

# Staying sane in quarantaine

A NEWSLETTER FROM THE FACULTY OF MEDICAL SCIENCES

Nothing can replace physical presence and real face to face contact. We have all experienced this in the past few months. This newsletter is an initiative to compensate for that loss and to offer support during difficult times. We hope that for those who need it, it is that little bit of help that makes the difference. It will make you aware of opportunities if you have particular needs. Have fun and stay connected.

The curriculum directors of Human Movement Sciences,  
Dentistry and Medicine:  
Yvo Kamsma, Berdien Kooistra-Akse, Anne van Lammeren, and Friso Muntinghe



## THEME

### NEW BEGINNINGS

The summer is on its way, we finally have some perspective on vaccinations and the academic year will soon finish. Enough reasoning to devote this newsletter thematically 'new beginnings' with a lot of ideas for activities this summer!



### NOTE: LAST NEWSLETTER

For now, this is the last Staying Sane in Quarantaine newsletter. We will continue with our newsletters after the summer break, but the content will be more related to our educational activities.

---

## SUMMER CALENDER

### WHAT ACTIVITIES ARE AROUND THE CORNER?

[9 - 11 July - Dichters in de Prinsentuin](#)

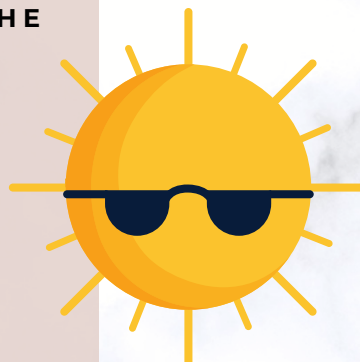
[22 - 25 July - Foodtruck festival Noorderplantsoen](#)

[16- 20 August - Keiweek](#)

[12-22 August - Noorderzon](#)

More? See:

<http://gemeente.groningen.nl/evenementenkalender>



## WALK OR BIKE

# WALK OR BIKE

## AROUND THE CITY GRONINGEN

Over the last weeks, we received quite some tips about nice walks or bike routes around the city of Groningen. Here they are:

- the Appelbergen in Haren is also a very nice destination for a picnic or walk. A little further away perhaps, but also accessible by bus by getting off at the stop "Harenermolen" on Rijkstraatweg. There is also a pancake house with large picnic tables.
- Download the ANWB Eropuit app. In this app, you can create your own bike route by clicking on the so-called 'fietsknooppunten'. These can be found on the route itself. So, after creating a route, you only need to write down the numbers of the fietsknooppunten on paper.
- The Paterwoldsemeer is within bike distance from the city center. All around the lake, you find little piers, on which you can have a great picnic with the view of the lake.
- For more tips, see this [article](#) from Flow magazine.



# TIPS FOR THE SUMMER

## IN AND AROUND GRONINGEN



If you need any tips on what to do during the summer break in and around Groningen, these are some websites that have nice ideas for activities, places for food and drinks, and road trips:

- [Visit Groningen](#)
- [Website](#) for international students/expats
- Another national [website](#) with a contribution of Groningen.
- Visit one of the 'Waddeneilanden', for example, Schiermonnikoog. A bus goes to the ferry, and the ferry takes you there in 45 minutes. See more [here](#).
- At the Suikerunie, various activities take place this summer. For example, a ['Wolk-thru & -about'](#), and a [vintage market](#).

## SUMMER TO DO

## SWIMMING

# TIPS FOR SWIMMING

## WHERE TO GO IN AND AROUND GRONINGEN?

- Paterwoldsemeer / Hoornse Plas
- Garnwerd (aan Zee)
- Stadsstrand, Groningen (at Dot)
- Papiermolen (outdoor swimming pool)
- Kardingeplass, Groningen
- Grunostrand, Harkstede

