

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. If you have any questions, comments or suggestions, feel free to contact us on social media or send an email to 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 and look up "Municipal Services".

2 HUISARTSEN ZONNELAAN | Zonnelaan 26

You will need to register at a general practitioner's office for when you need to see a doctor. Two general practitioners are located inside this building. You can find more information about the Dutch healthcare system at Groningen.nl.

3 VV MAMIO | Eikenlaan 292

Voetbal Vereniging (Football Club) Mamio has officially existed since 1971 and actively recruits foreign students for two of their teams.

4 PADDEPOEL SHOPPING CENTRE | WIJS | Dierenriemstraat 106

The Paddepoel shopping centre is a large complex with all kinds of stores, including an Albert Heijn supermarket, a pharmacy, and an ING bank cash machine. At Blokker and Hema, you can get everything you need to make your house a home. WIJS is also located at the shopping centre, and you can go there for help with anything from installing apps on your phone to legal advice and volunteer opportunities.

5 BUURTCENTRUM TUINPAD | Bessemoerstraat 4

Buurtcentrum TuinPad offers a wide range of activities, like game nights, art classes, baking lessons for kids, yoga and more, all for a very low price. Have a look at buurtcentrumtuinpad.nl for an activities overview (the descriptions are often in English).

6 EIKENLAAN 288 & 290: WIJ Selwerd | Eikenlaan 288-8 Library | Eikenlaan 288-8

Pool (de Parrel) | Eikenlaan 290
The library is open in the afternoon Monday through Friday. Buurtcentrum Sonde2000 is another hub for all sorts of (affordable) social activities, such as dancing, Chinese language classes and sewing lessons. De Parrel pool is 25 meters long and you can sign up for exercise and recreational swimming.

7 SKATEPARK | Zonnelaan

There's a small skate park hidden between the Zonnelaan, Orionlaan and Grote Beerstraat, complete with quarter-pipes and a funbox.

8 BAO TRIEU | Spicastraat 198

BAO Trieu offers traditional Kung-Fu, modern Wushu, boxing and much more. They are very international and have participants from over 20 nationalities. If you are interested in training here, you can sign up for a free trial lesson.

9 BUURTCENTRUM PLUTOZAAL | Plutolaan 329

Looking for more sustainable – and cheap – meal options? One of Plutozaal's events is the Free Café, where they serve up a free vegetarian dinner prepared from leftover ingredients on Sunday evenings.

10 STUDENTFOOD | Online: studentfoodgroningen.nl

Don't know what to make for dinner? No worries: StudentFood has figured it out for you. This small, student-created business offers cheap, fresh and delicious meal packages with simple recipes and all the ingredients you need. They have a different package every day which they deliver to your home.

11 BAXBIER | Friesestraatweg 201/2a

Baxbier is a local brewery that is known for beers such as Koudvuur (smoked porter), Abel's Ale (Pacific IPA) and their Kon Minder series. They have their own brewery and tasting room, and you can try their delicious beers right on the water.

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PADDEPOEL



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