

FSV Fysiek

INFORMATION GUIDE



2023

PREFACE

Dear physiotherapy student,

Welcome to this information guide. In this guide you will find everything you need to know about student life, the study association FSV Fysiek and Groningen. This guide is written by Fysiekers, members of Fysiek.

If you have any questions, you can always ask the board. You can find them in the boardroom at the Wiebengacomplex in room DK.11. Or you can send an e-mail to bestuur@fsvfysiek.nl. If you want to be aware of the upcoming activities, look on the website www.fsvfysiek.nl or instagram [@fsvfysiek](https://www.instagram.com/fsvfysiek).

Enjoy!

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[@fsvfysiek](https://www.instagram.com/fsvfysiek)

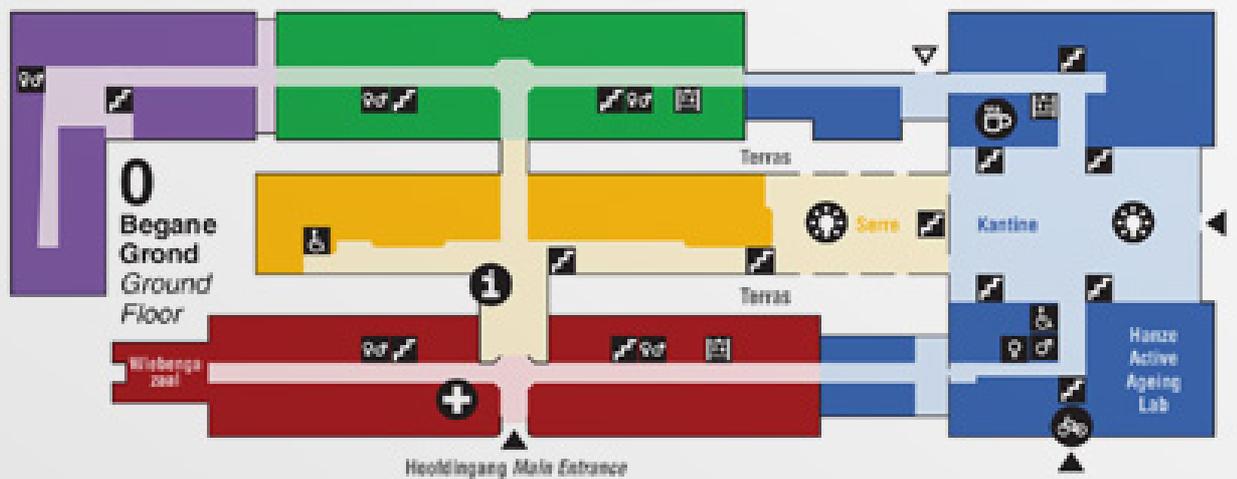
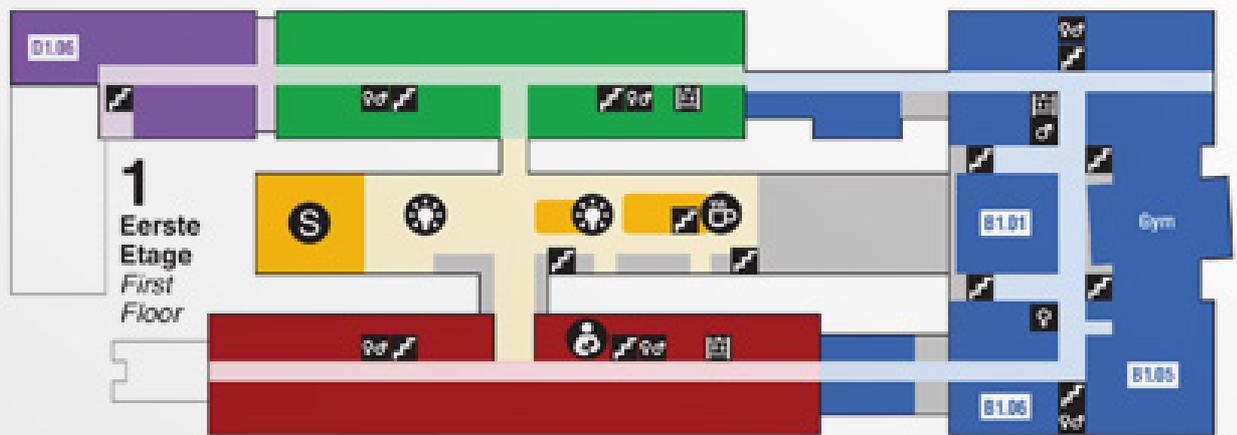
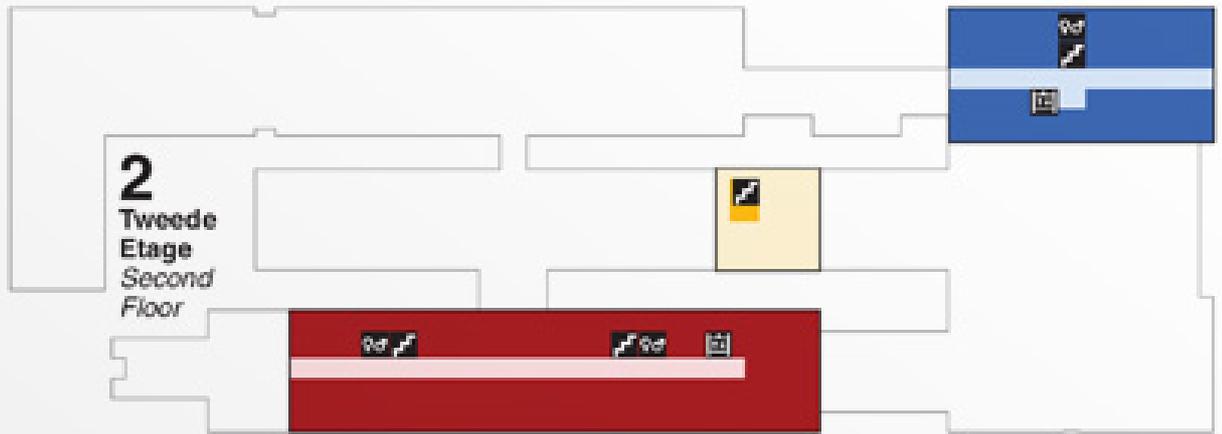
Vleugels

