

# What you'll find in this booklet

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Hi there, here's our first booklet of this academic year. We touch upon the topic of networking! Hopefully you enjoy reading this booklet, as much as we did working on it.

Greetings from the 020 writing team! Loïc, Manavi, Moon & Xanna

# Introduction

In this booklet, we'll embark on a journey to explore what networking is, why it's essential, and uncover some invaluable do's and don'ts that will help you navigate this critical skill during your time in Amsterdam and hopefully later too.



Networking is more than just a buzzword. It is about building and nurturing connections with individuals who share your interests, goals, or professional aspirations.

Whether you're a student or a working professional, networking involves reaching out, engaging in conversations, and forming relationships that can offer support, collaboration, and opportunities. It can help you inculcate crucial transferable skills like conversation skills, social awareness, and dealing with spontaneous situations.

Why networking can be helpful, especially in your student years:

## **Opportunities:**

job offers, internships, research collaborations.

# Learning:

gain new insights and knowledge from a diverse group of individuals.

# **Support:**

meet new people who offer advice, mentorship, and guidance.

# **Community:**

find like-minded individuals who share your passions and interests.

# Do's and don'ts of networking:

Networking can be a rewarding experience when done right, but it can also lead to missed opportunities or misunderstandings if not handled properly. Here are some friendly do's and don'ts to keep in mind:



- **Be Genuine:** Authenticity is key. Be yourself and show a genuine interest when connecting with other people.
- Active Listening: Listen more than you speak. Ask open-ended questions, and show a keen interest in the person you're talking to.
- **Follow Up:** After connecting, send a follow-up message to express your gratitude and nurture the further relationship. This will have future long term beneficiaries.
- Offer Value: It's not only about taking, it's also about giving back and helping others. Add value by showing willingess to learn, companionship or empathy.

- **Don't be pushy:** Have patience and build authentic relationships by following up naturally after conversations, instead of forcing connections.
- **Don't Neglect Your Online Presence:** Reflect your professional image on LinkedIn or your other professional social media profiles.
- **Don't Forget to Give Back:** Networking is a two-way street. It is not only about your resume, but remember to help others when you can.
- **Don't Neglect In-Person Networking:** In-person interactions are equally valuable. Attend events, seminars, and conferences.





# So let's get it started!

In the pages that follow, we'll delve deeper, share practical tips, and provide some real-life examples that will empower you to master the art of networking in your university journey and beyond. So, let's dive into the world of networking and discover the incredible potential it holds for your personal and professional growth.

# Part-time Jobs

# Part-time job options:

Students' part-time jobs have become a vital aspect of university life - these "side hustles" will not only provide you with a personal income source, but they also contribute significantly to your professional development. Let's walk through some of the common part-time jobs for us college students!

# Barista/Waiter:

With the growing number of restaurants and cafes in Amsterdam, it won't be really difficult to find a part-time job as a waiter/barista. This job can offer you a lot of advantages, such as developing your communication skills, or learning how to multi-task effectively. Furthermore, baristas/waiters often have flexible work hours, making it easier for you to balance jobs and studies.



#### Retailer:

Similar to a barista/waiter part-time job, a retail position will also provide you with a lot of opportunities to learn. Not only will you improve your communication and interpersonal skills, you'll also gain valuable experience in the world of sales and customer service. And again, retail positions also have flexible work hours, enabling you to balance work and academic commitments.



## Babysitter/Dogsitter:

This will be a perfect choice if you love spending time around children or animals. Not only helping you to earn money on a part-time basis, babysitting/dogsitting also offers you a chance to develop trust, responsibility, and compassion.

#### Freelancer:

There are numerous reasons why this is an attractive option for a student's part-time job: you can choose what projects to work on, when you want to do it, and also where you want to do it. Freelancing allows you to gain valuable experience in your chosen field, thus helping to establish a foundation for your future career path.

