



# Guide for Broke Students

## 1. Introduction

It's common knowledge that university students, especially the ones who moved out from their hometown, are pretty much all broke. We know for sure that if you opened this guide, you are one of us... or you are just interested in saving money, which is also really good.

This guide tried to summarise all the little tips that we had in order to make your university years as affordable as possible, ENJOY!

## 2. Food

As a student, food is a fixed cost in your budget. Luckily there are ways to reduce this amount.

First of all, you can enjoy a **free vegan dinner at ACU** (Voorstraat 71) every Saturday and Sunday evening (around 6:30). Two different groups of volunteers prepare a dumpster dived dinner.

If you want to buy some high quality organic vegetables or fruits, you can try the **farmers market at Hoog Catharijne** on Fridays. You even get a discount if you can prove you are a student!

You might need to start cooking (on a budget) for the first time. A good tip is to try and cook with others or meal prep and make food for multiple days at once. Cooking for more is always cheaper than cooking for one.

If you need an extra source for recipes, please check out the suschefs tab! They post new delicious and vegan recipes every month.

However, we also collected some websites with delicious, cheap and vegan recipes:

- <https://www.bbcgoodfood.com/recipes/collection/vegan-student-recipes?page=2>
- <https://studenteats.co.uk/blog/15-quick-easy-and-simple-vegan-recipes-for-students-9922.html>



### 3. Objects and Clothes

At ACU (where you can get the free dinner), there is also a free shop and a sharing library! At the free shop, you can just look around and take anything you want, and of course you can also bring things you do not need anymore. ACU also has a library where you can get the membership for free. They have many interesting books!

Of course you can always check out the Storm Library if there are any books to your liking. You can find all the books in the Storm Library on the Storm website under the tab 'My Storm'.

Next to the Storm Library, Storm also has a website called Thriftstorm! You can find it under the tab 'Media'. This is a place where Stormer can sell and buy second hand objects. This can range from (study) books, plants, furniture to cutlery. Have a look and maybe you can find something on ThriftStorm!

The sustainable and budget proof option is to buy your clothes second hand. Fortunately there are many second hand stores in Utrecht. A handy app to use to discover all the stores in the Netherlands is CircleHand. In this app you can find most of the stores that offer second hand clothes. In the tabs *Event* you can even find clothing swaps in your neighbourhood. This is even more budget proof!

Next, you should always check the Green Office of the UU and the Vagant socials. Many times a year they organise free activities like a clothing swap, mug painting, free lunches etc.

Lastly, you can go to the Telegram group chat of Grounded (<https://t.me/+LfNezX-l7XBiMzVk>). This community that was started by a ex Global Sustainable Science student, is a group of people that have sustainability and community as core values. In this chat you can sell or buy (or give) objects for a much lower price.

### 4. Free Time

#### **Going out**



Utrecht is a really young city so you can easily find parties everywhere; you just need to find the free ones!

\*From monday to thursday night **Club Poema** is free and on monday beers are only 1,50€. Everywhere around in the city centre you can find posters for special parties in different bars that will mostly have no entrance fees.

(Hint: pre-drink with things bought from the supermarket before you enter a party because it will save you a lot of money)

\***Tivoli** almost every Thursday has a party with free tickets that are online from 1pm on the same date so be ready to get one of them and do not buy anything in Tivoli because it will kill your wallet!

(Hint: make sure you enter Tivoli before half past midnight or the ticket will not be valid anymore).

### \***t Oude Pothuys**

THE place to be, if you like live music, if you have a friend that plays an instrument or if you just want to enjoy some good music for free.

(Hint: Every Tuesday and Thursday there is an open session where everyone can play something so make sure to tell all your musician friends! There are also open mic nights on sunday)

\***BadaBing** has free live music on sundays.

\***Café Domkop** has free live music on wednesdays.

\*Make sure to come to the Storm monthly drinks and **Storm Parties** because drinks are usually cheap (monthly drinks are in **Walden** so we also have a 20% off) and you will have so much fun... and a lot of memories of drunk people that will be in your memories for years!

\*Other clubs usually have entrance fees but **EKKO** on friday (Diep in the Groef) is free until midnight.

\*Parties at **ACU** often for free on the weekend.

\*When the weather is nice you can also just buy a few beers and go sit in a park with your friends; nice parks might be Wilhelmina park, Griftpark, Julianapark, Park Lepelenburg.

### **Free time activities that do not cost money**



1. Go on a hike!
2. Go on a Picknick in one of the beautiful parks
3. At home yoga
4. Sit outside in the sun

## 5. Hobby

### **Sports / Olympos**

At the beginning of the year the Olympass is on discount so it's cheaper than buy month after month. With the pass you'll be allowed to join different classes by subscribing on the website week by week or only use the gym. This allows you to have a whole range of sports for the whole year with only the price that you would pay for a few months in a normal gym.

