

Introduction Guide

Study association VIP



- Your welcoming guide to psychology
- Get to know the study association
- Important information for your arrival to the city



Preface Chairman

Dear Psychology student,

The summer has come to an end and it is time to get started with the academic year 2019-2020 I hope that you have had a nice summer and are now looking forward to this new year. During this year, VIP will organize both social as well as study related activities for you. During these activities, you get to know your fellow students in an easy way. Going to the activities is a great way to broaden your horizon besides studying and to develop your talents. You do not have to become an active member of VIP to be able to join the activities or the monthly VIP drinks. Every student is more than welcome to join!

Being an active member of VIP means that you join a committee, structure or year representation. All committees aim to organize different activities throughout the year. For more information about all the specific committees, structures and year representations, please have a look at page 15 of this agenda or at the vipsite. To get to know all active members, there will also be some specific activities for the active members. If you have any questions throughout the year or you just want a place to relax, you are always more than welcome to come by at the VIP office (Hv.0402). If you have any questions now already, do not hesitate to send us an email: vip.gmw@rug.nl or take a look at the website: vipsite.nl. You can also follow us on Facebook or Instagram to stay tuned about the latest updates and activities. We hope to see you all soon and hope you will have a great year!

With kind regards on behalf of the 39th VIP board,

Lente Gerlagh
Chairman 2019-2020

What does VIP offer?

Discount on your study books and exam trainings

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Practical insight into the workfield

*

A group of friends

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Many study-related and social activities

VIP is the study association for Psychology students at the University of Groningen. A study association is a unique concept and can hardly be found in other countries. An association can be seen as an extension to your study program and has three main purposes: connection to the study program, gaining practical insight into the workfield, and having a great time during your student life! We offer you support with your study as well as a variety of activities that you can join.

As a VIP member, you also get discounts in many shops throughout the city, and you can buy study books with a large discount.

Furthermore, we offer the opportunity to work on your CV, for example by joining our activities or by becoming active in a committee. Besides that, we have a vacancy page for our members.

The most important aspect is that by joining VIP you get the chance to meet a lot of people and become part of our big VIP-family!

Lennert Haan, General member of VIP:

Why did you join VIP? When you join a society as big as VIP your social network increases rapidly. Because of the many activities they organise you make a lot of new friends. When you start a new study it can be exciting and a bit scary because you do not yet know a lot of people. So I joined VIP mainly in the hope of making some new friends.

How do you experience being a member of VIP? I am not active in a committee or structure of VIP, but even though I'm not an active member, I'm viewed as such while joining the activities. You all feel the same.



Student vs. study association

In the Netherlands in general and in Groningen in particular, you will find a lot of associations: study associations, student associations, but also sports associations or cultural associations. People join associations for different reasons, but one of the main reasons to join any association is to meet new people and to have a great time during your student life.

Student associations only focus on the social aspect. However, some associations such as study associations or sports associations also offer something next to this. At VIP, the study association of psychology, you have the opportunity to get to know the study from a different perspective and to experience the field of psychology in a more practical way besides following your university courses.

This is not the only difference between student and study associations. Groningen has several large student associations, which are rather traditional compared to VIP and the largest ones also have a hazing period for prospective members. Furthermore, student associations are open for everybody to become a member. However, the activities of the associations are then rather exclusive to their members. In contrast, only students from a particular study can become a member of their study association, but the activities are usually open for everybody. Even though, VIP members still have priority for our activities and can get a discount of at least 30% for all of VIP's activities. You can read more about the activities we organize on the next pages.

We hope to see you joining a lot of them!

Study association

- Only students of a certain study can become a member
- Activities usually open for everybody, members get discount
- Study related and social activities
- Less traditional, no hazing period

Student association

- Everybody can become a member
- Activities mainly for members only
- Focus on social aspect
- Rather traditional, some of the bigger ones have a hazing

Where to go at the faculty?

