



**Candidate faction
2025-2026**

ELECTION PROGRAM LIJST STUDENT ERKEND

STEMSTERK.NL



Foreword

Dear students,

Lijst STERK is proud to present the 2025–2026 election program. With this program, we aim to give you a clear understanding of our vision and plans. A list with a strong vision for a better student experience at Hanze. Not only does education deserve attention, but so do student well-being, the quality of the learning environment, and genuine student participation.

The University Participation Council plays an important role in shaping policies that directly affect students. Lijst STERK is committed to representing the student voice in this decisionmaking process.

Mental health, a clear curriculum, appropriate education, and room for personal growth are at the heart of this programme. Student needs do not belong in the background, they belong at the decision-making table.

This program was carefully created by the 2025–2026 candidate faction members. We conducted thorough research into what's actually possible and, most importantly, the real challenges students face in practice.

We warmly invite you to take a closer look and join us in building a stronger student representation.

Strong for students. Strong for change.

On behalf of Lijst STERK,

Quynh Pham
Lead Candidate 2025–2026

Table of contents

Foreword	2
Abbreviations List	5
In Brief	6
Vision	8
What Has Lijst STERK Already Achieved?	9
Introduction	10
Introductory	11
1. Studying without stress	12
Students as co-creators of education	12
Silent Workspaces Without Reservation	13
Better Climate Control in Classrooms	13
More Green Spaces at Hanze	14
Hanze-Wide Introduction Policy	14
In Summary	15
2. Communication	16
Clarity of Timetables	16
Transparency After Panel Discussions	16
Curriculum Clarity	17
3. Saving money	18
Packaging machines	18
Giveaway areas	18
Affordable sports	19
Hanze Facilities	20
Student Flexibility and Choice in Education	20
Longer opening hours and fairer prices for canteens	21
Easy and Sustainable Transportation Between Hanze Locations	21
Parking and Bike Racks at Hanze	21
5. Student well-being	23
Student Well-being: Preventive and Positive	23
Accessible and Visible Support for Every Student	23
Structural Support for Students with Study Delays	24

6. Internationalization	26
Buddy Program for International Students	26
Information on Housing for International Students	26
Information on Dutch Culture and Society	27
Clear and Accessible Information Services	28
Closing remarks	29

Abbreviations list

- Lijst STERK – Student Recognized List (Lijst Student Erkend)
- HMR – University Participation Council (Dutch: Hogeschoolmedezeggenschapsraad)
- EC – European Credit
- SB'er – Study Coach (Dutch: Studiebegeleider)
- RIVM – National Institute for Public Health and the Environment (Rijksinstituut voor Volksgezondheid en Milieu)
- BSA – Binding Study Advice
- PSA – Personal Study Advice

In brief

Studying without stress

A healthy and stimulating learning environment is a key factor in helping every student succeed. That's why Lijst STERK advocates for more student involvement in education, enabling them to actively contribute to improvements. This starts with structured feedback loops and visible results from student input. Lijst STERK also wants to expand the number of quiet study spaces without a reservation system. Additionally, climate control in classrooms should be optimized to improve comfort. Lastly, Lijst STERK calls for more greenery on campus not only to improve the atmosphere but also to contribute to Hanze's sustainability goals.

Communication

Lijst STERK is committed to a study environment where clarity and predictability come first. Students plan their lives around studying, work, and relaxation, which makes timely schedules, a clear curriculum, and transparency about feedback essential. Unfortunately, this is still lacking in many areas, and Lijst STERK wants to change that. First, timetables should be available well in advance so students can plan their work and free time effectively. Last-minute changes should only happen in exceptional cases and must always be clearly communicated. Furthermore, Lijst STERK advocates for transparency regarding the curriculum. New programmes are sometimes introduced suddenly, causing confusion and making students feel like test subjects. Programmers must communicate changes clearly and in a timely manner so students know what to expect. Finally, Lijst STERK wants more transparency after panel discussions. Students who provide feedback should be able to see what happens with it. By reporting back annually on what improvements have been made, student input is not only heard but also valued and made visible.

Saving money

Student life is expensive, with rising costs for study materials, food, and sports. Lijst STERK advocates for measures that help students save money while also improving campus sustainability. For example, we support installing deposit return machines so students can get their bottle and can deposit back instead of throwing them away. This encourages recycling and saves money. Lijst STERK also wants to introduce "free corners" on campus places where students can leave old (school) supplies and pick up free materials they need. This makes expensive books and supplies more accessible. Lastly, Lijst STERK pushes for affordable sports options. Sports contribute to both physical and mental well-being and should not become a luxury. Educational institutions must retain the freedom to offer sports facilities at affordable rates so every student can stay active.

Hanze facilities

Hanze has locations spread throughout Groningen, including the Zernike campus, Wiebenga, and Minerva. Many students rely on public transport to reach these places. Lijst STERK advocates for reducing this dependency. First, with Hanze shared bikes, every student can easily and quickly get from one location to another. Secondly, by pushing for better parking policies—Hanze wants to increase parking fees, but Lijst STERK opposes this. Lastly, we advocate for more bike parking spaces, so students can cycle to any Hanze location and

park their bike without hassle. Lijst STERK also supports flexible studying. Students should be able to shape their studies, in addition to the standard curriculum, in a way that suits them.

