Programme

Sunday 2nd of June - Welcoming Night

19:30-21:00 City tour  
Starts at the Grote Markt, Groningen
21:00 Pub quiz  
De Drie Gezusters, Grote Markt 36-39, Groningen

Monday, 3rd of June - Pre-course

08:15-09:00 Registration  
Fountain Patio
09:00-09:30 Day opening  
Blauwe Zaal
09:30-11:10 Course 1  
Various rooms, second floor
11:10-11:50 Break  
Fountain Patio
11:50-13:20 Science Elective  
Various locations, assembly at Poster Point
13:20-14:30 Lunch  
Fountain Patio
14:30-15:00 Your Future at the UMCG  
Blauwe Zaal
15:00-16:00 Speed keynote lectures  
Blauwe Zaal
16:00-17:30 Course 2  
Various rooms, second floor
19:00-23:00 Dance workshop  
‘Platformtheater’, Boterdiep 46, Groningen

Tuesday, 4th of June - Congress day 1

07:45-08:30 Registration  
Fountain Patio
08:30-09:30 Opening ceremony  
Blauwe Zaal
09:30-10:30 Keynote lecture  
Blauwe Zaal
10:30-11:35 Poster session I  
Fountain Patio, Blue Patio
11:35-12:20 Break  
Fountain Patio
12:20-13:35 Workshops I  
Various locations, assembly at Poster Point
13:35-14:50 Lunch  
Fountain Patio
14:50-16:15 Oral session I  
Various rooms, second floor, assembly at Poster Point
16:15-16:45 Break  
Fountain Patio
16:45-17:45 Keynote lecture  
Blauwe Zaal
17:45-18:00 Closing ceremony  
Blauwe Zaal
19:30-22:30 Recreational evening  
Various locations, starts at the Courtyard of De Drie Gezusters, Grote Markt 36-39, Groningen
Programme

Wednesday, 5th of June - Congress day 2

08:30-09:00  Registration  Fountain Patio
09:00-09:15  Opening ceremony  Blauwe Zaal
09:15-10:15  Keynote lecture  Blauwe Zaal
10:15-11:20  Poster session II  Fountain Patio, Blue Patio
11:20-11:50  Break  Fountain Patio
11:50-13:05  Workshops II  Various locations, assembly at Poster Point
13:05-14:05  Lunch  Fountain Patio
14:05-16:20  Patient Lecture and student plenary session I  Blauwe Zaal
16:20-16:35  Closing ceremony  Blauwe Zaal
19:00-23:00  Formal Dinner  Der Aa-kerk, Akerkhof 2, Groningen

Thursday, 6th of June - Congress day 3

08:30-09:00  Registration  Fountain Patio
09:00-09:15  Opening ceremony  Blauwe Zaal
09:15-11:15  Keynote lecture and student plenary session II  Blauwe Zaal
11:15-11:45  Break  Fountain Patio
11:45-13:00  Workshops III  Various locations, assembly at Poster Point
13:00-14:00  Lunch  Fountain Patio
14:00-15:25  Oral session II  Various rooms, second floor, assembly at Poster Point
15:25-15:55  Break  Fountain Patio
15:55-17:15  The operation: a transplantation  Blauwe Zaal
17:15-18:00  Award & closing ceremony  Blauwe Zaal
19:00-02:00  World Wide ISCOMS Night  Huize Maas, Vismarkt 52, Groningen

Friday, 7th of June - Post Congress Tour

8:30-20:30  Post congress tour  Leeuwarden, assembly at the UMCG main entrance
# Table of contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Programme</td>
<td>2</td>
</tr>
<tr>
<td>Table of contents</td>
<td>4</td>
</tr>
<tr>
<td>Introduction</td>
<td>5</td>
</tr>
<tr>
<td>Map UMCG</td>
<td>6</td>
</tr>
<tr>
<td>Map ground floor</td>
<td>7</td>
</tr>
<tr>
<td>Locations</td>
<td>8</td>
</tr>
<tr>
<td>Locations masterclasses</td>
<td>8</td>
</tr>
<tr>
<td>Location poster sessions</td>
<td>10</td>
</tr>
<tr>
<td>Locations oral sessions</td>
<td>12</td>
</tr>
<tr>
<td>Location workshops</td>
<td>14</td>
</tr>
<tr>
<td>Social programme</td>
<td>18</td>
</tr>
<tr>
<td>Post Congress Tour</td>
<td>24</td>
</tr>
<tr>
<td>Accommodation</td>
<td>25</td>
</tr>
<tr>
<td>Transport</td>
<td>28</td>
</tr>
<tr>
<td>Facilities UMCG</td>
<td>30</td>
</tr>
<tr>
<td>Application</td>
<td>31</td>
</tr>
<tr>
<td>Social Media</td>
<td>32</td>
</tr>
<tr>
<td>Map of Groningen</td>
<td>34</td>
</tr>
<tr>
<td>Information about Groningen</td>
<td>35</td>
</tr>
<tr>
<td>Practical information</td>
<td>39</td>
</tr>
<tr>
<td>Emergency numbers</td>
<td>42</td>
</tr>
<tr>
<td>Executive Board 2019</td>
<td>42</td>
</tr>
<tr>
<td>Sponsors</td>
<td>43</td>
</tr>
</tbody>
</table>
Dear participant of ISCOMS 2019,

We are very pleased to welcome you to the 26th edition of the International Student Congress Of (bio)Medical Sciences in Groningen, the Netherlands. We hope you had a safe and pleasant trip to Groningen and that you are looking forward to an exciting and interesting congress!

This logistic guide will provide you with all the information you need during your stay here.

If you have any questions, please do not hesitate to ask for help at the Registration Desk or at the Logistic Point in the University Medical Center Groningen (UMCG).

