



- 1** Huisartsen Zonnelaan
- 2** Paddepoel Shopping Centre
- 3** Library & Pool (de Parrel)
- 4** VV Mamio
- 5** Buurtcentrum TuinPad
- 6** Skatepark
- 7** Baxbier
- 8** Bao Trieu
- 9** Buurtcentrum Plutozaal

WELCOME WALKS



PADDEPOEL

Welcome Walks is a project of IWCN



international
welcome center
north

 [iwcn.nl](https://www.instagram.com/iwcn.nl)  [iwcn.nl](https://www.facebook.com/iwcn.nl)  [iwcn-nl](https://www.linkedin.com/company/iwcn-nl)

www.iwcn.nl

Ready to get to know your neighborhood? 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 <https://iwcn.nl/our-services/welcome-walks/>

If you have any questions, comments or suggestions, feel free to contact us on social media or send an email to info@iwcn.nl.



1 Huisartsen Zonnelaan: Zonnelaan 26

In the Netherlands, general practitioners (GPs) are your first stop for most healthcare needs (except in emergencies). To see a doctor, you'll need to register with a GP's office. This building houses two general practitioners who can help. For more info about the Dutch healthcare system, visit iwcn.nl.

2 Paddepoel Shopping Centre: Dierenriemstraat 106

The Paddepoel shopping center is a large complex with all kinds of stores, including an Albert Heijn (grocery store), Kruidvat and Etos (drugstores), and an ING ATM. At Blokker (household store) and HEMA (variety store), you can get everything you need to make your house a home.

3 Eikenlaan 288 & 290: WIJ Selwerd: Eikenlaan 288-6 Library: Eikenlaan 288-8 Pool (de Parrel): Eikenlaan 290

The library is open in the afternoon from Monday to 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 both exercise and recreational swimming.

4 VV Mamio: Eikenlaan 292

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

5 Buurtcentrum TuinPad: Bessemoerstraat 4

Buurtcentrum TuinPad offers a wide range of activities (at very low prices); game nights, art classes, baking lessons for kids, yoga, and more. Visit buurtcentrumtuinpad.nl for an overview of activities (descriptions are often in English).

6 Skatepark: Zonnelaan

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

7 Baxbier: Friesestraatweg 201/2a

Baxbier is a local brewery 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, where you can sample their delicious beers right by the water.

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 affordable-meal options? One of Plutozaal's events is the Free Café, where they serve a free vegetarian dinner prepared from leftover ingredients on Sunday evenings.



To view the map online, scan here: