



G.E.S.V.

PHARMACIAE SACRUM

SINDS 1881

# BesmettelEIK



Introduction booklet Pharmacy

*2020-2021*

# GEEF HIER JE BORREL!



Voor meer informatie;  
vraag het barpersoneel of mail naar [info@hetvaatje.nl](mailto:info@hetvaatje.nl)



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# INTRODUCTION COMMITTEE: BESMETTELEIK

Dear first year students,

First of all, welcome to the study Pharmacy. We are convinced that you have made a great choice to study Pharmacy in Groningen. Before you have to study for your exams, you have the opportunity to get to know your fellow students during the Introduction Day and the Introduction Camp. Besides meeting your fellow students, you will also get to know the faculty and the study association G.F.S.V. "Pharmaciae Sacrum" (P.S.). These Introduction Day and Camp activities are organized for you by the First-year Introduction Committee (Eerstejaars Introductie Kamp Commissie: EIK). This lovely committee consists of Michelle, Amber, Cees, Maaïke, Sina and Martin. The name of our committee is 'BesmettelEIK', which is Dutch for contagious. We are very excited to get to know you!

The Introduction day will be held on Friday the 28th of August. Normally, the Introduction Day will be held at the Faculty. Unfortunately, this is not possible this year due to Corona. In order to provide you all the necessary information, we will organize an online Introduction Day. We will show you around the faculty and test your knowledge with an online quiz, which you will make in groups. These groups will be guided by your P.S.-moms and -dads. They are always available for a chat and they will answer your questions. During this online quiz you will also get to know fellow students and friends.

After the first week of lectures, we hope to travel with you to Bakkeveen on Friday the 4th of September to enjoy the Introduction Camp (if the Corona virus lets us). After arriving, and the exciting process of choosing the bed bunks, the first meal will be served. After dinner, it is time to party. The Saturday will have a very fun outdoor activity and the camp will be joined by all the committees P.S. holds. Surely, the Committee Rounds (Commissie Rondjes) will not be forgotten. The day will be closed with a party again and on Sunday it is time to travel back to Groningen, with lots of new memories and friends.

We hope you will enjoy the introduction period as much as we did and we cannot wait to meet you!

Lots of love from EIK 'BesmettelEIK',  
h.t. praeses Michelle van der Ploeg





# HELPING COMMITTEE

EIK 2020

Dear first year students,

A few years ago, we started the same adventure as you will start now! For us, the introduction time looked a lot different. The KEI week, the Introduction Day of G.F.S.V. "Pharmaciae Sacrum" and its Introduction Camp. Because of the corona measures, a lot of nice introduction things cannot take place and that is very unfortunate, because becoming and being a student is the best thing that can happen to you! But nevertheless, there is still a very nice introduction program made for you, so you won't miss all of this!

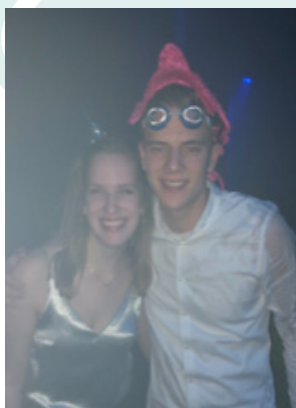
This year we are the Helping Committee of the Introduction Committee. We help the Introduction Committee with the First-year Introduction Day and Introduction Camp. During this camp you will get to know the first-year students better and you will also get to know the study association! So make sure you are here anyway!

Our names are Anna Breukelman and Joeri Teisman and we are both third year Bachelor students. Together with the Introduction Committee and the rest of the Helping Committee, we will teach you everything about the life of a Pharmacy student.

Hopefully, with this extra long corona vacation you have been able to rest a bit before you try to survive the first few weeks of your studies as a student. We hope you have a nice and hopefully non-digital first weeks of your studie, and wish you all a fantastic time as student! If you have any questions don't hesitate to come to us!

See you soon!

HC despo,  
Anna en Joeri



# Verzekeringspakket voor studenten

- + Inboedelverzekering
- + Ongevallenverzekering
- + Aansprakelijkheidsverzekering
- = [vva.nl/studentenpakket](https://vva.nl/studentenpakket)

vanaf  
€ 2,76 per  
maand



# INTRODUCTION DAY

EIK 2020

\*Look at the site ([www.psgroningen.nl](http://www.psgroningen.nl)) for the most accurate information\*

Dear First-year students,

We have organized an amazing online programme for you on Friday the 28th of August, to get acquainted with the study, your fellow students and the study association. The online Introduction Day will resemble the pre-corona Introduction Day as much as possible. To help you get to know the study, there will be live presentations from the Pharmacy 'directors', the board of Pharmaciae Sacrum, the Board of the K.N.P.S.V. and lots of other committees. Due to the fact that this will be a live event, there are possibilities to ask questions.