Student well-being

Lijst STERK advocates for a positive and preventive approach to student well-being. Regular conversations between students and student counselors (SB'ers) are key. These allow for early detection of issues, making it easier to arrange support or referrals in time. Hanze also offers student psychologists, but they are not visible enough. Lijst STERK wants mental health support to be more accessible and easier to find. Students should know exactly where to go this lowers the threshold for seeking help and prevents issues from escalating unnecessarily. Finally, Lijst STERK pushes for consistent support in cases of study delay. Students who fall behind often lose contact with their counselor, which worsens the situation. We believe this must improve, with ongoing guidance so no student is left behind.

International support

International students enter a completely new culture when they come to study in Groningen. Lijst STERK wants to make this transition easier. One way to do this is by introducing a buddy programme, where a senior student guides the international student and provides practical advice about their studies and life at Hanze. Lijst STERK also supports informative sessions on housing, Dutch culture, and society to ensure international students are well-prepared for their time here. Lastly, we advocate for clear and consolidated information. In the first few weeks, students receive a lot of info by bundling this into a single resource, they can easily find it later. In this way, Lijst STERK ensures every international student gets a fair and wellinformed start in Groningen.

Vision

Lijst STERK believes in an educational environment where students are seen as independent and responsible individuals. Freedom and responsibility are key: students should have the space to shape their own academic journey, explore what truly interests them, and develop themselves broadly both within and beyond the curriculum. This also means making room for entrepreneurship, board work, and involvement in study associations, which serve as valuable bridges between education and real-world practice.

Lijst STERK sees high-quality education as more than just the transfer of knowledge. Education should contribute to the personal development of students and prepare them for the job market. Studying is more than simply completing required courses; true growth happens when students are empowered to take charge of their own learning process. This calls not for restrictive rules, but for trust in the thinking and discipline of students.

Lijst STERK advocates for collaboration between students at Hanze and the University of Groningen. Multidisciplinary cooperation leads to innovative ideas and solutions to societal challenges. Educational institutions should actively support this, as should study associations, which play a vital role in facilitating these connections.

In short, Lijst STERK stands for a free, engaged, and high-quality student culture one that values initiative, feedback, and personal growth.

What has Lijst STERK already achieved?

Since its founding in 2014, Lijst STERK has firmly established itself as a strong advocate for student interests at Hanze. By maintaining ongoing dialogue with both students and the university's administration, concrete improvements have been made in recent years in the areas of education, well-being, and facilities. Below is an overview of what Lijst STERK has already accomplished for Hanze students.

- ✓ **Picnic benches:** Several picnic benches have been installed across the campus. These benches offer students a place to study together, have a meal, or simply catch up. They help create a welcoming atmosphere and contribute to a sense of community and openness on campus.
- ✓ **Free menstrual products:** At Hanze, free menstrual products have been made available in many women's restrooms. By offering these products at no cost, taboos are broken, inclusivity is promoted, and students can focus fully on their education without having to worry about essential needs.
- ✓ **Student psychologists:** Many students struggle with mental health issues during their studies. That's why Lijst STERK has strongly advocated for the presence of student psychologists at Hanze. These psychologists can help prevent and address the challenges students face.
- ✓ **Parking policy:** Parking at Hanze has become increasingly expensive, but Lijst STERK succeeded in limiting the fee increase to €10 instead of the proposed €15. In addition, the parking barriers are now open after 7:00 PM.
- ✓ **Prayer room:** A prayer room has been established at Hanze. This space provides students from diverse religious backgrounds the opportunity to practice their faith in a respectful and safe environment.
- ✓ **BSA to PSA:** The first year can be challenging for some students, but that doesn't mean it defines their entire education. That's why Lijst STERK has worked hard to change the Binding Study Advice (BSA) to a Personal Study Advice (PSA), offering students more flexibility and support in their academic journey.
- ✓ **Student well-being:** Lijst STERK has also made significant behind-the-scenes progress. Last year, the Board of Directors included student well-being in their strategic plan. This ensures that Hanze remains a supportive and welcoming place for students.

These points are just a selection of all that Lijst STERK has achieved over the past years. Lijst STERK expresses its gratitude to the previous boards and factions for their efforts in making these achievements possible. In the upcoming academic year, Lijst STERK will continue to stand ready for all Hanze students.

Introduction

Quynh Pham is 20 years old and studying Management in Healthcare. Currently, she is the external coordinator of Study Association Z.O.E.M. During her board year, she has learned more about the HMR and gained further insight into its workings. She is very interested in contributing to decision-making within Hanze and ensuring the voice of students is heard in the council. She views this as an educational and impactful year to represent Lijst STERK.



Luna Kingma is 23 years old and studies HBO-ICT at the Institute for Communication, Media, and IT. He is currently the chairman of the Study Association RealTime. During his time on the board, he became acquainted with Lijst STERK through his active role in the support faction. His mission is to strongly represent all Hanze students in the HMR and to create a better study experience for everyone at Hanze.