Wings



Legenda

Key



HERE IS THE BOARDROOM, IN THE BASEMENT

STUDENT VS STUDY ASSOCIATION

Help! You start studying and you already have to process a lot of information. During the KEI-week you will also be approached by all kinds of study and student associations. What is the difference and which one will suit you the best? We can explain.

STUDY ASSOCIATION

A study association is connected to a particular study or studies. FSV Fysiek is connected to Physiotherapy at the Hanzehogeschool. Only physiotherapy students can become a member of Fysiek, but the activities are usually open for everybody. A study association organizes a lot of different activities. This can vary from lectures and workshops to parties and a ski-trip. As a member you often get discounts on study materials or summary's. With a study association you can create a network within your field. Besides the professional network, you also make a lot of new friends. This already starts at the introduction camp at the beginning of your first year. This camp is meant to get to know your fellow students, you will not be hazed too much. Oh and the contribution is way less than for a student association.

'I didn't really went to a lot of party's or activities in the beginning, but once I attended it was pretty awesome. I went to a few party's and they were really fun. Especially the gala, which is each year with unlimited drinking. I experience Fysiek as a low-commitment association. If you don't want or can attend all the activities that is no problem. When you do attent, you will make some new friends and have a good time.'

Sven, General Member

STUDENT ASSOCIATION

Students from different studies can all become a member of a student association. The activities are mostly for members-only. A student association is more traditional and some of the bigger ones have a hazing. In Groningen you mostly have student associations and student sports associations like rowing or soccer. You will get to know a lot of different people besides your study.