Besides the presentations, you will be assigned to a small group, under the guidance of a P.S.-dad and/or P.S.-mom. With this group, you are going to make an online quiz set up by the Introduction Camp Committee (EIK). After the quiz, a crazy 88 is scheduled to get to know your fellow students.

We hope you are going to enjoy this day as much as we did!

With lots of love,  
The Introduction Committee 'BesmettelEIK'

# INTRODUCTION CAMP

\*Look at the site ([www.psgroningen.nl](http://www.psgroningen.nl)) for the most accurate information\*

This year the Introduction Camp will be held on the 4th, 5th and 6th of September in Bakkeveen. This Introduction Camp will be a great moment to meet your fellow students (and possibly new friends) and explore the awesome world of G.F.S.V. “Pharmaciae Sacrum” (P.S.). Besides, you’ll meet the committees of P.S. and many others of the study association. Lots of fun activities and memorable theme parties will be organized for you!

The buses will leave at 5 p.m. on Friday the 4th of September. So be on time, because you do not want to miss this epic weekend.

## Friday 4th of September

16.45 Gathering at Central Station Groningen  
17.00 Leaving of the buses  
19.00 Dinner  
20.30 EJC-game  
22.30 Activity  
23.00 Theme party

## Saturday 5th of September

08.00 Waking up  
09.00 Breakfast  
10.00 Activity and lunch  
14.00 Returning to the camp  
16.00 Meeting the committees  
19.30 Dinner  
22.00 Theme party

## Sunday 6th of September

09.30 Waking up  
10.00 Breakfast  
11.00 Cleaning up  
12.30 Choosing the new EJC and group picture  
13.15 Leaving of the buses



# PACKING LIST INTRODUCTION DAY/CAMP

\*Look at the site ([www.psgroningen.nl](http://www.psgroningen.nl)) for the most accurate information\*

## Packing list for the Introduction Day

- Laptop with good internet, a web-cam and a microphone.

## Packing list for the Introduction Camp

- Cash for drinks at the parties
- ID (for alcohol wristbands)
- Sheet
- Pillowcase
- Sleeping bag/duvet
- Toiletries
- Pyjamas
- Towel & flip-flops for the shower
- Plate/Cup/Cutlery
- Old tea towels & towels
- Swimwear
- Flashlight
- Medication (if necessary)
- Old clothes that you don't mind getting dirty & a plastic bag
- Comfortable (old) shoes
- Eggs
- Costume for the themed party 'End of the world'
- Costume for the themed party 'Pauper-gala'

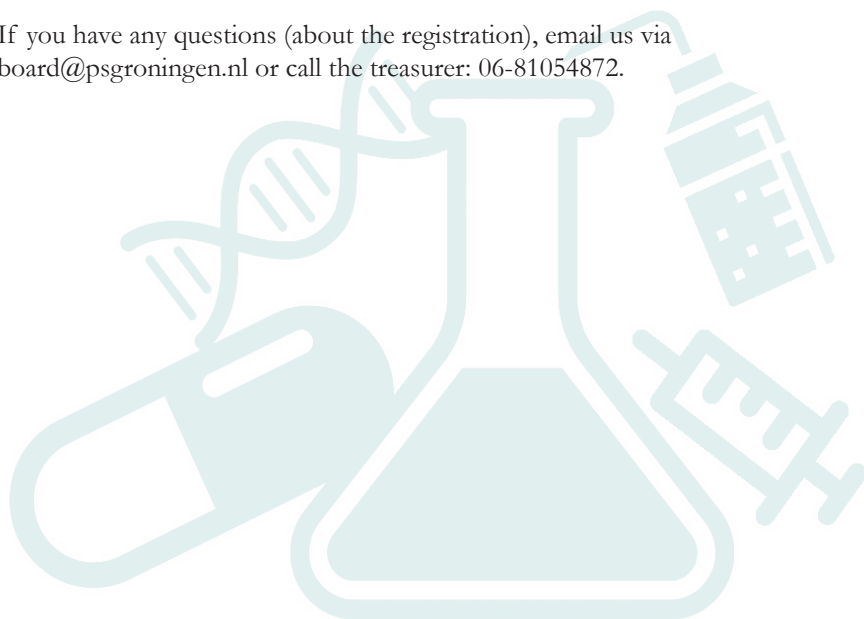
## THE ENROLLMENT

*\*Look at the site ([www.psgroningen.nl](http://www.psgroningen.nl)) for the most accurate information\**

You can sign up for the Introduction Day and/or Introduction Camp by going to [www.psgroningen.nl](http://www.psgroningen.nl). The registration for the Introduction Day and Introduction Camp are separate. So if you want to go to both activities, you need to sign up for both! There are no costs for the Introduction Day. The costs for the Introduction Camp are €40,00.