Caspar Lunshof is 20 years old and studying Business Administration at Hanze. Currently, he is the chairman of Study Association Homerus. He has been actively involved in improving education for years, including through the program committee, panel discussions, and his board year. Through this involvement, he became connected with Lijst Sterk. Caspar is committed to ensuring that the voice of students is heard and contributing to a better educational experience for everyone in the upcoming year. He sees a year with Lijst Sterk as a valuable opportunity to make a real impact for students.



Douwe Schippers is 20 years old and studies Built Environment at the Institute for Future Environments. He is currently the secretary and internal coordinator of the study association Hestia. Through his involvement with the decentralized student council of his institute, he became acquainted with the university's student council and, through this, with Lijst STERK. His interests lie mainly in representing the student community and student wellbeing.



Jaydee Sanders is 20 years old and studies Applied Psychology at the Academy for Social Studies. She is currently the chairman of the Study Association Gente. During her time on the board, she became involved with Lijst STERK, which sparked her interest in the HMR. She would love to represent the Hanze students during a faction year at STERK.



Floor Smit is 24 years old and studies Applied Psychology at the Academy for Social Studies. She is currently the treasurer of the Study Association Gente. During her time on the board, she came into contact with Lijst STERK and what they stand for. Due to personal experience with study delays, she became more interested in the HMR. She finds it valuable to represent Hanze students and contribute to thinking about an optimal student experience during a faction year at STERK.



Introductory

Students face daily pressure from various aspects of student life. Lijst STERK strives for a better student experience at Hanze University of Applied Sciences. Studying without stress is an important starting point. There is a call for more study spaces, better climate control, and a proper introduction period for every Hanze student. Additionally, efforts are made to promote affordable and accessible sports activities. Attention is also given to improving communication regarding schedules and the curriculum. The current situation requires too much flexibility from students, which can be improved through timely communication and clear information. As student life becomes increasingly expensive, Lijst STERK advocates for deposit return machines and giveaway corners, which also encourage sustainability. To reduce the threshold for international students, we focus on buddy programs and an informative brochure with tips on living and working in the Netherlands. The plan also covers facilities: affordable canteens with extended opening hours, Hanze shared bikes for easy transportation, and affordable parking spaces. Furthermore, it is emphasized that Hanze must actually take action based on student feedback. Therefore, we advocate for more influence on education and opportunities for flexible studying. Finally, student wellbeing is a key theme, with a focus on prevention, quick help, less stress, and attention to wellbeing, especially during times when things aren't going so well.

Therefore, Lijst STERK will focus on:

- 1.** Studying without stress
- 2.** Affordable sports
- 3.** Communication
- 4.** Saving money
- 5.** International support
- 6.** Hanze facilities
- 7.** Your feedback changes education
- 8.** Student wellbeing

1. Studying without stress

Studying can bring a lot of stress. Lijst STERK advocates for a student life with as little stress as possible. This starts right from the beginning of the study: the introduction period. However, this is not uniform across Hanze, meaning not every student experiences a good and equal start. During the course of their studies, students also encounter stressors, such as the lack of green spaces, quiet areas, and proper climate control in many buildings. Lijst STERK believes this must change. Additionally, students who provide feedback often see little result. Therefore, Lijst STERK advocates for consistent and visible feedback, so students know what happens with their input.

Main points:

- Students receive feedback on their provided input.
- Quiet study areas should be accessible without the need for reservation.
- Climate control in classrooms should improve, and students should have influence over this.
- Hanze should incorporate more green spaces.
- A university-wide introduction policy should be implemented to ensure every Hanze student has a good start to their studies.

Every student's time at Hanze should be as smooth as possible, with minimal stress.

Students as co-creators of education

Many students are enthusiastic about their programs but not about how the material is presented. While not everyone learns in the same way, education remains rigid and uniform, with no space for variation. At the end of each block, many programs hold panel discussions with class representatives. These discussions are meant to improve the education based on student feedback. However, what happens with that input afterward remains unclear. True influence becomes meaningful when something is done with the feedback, and that process is made visible.

Therefore, Lijst STERK advocates for more student involvement in shaping education. This can be achieved through strong program committees and by making the outcomes of student feedback consistently visible. A regular feedback loop at the end of each academic year, in the form of a short presentation or an open discussion, will make the education cycle more transparent and motivate students to stay engaged. This will create space for diverse learning styles and foster a culture in which students feel genuinely involved as co-creators of education. Students are the best at knowing what works for them, and by giving them the opportunity to contribute, education becomes not only better but also more tailored for everyone.

Main points:

- More influence for students in shaping education.
- Regular feedback on panel discussion input.
- More transparency about what happens with student feedback.

- Education that better aligns with the diversity of learning needs.

In this way, Lijst STERK will create education that is not only about students but also shaped with them more personal, fitting, and impactful.

Silent workspaces without reservation

Within Hanze, there are several places to study, but finding a truly quiet workspace is a challenge for many students. Most project rooms must be reserved in advance and are primarily intended for group work. The public workspaces are often noisy and offer little space for focused studying. There are already some quiet study areas available, such as in the back of the media library in the Van Olst Tower and in the Wiebenga building. These spaces are valuable but often unknown to students, limited in capacity, or far from the Zernike campus. At the University of Groningen (RUG), there are several large, completely silent study rooms that can be used without reservation, such as in the Heymans building or the University Library. Such spaces are still limited at Hanze, while the need is large, especially during exam periods.