Moreover, it also helps you to improve time management skills, and to build a diverse portfolio of work.











## Where to find them?

If you put in enough effort and motivation to find a part-time job, there is a high chance that you will find one. Just be patient, look hard, and read some recommendations below.

**Social events:** Whether it's an informal career day or a professional job conference, all of these events allow you to interact with a diverse range of people, including professionals in the field and probably future employers. During such interactions/discussion, if you're lucky, you can get some job recommendations or referrals. Aside from the finding-parttime-job aspect, these events can help you a lot in forming ideas about your future dream jobs, as well as exploring potential pathways to your career. You can find these events through the Career center at the E building of Roeterseiland campus, or on the social media pages of your course.





**Social media:** This may sound unbelievable but you can actually find jobs on social media platforms such as Instagram or Facebook. Don't skip through the advertisement stories on your Instagram too fast, they may contain hiring content that you will want to know about. There are many restaurants, cafes, bars, etc. that post about their recruitment notification on Instagram stories (besides hiring posts on their accounts), so definitely check them out!

# Websites that help you with finding jobs:

With the developments of technology, students' job-search journey has been made much easier. There are various websites nowadays to assist you with finding the perfect part-time job. Tailoring to you unique needs, wishes and talents, these online part-time job will provide you with numerous options, resources, and even networking events, which maximizes to the best of your benefits.

#### LinkedIn:

This is the most well-known and common website to get you a side job or internship. It enables you to create and manage your professional profiles. Use the sub-section design, to showcase your work experience and academic achievements. Moreover, build and expand your network, by connecting to your fellow classmates, alumni, professors, and even industrial professionals. This gives you valuable leads and insights into part-time opportunities. Lastly and most importantly, find potential job listings in particular industries or locations by using the job search function.





# Lead your future:

Founded in 2016, this new-born website/organization aims at helping female students to find part-time job opportunities (sorry boys!). Just by filling in your skills, talents, and preferences, you can get help from people of Lead your future to find a suitable job, but this process can take a bit of time. Additionally, Lead your future also hosts a lot of fun networking events and provides various useful tips (in finding a job as an international, getting closer to the Dutch working culture, etc.) on their social media pages.

# Minite:

This is an online platform to help you find part-time jobs/internships as a freelancer (with a pretty high rate for students). Minite has great reviews from users, and similar to other job-search websites, it can provide you with suitable positions that are tailored to your talents, preferences, and experience





#### Indeed:

With the user-friendly job search engine from Indeed, you can easily find a suitable part-time job according to your wish. When you type in your area of interest, Indeed will provide you with a selection of job-listings, as well as reviews and ratings of each company, which will enable you to get better insights into potential employers. In addition, Indeed also offers a mobile app, which makes your job browse more convenient.

# Volunteering and Community Involvement

If you are looking to create a new network in Amsterdam and want to engage in meaningful activities, volunteering is the perfect step for you! Volunteering is a great opportunity to have a positive impact on Amsterdam's culturally rich and vibrant community. Moreover, voluntary work does not only enrich the community, but also nurtures your own personal growth. Volunteering fosters empathy and understanding, and therefore contributes to creating a harmonious Amsterdam community.





Volunteering will offer you a unique opportunity to build a diverse network. Connect with like-minded individuals, local organizations and mentors who welcome you and share their passions for voluntary work. This network fosters friendships, but might as well open doors to future opportunities. You might discover a new useful skill set for your later professional career, and foremost you really help those people who need it. This article provides you with the first steps to start your volunteering journey in Amsterdam.

# Where to find volunteering opportunities?

### 'Vrijwilligers Centrale Amsterdam' (VCA)

One of the main hubs for volunteering in Amsterdam! Their mission is to "strengthen voluntary engagement so that everyone can contribute optimally to Amsterdam's society". They have about 1000 opportunities, in Dutch and English. There is an online matchmaking process, but if you'd like you can visit in person or make a call appointment, to have a chat with an advisor from VCA. This could help you to find the perfect match that resonates with your passions and skills.