These costs will be debited from your account by means of an automatic collection. It is recommended to go to both the Introduction Day and the Introduction Camp. At the Introduction Day essential information will be given (online) for a good start of your study year and the Introduction Camp is THE opportunity to get to know your fellow students better.

If you have any questions (about the registration), email us via [board@psgroningen.nl](mailto:board@psgroningen.nl) or call the treasurer: 06-81054872.



# BUDDY PROGRAM

EIK 2020

Dear freshmen,

In the academic year 2019-2020, our association has set up a buddy program. This program helps first-year international students at the start of the academic year. As a freshman you will be linked to an older student who can help you with all your questions about studying Pharmacy and everything that comes with it.

Can you use this help and would you like to be linked to a senior student? Send an email to [board@psgroningen.nl](mailto:board@psgroningen.nl) with your name, age and some information about yourself, for example your hobbies. We will then check whether we have a suitable senior student who matches you well.

Best regards,

the Board



# PROGRAM DIRECTOR

Dear freshman,

May I ask you a question? What is the reason that you enrolled for the study Pharmacy? I bet you like biology and chemistry and have an above average interest in healthcare. You will be curious about how medicines are made, how they work and how safe they are. Is that correct? Then you are in the right place now! You are at the start of joining our Pharmacy bachelor programme which perfectly prepares you to pursue your studies with a connecting master programme, Pharmacy or Medical Pharmaceutical Sciences master. Research and teaching are intertwined in our curricula, offering you a perfect environment for academic training and shaping. We educate both pharmacists and pharmaceutical scientists who will be employed either as healthcare providers in community or hospital pharmacy or as researchers in academia or in the pharmaceutical industry. But there are more attractive career opportunities after your graduation. Job security for our graduates is very good, anyway.

In the first year of the bachelor programme you will follow courses that create a solid scientific basis for further extension into the pharmaceutical direction. Also, you will digest information from different branches of the pharmaceutical domain, as the propaedeutic year helps you to orientate on the sequel of your studies as well as on professional opportunities. In year two you have to choose for either the major Pharmacy or the major Medical Pharmaceutical Sciences, depending on your personal interest and future plans. A choice of elective courses allows you to personalize your study programme to some extent; you are responsible for your own study programme. Finally, you will join international learning communities, exchange knowledge and experience with your colleague students and with our dedicated teaching staff.

Starting a study at the university may feel like entering a new world. At the time of writing this welcome it was unclear how this world will look in the new academic year, due to the corona crisis. Plenary lectures are likely to be given online, while social distancing will have consequences for the organisation of practical courses. Anyhow, there will be many changes for you: a new environment, new people, a different way of teaching. You will get used to it quickly, but in case of problems our staff is there to help and to advise. Do not hesitate to ask support if you feel you may need it.

Last but not least, I strongly recommend you to join Pharmaciae Sacrum, the pharmacy students association in Groningen. Pharmaciae Sacrum organises social events that are important to promote contact with your fellow students (even with corona-related limitations) and offers activities that support our teaching programme.

I warmly welcome you at the University of Groningen and hope you will feel comfortable and at home with us!

Kind regards,

Herman Woerdenbag  
Programme director BSc Pharmacy





# EDUCATION SUPPORT CENTRE

EIK 2020

Welcome to Pharmacy, on behalf of the Education Support Centre

The Education Support Centre (ESC) welcomes you to the Pharmacy programme. The ESC is available for students and teachers. Together, we make education possible. We would like to inform you about who we are and how you can reach us.

The ESC is located both in the Bernoulliborg on the Zernike Campus and at the A. Deusinglaan (abbreviated as “ADL”, UMCG-Noord). When you study Pharmacy, you will usually have contact with the ESC team that is located at ADL. Here you will find the academic advisors (Lisette Klein and Mirjan van Timmeren), the educational programme coordinator (Lidia Westers) and the student administration (Bettina Fontein and Margriet Hulshof). Our secretaries support this team.