Therefore, Lijst STERK advocates for the creation of accessible quiet workspaces at multiple Hanze locations. For example large rooms where individual quiet work can be done without a reservation system. This creates space for deep concentration, calm, and structure for every student who needs it.

Main points:

- Large, quiet workspaces on campus, accessible without reservation.
- The ability to work in complete silence, also outside exam periods.
- Equal opportunities for every student to study in concentration.

Lijst STERK believes that silence should not be a luxury but a basic need for every student. Therefore, Lijst STERK advocates for structural quiet spaces that are visible, accessible, and without hassle.

Better climate control in classrooms

Students spend a lot of time in classrooms and project spaces. A comfortable and healthy indoor climate significantly influences concentration, productivity, and overall wellbeing. However, many students experience uncomfortable temperatures in classrooms. Lijst STERK advocates for structural improvements in climate control in classrooms. This involves not only temperature regulation but also ensuring adequate fresh air, healthy CO₂ levels, and avoiding drafts or temperature fluctuations. Students should have the ability to influence their learning environment, with open windows, easily adjustable thermostats, and clear points of contact for complaints about indoor climate.

Lijst STERK advocates for a quick response to signals from the educational practice and for including climate management in the long-term plans of Hanze. A healthy indoor climate is the foundation for a productive learning environment.

Main points:

- Attention to a healthy and stable indoor climate in classrooms

- Expansion of CO₂ meters and smart ventilation in all buildings
- More influence for students on their learning environment
- Faster response to complaints about temperature or ventilation

Lijst STERK believes that a healthy learning environment is not optional but essential.

More green spaces at Hanze

More greenery on campus is not a luxury but an investment in wellbeing, atmosphere, and sustainability. Green spaces are proven to reduce stress, increase concentration, and promote social interaction. Additionally, more plants improve air quality and enhance the appearance of the campus. A green learning environment feels livelier and invites meeting and relaxation, exactly what you need alongside studying. The effectiveness is evident in the fact that plants are rented during open days to make the campus more attractive to prospective students. It is well known that greenery contributes to a positive experience, why not make this experience permanent for the students and staff who are here every day?

Main points:

- A green campus with plant boxes and green roofs.
- Drawing inspiration from existing initiatives such as the 'climate tree.'
- Supporting wellbeing and concentration through the proven effects of greenery. Lijst STERK believes that a green campus should not be a temporary decoration but a lasting investment in the wellbeing of students and staff.

Hanze-wide introduction policy

The introduction period at the beginning of a study program plays a crucial role in the success and well-being of new students. During this time, students make their first connections with fellow students, get to know their program, and become familiar with the broader environment of Hanze. This helps them feel at home more quickly, start their studies with greater confidence, and increases the likelihood of academic success and engagement. However, there isn't always sufficient space for a proper introduction period, and there are disparities in how programs organize introduction camps—if at all. A strong introduction period contributes to social integration, faster orientation, student well-being, and a sense of belonging. A well-structured introduction helps new students become familiar more quickly with both their surroundings and their fellow students. It also fosters a greater sense of confidence, which can lead to reduced dropout rates and increased motivation.

Lijst STERK therefore advocates for the implementation of a Hanze-wide policy on the introduction period, ensuring that every student, regardless of their program or institute, has the opportunity to start their higher education with a solid foundation.

Main points:

- Hanze develops a common policy framework, setting out minimum requirements and quality criteria for introduction programs.
- Attention to social bonding, physical orientation on campus, academic content introduction, and wellbeing should be a standard part of every program.

- Students and study associations should be actively involved in the organization of the introduction.

A Hanze-wide policy ensures that every student feels welcome, prepared, and connected from day one.

In summary

Every student should have the best possible experience at Hanze. This should be achieved through a university-wide introduction policy, ensuring every student starts off on the right foot. The overall experience at Hanze can also be improved with more green spaces, better climate control, and quiet areas accessible without reservations. Finally, students should be satisfied with the content of their education—when they provide feedback, it should be reflected in changes. Lijst STERK therefore also advocates for a consistent feedback loop after panel discussions.

2. Communication

Clear communication is essential for an enjoyable and successful student experience.

Yet many students face unclear timetables, limited follow-up after feedback sessions, and confusion about curriculum changes. That's why Lijst STERK advocates for structural improvements in the flow of information within Hanze University. Students deserve to be informed about their studies in a timely, clear, and complete manner. This leads to less stress, greater clarity, and more space for life outside of education.

Main points:

- Clarity around timetables
- Transparency after feedback panels
- Clear communication about the curriculum

Whether it's about schedules, feedback processes, or curriculum updates, reliable and transparent communication is the key to a more stable academic environment in which students feel heard and respected.