1. **Hysmangebouw (2211)**
Grote Kruisstraat 2/1
Psychologie | Psychologie
Marketing | Creativiteit
ICT Helpdesk
Onderwijsbureau | Library
Research Lab Hyman
Onderwijsbureau (2211S)
Psychologie | Psychologie
Onderwijsbureau | Lecture rooms
Muntgebouw (2212)
Levenswetenschappen | Teacher Education
Research Lab Munting
Muntgebouw (2212)
Onderwijsbureau | Lecture Rooms
Jachma Tammeloord (2351)
Nieuwe Kijk in 't Oortstraat
Educatieve Society
Van Geldergebouw (2324)
Grote Kruisstraat 3
Agro- | Huisvesting | Dory shop
Gron
2. **Hysmangebouw (2318)**
Onderwijsbureau | Lecture rooms
Psychologie | Psychologie
Onderwijsbureau | Teacher Education
Research Lab Munting
Muntgebouw (2212)
Onderwijsbureau | Lecture Rooms
Jachma Tammeloord (2351)
Nieuwe Kijk in 't Oortstraat
Educatieve Society
Van Geldergebouw (2324)
Grote Kruisstraat 3
Agro- | Huisvesting | Dory shop
Gron
3. **Muntgebouw (2212)**
Levenswetenschappen | Teacher Education
Research Lab Munting
Muntgebouw (2212)
Onderwijsbureau | Lecture Rooms
Jachma Tammeloord (2351)
Nieuwe Kijk in 't Oortstraat
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Van Geldergebouw (2324)
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Van Geldergebouw (2324)
Grote Kruisstraat 3
Agro- | Huisvesting | Dory shop
Gron
6. **Van Geldergebouw (2324)**
Grote Kruisstraat 3
Agro- | Huisvesting | Dory shop
Gron
7. **Snijdersgebouw (2323)**
Grote Kruisstraat 17
Facultaire Dienst | Faculty office
Gedragengebouw (2323)
Grote Kruisstraat 18
MCA's
Methodologie en | Methodology shop
Onderwijs
Bouw- en Natuurwetenschappen (2321)
Grote Kruisstraat 21
Ecologie | Ecologie
Biolwetenschapp
Grote Kruisstraat 39
Poligrafische Wetenschappen en Onderwijskunde
Polygrafie & Education Sciences
Biolwetenschapp
8. **Gedragengebouw (2323)**
Grote Kruisstraat 18
MCA's
Methodologie en | Methodology shop
Onderwijs
Bouw- en Natuurwetenschappen (2321)
Grote Kruisstraat 21
Ecologie | Ecologie
Biolwetenschapp
Grote Kruisstraat 39
Poligrafische Wetenschappen en Onderwijskunde
Polygrafie & Education Sciences
Biolwetenschapp
9. **Bouw- en Natuurwetenschappen (2321)**
Grote Kruisstraat 21
Ecologie | Ecologie
Biolwetenschapp
Grote Kruisstraat 39
Poligrafische Wetenschappen en Onderwijskunde
Polygrafie & Education Sciences
Biolwetenschapp
10. **Natuurwetenschappen (2111)**
Grote Kruisstraat 39
Poligrafische Wetenschappen en Onderwijskunde
Polygrafie & Education Sciences
Biolwetenschapp
11. **Universiteits Ambulancetoren Groningen**
12. **SFO & UFO-G**

Info: Info/Desk | Library
o Facultair | Facultary
o Parkeren | Parking
o Ingaang | Entrance
o Student computers
o Receptie | Reception
o Bibliotheek | Library
o Facultair | Facultary
o Parkeren | Parking
o Ingaang | Entrance

Connection to the study program

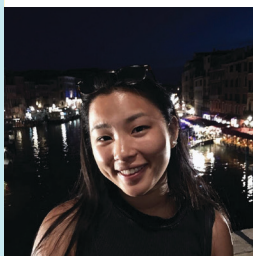
One of the main goals of the association is to support your studies. Therefore, we offer professional exam trainings by one of our partners. These trainings are given by experienced tutors who have excellent knowledge of the course material. We aim to offer trainings for the subjects with which students have most difficulties, such as statistics. For the exact list of subjects you can check the website.

Secondly, we organize study days in the week before the exam week. When exams are coming up, the library is usually packed with students and it can be difficult to find a spot to study. Therefore, our study committee hires a room at the faculty for you in these weeks, so you can have a quiet place to study.

Last but not least, you can order your books with a large discount as a VIP-member. You can order all your books at once, which makes ordering books super easy for you!

Opportunities to become active:

- Study committee
- Year representation NL / EN



Taylor Hodges, Member of the Study Committee 2017-2018:

Why did you join VIP? "I joined VIP to get the discounts offered through the membership, particularly the books, and to check out what the study organization was about"

What does VIP mean to you now? "VIP means that you're part of a community where you get to know your colleges better and at a more friendly level. It's a way to experience an intermixing of both the Dutch and the English bachelors and thereby gives you a more complete feeling of the student life here in Groningen."

Gaining practical insight into the field

VIP gives you the opportunity to experience the field of psychology in a more practical way. The association offers a lot of activities such as lectures, workshops, in-house days, career nights and conferences. Here, you can learn more about the workfield from experienced people.

As an example, we have organized a conference about Environmental Psychology and a lecture about Schizophrenia. In this lecture, both an expert in the field and a patient were present.