We are looking forward to meeting you all!

Kind regards,

The Hosting & Logistics committee 2019

Pien de Zoeten
Silke Bruinsma
Frouke Weynschenk
Max Hulsman

Chairman
Plan of Action
Social programme
Accommodation manager
Map UMCG

Entrances UMCG
Locations masterclasses

Masterclass course 1: Monday, 3rd of June 09:30 - 11:10

(Bio)medical statistics Room 8
50 shades of scientific integrity: a VIW Room 13
An abstract: the invitation to your future Room 5
Critical reading Room 4
FameLab: can you engage your audience in three minutes? Room 15
How do scientific journals review your article Room 14
How to make a research poster Room 7
Preparing oral presentations: capture the public and make your point Room 6

Masterclass course 2: Monday, 3rd of June 16:00-17:30

(Bio)medical statistics Room 8
50 shades of scientific integrity: a VIW Room 13
An abstract: the invitation to your future Room 5
Critical reading Room 4
FameLab: can you engage your audience in three minutes? Room 15
How do scientific journals review your article Room 14
How to make a research poster Room 7
Preparing oral presentations: capture the public and make your point Room 6
Location poster sessions

**Poster session I:** Tuesday, 4th of June 10:30 - 11:35

- Cardiology: K
- Cell Biology I: A
- Dentistry and Otorhinolaryngology: L
- Endocrinology: B
- Gastrointestinal Medicine: M
- Gynaecology: N
- Immunology and Infectious Disease I: C
- Medical Microbiology: D
- Neurology I: F
- Nuclear Medicine and Imaging Techniques: G
- Oncology I: H
- Orthopaedics and Rheumatology: E
- Pharmacology I: I
- Public Health I: J

**Poster session II:** Wednesday, 5th of June 10:15 - 11:20

- Anesthesiology and General Surgery: A
- Biomaterials: F
- Cell Biology II: G
- Epidemiology: K
- Genetics: H
- Immunology and Infectious Disease II: I
- Nephrology and Urology: B
- Neurology II: C
- Oncology II: D
- Paediatrics: L
- Pathology: J
- Pharmacology II: M
- Psychiatry: E
- Public Health II: N
Locations oral sessions

Oral session I:  Tuesday June 4th 14:40 – 16:05

- Cardiology I                     Room 4
- Cell Biology and Breaking News   Research Room
- Endocrinology                   Room 8
- Genetics                        Room 9
- Infectious Disease              Room 5
- Neurology I                     Room 13
- Nuclear Medicine and Imaging Techniques Room 10
- Oncology I                      Room 16
- Pharmacology I                  Room 17
- Pulmonary Medicine              Room 18
- Vascular Medicine               Room 15

Oral session II:  Thursday June 6th 14:00 – 15:25

- Cardiology II                   Room 4
- Epidemiology                    Room 3
- Gastrointestinal Medicine       Room 8
- Gynaecology and Paediatrics     Room 9
- Immunology                      Room 10
- Nephrology and Transplantation  Room 16
- Neurology II                    Room 15
- Oncology II                     Room 13
- Pharmacology II                 Room 17
- Public Health                   Room 5
- Rheumatology and Orthopaedics   Research Room

All the rooms can be found on the second floor, except for the Research Room. The Research Room can be found on the first floor.
Locations oral sessions

First floor

Second floor
Location workshops

Workshops I: Tuesday, 4th of June 12:20 - 13:35

- An introduction in threatening life-threatening situations in the ICU  
  Skills Center
- Augmented reality to treat Phantom Limb Pain: The Phantom Motor Execution Programme  
  Room 9
- Basic life support: heroes aren’t born they are trained  
  Skills Center
- Crime scene or no crime scene?  
  Room 10
- Guided tour in the Central Animal Facility of the UMCG  
  Central Animal Facility
- Healthy Ageing  
  Room 5
- How to perform IV injections  
  Skills Center
- How to perform tracheal intubation  
  Skills Center
- Inside the psychotic experience: conversation with a patient  
  Research Room
- Lab-on-a-chip  
  Medical Faculty
- Liver transplantation with machine perfusion  
  Skills Center
- Pandemic - let’s save the world together  
  Room 6
- Positive energy in cancer treatment  
  Room 8
- Practical ultrasound  
  Echo center
- Simplicity in complex woundcare  
  Room 15
- Speeddating with researchers  
  Room 4
- Surgical anatomy of the heart and surgical treatment of heart failure: LVAD  
  Skills Center
- Transoesophageal echocardiogram (TEE)  
  Skills Center

If you participate in this workshop, please come to the Poster Point 15 minutes in advance. We will bring you to the workshop, please be on time!
If you participate in this workshop, please come to the Poster Point 15 minutes in advance. We will bring you to the workshop, please be on time!
If you participate in this workshop, please come to the Poster Point 15 minutes in advance. We will bring you to the workshop, please be on time!
Locations workshops

Ground floor

Second floor
Social Programme

**Sunday 2nd of June 2019**
City tour through Groningen and the welcoming night with drinks and a pub quiz.

**Monday 3rd of June 2019**
A buffet and salsa workshop at Platformtheater.

**Tuesday 4th of June 2019**
A BBQ and the Recreational Activity: activity of your choice.

**Wednesday 5th of June 2019**
Formal dinner at one of the most prestigious places of Groningen, the Aa-Kerk.

**Thursday 6th of June 2019**
World Wide ISCOMS Night with a buffet at Huize Maas. Please, do not forget to bring your traditional clothes, music, and food!