Clarity of timetables

Lijst STERK advocates for more transparency and predictability regarding timetables at Hanze. Students deserve to know well in advance what to expect. Therefore, Lijst STERK wants timetables to be made available earlier. An early and reliable timetable makes it easier to schedule work, ensures a better balance between study and personal life, and prevents unnecessary stress. It also allows for better organization of social activities and relaxation periods.

Furthermore, Lijst STERK advocates for no last-minute changes to timetables. If changes are absolutely necessary, for instance due to illness, they must always be communicated via email to the affected students. Lijst STERK calls for a timetable policy that is student-friendly: clear, timely, and stable.

Main points:

- Timetables to be made available earlier
- Reliable and predictable scheduling
- No last-minute changes, unless absolutely necessary
- Changes always communicated via email

With a clear, timely, and reliable timetable, Lijst STERK ensures peace of mind, clarity, and room for life outside of study.

Transparency after panel discussions

At the end of each block, many programs hold panel discussions with class representatives. These discussions are meant to improve education based on student feedback. However, it often remains unclear what happens with this input afterwards. Students rarely hear whether their comments have had any effect. Lijst STERK believes that student input only becomes truly meaningful when feedback is given. Therefore, we advocate for a fixed time when programs make clear what has been done with the feedback from the panel discussions. This

could be, for example, at the end of the year in the form of a brief presentation or an open conversation with students.

This way, a transparent and cyclical improvement process is created in which students can also experience the results of their involvement. Additionally, this moment provides space for further input or questions, ensuring that students feel taken seriously in their role as part of the education improvement process.

Main points:

- Transparency regarding what happens with student feedback after panel discussions
- Annual feedback on educational improvements based on student input
- Actively involve students in the improvement cycle of their program

This is how Lijst STERK turns student feedback into a visible and valuable part of educational improvement, where students not only contribute ideas but also see the results of their voice.

Curriculum clarity

Lijst STERK stands for the right of students to have clarity and predictability in their study programs. A good, stable, and well-thought-out curriculum is the foundation for academic success. However, many students feel that this is currently lacking: adjustments and changes are often communicated late or unclearly. This can lead to confusion, additional stress, and delays in their academic progress. Students do not want to feel like guinea pigs in an incomplete or experimental system where they only gradually discover what is expected of them. Many students combine their studies with work, internships, and personal commitments. That's why it's important for them to rely on clear information about their program.

Lijst STERK advocates for transparent communication about curriculum changes and clear planning of study components. By communicating early and clearly, student workload is reduced, and students can better anticipate what is expected of them.

Main points:

- Clear and timely communication regarding curriculum changes
- A stable and predictable study program
- Reducing stress and delays by providing clarity about the program

With this, Lijst STERK ensures a stable study environment where students know what to expect and can face their future with confidence.

In summary

Lijst STERK is committed to honest, clear, and timely communication within Hanze University. Students deserve predictability in their study programs, transparent information about timetable changes, and insight into how their feedback is used. By getting these fundamentals right, we create a study environment that offers calm, clarity, and confidence, allowing students to focus their energy on what truly matters.

3. Saving money

Student life is an expensive cost item for many students. That is why Lijst STERK advocates for changes to make life more affordable and to promote sustainability. First of all, Lijst STERK is committed to the installation of deposit machines, but also to the creation of giveaway corners. Here, every student can drop off their old belongings and take new items. Finally, Lijst STERK also supports affordable sports, as this benefits the mental and physical well-being of students.

Main points:

- Deposit machines to return your deposit bottles and cans.
- Giveaway corners to drop off old items or take new ones.
- Keeping sports accessible and affordable.

In this way, Lijst STERK contributes to a campus where sustainability, affordability, and wellbeing go hand in hand.

Packaging machines

Students bring bottles or cans to school, and since the introduction of a deposit on cans, the need for proper collection facilities has only increased. Currently, these containers are thrown away in general waste bins. This not only wastes the deposit value but also misses an opportunity to separate waste more effectively and make sustainability more tangible. By placing deposit machines, litter is reduced, awareness around sustainability is promoted, and recycling becomes accessible and visible. Other educational institutions have already taken the lead ahead of Hanze and have shown that it works.

Lijst STERK therefore advocates for the installation of deposit machines at central locations within Hanze. At the entrances of large buildings, in cafeterias, or in study areas where many students gather. Students can easily return their bottles and cans here and either donate their deposit to a good cause or reclaim it via a digital system.

Main points:

- Reverse vending machines at central locations on campus
- Less litter, more awareness of recycling
- Ability to donate or save the deposit
- Collaboration with student initiatives and good causes

Lijst STERK sees sustainability as something students should be able to practice every day, even with their empty bottle.

Giveaway areas

Studying often comes with high costs, and for some students, purchasing study materials is a financial challenge. With the recent increase of VAT on textbooks to 21%, it has become even more expensive for students to acquire the materials they need. That is why giveaway corners are so important they provide students with access to free study materials and help reduce the burden of these additional costs.

Lijst STERK advocates for the introduction of giveaway corners at multiple locations within Hanze. These spaces allow students to donate unused or old study materials such as books, summaries, or calculators, so that fellow students can make use of them free of charge. With this initiative, Lijst STERK promotes more accessible and fair education, with sustainability at its core.