Serve the City Amsterdam embodies the spirit of community and compassion in the heart of the city. Every week the organization orchestrates an array of social, practical, green and culinary volunteering activities. They team up with homeless shelters, refugee centers, orphanages and of course their volunteers, to extend a helping hand to those in need. Through events with sports, music or arts, heartfelt friendships are created.

As there are so many different types of volunteering opportunities, the next part highlights some broad genres of opportunities to give you some inspiration.



Many seniors face social isolation and limited mobility, leading to feelings of loneliness.

By assisting the elderly, individuals provide essential companionship, breaking the cycle of isolation and nurturing a sense of belonging. The act of assisting with daily tasks, can significantly enhance the quality of life for older adults.

It's also an unique opportunity to tap into a wealth of wisdom and life experiences. Consider for instance to have a 'weekly walk and talk' with an elderly, organized by Serve the City Amsterdam, or combatting loneliness by bringing the elderly a warm cup of soup! Listen to the stories of the elderly and gain valuable insights. They might teach you about the history and life in Amsterdam, knowing all the ins and outs of the city they have been living in for so long.

For the Dutch students reading this booklet: maybe consider helping newcomers master our beautiful language. Learning the Dutch language gives newcomers a feeling of belonging. Besides that, you contribute to their cultural understanding by explaining the Dutch traditions, habits or history.

Several projects provide newcomers with 1-on-1 coaching from volunteers. This coaching is important for developing active speaking skills. You don't have to be an expert in Dutch grammar. As long as you are a native Dutch speaker, are kind, have patience, and like to have a weekly chat, this perfectly fits you! Have chat with people in "language cafés", or online. If you'd like to help children with a language deficiency, then consider reading Dutch stories with them.



If you are reading this as an international student who would like to master the Dutch language, don't hesitate to apply and get some more 1-on-1 time to develop your Dutch skills. However, as long as you understand what "borrel" means, you will be fine:)

Together against poverty

Caring for our elderly

Voluntary work addressing poverty is highly important as it plays a pivotal role in creating a more equitable society. Poverty affects individuals in their access to necessities such as food, shelter or health care. Therefore you might consider volunteering on poverty-related initiatives as this brings empowerment, hope and positive change to the community of Amsterdam.

Non-profit organizations provide essential services through food banks, or secondhand stores. One of the main organizations fighting poverty is 'Het Leger des Heils'. If you are enjoying the warmth of social interaction ,their 'community living rooms' might be an interesting option for you. Welcome the people with a warm smile, cook a nice meal or play a board game together.

## So, what are you waiting for?

There are numerous opportunities for volunteering, and hopefully this article gave you some new ideas, insights and inspiration to start a voluntary job. Don't hesitate and use volunteering as a bridge between you as a student and the Amsterdam community.

Moreover, while volunteering you might meet new people that you would not have met in your classroom at university. Thus, volunteering is a perfect opportunity to expand your social network and to get involved in the community of Amsterdam. Give meaning to your time in Amsterdam, it for sure will be a fulfilling and exciting experience. What are you waiting for?



Here are some links to help you get started with volunteering! However, don't hesitate to have a Google search and find yourself the perfect voluntary job.

Vrijwilligers Centrale Amsterdam → https://www.vca.nu/english/
Serve the City Amsterdam → https://www.stcamsterdam.nl/aboutus/
Weekly walk and talk → https://www.stcamsterdam.nl/weeklywalks/
Bring a cup of soup to the elderly → https://omassoep.nl/en/help-mee/
Het leger des Heils → https://www.legerdesheils.nl/buurtwerk
Reading stories to children → https://voorleesexpress.nl/onzelocaties/amsterdam/

Language café → https://www.sohamsterdam.nl/taalcafe/

Language café → https://www.sobamsterdam.nl/taalcafe/ Online language coaching → https://www.kletsmaatjes.nl/

# Leisure Networking



In the realm of networking, there is more than simple formality, more than connections based on business suits, office boards and mutually beneficial relationships; a facet where relationships are formed under the warm glow of shared passions and interests. Welcome to the world of leisure networking.