**Friday 7th of June 2019**
Post Congress Tour to Leeuwarden, the Cultural Capital of Europe 2018!
**Sunday 2nd of June 2019**

If you are already in Groningen on Sunday and you cannot wait to start your ISCOMS experience, you can attend a city tour through the historic city centre of Groningen in the evening. The tour ends at one of the most popular pubs and restaurants in the city centre, ‘De Drie Gezusters’, where the welcoming night will take place.

At this pub, we will have some drinks and you can join the pub quiz! This night is the perfect opportunity to meet the other participants, the Organising Committee, and the First Year Crew. Joining the welcoming night is included in the Universal Pass. Drinks, such as soft drinks, wine, or beer will be about €2.50. You can pay by card or with cash. One drink is included in the price.

When you participate in the city tour, you will be guided through the city centre of Groningen. The city tour shows you the most famous buildings of Groningen and gives you an overview of the city centre which can be useful during your stay. Registration is required to participate in this tour.

Make sure you wear comfortable shoes.

**City tour**

| Location: | Meeting point is at the Grote Markt, Groningen. |
| Important:| Registration is required. Please wear comfortable footwear. |

**Welcoming night**

| Location:          | De Drie Gezusters, Grote Markt 36-39, 9711 LV Groningen. |
| Time:              | 20:30 – 22:30 |
| Important:         | Do not forget to bring some cash. There is no wardrobe available at this activity. Please do not bring your valuable items (like your laptop) to this activity. |
Social Programme

Monday 3rd of June 2019
Most of the participants will arrive on Monday. On this day, the pre-course of the congress will take place. Registration for the pre-course is required. You can also choose to discover our beautiful city and have a look in the UMCG on your own occasion. When the educational programme is finished, the Organising Committee will guide you to ‘Platformtheater’, a lovely theatre where we will enjoy a delicious buffet together. Afterwards, you have the opportunity to participate in a salsa dancing workshop! The perfect chance to blow off some steam and show everyone your dancing skills! Drinks, such as soft drinks and beer will be about €2.50 and wine will be about €3.50. You can pay by card or with cash. One drink is included in the price.

Members of the Organising Committee will be waiting at the side-entrance of the UMCG, facing Logistic Point, to guide you to ‘Platformtheater’. We hope to see you there!

Salsa workshop
Time: The Organising Committee will leave from the UMCG at 18:30 to guide you to the location. Opening buffet around 19:00.
Important: Do not forget to bring some cash for drinks. A wardrobe is present (€1.00 per item.)
Tuesday 4th of June 2019

On Tuesday, the ISCOMS Recreational Evening will take place. After an interesting scientific programme during the day, we will walk to the courtyard of the ‘Drie Gezusters’, located in the centre of the city. Here we will enjoy a BBQ together! Because we are aware that ISCOMS participants have a lot of different backgrounds, different types of meat will be served at separated BBQ’s. One drink is included in the price. During the buffet, you will have to opportunity to buy more drinks. Tokens will be €2.50 and will be worth one drink. You can pay by card or with cash.

Afterwards, everybody is going to their self-chosen activity. We offer six different activities which you can choose from:

Yoga workshop: during this workshop you can relax and clear your mind after an intensive day. We recommend you to wear sports clothes during this activity.

Playing billiards: enjoying the evening while playing billiards and chatting with other participants, this is the ideal option for a social evening.

Cycling tour: a typical Dutch activity, we will cycle trough Groningen while you can enjoy the surroundings.

Cheese tasting: in a nice cheese shop, ‘De Kaaskop’ in the city centre you will taste different typical Dutch cheeses. (Watch out: if you are lactose intolerant you should not choose this activity.)

Tour FC Groningen: a new activity this year, perfect if you are a sports fan. You will join a tour through the football stadium of our local club, FC Groningen!

Bowling: are you ready to blow off some steam? Show everyone your bowling skills during this activity.

ISCOMS Recreational Evening

Location: Courtyard ‘Drie Gezusters’, located between ‘Yummies’ (Oosterstraat 7) and ‘Enjoy Hair Groningen’ (Oosterstraat 9). Members of the Organising Committee will be waiting at the side-entrance of the UMCG, facing Logistic Point, to guide you the location.

Time: Dinner from 18:30 – 20:30, activities from 20:30 – 22:30 (time differs a bit between activities.)

Important: After registration you cannot switch your activity!
**Social Programme**

**Wednesday 5th of June 2019**

On Wednesday, we will have a formal dinner at one of the most prestigious places of Groningen: the historical “Der Aa-Kerk”. This beautiful church will be transformed into a fancy dining room with a capacity of up to 350 people! An outstanding three-course dinner will be served; among which you can choose between meat or vegetarian dishes.

You will have the opportunity to get to know the other ISCOMS participants and to meet some of the professors who will be present at the formal dinner. Bring your most elegant dress or best suit to look amazing that night!

The Organising Committee will guide you to the ‘Der Aa-kerk’. The dinner will be served around 20:00. During the formal dinner you will have to pay with tokens, which you can purchase at the Logistic Point on Wednesday and at the entrance of the ‘Der Aa-kerk’. The tokens cost €2.50 and will be worth one drink. You can pay by card or with cash. At the ‘Der Aa-kerk’ we will offer you the opportunity to buy extra coins, but we would like to advise you to buy your coins in advance at Logistic Point.

**Formal dinner**

- **Location:** Der Aa-kerk, Akkerhof 2, Groningen.
- **Time:** 19:00 – 23:00
- **Dress code:** Formal.
- **Important:** Registration is required and we would like to advise you to buy your coins in advance.
Social Programme

Thursday 6th of June 2019
After the last congress day and the closing ceremony, we will go to ‘Huize Maas’ where the World Wide ISCOMS Night will take place! We are going to start with a delicious buffet. Afterwards, the memorable party will begin. This night is all about the traditions of the different countries represented at ISCOMS. Everybody will wear traditional clothes from their own countries and there is the possibility to bring your traditional food and taste the snacks from other countries. We would love to play music from your country. You can submit your favourite music on www.wetransfer.com. On this website, you can send your music to: djiscoms@gmail.com! We kindly ask you to submit a top-5 of your favourite songs, instead of submitting entire albums. The DJ will take care of the rest and make sure you have an unforgettable night! One drink is included in the price. During the party, you will have to opportunity to buy more drinks. Tokens will be €2.50 and will be worth one drink. You can pay by card or with cash.