Main points:

- Introduction of giveaway areas at multiple Hanze locations
- A dedicated shelf or space per building to collect and share relevant study materials
- The opportunity to offer or take books, summaries, and other materials for free
- Promoting reuse and sustainability within Hanze

Lijst STERK advocates for permanent giveaway shelves at Hanze, for students, by students.

Affordable sports

Sports are not a luxury, but an essential part of student life that directly contributes to both physical and mental well-being. The government's proposal to require educational institutions to charge market-based rates for sports facilities would hit students hard. Increasing the cost of sports places yet another burden on students who are already dealing with financial stress.

Lijst STERK therefore advocates for sports to remain accessible and affordable for all Hanze students, regardless of their program of study. Educational institutions should be given the freedom to continue offering affordable sports facilities, as investing in student well-being is not unfair state aid, but a key component of good education policy.

Main points:

- Sports are a foundation for students' physical and mental health.
- Sports facilities must remain accessible and affordable for all students.
- Educational institutions have a responsibility not to increase barriers to well-being by charging market-level rates.

Through this commitment to affordable sports, Lijst STERK supports a Hanze where well-being comes first and where no student is left behind due to financial barriers.

In summary

Lijst STERK advocates for a more affordable student life. Deposit return machines make it easy to reclaim your deposit while also promoting recycling. Giveaway corners contribute to sustainability and save students money by allowing study materials and other items to be reused. Finally, Lijst STERK is committed to affordable sports, ensuring that financial pressure does not become a barrier to staying physically and mentally healthy.

4. Hanze Facilities

Lijst STERK advocates for more choice and flexibility in the curriculum, allowing students to better align their studies with their personal interests and ambitions. This includes extra elective space, recognition of extracurricular involvement, and guidance for customized study paths. Lijst STERK also calls for extended opening hours for cafeterias to better match students' schedules and for sustainable and accessible mobility via shared bikes between Hanze locations. Finally, Lijst STERK continues to push for affordable parking rates and more bike racks on campus.

Main points:

- Flexible studying
- Longer opening hours cafeterias
- Easy and sustainable transportation between Hanze locations

With this structural approach, Hanze becomes not only a great place to study, but also a place where students can truly thrive.

Student flexibility and choice in education

Students study to work on their future. In addition to their studies, they may have other interests they want to explore. However, it is often not possible for students to delve into subjects or topics they are passionate about. Engaging in a board year at a student association, participating in a departmental council, taking interdisciplinary courses, or engaging in activities related to social involvement, entrepreneurship, or personal growth are currently seen as separate from the curriculum. By adding more flexibility, students can better align their studies with their own ambitions, interests, and career goals. Moreover, this aligns with the desire of many students to develop broadly and contribute actively to the community both inside and outside the institution.

Lijst STERK therefore advocates for more freedom of choice and flexibility within the curricula at Hanze. We propose offering a wider range of options in the elective space of the curriculum. A flexible semester will give students the room to develop in different ways.

Main points:

- In addition to the minor space (usually 30 ECTS), extra elective space of about 15 ECTS will be created in the curriculum.
- Students can use this space to take courses outside their own program or institute.
- Activities outside traditional education, such as participation in a student board or departmental council, can be (partially) recognized as credit.
- Programs will facilitate tailored tracks in which students, with guidance, can shape their own study path.

With more freedom of choice and room for personal input, Lijst STERK makes it possible for students to shape their education in a way that truly aligns with who they are and who they want to become.

Longer opening hours and fairer prices for canteens

Due to varying schedules, late lectures, or project groups in the afternoon, students need flexibility. Access to good facilities is essential for a healthy and successful student experience. The canteen is an important meeting place and a spot where students can take a break. Currently, many canteens close by 14:00, even though for many students, the day is far from over.

Additionally, Lijst STERK advocates for fair prices in the canteens. We will engage in discussions with other parties to ensure the fairest possible pricing for students. Lijst STERK believes that facilities should align with the rhythm of students. By keeping the canteens open longer, the pressure on students is eased, and more room is created for rest moments and social interactions throughout the day.

Main points:

- Extended canteen opening hours, aligned with students' schedules.
- More rest and flexibility for students with busy or varying schedules.
- Access to facilities when students truly need them.

In this way, Lijst STERK is committed to facilities, like the canteen, that better align with students' daily lives and contribute to greater convenience during their studies.

Easy and sustainable transportation between Hanze locations

Hanze is spread across multiple locations in the city, from Zernike to Wiebenga to Minerva. For many students and staff, getting around these sites quickly and flexibly is challenging, especially when bus connections are poor or when a transfer is required. Lijst STERK advocates for change by introducing bike-sharing. Shared bikes are not only practical but also sustainable. They promote active transport, reduce pressure on public transport, and contribute to a healthier and greener way of traveling. Additionally, this plan perfectly aligns with Hanze's sustainability goals.

Lijst STERK calls for the introduction of bike-sharing on the Hanze campus, such as a partnership with NS for OV-fiets or an independent Hanze bike-sharing system. This would make it much easier to cycle between the locations mentioned above, without hassle or delays.