The ESC, together with Herman Woerdenbag (Deputy Director of Pharmacy bachelor education) and Practicumbeheer Farmacie, organise the education from timetable to the course evaluations. Of course, the ESC - location ADL is also there for the student, from information activities, checking study results to graduation ceremonies and everything in between and beyond. We welcome you to come by for all your questions.

The academic advisors know everything about the programme, the scheduling, the department, etc. For ways to plan your study program, study progress, catching up on lectures or exams because of illness, your choice of specializations and electives, please contact the department's academic advisor.

We are looking forward to meet all of you!



## BOARD OF P.S.

Dear freshmen,

Your next adventure is about to start. You chose to be educated as a Pharmacist and we are very happy to welcome you to the study Pharmacy. It will be the centre of your life the following years. At first, it seems like a very long time, but time flies when you're having fun. You need to enjoy every moment. As a study association, we would be glad to be part of these moments through the many things we have to offer.

G.F.S.V. "Pharmaciae Sacrum", commonly abbreviated to P.S., is the name of our study association. It means "the sacred of the Pharmacy" in Latin. Our members are students from Pharmacy or Pharmacy-related studies. We are proud to say that P.S. is the oldest association in Groningen, founded in the year 1881.

On both a social and an educational level, P.S. can provide numerous things as a study association. We organize plenty of workshops and informative activities that are a great addition to your curriculum. We also sell accessories that are necessary for the practical courses that you will follow in the upcoming years. Lastly, we organize a great number of social activities such as the monthly P.S.-Social Drink, where you can catch up with your fellow Pharmacy students.

At the Faculty Introduction Day, on Friday the 28<sup>th</sup> of August, you will be given a virtual tour of our faculty and get to know more about the study Pharmacy. On this day, you will also become acquainted with our study association. We will show you our boardroom (het Hok), where you are always more than welcome for a cup of coffee, to have lunch, to play a game or to ask questions. When the faculty opens again, you can find us at the boardroom from 9.30h to 17.00h on (almost) every weekday.

After the tour, you will virtually meet the P.S.-moms or P.S.-dads and the fellow first year Pharmacy students of your introduction group. This is a perfect moment to get to know them better, but also to ask questions about studying Pharmacy and everything that comes with it. After that, we will play an online pubquiz where we will test the knowledge of your introduction group. At the end of this day, you will be more familiar with your fellow Pharmacy students and with the study Pharmacy.

Given the circumstances, we are not sure yet if the First-Year Introduction Camp will take place or not. If it does, it will take place from the 4<sup>th</sup> to the 6<sup>th</sup> of September and it will be a weekend full of fun games, partying and a great time. Most of all, it will be a great opportunity to get to know your fellow students better! The camp is organized by the Introduction Committee, one of the many committees of P.S.

We wish you a fun introductory period and the best of luck with the study Pharmacy. We are very excited to see you at the Faculty Introduction Day, at the Introduction Camp, at other P.S.-activities or at the boardroom throughout the year.

Kind regards,

The 139<sup>th</sup> board of G.F.S.V. "Pharmaciae Sacrum",

Lotte Hulskotte  
Nina Nooteboom  
Floris Hofman  
Lemke Slijkhuis  
Rob de Hond

Praeses  
Ab-actis  
Quaestor  
Assessor I  
Assessor II



## BOARD OF K.N.P.S.V.

Dear first-year pharmacy students,

Here it is, your first week as a real student. Everything is probably new and exciting, but also quite uncertain and unsettling. No worries, we have all been there, it is only the beginning of maybe the best years of your life. Part of your study time is of course meeting and experiencing new people. That is why this first year introduction day is organized, to introduce you to your fellow pharmacy students and to get to know them. Unfortunately, this day will be held online. Yet, you can still have a little student life experience since the study associations will show you around. We, the K.N.P.S.V., will be present during the online introduction day to meet you and inform you. Of course we will also party with you later when this is possible again!

But who are we? The K.N.P.S.V. is the Royal Dutch Pharmaceutical Student Association. It is the national association that represents all the (bio-)pharmacy students in The Netherlands. The K.N.P.S.V. consists of three departments: G.F.S.V. “Pharmaciae Sacrum” from Groningen, L.P.S.V. „Aesculapius” from Leiden and U.P.S.V. “Unitas Pharmaceuticorum” from Utrecht. The K.N.P.S.V. board consists of five students from one of the above cities. This year the board of K.N.P.S.V. is formed by Pharmacy students from Groningen. In addition to the associations mentioned above, we have one trial member, the Association for Chemistry Students of the Open University of Amsterdam (VCSVU).