World Wide ISCOMS Night
Location: Huize Maas, Vismarkt 52, Groningen.
Time: Entry 19:00, dinner will start at 19:30. The party will take place from 21:30 – 02:00!
Important: Registration is required to join the buffet. Do not forget to bring your traditional clothes, food and to submit your music on www.wetransfer.com! It is not allowed to bring your own drinks. Wardrobe is present (€1.50 per item, please bring cash.)
Post Congress Tour

To finish off our great congress, there will be a Post Congress Tour (PCT) on Friday the 7th of June. On this day you will be able to enjoy a typical Dutch day afternoon with 100 other participants and the Organising Committee of ISCOMS 2019.

Every year the PCT consists of the perfect balance between experiencing the unique Dutch culture, relaxation, and enjoyment. It will give you the perfect opportunity to blow off some steam after the intense congress days. This year we will visit the beautiful city of Leeuwarden. We will travel by bus from Groningen to Leeuwarden, which will take about one hour. Leeuwarden is the capital of the province of Friesland.

As is the case with all old city centres in The Netherlands, the old centre of Leeuwarden is compact and can easily be explored on foot.

Furthermore, Leeuwarden is strongly characterized by its culture, for that reason, Leeuwarden also became the European Capital of Culture 2018. During the PCT you will get to see the city and its culture by an walking tour. In addition, we will visit the Frisian museum, which exhibits the history of the Frisian people, so you can see how its habitants lived in the old days!

Finally, there will be a visit of “Het Huis dat met je Hersenen speelt” (The House that plays with your Brain), where you will get to know your brain. The Post Congress Tour will ultimately end the wonderful experience of ISCOMS 2019. This day will be spent with members of the Organising Committee and other participants that will guarantee you a lovely day. See you there!
Accommodation

Recommended hotels & hostels

**Martini Hotel***
Gedempte Zuiderdiep 8, Groningen
Tel: +(31) (0) 50 312 9919
www.martinihotel.nl
info@martinihotel.nl
Tell them you’re from ISCOMS by e-mail or call them and mention the promotion code “GF1457”!

<table>
<thead>
<tr>
<th>Price of standard room</th>
<th>Price of a smaller room</th>
</tr>
</thead>
<tbody>
<tr>
<td>€ 92,50 1 person</td>
<td>€ 87,50 1 person</td>
</tr>
<tr>
<td>€ 97,50 2 persons</td>
<td>€ 92,50 2 persons</td>
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</tbody>
</table>

**Schimmelpenninck Huys***
Oosterstraat 53, Groningen
Tel: +(31) (0) 50 318 9502
www.schimmelpenninckhuys.nl
info@schimmelpenninckhuys.nl
Use the promotion code “ISCOMS19” and get a 10% discount!

**The Student Hotel**
Boderdiep 9, Groningen
Tel: +(31) (0) 50 206 9161
www.thestudenthotel.com
groningen@thestudenthotel.com
Use the promotion code “EVENT” for a 12% discount!

**Bud Gett Hostels**
Rademarkt 3-3a, Groningen
Tel: +(31) (0) 50 588 6558
www.budgetthostels.nl
receptie@budgetthostels.nl
Tell them you’re from ISCOMS and get a special offer of €25.00 per person per night.
Accommodation

Het Paleis Groningen
Boterdiep 111, Groningen
Tel: +3150-3118849
www.hetpaleisgroningen.nl
info@hetpaleisgroningen.nl
Use the promotion code “ISCOMS” and get a 20% discount!

Hotel de Doelen ***
Grote Markt 36, Groningen
Tel: +(31) (0) 50 312 7041
www.hotel-dedoelen.nl
info@hotel-dedoelen.nl 10% discount!

Simplon Jongerenhotel
Boterdiep 73-2, Groningen
Tel: +3150-3135221
www.simplonjongerenhotel.nl
info@simplonjongerenhotel.nl
Use the promotion code “ISCOMS2019” and get a € 5 discount on your reservation!

For more discounts, go to our website!
http://iscoms.com/attending-iscoms/accomodation/
Stay With A Student

Another option for accommodation is the ‘Stay With A Student’. Here you will stay in a home of a (Dutch) student(s). The student houses are scattered all over the city and this is a great opportunity to experience the life of Dutch students.

The number of students that live in a student house varies. For example, you may end up in a house with two students, but it is also possible that you will stay in a house with eight or more other students. You will probably have a roommate and breakfast will be provided by your student host.

Please note: you will not be able to choose which student house you will be staying at during the congress. Also, it is not possible to switch with another student. If you decide to stay longer at the students’ house, please inform us at the Logistic Point!

If you have any questions about your accommodation, please come to the Logistic Point during the congress.
Bicycle
Like everywhere in the Netherlands, in Groningen most people travel by bike. If you want to rent a bicycle, you can go to different places. We would like to recommend Fietsverda Groningen.

*Fietsverda Groningen*
Poelestraat 56, Groningen
Tel: +(31) (0) 50 3114308

The website is only available in Dutch, however, they speak English when you call or visit them.

