

INFORMATION

For your stay in Amsterdam



This document contains frequently asked questions and quick links about Dutch by-laws and services.

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HEALTH INSURANCE



During your stay in the Netherlands you must make sure you are adequately insured, both for your health and other risks. You are obliged to take out a Dutch public healthcare insurance within 4 months after you arrived in the Netherlands. The following websites can help you.

**CLICK
HERE** →

[iamexpat
Zorgwijzer](#)

AMC Medical Research BV has made collective agreements with two health insurance companies: UMC Zorgverzekering and Zilveren Kruis.

**CLICK
HERE** →

[UMC
Zilveren Kruis](#)

- The group number for the UMC Zorgverzekering is **13884**
- The group number for the Zilveren Kruis is **207082471**

After arranging this you will receive an insurance contract and insurance card. Questions? Please call the: Zorgverzekeringslijn: [English-Zorgverzekeringslijn](#)

WHAT IS A TB TEST?

When you apply for a residence permit in the Netherlands, there are a number of general conditions that apply to all purposes of stay. Having a TB test is one of them, depending on the country where you live and your nationality. You will have to get a medical test for tuberculosis (TB). AMR will help you with this.

**CLICK
HERE** →

[TB test info](#)

DENTAL CARE



Choosing a dentist (Tandarts) is just like choosing your doctor. Dentists are in high demand in the Netherlands. You need to find a dentist near your home who accepts new patients. Dental care tends to be expensive; if you want, you can get a written estimate for recommended treatment prior to undergoing the procedures. You can also choose a coverage for the dental care with your health insurance.

GENERAL PRACTITIONER (DOCTOR)



Once insured, it is important to register at a huisarts (general practitioner, GP, or family doctor). Your GP is your first point of contact for any illness except for emergencies. He or she will direct you to specialists when needed. Seeing a specialist requires a referral (verwijsbrief), if you want the insurance to cover the specialist's fees. Most doctors speak English. It is advisable to find a GP and register with them as soon as possible. This can take some time as there are often waiting lists.

EMERGENCY



The emergency phone number for the fire, police and ambulance service is 112. The accident and emergency department in hospitals is called EHBO (eerste hulp bij ongevallen) or SEH (Spoedeisende Hulp).

WILL THE APPLICATION OF THE RESIDENCE PERMIT OF MY FAMILY BE DONE AND PAYED FOR AS WELL?



Yes, AMR will also apply and pay for the residence permit and the extension of your family members when your supervisor approves this.

CHILD BENEFIT



If you have children under 18, the government will help you with the costs of bringing them up and caring for them. The money you receive for this from the government is called child benefit (kinderbijslag). To get child benefit, you need to be insured under the AKW child benefit scheme. You get child benefit once a quarter. The first payment you will receive will be for the next quarter after your child's birthday. In other words, your child benefit will start in January, April, July or October. The SVB pays child benefit after the end of each quarter.

CHILD CARE



The general term for daycare in the Netherlands is kinderopvang, which covers options such as host parents, daycare facilities and nursery school. Please keep in mind that the demand for daycare facilities in Holland is high and that it is therefore not unusual to encounter waiting lists of 6 months for certain facilities.

Types of childcare facilities

In the Netherlands there are three main types of organised childcare facilities:

- **Kinderdagverblijf:** This Dutch version is a cross between day care and nursery school. Children up to age 4 are eligible. Cost:
- **Gastouder (Host Parent):** Here, a host parent who has children of her own cares for a small group of children in her house. Be aware: Sending your child to a gastouder may also qualify for government contributions, if it meets certain requirements.
- **Buitenschoolse / Naschoolse Opvang - BSO (After School Hours Care):** These organizations take care of children in the age from 4-12 after school hours and during holidays. Your child's school can help you locate local ones.

For the childcare facilities above generally you can apply for a childcare allowance - a contribution of the government towards the cost of childcare facilities.

Be aware that you are not eligible for childcare allowance if you do not have an employment contract.

For more information about [childcare](#):
The Amsterdam UMC has its own childcare centre: [The Kinderkeet](#).



DigiD



DigiD stands for Digital Identity. It is a personal digital identity which allows the user to obtain service from governmental bodies, where identification needs to be provided.

In short: DigiD provides users with a personalised login code for the full spectrum of contact with various governmental bodies, such as:

- SVB, the social insurance institute
 - Belastingdienst, the Tax office
- CWI, the Centre for Work and Income
- UWV, the Employees' Insurance and Benefits Office

Read more about [DigiD](#) and their [contact information](#).

WHAT IS A BSN NUMBER?

Everyone in the Netherlands has a registration number: the citizen service number (**burgerservicenummer**, BSN). It's assigned to Dutch citizens at birth while those arriving in the Netherlands will need to apply for one. A BSN is required in order to be permitted to work, open a bank account, make use of a healthcare institution (a doctor or hospital), and to apply for benefits or an allowance. AMR can help you with this.

INCOME TAX

If you earn money or are working in the Netherlands then you need to pay tax on your income. You declare your income tax via your annual tax return (aangifte inkomstenbelasting) which can be done online or with the help of a Dutch tax advisor.

If you are employed by a company then your income tax will be withheld from your salary by your employer, this is known as wage tax (which is contained within payroll tax). When you need help or have questions please contact: www.blueumbrella.nl.



HOUSING IN THE NETHERLANDS



Amsterdam UMC has a few rooms available. To apply for the rooms you can send an e-mail to: *the International internationaloffice* internationaloffice@amc.uva.nl with the subject 'room rental'.