The K.N.P.S.V. organizes several activities to bring (bio-)pharmacy students in the Netherlands together. Amongst other activities, the K.N.P.S.V. organizes an annual Congress, and an exchange weekend. Besides the educational part of these activities, the program consists of an exciting social part. These activities are organized by different committees consisting of members across the different cities and study years. These inter-city committees greatly expand your group of friends and introduce you to the student life in other cities and you can become a part of that!



Furthermore, as the K.N.P.S.V., we have some unique international connections, which you can use to your advantage to make the most of your time as a pharmacy student. We are part of the European Pharmaceutical Students' Association (EPSA) and the International Pharmaceutical Students' Federation (IPSF), who organize some huge events. In particular, EPSA organizes a congress twice a year, in different European countries. And in collaboration with IPSF, members of K.N.P.S.V. have the possibility to take on an internship abroad with the Student Exchange Program (SEP). IPSF also organizes a congress in which you can participate. So, if you want to broaden your horizon, we are here for you!

Together with the other board members: Emma van Rijn, Henrik Huizinga and Katie Remmers. We hope to see all of you online during this day! After that we will be present at several P.S. activities. We will be the ones wearing the red shirts with the blue cardigans, so always feel free to have a drink and chat with us!

We are looking forward to meeting you!

On behalf of the 118th board of the K.N.P.S.V.

Ulrike van Ark

h.t. president



## ALMANAC COMMITTEE

Dear freshmen,

We are the Almanac Committee and have the honour to create the 35th Almanac of G.F.S.V. "Pharmaciae Sacrum". At the famous AlDi-party, the Almanac will be revealed (as well as the theme of the Dies).

Normally we are present at the introduction day to make a picture of you, but unfortunately this is not possible. So we will find another opportunity to make this happen.

Our committee consists of 6 members. Our assessoraat consists of 3 members, our assessor III is Kimberly Kooy, our assessor II is Jens Lammers and our assessor I is Anieke Hofhuis, together they form the most important part of our committee with their "gezelligheid". Our quaestor a.k.a. man of the finance is Sander Delwig. Wies van Bakel is our ab-actis, she makes sure every e-mail is sent. Last but not least is our praeses Manon Wilpshaar, she makes sure everyone does their tasks and everything is done in time.

Every year the Almanac has a different theme, the theme of this year is still a secret for everybody! So our most difficult task, next to the deadlines, is to keep it a secret. Hopefully, everyone can do so...

Hopefully, you will all have a wonderful introduction day and weekend! See you at one of the many P.S.-activities and especially the AlDi-party!

Lots of love,

The 35th Almanac Committee 2020-2021



## BOOKS OFFICE

Dear students,

In a few weeks, we will unfortunately have to say goodbye to the summer holidays with pain in our hearts. The alarm goes off early and the thick textbooks reappear. But don't worry, you will have a great year ahead with many fun activities. In addition to these activities, it is of course important that you will graduate.

The Books Office is part of the study association G.F.S.V. "Pharmaciae Sacrum" (P.S.) and is the responsibility of the assessoraat of the board. There is a discount on the study books especially for P.S. members. You can order these on the following site: [psgroningen.nl](http://psgroningen.nl). In addition, our responsibility is to provide all members with lab articles and P.S. merchandise such as ties, pins, sweaters and many other fun gadgets. You can pick up these gadgets at the P.S.-boardroom. This year the range of P.S. articles will be supplemented with a beautiful P.S. sweater which we will design.

Lemke will be the chairman of the Books Office this year and Rob will take care of the financial affairs. You are always welcome in the P.S. hok where you can enjoy a cup of coffee or lunch with us.

If you have any questions, you can contact us at any time in the P.S.-boardroom (building 3213, room S06). You can also send an email to: [board@psgroningen.nl](mailto:board@psgroningen.nl). We hope to see you in the P.S.-boardroom!

Kind regards,

The Books Office

Lemke Slijkhuis and Rob de Hond



# CHARITY, ENTERTAINMENT AND SPORTS COMMITTEE

Dear first years,

We are the Liefdadigheid, Ontspanning en Sport Commissie (LOS), this also known as Charity, Sports and Entertainment Committee. After the introduction camp a new LOS will be formed. As a freshman you can also join this committee and become an active member at P.S. Our current and lovely LOS committee consists of Jip (praeses), Marijke (ab-actis), Hessel (quaestor), Maud (assessor 1) and Floris (assessor 2). Also known as “OpgeLOSt”!