Taxi
If you would like to go by taxi you can contact Taxi Noord Groningen
Tel: +(31) (0) 50 5494940

Public transport
Another way to reach the UMCG is by bus. When you are at the central station, you can take bus 6, bus 5, bus 61, bus 65, bus 74, bus 178. They all stop at the main entrance of the UMCG.

Bus tickets: you can get a ticket from the bus driver which costs 2.70 euros. With this ticket you can travel anywhere within Groningen for one hour.

To check the timetable of the busses and the walking route to the bus stop go to:
http://9292.nl/en

If you have any questions, do not hesitate to ask conductors or other passengers. Dutch people speak English quite well and they are always willing to help you!

Schiphol Airport to Central Station Groningen
As you may already know, travelling from Schiphol Airport to Groningen is easiest by train. The railway station is located underneath the arrival hall at Schiphol Airport. More information about the airport can be found at: www.schiphol.com.
After your arrival at Schiphol Airport (Amsterdam), you follow the signs that direct you to the railway station. At the counter, ask for a single-use chipcard to Groningen (about 25 euros) and ask when the next intercity train to Groningen is leaving. The Tickets & Service desk is open from 06:00 until 21:00. Note that you have to buy a chipcard before you enter the train! This paper chipcard can be purchased from a NS ticket machine or a Tickets & Service desk and is valid for all train operators. You do not have to add any credit to this card.

Important!
When you travel with a single-use chipcard you must check in and out with each train operator through the gates or posts. Otherwise you will have to pay a fine in the train. The intercity train from Schiphol to Groningen will not always take you directly to Groningen. In that case, make sure you switch trains at Zwolle! You can ask the conductors which train will take you to Groningen.
Transport

A train leaves at ..:04 and ..:34 every hour. Trains leaving at ..:04 will take you directly to Groningen. When you take the train leaving at ..:34, you will have to switch trains in Zwolle. When you are in Zwolle, the train to Groningen will leave from the other side of the platform! Please check the website of the Dutch Railway (http://www.ns.nl/en) for an up-to-date train schedule. Fill in ‘from’ Schiphol and ‘to’ Groningen. Fill in the date and time you will be arriving and click ‘Give trip and price’.

Central Station Groningen to Schiphol Airport
First you take the bus or go walking to Groningen Central Station. Bus 5 for example, leaves from the UMCG several times per hour. At the central station you have to buy a one-way ticket to Schiphol Airport at a The Tickets & Service desk. This desk works with a touch screen and the instructions can also be read in English. A ticket will cost about 25 euros. Make sure you buy the ticket before you enter the train, or you will be at risk for a fine! The train leaves from platform 2 or 4, follow the signs: ‘Spoor 2b’ or ‘Spoor 4b’. There are two different trains that go to Schiphol Airport. A train leaves at ..:18 and ..:48 every hour. In the first mentioned train, (..:18), you need to transfer at Zwolle Station to platform 5a (‘Spoor 5a’). The first train leaves in the morning at 05:04 (!), the last train leaves at 22:48. Travelling from Groningen to Schiphol will take 2 hours and 10 minutes.

You can always find the latest schedules at: http://www.ns.nl/en/travellers/home.
Silence room
The UMCG has a silence room in which you can withdraw for reflection or prayer. Furthermore, it offers you the possibility to light a candle or to read a book. The room is accessible for all participants of ISCOMS. It is decorated in such a way that people from different religions, cultures, and with different philosophies of life can feel at ease. The silence room is open anytime during the congress days. You can find it on the first floor next to the Research Room. There will always be a member of the ISCOMS Organising Committee who can show you the way.

Computer facilities
During the congress, wireless internet is available in the Fountain Patio on the ground floor. If you would like to use a computer, please go to the Logistic Point. A member of the ISCOMS Organising Committee will walk you to the internet room on the second floor or to the Central Medical Library and will provide you with a temporary username and password. Printing or copying is only possible in the Central Medical Library. Please keep in mind that these printers can only print A4 sizes. To print your poster, please use the copy shop marked on the map on page 34 of this guide. If you would like to use printers or copying machines do not hesitate to ask us how these work.

Central Medical Library (CMB)
The Central Medical Library is located on the fourth floor of the UMCG. Here you can find medically oriented literature, which you can consult. The library offers the possibility to use computer facilities, printers, and copying machines. If you would like to use one of the computers, please go to the Logistic Point. There, they will provide you with a temporary username and password.

Supermarket
On the ground floor of the UMCG, on the right of the main entrance you will find a small grocery store (AH to go). Here you can buy sandwiches, beverages, and snacks. For a bigger variety of groceries, please come to the Logistic Point or check the map on page 30 of this guide. A member of the ISCOMS Organising Committee will show you the best way to get to a bigger supermarket outside the UMCG.
We proudly present you the app of ISCOMS 2019! The app is available for free in the Apple App Store, Windows Phone, and the Google Play Store for Android devices. Get notifications with reminders for upcoming lectures, workshops, and student sessions. The app will give you the following options:

- Personal programme
- Insight in the latest updates
- Access to all the accepted abstracts
- Maps to all the important locations during the congress in the UMCG and useful locations in Groningen
- Voting modules which you will need during certain parts of the programme
- Chatting with other participants
- Rating and giving feedback on the scientific programme
- Scan the QR code with your mobile device or search for ‘ISCOMS’ in your app store to download the application.
Over the past 26 years, ISCOMS has expanded enormously. With this, we have developed the ISCOMS Social Network as well. This has allowed us to keep in touch with ISCOMS friends and acquaintances and to give you the opportunity to stay up-to-date about ISCOMS.

The ISCOMS Social Network is developed for those who want to receive updates about the upcoming congress and the Organising Committee. Everyone can join the ISCOMS social network; previous participants of the congress, people who are interested in the organisation, and individuals hoping to present their research at the next edition. This way, the ISCOMS Social Network can help broaden your scientific network.

