

INTRODUCTION GUIDE

VIP



Study Association Psychology
Groningen

PREFACE

Dear psychology student,

It is the beginning of the school year, and we are going to experience, discover, and learn so much in the upcoming months! This year is all about creating some great memories. We as VIP are very excited for this year and we are looking forward to organizing great events! We are thrilled to give people the opportunity to make new connections and friendships.

Throughout the year, VIP will organize both social and study-related activities for you to join. By joining these events, you will have a great opportunity to connect with other psychology students. Besides that, VIP gives you the chance to make yourself familiar with the working field and can aid you a bit in your psychology studies. Every student is welcome at our events, so feel free to come by! You can also contact one of the Board members for a drink or a chat.

Becoming an active member of VIP means that you become part of a committee, structure, or year representation. The committees of VIP organize various events and activities throughout the year, which you can become part of. You can find more information further down in this guide!

If you have any questions throughout the year, please don't hesitate to contact the Board of VIP! You can email us at vip.gmw@rug.nl or leave your question or feedback on the VIP site, where a link is provided when you go to Association -> Feedback. And remember, you are always welcome to visit us at the VIP office, where we are more than happy to assist you. The VIP office is located on HV.0402 where we have open office hours every workday from 11:00 to 15:00.

We are looking forward to an amazing year with lots of great activities!



WHAT DOES VIP OFFER?

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 work field, 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/structure/year representation. 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 new people and become part of our big VIP-family!

SUMMARY

- Great discount on books and exam trainings
- Practical insight into the workingfield
- Meeting a lot of new people and making friends
- Many study-related and social activities

BECOME A MEMBER

For only €15 per year!

You can register yourself on the vipsite



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 mostly 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 more 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 are usually open for everybody, but members get a discount!
- Study related and social activities
- Less traditional, no hazing period

VIP



Student Association

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

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 always look on 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 structure 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 an active member:

- Study Structure
- Jaarvertegenwoordiging 1/2
- Yearrepresentation 1/2



GAINING PRACTICAL INSIGHT INTO THE WORKING 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 workshop about Acceptance Commitment Therapy, in which an expert explained the therapy and gave tools to work on it yourself. There has also been a lecture organized in which an expert and a patient came to talk about Schizophrenia.

In addition, VIP gives you the opportunity to explore hands-on experience through our vacancy page on which we post various internships and other work opportunities for psychology students!

Opportunities to become an active member:

- BSS Congress Committee
- Career Committee
- Lecture Committee
- Inhouse Committee
- Workshop Committee



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 organize a hitchhiking contest, a student exchange, a cocktail workshop, and lots more! You can also take part in the world's longest relay race, the Batavierenrace!

VIP also organizes 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 organized together with other associations, such as the "Galant Gala," VLC Christmas Party, and a music festival, called "Zwemfest." Last but not least, VIP also publishes a yearbook every year to keep your best memories from an amazing year!

Opportunities to become an active member:

- First Year Committee
- Dies/Introduction Committee
- Event Committee
- Zwemfest Committee
- Yearbook Committee
- Exchange Committee
- Travel Committee
- Sports Committee
- Intercultural Committee
- Social Committee



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 BBQ or the active members' weekend (AMW). You can find an overview of the possibilities to become active on the next pages!

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:

- **Chair**
- **Secretary**
- **Treasurer**
- **External**
- **Acquisition**
- **Promotion**

Committee Market

Every year in September a Committee market takes place in the Faculty Garden where all committees, structures, and year representations are present. If you are interested in becoming active within VIP, definitely come by the committee market for a nice chat!



ACTIVE MEMBERS

Committees

- **Dies/Introduction Committee**
- **Career Committee**
- **Sports Committee**
- **Social Committee**
- **Workshop Committee**
- **Inhouse Committee**
- **BSS Congress Committee**
- **Intercultural Committee**
- **Lecture Committee**
- **First Year Committee**
- **Master Committee**
- **Event Committee**
- **Zwemfest Committee**
- **Yearbook Committee**
- **Travel Committee**
- **Mind over Marketing Committee**
- **Student Exchange Committee**

OVERVIEW!

Structures

- **Study Structure**
- **Bar & Cook Structure**
- **DJ Structure**
- **Media Structure**
- **Acquisition Structure**
- **Audit Structure**

Year representation

- **Year representation English Track Year 1**
- **Year representation English Track Year 2**
- **Jaarvertegenwoordiging Dutch Track Year 1**
- **Jaarvertegenwoordiging Dutch Track Year 2**



COMMITTEES

Social Committees

Social Committee

- This committee organizes the parties and activities throughout the year! The parties take place at different locations and usually, they have a theme and the participants come there really dressed up.

Dies/Introduction Committee

- This committee organizes the Diesweek/Introduction camp. VIP celebrates its birthday and the arrival of new students with our Diesweek and introduction camp. Everybody is welcome it is a great way to meet fellow psychology students. There are a lot of fun activities or parties you can join in this week. You definitely do not want to miss out on this!

Event Committee

- This committee organizes two big activities. One activity is a hitchhike! The other one is the participation in the Batavierenrace, the world's longest relay race!