Main points:

- Accessible bike-sharing between locations such as Zernike, Wiebenga, and Minerva.
- Flexible transportation without relying on public transport.
- Promotion of sustainable mobility.
- Reducing pressure on public transport during peak hours.

With this sustainable mobility plan, Lijst STERK makes Hanze more accessible to everyone and better prepared for the future with flexible, green transport options.

Parking and bike racks at Hanze

Lijst STERK understands the need to encourage sustainable travel behaviors and discourage car use. At the same time, Lijst STERK believes this must be balanced with accessibility and affordability. Thanks to the current faction's efforts, the parking policy plans have been

adjusted. We have ensured that parking costs remain affordable and that accessibility in the evening is maintained, preventing unnecessary hardship for students and staff.

Lijst STERK advocates for keeping parking fees on campus no higher than the current €10 per day. Further increases would be unreasonable according to Lijst STERK, as long as there is no fully adequate alternative for everyone. Additionally, Lijst STERK calls for a permanent expansion of bike racks on and around campus, making it more attractive and practical to cycle to Hanze.

Main points:

- Accessible bike-sharing between locations like Zernike, Wiebenga, and Minerva.
- Flexible transportation without relying on public transport.
- Promotion of sustainable mobility.
- Reducing pressure on public transport during peak hours.

With this balanced mobility policy, Lijst STERK chooses a Hanze that is sustainable, but also affordable and accessible for all students and staff.

In summary

Lijst STERK advocates for more freedom of choice within studies so that each student can shape their education in a way that suits them. Furthermore, Lijst STERK wants Hanze's facilities to better meet the busy and often stressful lives of students. This includes extended opening hours for cafeterias, more bike racks, and preventing further increases in parking fees. Finally, Lijst STERK stands for the introduction of shared bikes to make it easy and sustainable for students to travel between various Hanze locations and the station.

5. Student well-being

Lijst STERK is committed to promoting student well-being at Hanze University of Applied Sciences, with the belief that a healthy and positive learning environment is essential for personal development and academic success. The party aims for a preventive and structural approach to well-being, ensuring that students receive timely support and feel safe and heard. Lijst STERK advocates for measures that contribute to an open atmosphere, accessible support services, and ongoing guidance, so that students can fully develop not only as professionals but also as individuals.

Main points:

- Preventive approach to well-being
- Promoting an open atmosphere where mental health is openly discussed
- Lowering barriers to seeking help and making existing support services more visible
- Structural support for students experiencing study delays

With this structural and human-centered approach, Lijst STERK is building a Hanze where well-being is not a secondary concern, but the foundation for everyone's growth and success.

Student well-being: preventive and positive

A key focus is the regular dialogue between students and their academic or career advisors. These conversations provide space to identify issues early on, as well as to discuss ambitions, doubts, and personal development. By engaging in these discussions at an early stage, problems can be prevented from escalating, and tailored support can be provided. Lijst STERK also stands for creating and maintaining a positive atmosphere on campus. We do this by encouraging initiatives that promote mental health, foster openness about well-being, and strengthen the sense of connection among students. Everyone at Hanze should feel safe, heard, and supported.

Lijst STERK therefore advocates for the well-being of students at Hanze. Lijst STERK believes that a healthy and positive learning environment is the foundation for personal growth and academic success. That's why we push for a preventive approach, where well-being becomes a structural part of everyday life at Hanze.

Main points:

- Preventive approach as a structural part of education
- Regular conversations with study career counselors
- Encouraging a positive atmosphere on campus
- Safe and supportive learning environment for everyone
- Development of the student as both a person and a professional

With this preventive and positive approach, Lijst STERK is building an environment where students can truly develop, not only as professionals but also as people.

Accessible and visible support for every student

For many students, it is difficult to find the right path when they are dealing with questions or problems. Although Hanze offers various forms of support, students often experience a high

threshold to actually seek help. Lijst STERK believes it is important that students are well informed about the existing support services. Many students are still unfamiliar with initiatives such as Hanze Student Support or Peer2Peer, even though these can be incredibly valuable. That's why Lijst STERK supports greater visibility of these services through student ambassadors, study associations, and social (media) channels. In addition, Lijst STERK advocates for making it clear from the introduction period where and with whom new students can turn when they need help. Clear communication from the start contributes to a safe and supportive study environment.

Lijst STERK therefore calls for actively lowering these barriers and for a low-threshold, recognizable, and accessible support system. Students spend a significant amount of time at Hanze, and it should be more than just a place to study it should also be a place where you can bring your concerns.

Main points:

- Accessible, recognizable, and available support system needed
- Better information about existing services
- Improved visibility of support services
- Drop-in hours with student coaches
- Targeted referrals if needed

With this accessible and visible support, Lijst STERK ensures that every student feels heard, helped, and stronger throughout their academic journey.

Structural support for students with study delays

Within Hanze, there are students who, due to various circumstances, struggle to participate in their studies full-time, which can lead to delays in their academic progress. In such cases, contact with the program or a student counselor may decrease, affecting both study progress and engagement.