In addition, VIP organises events in which you can put your knowledge in practice, such as Think-Tanks. These events will be announced throughout the year, so make sure to keep an eye on this. Also, if you want to get hands-on experience, don't forget to check out our vacancy page on which we post various internships and other work opportunities for psychology students!

Opportunities to become active:

- Career committee
- BSS Congress committee
- Lecture committee
- Stoso congress committee
- Workshop/In-house committee



Linda Offringa, Member of the Career Committee 2017-2018:

Why did you decide to become an active member within VIP? "When I started my premaster, I really hoped that I could find a way to become more committed and active within the study. I also did not know anyone yet as premaster student, coming from another study. When I found out about VIP, I was happily surprised by the honestly amazing group of people who are working together to create amazing social and study related events. I decided that I wanted to join !

Social aspect

Besides all the study related activities, VIP has events that have the single purpose of having a lot of fun! For example, we organise a hitch-hiking contest, a student exchange, a cocktail workshop, etc. You can also take part in the world's longest relay race, the Batavierenrace!

VIP also organises monthly drinks, at which we come together at 'het Pakhuis,' enjoy a great atmosphere and drink beers with a large discount! The social activities are a great way to meet new people and make friends for life. VIP is open to all psychology students!

As a VIP member you can also join activities that have been organised together with other associations, such as a the "Galant Gala," a language café, and a music festival, called the "Zwemfest."

Last but not least, VIP publishes a yearbook every year to keep your best memories from an amazing year!

Opportunities to become active:

- Dies/ Introduction committee
- Event committee
- First year committee
- Intercultural committee
- Student exchange committee
- Sport committee
- Social committee
- Yearbook committee
- Zwemfest committee



Aron Drenth, former member of the Event committee:

How did you experience being active in the EC?

It was a really nice experience. It's really rewarding organizing such week-ends and making sure that you and your fellow students have a break from studying and are able to travel to new places and have a good time.

What do you think of the social activities VIP organizes?

The social activities are a good way to meet other psychology students. The parties, the 'borrels' and all activities make sure that you will never feel alone during your study time.

Family (VIP Song)

Come in
Help yourself
I want you to see
That I'm so happy
This feels like family
It's not complicated
It isn't hard to do
Just take it easy
With everything you do

If you need shelter from the storm out there
I'll be there for you and everywhere
Just let me know when the time is right
This could go all night

VIP is like family
The greatest group you'll ever see
VIP will stay by your side
It's such a crazy time

Let's have a drink or two
Or talk psychology
A thousand things to do
And new people to meet

The city never sleeps
The bars they never close
The best time of your life
You get with us you know

If you need shelter from the storm out there
I'll be there for you and everywhere
Now raise your glass cuz' the time is right
We will sing all night

VIP is like family
The greatest group you'll ever see
VIP will stay by your side
It's such a crazy time

Woohoo woohoo woohoo woohoo
Woohoo woohoo woohoo woohoo

It's cold outside
But warm over here
You won't forget this night in a hundred years
Through storm and wind we'll go
From mountains to the sea
We will stick together
Just like family
Just like family
Just like family
Just like family

VIP is like family
The greatest group you'll ever see
VIP will stay by your side
It's such a crazy time

VIP is like family
The greatest group you'll ever see
VIP will stay by your side
It's such a crazy time



Become active!

You can make your study time even better by becoming an active member of VIP! Currently, we have approximately 150 members who are active in one of our committees, structures or year representations. All of them contribute their bit to a successful year and make sure you have a good time at our activities. Becoming an active member does not only mean that you will contribute to the organization of activities, but you also become part of our active members group. In addition to the regular activities, you can also join active members' activities such as the barbecue in the Faculty garden or the active members' weekend. You can find an overview of the possibilities to become active on the next pages!

What does it mean to be part of a committee?

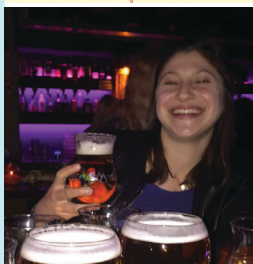
Within VIP, you can become active in committees, structures or within the year representation. Committees are mainly responsible for organizing activities, whereas structures are responsible to support the board and committees with certain tasks such as promotion or acquisition. Within the year representation, you represent the students and evaluate the quality of the courses.

Most committees have 6 members. Within the committee, there are different functions that will be fulfilled. The functions usually are the following:

- Chairman/woman
- Secretary
- Treasurer
- External contacts
- Acquisition
- Promotion

Committee market

Every year in September a Committee market takes place where all committees, structures and year representations are present. If you are interested to become active within VIP, definitely come to the committee market on 9 September and 10 September for a nice chat (and something to snack and drink).