The ISCOMS Community primarily consists of seven different social network platforms: Facebook, Twitter, Instagram, LinkedIn, YouTube, and Snapchat. These platforms are updated throughout the year with a wide range of interesting information. Besides this, we have a monthly newsletter sent out to subscribers. You can subscribe for the newsletter at our website: http://iscoms.com/contact-2/newsletter/.

As one of the most prominent platforms within social media, Facebook is the primary channel that is used to provide our followers with information about ISCOMS in general. In addition, specific updates regarding keynote speakers, workshops, and other progress being made in the organisation of the congress will be available on this page. Participants from all previous editions of ISCOMS, as well as motivated students who would like to participate in the future, are able to like this page.

You can find the page by searching for: ISCOMS - International Student Congress Of (bio)Medical Sciences.
Follow us: https://www.facebook.com/ISCOMS

On our Instagram page, you will be able to enjoy pictures and videos that will take you behind the scenes of the organising process. Instagram is used to provide more frequent updates, linked to the pursuits of the Organising Committee.

Our profile can be found by searching for ISCOMS in the search box. Follow us: https://www.instagram.com/iscoms/

The ISCOMS YouTube channel hosts almost all the promotional videos that have ever been shot by ISCOMS. Aftermovies of previous editions and sneak peeks of the latest edition of ISCOMS can be found here.

Furthermore, promotional videos made with previous Nobel Laureates or other renowned individuals can be found here as well. Check out our YouTube for a full impression of ISCOMS!
Twitter is the platform that provides ISCOMS followers with information most frequently. Updates concerning the most recent abstract submissions and the Organising Committee are shared with our Twitter followers.

During the congress there will also be live tweets from our ISCOMS account. We even invite you to ‘hashtag’ #ISCOMS and share your experiences so that we can communicate with you directly.

Our twitter page can be found by searching for ISCOMS in the search box.
Follow us: https://twitter.com/ISCOMS

ISCOMS has a company page at LinkedIn that you can follow. The professional LinkedIn page provides the option to link your own page to ISCOMS. At experiences you can add visiting and presenting at ISCOMS.

You can find us by searching for International Student Congress Of (bio)Medical Sciences – ISCOMS.
Follow us: https://www.linkedin.com/company/internationalstudentcongressofbiomedicalsciences-iscoms?trk=biz-companies-cym

Snapchat is one of our newest platforms. Snapchat will provide you with short but fun, visual updates of ISCOMS and the Organising Committee throughout the year. Especially during the congress, we will be active on snapchat. If you want to enjoy all the fun updates of everything that is going on during the congress, make sure to follow us! It will provide exclusive behind the scenes footage.

You can find us by adding the ISCOMS snapchat name on snapchat, or by scanning the ISCOMS ghost. There will be an ISCOMS snapchat filter in the Fountain Patio during the congress this year as well!
Map of Groningen

1. Central station

**ISCOMS locations**
2. Main entrance UMCG
3. Side entrance UMCG
4. Platformtheater
5. Huize Maas
6. Der Aa-kerk

**Places to see**
7. Academy Building
   (Main building of the University of Groningen)
8. Martini Tower
9. Pub Area
10. Shopping Area
11. University Museum
12. Groninger Museum
13. Print shop
14. Super market
Groningen is the largest city in the northern part of the Netherlands with approximately 200,000 inhabitants. Groningen is a lively student city and has the youngest average population in the Netherlands; it is composed of approximately 46,000 students. Groningen is a city with a lot of charm, which you will notice in the city centre. It has also been elected as the “World Cycling City” because 57% of the journeys within the city centre are made by bike. The city is very much adapted to the wishes of those who want to get around without a car, as it has an extensive cycling network, good public transport, and large pedestrian zones in the city centre. Furthermore, the city has a long and interesting history, which becomes evident when looking at the historical warehouses, courts, and buildings. Then again, you will also find a lot of innovative architecture. You can find the Groningen Tourist Information Office in the city centre, in front of the Martini tower, see the map on the facing page. This office can provide you with information about Groningen and the rest of the Netherlands. In this chapter, we have listed a few special highlights, which you could experience during your stay in Groningen.

Groningen Tourist Information
Tel.: +(31) (0) 50 3139741
E-mail: info@vvvgroningen.nl
For more information about the city, please visit http://toerisme.groningen.nl/en.

Martini tower
Even after 500 years, the Groningen skyline is decorated with the Martini tower. People that live in Groningen call it “D’olle grieze”, which means ‘the old grey one’. The tower is located at the north east side of the great market, which is called ‘de Grote Markt’ in Dutch. With a height of 97 meters, it is considered to be the sixth tallest church tower in the Netherlands. The tower can be climbed and from the top you will get a beautiful view over the city of Groningen. Also, if you take a closer look at the tower, you will notice that it is leaning in one direction, approximately 60 cm. Right above the entrance you can see three pictures: the Blind Man Bernlef, St. Martinus, and Rudolf Agricola. These men are linked to the history of Groningen.

Opening hours Martini Tower:
Monday: 12:00 – 17:00
Tuesday – Saturday: 11:00 – 17:00
Sunday: 12:00 – 16:00
Fee: €4.50 per person
(tickets can be bought at the Tourist Office)
Information about Groningen

Central station
Most of you will arrive at the central station of Groningen (see the map for the location) which is a station building with great architecture. What is even more impressive for those who are not yet familiar with the Dutch cycling culture, is the bicycle shelter, which is located in front of the building. It fits 4,500 bicycles (in Dutch: ‘fietsen’) and you may not believe it, but on the weekends there is not even a tiny space left. Every citizen, especially students, own one or more bicycles. There is no other location with more bicycles at one spot. We recommend renting a bicycle so you can experience it yourself!