Now a bit more about the role of this committee in P.S. You will organize some activities during the year. The first activity is the LOS sports night, where we organize a sport activity, have a nice dinner and have an entertainment activity afterwards. The second activity is the Rijwiel Prestantie Tocht (RWPT) Bicycle Tour in which we organise a bike trip around 30 kilometres through the beautiful city of Groningen. During this trip there is a lunch, some group activities, a dinner and at the end of the day another fun activity with some fresh beverage, like wine, beer or soda. The last activity is the Charity Activity, this means that you have to do something nice regarding a specific cause. You can earn money by doing something creative and then donate the collected money to a certain charity, you could also provide some volunteer-work and make lots of other people happy!

We hope to see you at all the activities!

Joejoe,  
“OpgeLOSt”





# COMMITTEE PHARMACEUTICAL SCIENCES

Dear all,

We are the Committee Pharmaceutical Sciences 'SSS'.

Every Monday we get together and have a few drinks! Besides the drinking, we first have dinner together and we discuss the items that our praeses puts on the 'Agenda'.

Talking about our fantastic praeses: Marlyn is the Mama Coco of the committee. She is very caring and always makes sure that everything happens according to plan. Then we have Anna, our ab-actis. She takes care of the emails and you can have a nice chat with her. We also have Menno, our quaeSSStor. He would do anything to make us money. Daan, our assessor I, is full of energy and brings a great vibe to every monday evening. Last but not least, we have Vera. As a real assessor II she likes alcohol, which is why you should buy her a drink every time you see her in 't Vaatje.

As the 'SSS' committee, we organize three activities during the study year: the 'First-Year Symposium', the 'Senior Symposium' and the 'National Business Trip'. During the National Business Trip, you will visit three pharmaceutical companies and stay in a hostel in a fun city where you will have a great night out. The 'SSS' committee is a very fun committee and is also very educational! So, all the more reason to join this amazing committee and get to know P.S.!!

Kisses,  
'SSS'



# DIES COMMITTEE

Howdy party animals,

We form the Dies committee. We consist of Kenza, Rutger, Wietske, Daan, Jan-na and Sybrand. We organize the annual birthday of this fantastic association. It is the most important and most amazing party of the whole year. During this week-long celebration, we organize a lot of fun events. We introduce the events during the real anniversary of P.S. on December 12, during the ALDI-party.

In the beginning of February, the actual Dies will finally take place. It starts with a scientific symposium on Wednesday. On Wednesday evening, there is a reception (where all the committees will be invited) which will be followed by the opening party. Thursday evening is the evening of a cultural activity. The DIES week ends with a bang on Saturday with an amazing prom, which will be preceded by a dinner. After that, there is finally time to get some rest, and to start looking forward to the dies next year (which will be a lustrum).

During the Dies week, we are traditionally accompanied by a Helping Committee (HC), which consists of first year students. This is a great opportunity for you to experience the Dies from the closest distance!

See you in February (and at the ALDI-party in December)!

The 139th Dies Committee



# EDITORIAL COMMITTEE

EIK 2020

Dear freshmen,

We are the Editorial Committee and we create our magazine 'Foliolum'. The Foliolum is Pharmaciae Sacrum's paper which is released four times a year. It's used to keep you up to date about the study Pharmacy, our study association and other fun facts with a lot of pictures of all activities.

Our committee name is 'Scribo', which is Latin for 'I write'. The committee consists of 6 members. Ellen Kok, our assessor III, is the newest kid on the block because this is her first P.S. committee. Together with Sylvan Schonewille, assessor II and Luisa Selva, assessor I, they support the others to ensure we make four beautiful magazines. Niek Berends, our quaestor, is the man of the money. Bin Qiong Wang, our ab-actis, is the bouncing ball of the group. While bouncing, she ensures that all emails are sent properly. Thirsa Lohuis, our sweet praeses, holds this chaotic committee together, which could be quite difficult in our online meetings.

Normally, we would eat together every Monday. But, because of Corona we now stick to skype meetings and drinks. Hopefully, we can eat together again soon and then we are joining all the other committees of P.S. to have dinner together and play our amazing boardgame.

We hope to see you soon and we are looking forward to meet you all at the many P.S.-activities!

Lots of love,

Editorial Committee 2020-2021 'Scribo'



# END-OF-SCHOOLYEAR CAMP COMMITTEE

Dear first years,

We are the End-of-Schoolyear Camp Committee also known as the JAK! We organize the most fun and relaxing camp to blow off all the steam and stress from the academic year. As JAK, we spend the school year for planning an exciting program for all students from all the years of Pharmacy. A whole weekend to party together, you don't want to miss it!

