Where should I buy my food?

There are several supermarkets present in the city of Delft but they differ in price and variety of food. Following is a list of shops:

Cheap choices:
- Lidl and Aldi (shown in blue on the map) are economic shops where it is possible to buy cheap food within a limited product range.
- C1000 (shown in yellow) has more product variety but is a little bit more expensive.
- Turkish markets can be found in several places.
- Apart from selling cheap furniture, IKEA (shown in red) has a cheap restaurant where it is possible to have a dinner for a low price.
- Another way to access fresh food, fish and flowers at a bargain price is to go to the markets held in Delft centre on Thursdays and Saturdays. They are mainly on Markt square and Brabantse Turfmarkt (the city center) but also in the small streets around.

More expensive — higher quality
- Other supermarkets found in Delft are for example AH op ’t Station Delft, SPAR, Hans Mayer and Coop Wipolder (all marked in pink). They might not be the most economic but can be used for smaller shopping.

More expensive — higher quality
- There are four Albert Heijn stores located in or around Delft (shown in green on the map). They are the most expensive stores but offer the best variety of food and focus on the quality of the products.

Helpful Information:
- It can be wise to get a costumer discount card in the shops mentioned above in order to get a better deal.
- Empty glass beer bottles or large plastic water/soft drink bottles can be returned to a special machine at any supermarket. The refund receipt can then be used at the checkout.

**FOOD TIPS**

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HEALTHCARE TIPS

What to expect & how to prepare for the life at Delft?

Maybe you are used to antibiotics in your own country but in Netherlands, it is exceptionally rare to get a prescription. You will have to treat your illness in a more traditional way.

• It is a good idea to get **checked for allergies**, in order to avoid dangerous reactions to medicine.

• There is a student health practice, located at **building 70** at TU Delft campus, dedicated to treating just TU Delft students.

• Always **bring your campus card and passport** with you when you are about to ask for medical help.

• Insurance companies have a system for classification patients based on the emergency of the treatment so you shouldn’t be surprised if you end up on a waiting list.

• Dutch health care is one of the best and efficient in the whole world. Dutch have the lowest percentage of people who think health care needs a reform. That is quite comforting to know.

RENTAL TIPS

How can I get my rent allowance?

A useful tip for someone who comes to live in the Netherlands is the opportunity for a residential allowance. Simply, the Dutch government provides you with a small amount of money every month as a help to your rental costs.

**Who can claim it?**
The rent allowance is available to anyone who has been formally enrolled to a Dutch municipality, has a low income (under 23,000 euro/year) and is renting an accommodation by himself (single room or private apartment).

Students of TU Delft with a social security number (BSN) who are renting an accommodation on their own and have a low income, should apply for the rent allowance as an extra help.

**How can it be obtained?**

Step 1  At your registration, enroll to the Dutch municipality.

Step 2  After 2-3 days a valid BSN number, will be received.

Step 3  Apply online for the digid number at the [https://www.digid.nl/](https://www.digid.nl/). The digid number is used for all online transactions within the public sector.

Step 4  A confirmation letter will be received for the validity of your digid number.

Step 5  Apply for rental allowance by filling an online application via the following website.


The amount of money which is received per month varies according to the rented accommodation and the personal income. Whenever the application is made, money is received for the whole rental period of your accommodation contract.