApp groep

WhatsApp group QR code