During this camp, we do lots of fun activities. The first day we set up our tents, have a meal, and get ready for our first theme party. After a long night, we have a nice breakfast together, to regain energy for the Outdoor Day! Every year there is a different program, such as going to an adventure park or an amusement park. During the outdoor day we have a lot of fun spending time with our friends and/or new people! After this exhausting day, we head back to our camp for the collective BBQ. But after a good meal the next activity is already waiting, in particular, the JAK Beer-games. After this, we let loose again at the second theme party. On Sunday morning we pack all our stuff to contentedly go back to Groningen.

Hopefully you got a bit of an idea of what we do during the JAK, and we would love to see you there next year!

With kind regards,  
End-of-Schoolyear Camp Committee  
"KortJAKje"



# FIRST-YEARS COMMITTEE

EJK 2020

Dear all,

The First-Years Committee organises 4 theme parties for every member of the study association Pharmaciae Sacrum. You can also bring guests with you to our parties. The thing we like to do most, is thinking of a theme and to dress up as best as we can so it feels like you are in a whole different world.

What you do in the First-Years Committee is not very difficult, but very educational. You have to organize a party for around 150 people. To achieve that you have to find an appropriate pub or club to give the party also with the amount of money you are allowed to spend. The role of the First-Years Committee is very nice. It is like a party for all the members of Pharmaciae Sacrum so you get to know all the different members, the older people who are on their way of finishing their study and students who just started with Pharmacy and are still studying for several years. It is very fun to do, because you get to know a of people in both Pharmaciae Sacrum and your own committee. Every Monday we eat together and we make plans and brainstorm for our next party!

Kind regards,  
EJC





# FOREIGN TRIP COMMITTEE

Dear first years,

This year we: Joost, Morgan, Sharon, Salomé and Henk-Jan are honoured to organize the foreign trip in 2021. The destination of our trip still has to be set, however one thing is for sure, it will be amazing!

Our praeses Joost will get the best out of us, but does not forget to live his best life and enjoys a small drink. You know the Dutch word 'gezellig'? This is some sort of mix between convivial and sociable. That is Joost. Our ab-actis Morgan maybe looks a bit shy at the beginning, but when you get to know her, she brings fun and laughter to the group. The originally Frisian girl likes going out and having some drinks. Sharon, our quaestor, controls the finances of our trip. She is always in for a laugh, even if the joke isn't that good. Also, with her cheerfulness she will stand by your side to put a smile on your face. Salomé is our assessor I and stands ready with her smile to get to know and see all of you during the upcoming year. With her enthusiasm she will bring good ideas to the group. Henk-Jan our assessor II has a bit of a time management problem. Even when he has nothing to do all day long, he doesn't manage to be on time. Some say 'Wisdom comes with age', but unfortunately this is not observed yet as oldest person of the committee.

Unfortunately, the trip is not for the first years but we hope that you will join this amazing trip later on in your student life!

Love,  
BECpack





# MULTIMEDIA COMMITTEE

Dear freshmen,

We are the Multimedia Committee (MMC) and we are responsible for capturing the great moments during events of Pharmaciae Sacrum (P.S.), so these will never be forgotten. Besides taking pictures, we are responsible for the promotion of the upcoming events by creating posters. These posters will be placed throughout the faculty to keep every student up to date. Other committees can also ask for help of the creative minds of the MMC, for example to help with making a poster.

As the MMC there is a lot of freedom besides the already existing tasks. Previous year all the favourite meals of the committees were collected and put in a book. We decided to make a book with the favourite committee games played on Mondays.

With regards to being an active member of P.S. we would highly recommend joining a committee, as you would meet a lot of new people and can make friends for life. The MMC is also a good committee to start with, as the tasks are not very time consuming, but you get to experience everything a committee does. It is thus best of both worlds! We hope to see your new faces during the Introduction Camp, where we will be seeking two members for the new Multimedia Committee.

Love, MMC Santé



# STUDENT COUNCIL PHARMACY

Dear first-year students,

At first, I would like to personally welcome you to the study of pharmacy. Although the study Pharmacy is more often than not a second choice, you will find that it has amazing and unique qualities unrivalled by other studies. One of the most unique qualities is our study association, namely Pharmaciae Sacrum.