STUDY ASSOCIATION

- Only students of a certain study can become a member
- Activities are usually open for everybody, members get a discount
- Study related and social activities
- Less traditional, no hazing period

STUDENT ASSOCIATION

- Everybody can become a member
- Activities usually are mainly for members-only
- Focus on the social aspect
- Rather traditional. Some of the bigger ones have a hazing



WHAT DOES FYSIEK OFFER YOU?

A study association is a unique concept and can hardly be found in other countries. An association can be seen as an extension to your study program and has three main purposes: connection to the study program, gaining practical insight into the work field, and having a great time during your student life! We offer you support with your study as well as a variety of activities that you can join. For only €15 euros a year (!), Fysiek has a lot to offer you.

STUDY RELATED

One of the main goals of Fysiek is to support your studies. First we organize different study related activities. Such as a tape course, heart dissection, interesting lectures and excursions. To further orient yourself in the field, you can have a look at a number of practices in Groningen. Fysiek also organizes the Careerday, where you can learn about the next steps after your bachelor. In addition we offer summaries and tutoring for the exams. Finally there are vacancies on the website.



SOCIALLY RELATED

Besides the study-related activities, there are also a lot of committees who organize socially-related activities like a lasergaming, cocktailworkshops, pubquizzes, biercantus or sport activities like a beach volleyball or padeltournament. Every year new activities will be devised. Some activities are a tradition, for example the domestic trip and Batavierenrace. Each year there are themed party's and a gala.

DISCOUNTS

As a member of Fysiek you get discounts on:



10% of Fysiosupplies (physiotherapeutic materials)



Free intake at Wake up student



10% of DressMe (printing clothes)



t' Hartje

Cheaper printing at t' Hartje



10% of DeliYo (where you can get the best coffee and sandwiches on Campus)

'Fysiek is such a lovely mixture of dutchies and internationals. From the start it has been such a fun and exciting experience! FSV Fysiek makes everyone involved, welcome and as an international, this is what a studyassociation should be!'

Mary, Active Member IPP

FSV FYSIEK BUDDIES

When members have problems or questions, they can always contact one of the buddies. The buddies are divided over the first & second year and third & fourth year. The buddies are there to support and help members with their problems.

They listen to your story, offer conversation support and advise on the best steps to solve your situation. They are also an important link between students, teachers, the board and other school staff.

It is important for members to know that the buddies are there to help. You can always come here without fear that your story will come out. Your story will be treated confidentially.

The names and phone numbers of the buddies are presented on the website.

'My first impression of Fysiek was great, because this was at the well-known Fysiek party. It seemed to me like a fun association. Later I went on the introduction camp as a supervisor, where I came into contact with more (active) members. That was when I knew I also wanted to be active. Being an active member within Fysiek is something I experience as so much fun and you learn a lot from it. Organizing activities together with your committee and seeing people enjoy it is a rewarding and fun task. Getting to know new people is also a nice addition.'

Daan, Active Member

BECOME ACTIVE!



Once you become a member, you can join all the activities, party's and use all the advantages. When you join a committee, you become an active member. Currently we have about 80 active members in 13 different committees. Joining a committee means meeting every week, mostly on monday. You eat dinner together and talk about your upcoming events. What the events are, depends on what committee you're in. After the serious business, it's time for drinks and fun. As an active member you get to know a lot of people and make new friends. In addition to the regular activities, you can also join active members' activities such as a barbecue or the Active Members Weekend. You can find an overview of the different committees on the next pages.

'I became an active member because I heard a lot of nice stories about Fysiek. I was hesitant at first, I hardly knew anybody. I decided to try it and it's been the best choice I've made! Fysiek is a huge part of my life in Groningen. It's a place where I made a lot of good friends whom I speak to everyday.'

Minke, Active member

THE COMMITTEES

AkCie - Activity committee

The AkCie organizes social activities throughout the year. Think of a pool or padeltournament. The AkCie also organizes the Batavierenrace every year.

AlmanakCie - Yearbook committee

The AlmanakCie works on the yearbook of the association during the year. In this committee you can give all your creativity!