The Prinsenhof and Prinsenhoftuin
The Prinsenhof originally was a monastery, where princes Maurice and Willem Lodewijk resided in 1594. Nowadays, the building is used as a hotel and restaurant. Behind the Prinsenhof you will find the Prinsenhoftuin, a garden with a lot of roses and herbs and a nice tearoom. The wall around the garden is one of the best examples of the Renaissance period in the Netherlands.

Reitdiep city marina
A special place is the Reitdiep city marina in Groningen. The bright colourful Scandinavian buildings surrounding the harbour give the Reitdiep city marina a magnificent atmosphere. It is the youngest city marina of Groningen. The harbour is on the standing mast route of Delfzijl, through Groningen city to Friesland and the Lauwersmeer area and Wadden Sea route. In addition to absolutely gorgeous scenery, this place has a lot to offer. It has a good restaurant with dishes from all around the world and you can hire a boat or bicycle to explore the area. It is a nice place to spend a few hours! You can take bus 1 from the central station of Groningen to reach Reitdiep city marina.
Shopping
Groningen has a variety of shops. The Grote Markt and Vismarkt are located in the city centre; three days a week (Tuesday, Friday, and Saturday) there is a fresh goods market here. The Herestraat is the most important shopping street in Groningen, but also the Zwanestraat (which was given the award for nicest shopping street of the Netherlands 2016), Oosterstraat, Folkingsstraat, Oude Kijk in ’t Jatstraat, and the Akerkhof should be mentioned. The best thing about the shopping in Groningen is that everything is in walking distance. The shops in the city centre of Groningen are open on the following days:

- **Monday:** 13:00 – 18:00
- **Tuesday:** 09:30 – 18:00
- **Wednesday:** 09:30 – 18:00
- **Thursday:** 09:30 – 21:00
- **Friday:** 09:30 – 18:00
- **Saturday:** 09:30 – 17:00
- **Sunday:** 12:00 – 17:00

Museums

**Groninger Museum**
The Groninger Museum building is art in itself, designed by the Italian architect Mendini. It is located right across the central station, see map. The building is inspiring and has an artistic appearance. Inside the museum a wide variety of colours and the extroversion of art are presented. The permanent collection consists of a large assembly of porcelain and works by the artist association ‘De Ploeg’. Every season the museum has different art and exhibitions. To see what they will be showing when you are in Groningen, take a look on their website at: www.groningermuseum.nl/en.

**Opening hours:**
Tuesday – Sunday from 10:00 – 17:00
**Fee:** Depends on the exhibition
**Address:** Museumeiland 1, Groningen

**University Museum**
The museum (see map for location) is about culture, nature, and science, containing a versatile scientific collection. This is not the only thing the museum has to offer. The collections in the rooms above refer to the rich past of the university, dating back to the seventeenth century.

**Opening hours:** Tuesday – Sunday from 11:00 – 17:00
**Fee:** Free admission
**Address:** Oude Kijk in ’t Jatstraat 7a, Groningen

**Noorderlicht Photogallery**
**Opening hours:** Wednesday – Sunday from 12:00 – 18:00
**Fee:** Free admission
**Address:** Akerkhof 12, Groningen
Going out
The city of Groningen is famous for its nightlife. The uniquely located Ellebogenbuurt district has a high density of wonderful pubs and cafes. Quiet cafes alternate with lively student pubs and this is also a wonderful place to go for a drink after dinner. The entire south side of the Grote Markt is an enormous complex of mutually joined pubs and discotheques. With over 20 bars, including the Drie Gezusters, Tapperij, Blauwe Engel and Groote Griet, this complex is the largest beer serving point in the Netherlands. In Groningen you can go out all night long, because there are no fixed closing hours. It is not uncommon to see people going off to work in the morning as the last pub crawlers head home! From the age of eighteen, it is legal to drink all types of alcoholic beverages and drinks. Sodas like Coca Cola will cost you around €1.80 and a beer is €2.50. In many bars and pubs there is no guarded place to hang your coat. That is why many people use the Stadsgarderobe to hang their coats and bags. For €2.00 the staff will take care of your coat from 22:00 – 07:00 the next morning.

Stadsgarderobe
Address: Poelestraat 8, Groningen Tel: +(31) (0) 6 57216474
Fee: €2.00 for a coat, €2.50 for a small bag
Opening hours: Tuesday from 22:00 – 06:00, Wednesday – Saturday from 22:00 – 07:00

Restaurants
’t Pannekoekschip
An old sailing ship has been converted into a pancake restaurant. Come inside and choose a traditional Dutch pancake.
Location: Schuitendiep 1017
Tel.: +(31) (0) 50 3120045
Website: www.pannekoekschip.nl

’t Zwarte Schaap
This restaurant is located opposite of ’t Pannekoekschip and is located alongside a water canal. Here you can enjoy dinner for a small price. The UMCG is very close by.
Location: Schuitendiep 52
Tel.: +(31) (0) 50 3110691
Website: www.hetzwarteschaap.nl

’t Feithhuis
This beautiful restaurant is located near the Martini tower. It is a nice place for breakfast or lunch as well!
Location: Martinikerkhof 10
Tel.: +(31) (0) 50 8200380
Website: www.restaurant-feithhuis.nl/en/
Dress code
In the Netherlands, it is common to dress up in a formal way for congresses. During the day, the dress code is formal, but in the evening, you can dress up casually. Since there is no spare time between the day and evening programme we advise you to bring the clothes you want to wear in the evening to the congress so that you will be able to change your clothes if you want to. You can also wear your suit during the social programme. On Wednesday, there will be some time before the formal dinner starts, so you will be able to change. During the World Wide ISCOMS Night on Thursday, the participants of ISCOMS will be wearing traditional clothes from their home country. At the Post Congress Tour, you can wear whatever you want. Take in consideration that the walking distance is quite long, so you are advised to wear comfortable shoes.