As the chairman I have the privilege of addressing you on behalf of the Student Council Pharmacy committee or STudenten Overleg Farmacie (STOF) in Dutch. This committee is one of the, if not the most important committee within the study association. In short, we as STOF committee are occupied with improving the study Pharmacy for both Bachelor and Master students. We accomplish this by discussing the comments and remarks of students with different faculty departments during one of our STOF-meetings. In the crucial task of collecting comments and remarks of students we are backed by the year representatives. Each year has two year representatives, they are figuratively speaking our eyes and ears within the study.

If all the activities stated above aren't enough, we as STOF also organise the first-years parents day, teacher of the year elections, educational afternoon and the theme meeting. Currently, the STOF committee is made up of four extraordinary members. We can be seen in the picture below. From left to right there is myself, Lotte, Anieke and Ruud. Hopefully in the near future we will meet at one of the activities of Pharmaciae Sacrum.

I wish you good fortune in your study.

Yours truly,

Frank Pierik

Chairman of the Student Council Pharmacy



# TECHNICAL SUPPORTING COMMITTEE

EIK 2020

Hi everyone!

We are the T.O.C., short for Technical Supporting Committee. The T.O.C. is the youngest committee of P.S. and was founded last year as successor of the Internet Committee.

Our committee consists of five people: Adnan, Remco, Cees, James and Rob. Adnan ('Zadnan') is our chairperson and leads the meetings. Remco ('Petje') is our secretary and keeps track of everything we blur out during our meetings. Cees ('Mr. Boon') is our judge and makes sure we all follow our rules. James ('Jamoesi') is our Adobe expert and has all the knowledge about Photoshop and InDesign. Rob ('The Dawg') is our newest member and a Freshman. He will be the future Tech-Guru of P.S.

Unlike many other committees of P.S. we don't organize many activities. It is our task to support the association with all technical affairs. You can see us as the back office of the association. This task is mainly done by good communication with the board, but also by answering questions of other committees and members. We help by doing things like installing hardware where needed and we give advice for every big purchase the association must make on technical purview. We also give short courses about the use of the Adobe programs, Photoshop and InDesign, to help others realize their ideas. We do organize ONE very awesome activity: the Game Night! This night is full of both video- and boardgames and having fun together. Its first edition (2k19) was a big success and WE WILL BE BACK #Arnie #2k21.

We hope to see you all in "het Vaatje"!

Love,  
the T.O.C. 2019-2020



# VILLA VOLONTÉ

Dear all,

There are a lot of things happening right now, at the start of your student life. One of these new, fantastic things is “Villa Volonté”. Perhaps you haven’t heard of the phenomenon Volonté yet, but that will change shortly. Volonté is the bar of the medical faculty, run by and for students of Pharmacy, Medicine, Human Movement Sciences and Dentistry/Dental Hygiene. For 37 years and counting, students resort at Volonté for drinks, parties and activities! Together with the tappers, we run our bar with much love and joy.

We’ve been present at the introductory camp to provide you with the necessary beers, and this year we are ready to serve again! We would really enjoy you having a beer together with us during the introductory camp, but you can also go to the tappers for all your questions surrounding Volonté.

We hope to welcome you after the camp at Villa Volonté. It is the place for Pharmacy students to unwind, gather and enjoy a drink. You can feel it coming, you cannot and do not want to avoid Volonté. The door is always open for you at Schuitendiep 86!

Greetings on behalf of all the members,

Vincent Loeff

h.t. Voorzitter der Stichting Sociëteit Volonté





# *De Toeter*

## *Whisk(e)y- & Speciaalbiercafé*



### **WHISK(E)Y- & SPECIAALBIERCAFÉ DE TOETER**

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Wij garanderen kwaliteit met goede service en de keuze uit een ruim assortiment aan Single Malt Whisk(e)y's, 19 bieren van de tap en meer dan 200 bieren op de fles.

Probeer ook eens één van onze verrukkelijke tapasplankjes of met zorg bereide Bier- & Spijscombinaties.

Wellicht lijkt het jou en je gezelschap leuk om mee te quizen met één van onze wekelijkse Pubquizen op woensdag om 20.00u en/of op zondag om 19.00u? Op zondagavond vanaf 22.00u is er Special Sunday met speciaalbier en whisk(e)y's voor de helft van de prijs.

Daarbij is er iedere 1e donderdag v/d maand de Pop & Showbizzquiz!

*De Toeter.. een belevenis om van te genieten!*

Kijk voor meer informatie op [www.cafedetoeter.nl](http://www.cafedetoeter.nl)







G.E.S.V.

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PHARMACIAE SACRUM

SINDS 1881