### **Grounded (Yoga)**

At Grounded (Lunet I) on most Thursdays a donation based yoga class is given. So for a small price or none at all you can enjoy a fun yoga class with like-minded people. You just have to sign up in their telegram chat (see above).

### **Wellbeing week**

One other way to have some free entertainment is to keep an eye out for university activities. The wellbeing week is a good example of this. This is a week long series of free activities like information sessions and Q&A's about various topics. However, there are also events like yoga, pole fitness, designing or painting workshops.

So definitely keep an eye on this!

## 6. Transport

### **Train**

For cheap public transport, it is good to travel with Dutch friends that have a student ov. They are able to give up to 3 passengers a 40% discount on their train journey as long as the other passengers travel together with the owner of the student ov.



Next to this, subscriptions are available to get cheaper train tickets. For example, the “dal voordeel” subscription will give you a 40% discount on train travel on the weekends and public holidays, plus a 40% discount on the off-peak hours. With this subscription you can also give this discount to up to 3 passengers that are travelling with you, just like with the student ov.

### **OV bike**

Do you have an ov-card and are you looking to rent a bike for 1-72 hours? Then the ov-bike is for you! This bike can be rented for €4.45 per 24 hours. After 72 hours you will pay €5.- per day. The bike can be found at almost every station or take a look at this map to find the exact locations: <https://www.ns.nl/en/door-to-door/ov-fiets/rental-locations/>

The bike must be brought back to the same location you picked it up from, but if you are unable to, for an additional €10.- you can bring it back to any location. (Prices are per January 2023)

Renting a bike is usually pretty expensive (around 8 euros a day) but if you are planning to rent it for a long time because in August it's pretty hard to find a good deal, then you can rent one at Swapfiets (around 20 euros a month).

\*You can also try to look for a bike on Facebook groups or **Marktplaats** but keep in mind: if it looks like it's too good to be true, the bike is probably stolen.

### **Buying a Bike**

If you are coming to the Netherlands for a longer period of time, it might be wise to buy a bike. However, if you are unaware of the biking culture in the Netherlands, this might be a difficult task. Good places to start looking for secondhand bikes that are actually good and affordable are certified secondhand bike shops. They will check the bike and make sure everything works correctly.

The second option is slightly more risky, but still worth a try, Facebook or Marktplaats. Here you need to make sure that the bike you buy is not too expensive. A bike over €100 is usually not worth it. It is also a good tip to bring your Dutch friend along when buying a bike, because they are usually able to get it for cheaper.

## **7. Storm discount**

If you are a member of Storm, you can enjoy discounts at many places in Utrecht. Just say you are from Storm and get your discount! All these discounts you can also find them on the Storm website under the tab ‘My Storm’.



### 1. **Kluts** - Vegan bakkerij en koffiebar (Achter de Dom 6)

At Kluts you can get yourself a great deal! Kluts is a coffee bar and a vegan bakery that makes delicious cakes and beverages. So when you order both a hot beverage and a slice of cake as a Stormer you only have to pay 5 euros for a great package deal. Kluts is located near the Domplein at Achter de Dom 6, so make sure to check out their amazing cakes and coffee!

### 2. **GYS** (Voorstraat 77 & Amsterdamsestraatweg 113) and **SYR** (Lange Nieuwstraat 71)

You can get a 20% discount at GYS and SYR for the complete menus. Everything that GYS serves is 100% organic, vegan or vegetarian, and gluten-free. GYS has two locations; one at the Voorstraat and one at the Amsterdamsestraatweg. SYR is a restaurant in the heart of Utrecht where Arab and European cuisine meet each other. At SYR all served dishes are optionally vegan or vegetarian. You can claim your discount by showing your Storm account. Note that the discount is only available for Stormers - friends or family do have to pay the normal price.

### 3. **Walden**

At Walden you can get discounts on all drinks.. You pay €2,- for beer, wine and soda during our events. For all other beverages you receive a 20% discount. Walden is located at the Dom plein and our monthly drinks always take place at Walden. You are more than welcome to have a drink here yourself as well: in that case you get a 20% discount on all drinks.

### 4. **Domino's**

Domino's Pizza offers Stormers a **stack discount** at all branches in Utrecht. For 1 pizza you receive 10% discount, for 2 pizzas you receive 20% discount and for 3 or



more pizzas you receive 30% discount (promo pizzas and dominators are excluded). You can receive the discount by using the code: **80999** at the payoff. By using the code you will even be helping Storm as we receive cashback each time to code is being used!

### **5. Roxy'79 Vintage (Nachtegaalstraat 37)**

Roxy '79 Vintage believes it is important that we take good care of the world, that we jointly think about a future for everyone. Roxy is always positive, in a good mood and wears good quality fabrics and styles. Roxy always wants to look good at parties and celebrations, but also likes to dream away about the beautiful moments and special encounters on the couch in cashmere and wool. Roxy is versatile and there for everyone.

As a Stormer you get a 15% discount on their whole assortment!