

Ready to get to know your neighbourhood? This self-guided tour will cover the basics you need in your day to day life, as well as the hidden gems that make this section of the city unique.

We've included links for some items here in the guide, and you can download this guide as a PDF from [www.citycentral.nl](http://www.citycentral.nl). If you have any questions, comments or suggestions, feel free to contact us on social media or send an email to [hallo@citycentral.nl](mailto:hallo@citycentral.nl).

## 1 WASTE

You need a card to get rid of your general waste - contact your landlord or housing association if you don't yet have one. There are separate bins for paper and glass, which don't need a card. If you want to receive more information about waste collection, visit [Groningen.nl](http://Groningen.nl) and look up "Municipal Services".

## 2 STERREBOS | Hereweg

This lovely park along the Hereweg has several different points of entry, but it is easiest to access from the Hereweg between the ring road and the surprisingly beautiful city prison. The park features winding walking paths between monumental trees, which offer some welcome shade on sunny days.

## 3 MULTIFUNCTIONEEL CENTRUM DE WIJERT/HELPMAN | P.C. Hoofdlaan 1A

This recreational centre offers a wide range of activities, like drawing mandalas, yoga, chess club, sewing club and more.

## 4 MAMAMINI HELPMAN | Helper Oostersingel 29&32

Mamamini sells second-hand clothing, furniture, books and electronics at several locations across the city. If you need basic items or you're just looking for something decorative, it's always worth paying one of their shops a visit. The Helpman location is actually two shops across the street from each other: one side sells household goods, and the other side is a clothing boutique with a mix of vintage and current fashion.

## 5 PARK GROENESTEIN | Groenesteinlaan 22

This park is actually the grounds around a private mansion, but you can walk around freely and use the football field when you need some exercise. The area is transformed in early spring when the wild garlic sprouts and its lovely white flowers bloom.

## 6 HUISARTSENPRAKTIJK HELPERPLEIN | Helperplein 19

You will need to register at a general practitioner's office when you need to see a doctor. Four general practitioners are located inside this building. You can find more information about the Dutch healthcare system at [Groningen.nl](http://Groningen.nl)

## 7 WINKELCENTRUM HELPERPLEIN | Helperplein 4

The Helperplein shopping centre is a large complex that has the basics covered: an Albert Heijn supermarket, an ING bank cash machine, a Kruidvat drug store, and a Blokker and HEMA, where you can get everything you need to make your house a home.

## 8 HELPERZWEMBAD | Moddermanlaan 40

This old swimming pool was built as part of the actual infrastructure of the street: several houses on the Moddermanlaan were heated by the pool's warm water supply. The pool used to be a public bath before showers were a common feature in private homes. The complex was renovated a decade ago, so you can admire the wonderful craftsmanship of the building while getting your laps in. Check [sport050.nl](http://sport050.nl) for the pool's hours of operation.

## 9 ESSERVELD CEMETERY | Esserweg

This park-like cemetery is almost a century old, and has been granted national monument status due to the distinctive architecture of its gate house. It may sound a little morbid to hang out in a graveyard, but especially on hot summer days, Esserveld can provide some welcome shade and solitude in the busy city.

## 10 RKZ BIOS | Emmastraat 15

RKZ bios is a former catholic hospital which has been converted into the smallest cinema in town. The cinema room is inside the old chapel and hosts screenings twice a week. Due to its small size and coronavirus prevention rules, this intimate cinema is closed at the time of printing of this flyer (October 2020), but keep an eye on their website - it's totally worth a visit!

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# HELPMAN



## WELCOME WALKS

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