

# TIPICAL

Enjoy the simple life

## STRESS STOPPER

Academic stress is normal, we will help you get rid of it!

## BUDDYTALK

Meet new people with maybe the same interests as you! Hit them up!

## BE PROductivity

Get to work more effciently and get more productive with these tips!

Click on the broken lamp!



# NEVER HAVE I EVER

## Struggle Bingo

Had a mental breakdown because of so much stress from school	Had trouble finding something in the supermarket because you didn't know how to ask in dutch	Felt lonely due to the lack of friends as an international student	Felt a bit down due to the pandemic, lockdowns and quarantines
Been too focused on the negative parts in life	Found it difficult to make new friends with the same interests etc.	Had trouble starting with school work cause you don't know how to start	Were curious at the dutch language and always wanted to learn something



# STRESS STOPPER

We all feel overwhelmed sometimes because of school.  
Use these tips to prevent your weekly mental breakdowns!

## Ask for help

Don't be afraid to ask others! If something is not working, ask a peer and move on. Don't stick too long with struggles.





# BUDDY TALK



Do you feel lonely and are you in for some fun? Connect with these students and enjoy each others company!



Hi, my name is Nikki Bonestroo. I'm 20 years old and I study Creative Business in Leeuwarden. I'm originally from the Netherlands. I run my own dance company and like to be creative or do sports. I like to share some creative inspiration with new people and to help each other develop in our skills. I would love to talk to you sometime, or have a coffee. See you soon! | +31629843562



Hi there, my name is Teodora but just call me Teea and I'm from Romania. I'm second year creative business student and i find it very challenging but interesting too. I love to hangout, drink coffee, and just talk about everything that there is to talk about in this world. I'm always down to make new friends so contact me any day at +3156378990



Hi, my name is Tim and I am a second year Creative Business student in Leeuwarden. My hobbies are definitely traveling, making music, playing soccer and meeting up with friends. Originally I am from Germany. Since COVID has made life difficult for all of us and reduced social contacts, I am committed to meeting new people again and making new friends. I would be happy if you contact me at the following phone number: +491601314156



Hi, Shen van der Neut here! I'm 19 years old, still living with my parents in Assen, and I'm second-year Creative Business students at NHL Stenden Leeuwarden. In the mornings I clean houses of elderly people and during the day I like to play the piano, watch some feel good movies on Netflix or meet my friends. Hope to see you soon! | +31629188674





# SAY IT IN DUTCH

Here are some sentences you can use while groceries shopping, should come in handy!

## WHAT YOU CAN USE IN THE STORE

**1** *Kunt u mij helpen?  
Ik ben op zoek naar de suiker,  
waar kan ik dit vinden?*



Can you help me, I'm looking for the sugar.  
Where can I find it?

**2** *Mag ik wat vragen?  
Hoe duur is dit product?  
Kan ik dit eventueel terugbrengen?*



Can I ask you something? How expensive is  
this product? Can I return when needed?

**3** *Mag ik even storen?  
Verkopen jullie toevallig ook  
dit product?*



May I interrupt? Do you sell this specific  
product by any chance?

## WHAT THE CASHIER CAN SAY AT THE REGISTER

**1** *Goedemiddag, had u de bon  
meegewild?*



Good afternoon, would you like the receipt?

**2** *Dat wordt dan 24 euro en 75 cent,  
spart u ook zegels?*



Your total will be 24 euro and 75 cents, do you  
collect stamps?

**3** *Had u er een tasje bij gewild of  
gaat het zo mee?*



Would you like to have a bag or will it work  
this way?



# THANKS A LOT!

Try to write down on a daily basis, what and for who you're thankful. It will help you get more focused on the positive things in life and change your mindset positively!  
You can do this!

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

## HEY THERE!

We want to thank you for reading this magazine which we created with lots of pleasure! Hopefully we managed to solve some of your struggles and to have entertained you today.

Are you still struggling with stuff and would you like us to look in to this and solve your problem? Make sure you follow us below and to stay tuned!

## FOLLOW US



@tipicalmagazine

## STAY IN CONTACT!

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