If the room isn't available, here are some optional websites you can look at:

- Studentenwoningweb.nl
- [Housing and living environment - City of Amsterdam](#)
- [ASVA Student Union – for students in Amsterdam](#)
- [Funda](#)
- [Amsterdam Zuidas | Student Experience](#)



PUBLIC TRANSPORTATION IN AMSTERDAM **XXX**

BUSSES, TRAMS, METRO'S AND TRAINS!



In the Netherlands it's easy to travel around without having a car. The public transportation exists of busses, trams, metro's and trains. With the following websites it's easy to plan your trip:

- Train : [NS](#)
- Metro/Bus/Tram: [GVB \(only in Amsterdam\)](#)
- From A to B: [9292 ov](#)
- Bus : [Connexxion](#)



To travel with the public transport you need a travel card (OV chip card). You need to upload money on your OV chip card to use the public transportation. There has to be at least € 0,01ct. on the OV chip card to use it. You can buy an anonymous OV chip card at one of the GVB information centers.

These are located at a few metro stations such as:

GVB Service & Tickets, Stationsplein CS:

Monday – Friday: 07.00 am – 21.00 pm

Saturday: 08.00 am – 21.00 pm

Sunday: 09.00 am - 21.00 pm

GVB Service & Tickets, Station Bijlmer ArenA:

Monday – Friday: 07.00 am – 19.00 pm

Saturday: and Sunday: 10.00 am – 18.00 pm

GVB Service & Tickets, Station Zuid

Monday – Friday: 07.00 am - 21.00 pm

Saturday: 08.00 am - 21.00 pm

Sunday: 09.00 am - 21.00 pm

GVB Service & Tickets, Station Noord

Monday – Friday: 07.00 am – 19.00 pm

Saturday and Sunday: 10.00 am – 18.00 pm

It is possible to apply for a season ticket. For more information about the season ticket please visit the following websites:

[GVB](#) or [NS](#)



You can also buy an anonymous travel card at the GVB-machines. Several shops located at the public transport stations sell these tickets too, such as: Primera, AKO and Bruna.

You can also buy a personal OV chip card online via the [GVB website](#). The costs for the personal OV chip card is € 11,-. When you have received your personal OV chip card at your home address you can visit the GVB information center to buy a month or year abonnement or via the GVB website you can choose for the option automatically upload money from your bank account to your OV chip card.



There are several cards that you can buy at the GVB-machine. With that card you can travel in every metro, tram or GVB-bus.

See the GVB website for more information: [prices | GVB](#)

You can also pay and travel with your bank card and/or telephone. For more information see: [Home | OVpay](#)

Traveling with the public transportation in the Netherlands means that you have to check in and out for each time you get in and get out.

If you forget to check yourself out and you try to check in again, your balance will be - €4,00 !

For the NS (trains) you need to have at least EUR 20,- on your travel card to check in.



WHAT IS THE 30% RULING?



The 30% ruling is a tax advantage for highly skilled migrants working in the Netherlands. In a nutshell, the taxable amount of a gross Dutch salary is reduced from 100% to 70%, meaning 30% of the wage is tax free.

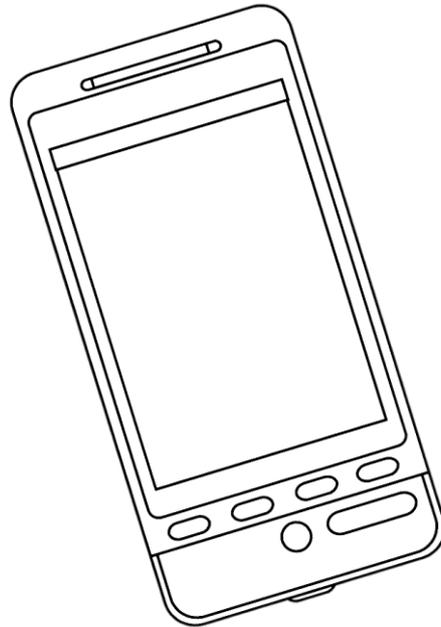
Requirements for the 30% ruling

Does the 30% ruling apply to you? There are strict requirements (e.g. income level, transferred from abroad and level / area of expertise among others) to ensure that only eligible expat employees can qualify. Our Salary administration will make an appointment with you and together you will see if you meet the requirements and will apply for the 30% ruling.

Important questions

What's the maximum duration of the 30% ruling? Are you an "incoming employee"? When should you apply? What happens if your application is denied? Find out the answers to some of the most [frequently asked questions](#) about the 30% ruling.

MOBILE INFORMATION IN AMSTERDAM **XXX**



It's possible to get free Lebara & Lyca simcards at mobile shops in Amsterdam. These are local mobile shops. **NOT** the mobile shops such as KPN, Vodafone, T-mobile and Tele 2.

You can apply for a monthly sim-only contract with unlimited data & calls. Or you can buy prepaid data bundles for 30 days and get different amount of data.

Feel free to visit the websites of Lebara & Lyca for more information:

- [Lebara](#)
- [Lyca](#)



GENERAL INFORMATION ABOUT AMSTERDAM

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For more information you can visit these websites:

- [General information](#)
- [Activities in the Netherlands](#)
- [Fact information](#)



If questions may not be answered by this document or your supervisor, feel free to send us an email: hr-amr@amsterdamumc.nl or call: 020-5662674 or 06-15371420.

Opening hours every Monday, Tuesday and Thursday:

9.30 am – 15.30 pm.
AMC Medical Research B.V.
Meibergdreef 9
1105 AZ Amsterdam
intranet.amc.nl