

AIM PRESENTS...



AMSTERDAM STARTERS GUIDE

TIPS AND TRICKS FOR YOU TO
LIVE YOUR BEST UNI LIFE!



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ALWAYS GOOD TO KEEP IN MIND

UNI CAN BE PRETTY OVERWHELMING, ESPECIALLY IN THE FIRST FEW MONTHS. THEREFORE, IT IS SUPER IMPORTANT TO TAKE A STEP BACK AND LOOK AFTER YOURSELF. IF YOU KEEP PUSHING NON-STOP, YOU'LL BURN OUT. TAKE A BREAK FROM THE BOOKS, CLEAR YOUR HEAD, AND RECHARGE. WHETHER THAT IS GOING FOR A WALK, HANGING OUT WITH FRIENDS, OR JUST CHILLING OUT. YOUR MENTAL AND PHYSICAL HEALTH MATTER JUST AS MUCH AS YOUR GRADES, AND TAKING CARE OF YOURSELF WILL ACTUALLY HELP YOU DO BETTER IN THE LONG RUN.

TO HELP YOU GET STARTED, WE HAVE CREATED THIS BOOKLET WITH ALL OF OUR FAVORITE SPOTS IN AMSTERDAM!



The 13th AIM board: “Yes, you are here to study, but also
GO OUT AND HAVE FUN! This is a part of your student
experience too!”

BRUNCH & COFFEE

BENJIS

The BEST açai bowl in
Amsterdam

DE LAATSTE KRUIMEL

Cozy vibe perfect for
friends and family visiting

LOT61

Next to the OBA library-
perfect for study breaks

SCREAMING BEANS

Laptop friendly :)

NOOK

Very cute and aesthetic
vibe

YUSU

Very close to uni with great
Matcha

4850

The sweets there are delicious!

LUUKS COFFEE

Fresh coffee and baked goods!

Amelie:

“Just grab a friend, bike
somewhere and discover
the different parts of
Amsterdam! For some
nature, go to Het
Amsterdamse Bos!”



RESTAURANTS

CANTINA CALIENTE

Great tapas, right next to REC

LE SMASH

Best vegan smash burgers

FOOD HALLEN

An amazing indoor food market

CAMINO TAQUERIA

The best tacos you'll ever have

KUMO RAMEN

Affordable and delicious

GUNAY LUNCHROOM

Really cheap and delicious turkish and middle eastern food

REC CANTEEN

Vegan meals for 4.50 are a life saving on-campus lunch

YUAN'S HOT POT

Perfect if you'd like to try hot pot

SEBASTIAN

Cozy Italian vibe

Liviu:

"The restaurants in Amsterdam are fire, but don't underestimate the street markets. Food stands at the markets give you the chance to try something new with no strings attached."



BARs AND CLUBS

AMI

Super cute bar in de Pijp and still not too overrun

ALTO JAZZBAR

Great live jazz music

NYX

For the best nights out with friends

PLAN B

A really fun pool bar that also has a ton of boardgames

SUPPER CLUB

Fancy atmosphere and fun vibes

BAR BILLIE

Super cool bar - Small, but still, it has 3 floors



Iga:

“Amsterdam is one of the most fun and exciting cities! The party never ends - make use of it!”



BARS AND CLUBS

COCO'S

Ready for karaoke?

CAFE BRECHT

Really cool vibes

KRITERION

Right next to the REC campus,
so always a good choice for
after-uni hang outs

DE HEEREN VAN

AEMSTEL

Perfect spot for both dancing
and chill talks

CAFE TWEE PRINSEN

Wine bar with seats by the
canal

Laura:

“Getting screamed at by
old dutch ladies on the
bike is character building,
trust!”



ACTIVITIES

PICNIC AT OOSTERPARK

Perfect for a sunday
hangout

NOORDERMARKT

for a cute little stroll in
the morning

NDSM FLEA MARKET

From clothes to
furniture- they have it all

REFORMER PILATES

the confidence concept
is super close to uni and
really cute

COSMIC WAVE YOGA

after closing hours in a
museum - illustrations of stars
all around you for a calming
and relaxing evening

Johanna:

“Amsterdam can be very expensive! If you don't want to sell your kidney to afford lunch, check out affordable options for meals and coffee offered by UvA!”



ACTIVITIES

ROCYCLE

Spinning classes there is
the most fun cardio you
can imagine

CONCERTGEBOUW

sometimes has lunchtime
concerts which are free
entry

VONDELPARK

Perfect for a morning run

MARINETERREIN

An outside swimming place or a
sunset watching spot

USC SPORTS

CLASSES

From zumba to kickboxing!

Roza:

“Try **EVERYTHING** you
can. If you can go to an
event, do it!! You never
know who you’ll meet
and what will happen.

This is a whole new
chapter, explore and
make the most of it”



STUDY SPOTS

UVA LIBRARY

The spots fill up pretty quickly but the vibe is really nice.

CAFÉ DE JAREN

For more chill study sessions

P BUILDING

The 4th floor to have a real lock in

COFFEE COMPANY

Delicious coffee and close to Uni

OBA LIBRARY

You will almost always find a spot there and have a productive study session



Yao:

“A pass is a pass! At some point everybody will realise that a 10 or a 9 is almost impossible so don't stress!”



SOME FINAL THOUGHTS

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NOW GO AND EXPLORE THE CITY! IF YOU EVER NEED ANY SPECIFIC RECOMMENDATIONS OR ADVICE DURING YOUR TIME AT PPLE, YOU CAN ALWAYS REACH OUT TO US. THESE ARE OUR PHONE NUMBERS:



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