Weather
As in most countries in Northwestern Europe, the weather in the Netherlands can be very variable from day to day, so you can experience all seasons in one day. The nice and sunny weather in the morning can suddenly turn into rain in the afternoon. This means that you should take the changing weather conditions into account. We advise you to bring some cardigans (or even an umbrella) which you can easily wear if needed. In June, the temperature swings between 15 and 25 degrees Celsius, but the strong Dutch winds can cause a lower feeling temperature. At night, it can be a few degrees colder.

Time
Dutch local time is Central European Summer Time (CET), which is two hours ahead of Greenwich Mean Time (GMT +2).

Public toilets
Most train stations have public toilets. Throughout the city they are very scarce. You can use the toilets of pubs throughout the city. For some of them you will have to pay (about €0.50). To avoid embarrassing situations, ‘Dames’ means ladies and ‘Heren’ means men.

Using the restroom
Toilet paper is provided and can be thrown in the toilet without causing a clogging. Other materials (like sanitary towels) should not be thrown in the toilet, but in the toilet bin.

Electricity and television
The electric current throughout the Netherlands is 220/230 Volts, altering current at 50 cycles per minute. Most plugs are grounded. For appliances of 110 volts, a special transformer is needed. You might have to buy a special adapter if the plugs in your country look any different from the one in the picture.
Practical information

Foreign newspapers
You can buy all major American, British, French, German, Israeli, Spanish, Turkish, Moroccan, and Italian newspapers and magazines at newsstands. You can also find them at the bookshops throughout the cities and at train stations.

Communication with people
Due to their merchandising history, the Dutch community is very internationally oriented. Almost everyone in the Netherlands speaks at least some English. Quite a few people are also able to speak German and/or French. During the congress, the spoken language is English.

SIM card
If you are planning to stay for a while, especially if you will take part in the ISCOMS Research Fellowships, you may consider to buy a Dutch SIM card. This allows you to call other ISCOMS participants or Dutch students at a lower cost. You can buy these SIM cards at supermarkets like Albert Heijn or Jumbo or at the train station. The ISCOMS Organising Committee can show you these locations on the map.

Tipping
In the Netherlands, it is customary to tip waiters at restaurants. Usually a tip is 5-10% of the bill. Tipping at the pubs and cafes is not common. However, it is not uncommon to tell bartenders or taxi drivers to keep the change, when it is around 1 euro. The same goes for porters.

Money
The currency that is used in the Netherlands is the Euro (€). ATM-machines can be found at several banks in the city centre of Groningen, such as:

- ABN AMRO Bank (Grote Markt 22)
- Rabobank (Guldenstraat 12)
- SNS Bank (Oude Ebbingestraat 66)

There is one ATM machine in the UMCG, which is located next to the HANNN Blue Zone. In shops and stores you can pay with cash, debit-, or credit card. You can change your foreign currencies at GWK Travelex (Stationsplein 21). Their office is at the train station, see map on page 34. Make sure you always take cash with you during the social programme! During the social programme and the Post Congress Tour there is no opportunity to go to the ATM! We advise you not to bring more than €100 cash, due to the risk of pickpocketing and/or losing it.

Identification
In the Netherlands you are obligated to carry a form of identification on you all the time. This means the authorities (the police) can ask you to show your identification form at any given moment. There is a risk of being fined if you cannot identify yourself. So, make sure to always take your identity card with you!
Food and beverages
The typical Dutch person eats three meals a day. Before going to school or work, people eat breakfast. Breakfast consists of bread with meat or cheese or yoghurt with cereals and tea, coffee, or milk. Around 13:00, it is lunch time. During lunch, people eat bread with meat or cheese and some fruit with tea, coffee, or milk. The Dutch eat dinner around 18:00 or 19:00. A typical Dutch meal consists of meat, potatoes, and vegetables. During the congress, you need to take care of your own breakfast. If you have chosen for the option Stay With a Student, he or she will provide you with breakfast. Lunch will be held at the congress. If you take part in the social programme we will make sure there will be a delicious dinner waiting for you. Still hungry? You can buy food at the supermarkets in Groningen, such as:

Albert Heijn (Oude Ebbingestraat 19, Nieuwe Ebbingestraat 73, Akerkhof 1, Brugstraat 14, or Gedempte Zuiderdiep 14)
JUMBO (Beren 85, Oosterstraat 58)

When you decide to go out for dinner with a group, we advise you to make a reservation. Dinner consisting of a main course and dessert will cost you approximately €20. Tips are not included in the total price. Tap water is drinkable in the Netherlands.

Pictures
Pictures taken by our photographer can be used for promotional purposes of ISCOMS. If you would rather not be part of our promotional material, please e-mail the ISCOMS Organisation and include a picture of yourself.

*It is not allowed to take pictures in the UMCG yourself, except for the Fountain Patio and the HANNN Blue Zone, because of the privacy of the patients.*

*Please note: during the operation and the patient lecture it is not allowed to take pictures in the HANNN Blue Zone either!*
Emergency numbers

In case of emergency you can reach the police, hospital, and fire on the same European emergency number:

**European Emergency Number: 112**

This number is for emergencies only!

If you need urgent help from the ISCOMS Organising Committee, you can contact the following ISCOMS members:

Berber Dantuma (International Contacts): +31 622618603
Max Hulsman (Accommodation Manager): +31 622906320
ISCOMS Office (only available during the scientific programme): +31 503633222

We advise you to put these contacts in your mobile phone, so you can reach us if necessary.

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