First Year Committee (FYC)

- Throughout the year, several activities will be organized for first-year students to get to know each other. Examples are ice skating, laser gaming, or a cocktail workshop.

Intercultural Committee (ICC)

- Because we have two bachelor programs in Psychology, the group of psychology students is quite diverse. The intercultural committee organizes 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.

COMMITTEES

Social Committees

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 at the end of the academic year.

Zemfest Committee

- This committee organizes the annual Zwemfest festival for upcoming bands, which always takes place in Vera.

Sports Committee

- This committee organizes a fun week of wintersports and a sports tournament every year together with another association.

Master Committee

- In this committee, master students organize three activities for master students. For example, pooling or they went to Jump XL!

Idea Fund

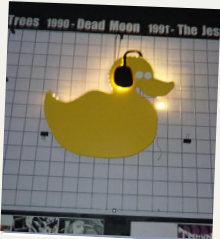
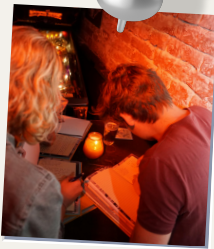
VIP has an idea fund. If you have an idea for an activity that you would like to organize or a committee that does not exist yet, you can make a request at the idea fund. In case the request is successful, the idea fund committee is similar to a regular committee and continues to exist for the rest of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

Travel Committee (Treccie)

- The Travel Committee organizes a trip in which they explore a new country and make amazing memories together. In the first year, they went to Athens and in the second year to Lisbon and Porto!

Mind over Marketing Committee

- The Mind over Marketing Committee has organized a conference together with the marketing association Marug at the beginning of the year for the passed two years, to combine psychology and marketing.



COMMITTEES

Study Committees

Career Committee

- This committee organizes multiple career evenings each year. During these evenings, psychologists talk about their work fields, their experiences, and the connection between study and work.

Workshop Committee

- This committee organizes multiple workshops regarding topics related to the psychology work field. A workshop that was organized was about Acceptance Commitment Therapy (ACT).

Inhouse Committee

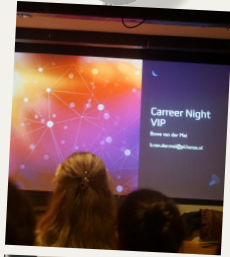
- This committee organizes multiple inhouse days at different companies or institutions related to the psychology work field.

BSS Congress Committee

- This committee organizes the biggest faculty-wide event during a period of one year. This congress is focused on all the different studies within our faculty. That is why this committee is formed with three study associations: VIP, ODIOM, and Societas.

Lecture Committee

- Throughout the year, this committee organizes different lectures on psychology-related topics. These lectures are held by an expert from their field. For example, topics that have been done in the past are sex, integration, and fetal alcohol syndrome.



STRUCTURES

DJ Structure

- If you are part of the DJ structure, you can DJ during the VIP Drinks, the Active Members Weekend, and Introduction Weekend! Our DJs are also asked to play during other parties.



Bar & Cook Structure

- The Bar & Cook Structure cooks for everybody during the Introduction Weekend, the Active Members Weekend, and the Active Members BBQ!

Acquisition Structure (Tigers)

- This structure helps other committees and the Board in getting their acquisition target. They approach companies and help with any questions committees might have.

Audit Structure

- This structure checks the accountancy of VIP and the annual account of the associations book year. Only former members of the VIP-Board are in this structure.

Media Structure

- The Media Structure takes all the lovely pictures during every VIP event that you can find on the vipsite when you become a member!

Study Structure

- Before every exam period, the Study Structure provides study rooms in the Heymansbuilding to study together with VIP members. They usually also have delicious cookies and coffee/tea!



YEAR REPRESENTATION

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

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



MEET THE BOARD

2023-2024

Dear psychology student!

We are the 43rd Board of VIP and will try to give you an amazing VIP experience in the 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 Heymans building, 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. We are looking forward to a great year with you guys!

Love, the 43rd Board of VIP



LIFE IN GRONINGEN

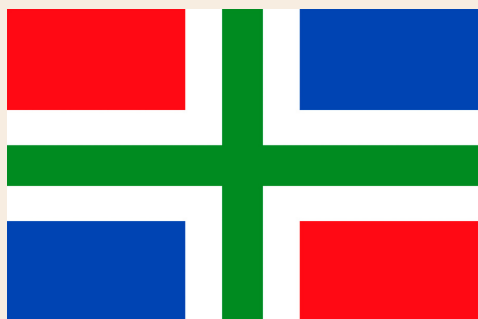


You will spend quite some time in the Heymans building. Even though it might not look that pretty from the outside, we have a great faculty garden which is amazing to sit in when the weather is nice!



When you bike in Groningen and you find yourself in front of a traffic light, do not panic when the lights turn green; all the lights turn green at all the sides at the same time! You will get used to it very quickly :)

Groningen has its own flag!
You might see it around when you walk through the city!



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 SONG

FAMILY

Come in
Help yourself
I want you to see
That I'm so happy
This feels like family
It's not complicated
It is not 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 overhere
You won't forget this night in a hundred years
Through storm and wind we'll go
From mountains to the see
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

x2



VIP