AlumniCie - Alumni committee

The AlumniCie organizes different activities for third & fourth-year students and alumni members, like a lecture about pelvic physiotherapy or a whiskey tasting.

EerCie - First-years committee

The EerCie is especially for first-year students and organizes activities to familiarize the first-years with Fysiek and to bring them into contact with students from other years. The EerCie also provides extra lessons especially for first-year students.

FeeCie - Party Committee

The FeeCie organizes the best parties and drinks throughout the year. If you like (organizing) parties, this committee is something for you!

ICie - Introduction committee

The ICie is the head of the introduction camp every year and ensures that the camp runs smoothly! They are responsible for the first impression Fysiek shows to the new students.

SympoCie - Lecture committee

The SympoCie ensures that, in addition to the social activities, you can also learn more about physiotherapy through lectures and a symposium. They ensure that locations and great speakers are arranged!



MerCie - Merchandise Committee

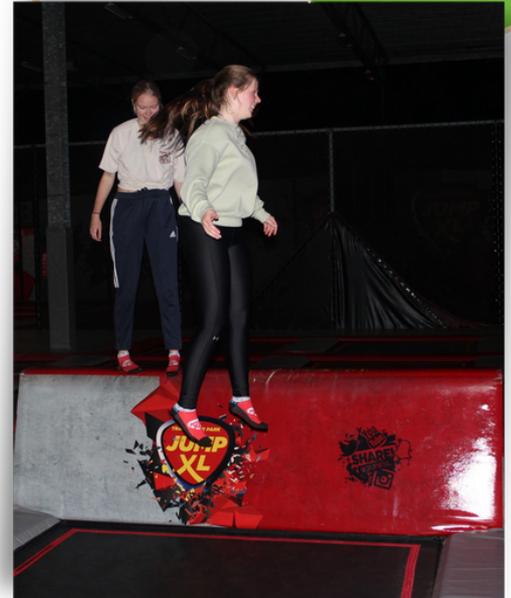
The MerCie takes care of all the merchandise of the association. Think of the well-known Fysiek sweater, bathrobe or playing cards. So you can use your creativity in the MerCie!

PromoCie – Promotion committee

The PromoCie ensures that all activities and FSV Fysiek are promoted on social media with a beautiful poster. In addition, they are looking for new opportunities to further promote Fysiek.

RedaCie - Editorial committee

The RedaCie is responsible for the association magazine, the plexus. The RedaCie is also present at every activity to ensure that nice photos are taken and end up at the website!



StuCie - Study related committee

The StuCie takes care of the study-related activities. Think of a tape course, a heart dissection or a trip to Body World.

UniCie - International committee

The UniCie is looking for opportunities to connect Dutch and international students. They also organize fun social activities, like Pub crawl or a barbecue.

VakanCie - Ski Trip Committee

The VakanCie takes care of the winter sports every year. But also for activities prior to the holiday, think of a drink. This way the participants already know each other a bit during the winter sports, which makes it a lot more fun!



For more information about becoming active, come have a look at the committee market or join the running dinner. Here you can meet the current committees and ask your questions. You will find the dates of these events on Instagram and the website. If there are any uncertainties, you can always send an email to **intern@fsvfysiek.nl!**

LIFE IN GRONINGEN

Did you know that...

- A quarter of the 230.000 inhabitants of Groningen consists of students?
- Groningen has no fixed closing hours? There is always a place where you can party till the sun comes up!
- You can practice more than 90 different sports at ACLO Sports Centre for only €59,95 for a whole academic year?
- In Groningen, on average, most bikes are stolen compared to other cities? Make sure you have a good lock!
- The ultimate snack of Groningen is an 'eierbal'? You should try it sometime!
- There is a student song about Groningen? Het gras van het Noorderplantsoen!



- That you really don't have to travel all the way to Amsterdam for a fun festival? We have a lot of fun festivals in Groningen!
- At the end of August there is an introduction week for new students: de KEI week.
- Nothing goes above Groningen!





FSV Fysiek

Fysiotherapeutische Studievereniging

2023