Laura Argast, Member of the Dies committee 2017-2018:

Why did you become active at VIP?

I decided to become an active member because I wanted to get to know new people and get the chance to practice speaking Dutch. Furthermore I liked the idea of students organizing events for other students and I wanted to be part of that

What does VIP mean to you?

VIP mean a lot of amazing and fun people.

Social Committees

- Social committee

This committee organises the most crazy parties and activities throughout the year! The parties take place at different locations and usually have a theme and people dress up.

- Dies committee

This committee organises the Diesweek/ Introduction camp. VIP celebrates its birthday and the arrival of new students with our Diesweek and introduction camp. Everybody is welcome, and there are a lot of fun activities or parties you can join. You definitely do not want to miss out on this!

- Event committee

This committee organises two big activities. One activity is usually a hitchhiking contest. The other one is the participation in the Bata-vierenrace.

- First year committee

Throughout the year, several activities will be organised for first year students to get to know each other. Examples are game nights, a yoga workshop or a cocktail workshop.

- Intercultural committee

Because we have two bachelor programs in Psychology, the group of psychology students is quite diverse. The intercultural committee organises activities where you can get insight into different cultures and meet students from different countries.

- Student exchange committee (SECcie)

Every year an exchange takes place between psychology students from Groningen and another country. This exchange takes place in two separate weeks, one in Groningen and one in the hometown of the exchange partner.



- -Yearbook committee

In addition to all of VIP's activities, the association is also handing out a yearbook in which, among other things, all activities are described. The yearbook will be handed out in September.

- -Zwemfest committee

This committee organises the annual Zwemfest festival for upcoming bands, which will take place in Vera.

Idea fund committees

VIP has an idea fund. If you have an idea for an activity that you would like to organise or a committee that does not exist yet, you can make a request at the idea fund. In case the request is successful, the idea fund committee is similar to a regular committee and continues to exist for the rest of the study year.

- -Sport committee (Idea fund committee 2018-2019)

This committee organises a fun week of winter-sports and a soccer tournament.

- -Theater committee (Theun) (Idea fund committee 2017-2018)

This committee organises a fantastic theater play with actors from our own faculty.

Study related Committees

- -Workshop/in-house committee

This committee organises at least two psychology related workshops a year and organises daytrips to institutions or companies where psychologists work.

Examples of workshops are mindfulness workshop, a sportpsychology workshop and criminal profiling. Every year, this committee also arranges a visit at the Mesdag clinic.



● -Study committee

● This committee takes care of all the study books that the students need for their upcoming year.
● They also arrange study days where students can come together and study for their exams.

● -Lecture committee

● Throughout the year, this committee organises different lectures with a psychology related topic. These lectures are held by an expert from his/her field. Examples of topics from last year are fetal alcohol syndrome and pedophilia.

● -Career committee

● This committee organises four career evenings each year. During these evenings, psychologists talk about their work fields, their experiences and the connection of study and work.

● -BSS Congress Committee

● This committee organises the biggest faculty wide event during a period of one year. This congress is focused on all the different studies within our faculty, so not only psychology.

● -STOSO Congress Committee

● This committee organises one annual conference on a theme related to Organisational & Social Psychology. On this day, people can follow workshops and lectures. Last year's conference was about dealing and managing crisis situations.



Structures

Structures are teams that support committees and the board with different tasks. On this page you can see which structures VIP has!

-Photo Structure

This structure is in charge of taking pictures of almost all activities organised by the committees or the board. A member of the structure attends the activity for free to take pictures.

-Bar & Cook Structure

This structure helps committees and the board with any dinner that needs to be cooked at activities, for example during the introduction camp, where they also help with maintenance of the bar. They also give advice to committees in terms of grocery quantity.

-Acquisition Structure (Tigers)

This structure helps committees reach their acquisition targets. The Tigers also help the board by contacting companies and making deals themselves.

-Promotion Structure

This structure helps committees and the board to make posters and flyers for any given activity.

-DJ Structure

The DJs make sure there's music on special events like the Introduction camp or the Active Members Weekend. They are also in charge of playing music during the monthly drinks at 'Het Pakhuis'.

-Audit structure

The members of this structure check the accountancy of VIP and the final account of the associations book year. (Only for former members of the VIP-board!)



Jesse Rijpkema, Member of the Promotion Structure 2017-2018, former member of the Photostructure:

Why did you decide to become active in a structure?

Before this, I was active in a committee, something I really enjoyed. In my second and third year at VIP, I still wanted to be an active member but with a little less obligations, so I decided to join a structure because there you have less regular meetings than in a committee.

