

Things you want to know about Amsterdam

[December 2016]



The venue for VortexHealing in Amsterdam is 'De Ruimte'.

It's a 15 minutes walk [1,1km] distance from the Amsterdam Amstel train station, as well as 5 minutes [350 meters] from the metro station Wibautstraat / Grensstraat.

The entrance to 'De Ruimte' is through the back. Usually, we have our classes in the upstairs room.

Address: Weesperzijde 79A, 1091 EJ Amsterdam

<http://www.deruimteamsterdam.nl/?p=Bereikbaarheid> [in Dutch]

Amsterdam [approx. 2.3m inh.] is the largest and busiest city in the Netherlands. It's always very busy with tourists. Keep this in mind when planning for travel or accomodation. For an impression [37min. in English] of the city and its atmosphere: <https://www.youtube.com/watch?v=U7TgUyUVaMM>

Hotels:

There are a lot of hotels in the area. Some suggestions, with no order of preference:

- Hotel Flipper: <http://www.hotelflipper-amsterdam.com/>
- Hotel Atlantis: <http://www.hotelatlantisamsterdam.com/>
- Volkshotel: <https://www.volkshotel.nl/nl/>

B&B's:

And of course there are also a lot of B&B's. Some suggestions, with no order preference:

- B&BAmsterdam: <http://www.bbamsterdam.nl/>
- B&B105: https://www.tripadvisor.nl/Hotel_Review-g188590-d1654580-Reviews-B_B_105-Amsterdam_North_Holland_Province.html
- Amsterdam B&B's: <https://www.bedandbreakfast.com/amsterdam-netherlands.html>
- Airbnb: <https://www.airbnb.nl/>

Campsites:

- Zeeburg: <http://www.iamsterdam.com/en/visiting/plan-your-trip/where-to-stay/campsites/camping-zeeburg>
- Gaasperplas: <http://www.iamsterdam.com/en/visiting/plan-your-trip/where-to-stay/campsites/gaasper-camping-amsterdam>
- Amsterdamse Bos: <http://www.iamsterdam.com/en/visiting/plan-your-trip/where-to-stay/campsites/camping-hostel-amsterdam-amsterdamse-bos>

Staying with Vortex-students:

- Uiterwaardenstraat 273-3, Amsterdam: 1.5km from the venue. Email Laila for details: lailalicht@outlook.com

Other budget options:

- Couchsurfing: <https://www.couchsurfing.com/>
- Staying at the venue, for €15,- p.p.n.: Although in the evenings the venue is usually occupied by other groups using the room, it is possible to sleep there. You will have to be

out during the times that these other groups use the room, and come back later in the evenings. There are some mattresses, a shower and a refrigerator. There are no cooking facilities, and no blankets or pillows. To inquire about this option, please email the owner of the venue Phil at deruimte@deruimteamsterdam.nl.

You're advised to check for reviews on any place you want to book:

<https://www.tripadvisor.com/>

<http://www.booking.com/city/nl/amsterdam.nl.html>

Travel

Coming from abroad and flying in, the usual route will take you into Amsterdam Airport, Schiphol. From there take the train into town, to Amsterdam Amstel. This takes about 30 minutes.

Airport Schiphol [11km from the venue], general info: <http://www.schiphol.com/>

Trains into the city: <http://www.ns.nl/en/travellers/home> [planner in English]

Metro to/from city center: lines 51, 53 and 54 stop at Wibautstraat / Grensstraat.

All of Amsterdam's metro stations are gated by check-in and check-out ports, accessible only with a public transport chip card (OV-Chipkaart) or another valid travel card. If you are not in possession of a personal chip card, you can purchase a one-hour ticket or a rechargeable non-personalised public transport chip card at GVB service desks or vending machines at the station. Please note: the metro stations do not have manned service desks (but there may be an assistant on hand to help at ticket machines). Apart from Amsterdam Central Station, only two of the current metro stations are centrally located (Nieuwmarkt and Waterlooplein), and for getting around in the city centre you might consider walking, cycling or taking the tram and buses. For more info on the Amsterdam public transport system:

<https://www.iamsterdam.com/en/visiting/plan-your-trip/getting-around/public-transport>

Parking

Parking in Amsterdam is difficult and expensive [± €25,- a day]. You're advised to use the P&R at the Amsterdam Arena, further south, and take the metro in from there:

<https://www.amsterdam.nl/parkeren-verkeer/parkeren-reizen/arena/>

Food and entertainment

In the direct vicinity of the venue there are a number of options for lunch, mainly on the riverside, the Weesperzijde and in some of its side streets. The Amstel river is right opposite the venue, for strolls and nice views during your class breaks. At less than 5 minutes from the venue there's an Albert Heijn supermarket, open 7/7.

To explore and have dinner after class: the venue is at walking distance [30 minute walk, 2.1 km] from the city center. You'll find many restaurants, cinemas, etcetera, in the vicinity of the Utrechtsstraat and in the area around the Leidseplein.