Who said you couldn't network by doing something fun? We can all agree parties are a source of excitement and elation. Not only can we enjoy food and entertainment but it is also the perfect place to meet new people and foster relationships!

Meet a plethora of different individuals who are united by their love for music, partying and of course alcohol, at Amsterdam's famous clubs. From NYX Club which prides itself in being the most inclusive club, to Radion, the booming center for techno lovers, each club has its own identity for you to discover!

For a more academic experience look out for events organized by the Erasmus Student Network (ESN) and other UVA linked associations such as the faculty based associations. The ESN hosts a variety of fun events with both the ones with deafening music and the more laid back others.

The student and study associations are also a great way to meet students just like you! Student associations cater to all students, while study associations focus on a single faculty. However, when it comes to fun, games and networking, we are all the same.

Consider for instance Mercurious from
Communication Sciences and SEFA from Economics
& Business. While the frequency of the fun events
we're looking for may vary depending on the
association, they will occur with a bit of patience; the
greatest networks are not a night's work.

Now that we know where to go, what to do once we're there? There's no one size fits all approach. At clubs just go with the flow, dance to your heart's content. Going with a group will make the experience more enjoyable and less daunting while also being a nice way to deepen relationships. On the other hand, at the student oriented parties chatting with others may seem easier and they are probably looking for that as well. A group may also help but in general friendliness is reciprocated so once again be yourself and just have fun!

# Let's play sports

Sports is great for physical and mental health, and provide you with the opportunity to meet others with a similar interest. Try a team-based sports, and work together for the optimal results. Bonus points for sharing both joy and frustration after matches. Playing sports can forge long lasting relationships as you meet the same group of people consistently. And don't worry about finding the right association. Via the UvA you'll find over 20 associations, from pole dancing, to volleyball to swimming! Also consider the USC is a sports center that has 7 locations in Amsterdam and offers courses ranging from boxing to racket sports and general fitness like yoga. There is a free USC membership for all first year bachelor students until the 1st of January.

#### Visit the beautifull museums of Asterdam

A place where art and networking converge: museums offer an enriching environment for an unique networking experience. Well known museums are the Rijksmuseum which is the National Dutch Museum, Ann Frank's house or the Van Gogh museum, a must for any history or art enthusiast. If history is not your thing, then consider the Katten Museum. It's the perfect place for cat-lovers: sculpters, paintings and everything else is about cats. Who'd thought fawning over cats could be a fruitful networking activity? Or take a look at Amsterdam's largest interactive social media museum: Upside Down. Here you can crate original photos, just like in La Fabrique des Lumières where creative use of lighting creates mind-boggling sceneries.







As you have guessed by now, there are many kinds of museums and there's surely one that fits your interests but even so don't be afraid to go as a group as museums will allow you to broaden your horizons and hopefully engage in more or less meaningful conversations.

#### Restuarants

Let's leave boring business dinners in fancy restaurants to the adults; we're students, we grab coffee, eat or maybe have a snack at cool cafés (while always keeping an eye on the price tag). Inviting friends for a quick coffee is an ideal way to maintain links and potentially expand your list of contacts by



having additional people join. The best part about networking over coffee or meals is their versatility. Not only can it be a quick break between classes but also last longer if you're going for lunch. Furthermore, these moments can also be included when you're simply hanging out during the weekend, have a museum outing or simply need to meet up in order to work on a group project. These networking opportunities allow you to engage in active listening which is the perfect opportunity to show that you harbor genuine interest and are making an effort to get to know your peers. While active listening does sound simple and straightforward, it is a crucial skill that will be of use your whole life.