Year representation

The year representation is the connection between students and teachers and represents the opinion of students. As a year representative, you will evaluate the quality of the courses and the study program as a whole. The year representation consists of a Dutch and an English year representation for each year. Each year representation consists of six students.

- Jaarvertegenwoordiging 1
- Year representation 1
- Jaarvertegenwoordiging 2
- Year representation 2

Mastercommunity

For Master students, several career-oriented activities are organised. Each cluster of specializations has a master committee that organizes activities. The master committees also organise two events each year together for all master students.

These are the master committees VIP has:

- Brain & Behaviour
- Social Psychology
- Work, Organisational and Personnel Psychology
- Clinical, Developmental & Forensic Psychology (CDF)



Bart Kranenburg, Member of the JV 2, former member JV1:

What did you like about being part of the year representation?

Being part of the Year Representation is perfect for you if you take your study seriously, but also want to be active within VIP. As a Year Representative, I got all kinds of insights and background knowledge about the way things work behind the scenes at the faculty. In addition, I met the people who make all the important decisions and helped in making these decisions, which is really cool! So if you find these things interesting, don't hesitate to approach me! I'm the one with the blond curls!

Overview

Social

Social committee
Dies / Introduction committee
Event committee
First year committee
Intercultural committee
Students exchange committee
Yearbook committee
Zwemfest committee

Ideafund committees

Theater committee
Sport committee

You can start your own
committee with the help
of the ideafund!

Structures

Photo structure
Bar & Cook structure
Acquisition structure
Promotion structure
DJ structure
Audit structure

Study-related

Workshop/In-house committee
Study committee
Lecture committee
Career committee
BSS Congress Committee
STOSO Congress Committee

Year representations

Year representation 1
Jaarvertegenwoordiging 1
Year representation 2
Jaarvertegenwoordiging 2

Master communities

Brain & Behaviour
Social Psychology
Clinical, Developmental, and
Forensic Psychology
Work, Organisational and Per-
sonnel Psychology

Life in Groningen

Did you know that...

- A quarter of the 200.000 inhabitants of Groningen consists of students?
- Groningen has no fixed closing hours? There is always a place where you can party till the sun comes up!
- You can practice more than 90 different sports at ACLO Sports Centre for only €59,95 for a whole academic year?
- In Groningen, on average, most bikes are stolen compared to other cities? Make sure you have a good lock!
- The ultimate snack of Groningen is an eggball? You should try it sometime!
- Nothing goes above Groningen!



VIP Discounts

When you become a VIP-member, you get a VIP-yearsticker which grants you a lot of discounts at different companies. The VIP-yearsticker grants, among other things, the following discounts:

- Het Pakhuis (10% discount)
- Printshop 't Hartje (10% discount)
- Espressobar Moyee (Every medium coffee/cappuccino for €2)
- Ganze fietsen (10% discount)
- Sunday's (10% discount)
- Shirt a la Minute (20% discount)
- FC Groningen (Discount on some tickets)
- The Smooth Brothers (Discount on large smoothies)
- Tentamentrainingen.nl (20% discount, fail course = money back)

Check our website for all the discounts!

Meet our board

Hello dear psychology student!

We are the 39th board of VIP and will try to give you an amazing VIP experience upcoming year. We hope you will become a member of VIP, or even an active member! If you want to have a chat with a cup of coffee or tea, or if you have any questions, do not hesitate to come by the VIP-hok (in the Heymansbuilding, room Hv.0402)! We are open every working day between 11.00 and 15.00. We hope to meet you soon. You can also email (vip.gmw@rug.nl) or call us (+3150 363 6323).

We are looking forward to an awesome year with you guys!

Love,

The 39th board of VIP

Chairman – Lente Gerlagh

Secretary & Internationalization – Wendelien Barkema

Treasurer – Lotte Mensink

Internal Relations – Christie Bruinewoud

Education and Career – Lina Naber

Public Relations – Daniel Buxton



Activities September / October

MON 09 / 09	Committee market
TUE 10 / 09	Committee market
TUE 10 / 09	VIP Drinks
MON 16 / 09	After DIES drinks
MON 23 / 09	First year activity 1
WED 25 / 09	General Members Meeting
THU 26 / 09	Zwemest
MON 30 / 09	Lecture 1
TUE 01 / 10	Get-to-know-each-other dinner & VIP drinks
FRI 04 / 10	Workshop/In-house day
WED 09 / 10	VIP Party
THU 10 / 10	Master activity
MON 14 / 10	Language café
TUE 15 / 10	Career night 1
THU 17 / 10	Intercultural activity 1

