

HEALTH ISSUES FOR INTERNATIONAL STUDENTS

Leeuwarden

The Dutch culture of health

Compared to other European countries, the Dutch people are conservative with medication. Relatively few patent medicines can be bought without a doctor's prescription. Unless the doctor prescribes something, most Dutch people prefer to use their own natural remedies. Doctors often treat their patients with advice rather than medication. In general, you may be told more often than you are accustomed to, "go home and rest and give your body time to heal itself".

In the Netherlands it is necessary to consult a family doctor before a hospital examination is possible (with the exception of emergencies)

NHL Stenden has made arrangements with several general practitioners and dentists. The addresses and procedures are mentioned below

If you need medical help:

Emergencies & First Aid

If a case of **emergency** appears, you can dial **112**. The operator will ask you if you need assistance of the police, the fire brigade or an ambulance. If needed, they will send an ambulance right away.

First aid will always be provided at school call 058-2512222 (Rengerslaan 10) or 058-2412345 (Rengerslaan 8)

Visiting the doctor

These are the doctors you can visit:

Notice that you always need to make an appointment in advance for a consultation and take € 30 cash with you also when you have the AON insurance. This amount needs to be paid directly but can be refunded by the AON.

Dr. Sing Joeloem Singh

Medical Centre "de Zwaaij"

Coopmanstraat 21

(near soccer stadium "Cambuur" / to be reached by busses 3, 5 and 62)

8921 ST Leeuwarden

Phone: 058-2123700

PRESS 3 TO MAKE AN APPOINTMENT!

Call between 8:00 and 10:00 to make an appointment

Call between 8:00 and 9:00 to apply for a house call

Call between 11:30 and 12:30 to have a consult by phone

Call between 9:00 and 10:00 to apply for a repeating prescription

Handing in (for example urine) before 10:00 o'clock

Wart afternoon every 1st and 3rd Wednesday of the month

Huisartsenpraktijk COMPAS

Rengerslaan 2 E (1st floor)

8917 DD Leeuwarden

Opening-hours 08.00 – 17.00 hour (mo-fr)

Phone: 058-2662231

Please call between 08.00 – 10.00 hours to make an appointment!

Press 2 to make an appointment

If you would like to visit a German speaking doctor, Dr. Angela Ollesch is available on Mon-Thu-Fri in different practices.

Notice that for a consultation you always need to make an appointment in advance

Monday

Huisartsenpraktijk STORMS

(Please indicate to the doctors assistant on the phone that you would like to have an appointment with Dr. A. Ollesch)

Coopmansstraat 40

8921 ST Leeuwarden

(near soccer stadium "Cambuur", to be reached by busses 3, 5 and 62)

Phone: 058 212 61 66

PRESS 3 TO MAKE AN APPOINTMENT!**Call between 8:00 and 10:00 to make an appointment****Thursday and Friday**

Huisartsenpraktijk JOELOEMSINGH

(Please indicate to the doctors assistant on the phone that you would like to have an appointment with Dr. A. Ollesch)

Coopmansstraat 21 (near soccer stadium Cambuur)

8921 ST Leeuwarden

Phone: 058 212 3700

Please call between 8:00am and 10:00am to make an appointment

Urgent cases: 058 212 66 54 and press 1 immediately

Visiting the dentistPhone number: **0900-2153111****The visiting address will be given at the moment you will make an appointment***You have to pay directly by cash or pin.***Buying medicines**

If the doctor or dentist gives you a prescription for medicine, you must take it to a pharmacy (apothek). In most cases you have to pay the medicine right away and you can claim these costs at the Insurance Company afterwards. A drug store (drogisterij) sells only simple patent remedies and toilet articles.

AON Insurance

You will receive your proof of insurance, AON policy conditions and a declaration form during the registration of your arrival at Stenden.

PLEASE BE INFORMED THAT AON DOES NOT COVER PRE-EXISTING ILLNESSES.*What to do when you have something to claim:*

The doctors mentioned above will send the invoice directly to AON insurance company. When you go to the dentist or hospital you usually have to pay the invoice upfront and claim the costs at the insurance company later on. For medical expenses you can use the declaration form you already received. Please fill out this form and send it to the Insurance Company as mentioned on the form. Be sure to make copies because letters might get lost in the mail. In case you have used both your declaration forms, you can download them from www.myaon.nl or get several declaration forms at the Information and Registration Centre.

If you have arranged your own insurance please check the conditions to avoid extra and unexpected costs

When you need a doctor at night, weekend or holiday, call the **Dokterswacht: 0900 112 7 112 / €0,10 per minute****General emergencies: call 112**