Lijst STERK therefore advocates for a structural approach in which students with study delays or adjusted study plans retain a fixed point of contact. With this contact person, regular checkins can be scheduled to discuss academic progress and raise any questions. It is also important that there remains sufficient flexibility in timetabling so that students in adjusted programs can continue their studies within their capabilities.

Lijst STERK is committed to ensuring this approach is implemented across all programs, with the goal of maintaining consistent guidance and communication.

Main points:

- Structural approach for students with study delays
- Regular contact moments with a study career counselor
- Flexible scheduling when necessary
- Broad application across all programs

Thus, Lijst STERK is working towards a study environment where no student falls through the cracks and every student receives the guidance they deserve.

In summary

Lijst STERK is committed to a preventive and positive approach to student well-being at Hanze University. By making well-being a structural part of daily educational life, Lijst STERK seeks to identify problems early and provide better support to students. Regular conversations with counselors, creating an open and safe atmosphere on campus, and promoting mental health initiatives play a central role in this. Additionally, Lijst STERK advocates for better access to help, greater visibility of existing services such as student psychologists and Peer2Peer, and easy access to drop-in sessions. For students with study delays, a fixed support structure is proposed to ensure continuity and flexibility. With this approach, Lijst STERK strives for a learning environment in which every student can develop optimally.

6. Internationalization

Lijst STERK is committed to an inclusive and supportive learning environment for international students at Hanze University. International students face significant changes when they arrive in the Netherlands, such as adjusting to a new education system, housing, and culture. Lijst STERK advocates for various proposals that better support international students so they feel welcome and can succeed both in and outside of their studies.

Main points:

- Buddy program for international students
- Information about housing
- Information about Dutch culture and society
- Clear and accessible information services

With this targeted support, Lijst STERK ensures that international students not only feel welcome at Hanze but can truly integrate and grow in their new environment.

Buddy program for international students

International students coming to study at Hanze face a new education system, a different living environment, and many new impressions. By pairing these students with a buddy, they can more quickly find their way through Dutch systems. Within the program the international student enrolls in, there is an active search for students who are willing to sign up as buddies. These buddies—preferably senior students—help international students navigate the Dutch education system and discover their new living environment. This includes practical matters like arranging public transportation and finding sports activities, as well as social events and getting to know Dutch culture. Buddies also offer a listening ear, help build a social network, and serve as an approachable point of contact within the study program. This makes it easier for international students to feel at home.

Lijst STERK therefore advocates for the creation and strengthening of buddy programs that support international students during this transition. Lijst STERK also supports exploring the possibility of rewarding buddies for their efforts with elective credits. This would make participation in the program not only meaningful but also appealing to students who want to make a difference for their peers.

Main points:

- Reducing challenges in the transition to the Netherlands
- Buddy program as support
- Inclusive and engaged learning environment

With this plan, Lijst STERK is committed to creating an inclusive, involved, and international learning environment where everyone feels welcome.

Information on housing for international students

Lijst STERK believes it is essential that all students start their studies well-informed—this applies especially to international students. One major challenge international students

face in their first year is finding suitable and affordable housing. That is why Lijst STERK is committed to organizing targeted information sessions and courses on housing, specifically designed for first-year international students. In these sessions, students receive information about their rental rights, how to identify trustworthy landlords, and what red flags to watch for to avoid housing fraud and scams. They are also informed about how to draft and review rental contracts, register with the municipality, apply for rent allowance (if applicable), and how to handle conflicts with landlords.

Lijst STERK advocates for offering these sessions on a structural basis in collaboration with experts, such as those from the Real Estate Studies program or academic advisors within other programs. Additionally, options will be explored to make useful information available online, so students can access up-to-date and reliable resources at any time.

Lijst STERK therefore calls for structured housing information sessions for international students, to ensure they are well-informed and not caught off guard. This will be achieved through practical digital resources and expert- or peer-led sessions.

Main points:

- Informing international students about housing in the Netherlands
- Explanation of rental rights and dealing with landlords
- Structurally offering information sessions
- Providing international students with a safe and fair start in the housing market

With this initiative, Lijst STERK aims to ensure that international students have a safe and fair start in the housing market.

Information on Dutch culture and society

Lijst STERK believes that international students should have the opportunity not only to succeed in their studies but also to properly orient themselves to life and work in the Netherlands. Due to cultural and language differences, this can be challenging for international students. By providing information sessions on these topics, international students are given a better chance in the job market. In addition to practical skills, there should also be attention to cultural integration. This could include sessions on Dutch customs, holidays, social etiquette, and communication. In this way, Lijst STERK supports international students not just within the walls of Hanze, but also in their wider life and career opportunities in the Netherlands.

Lijst STERK therefore advocates for courses and information sessions that help international students understand Dutch culture, society, and the job market. This could include Dutch language courses for smoother integration into daily life and interactions with others. Lijst STERK also calls for information sessions to help students understand how the Dutch job market works: from creating a strong CV to preparing for interviews and finding part-time jobs or internships. Moreover, there should be support for building a professional network, using LinkedIn, and understanding what to expect in terms of work culture and work ethics in the Netherlands.

Main points:

- Briefings about the Dutch job market, Curriculum Vitae creation, job interviews, and finding part-time jobs or internships
- Helping students build a professional network and understand work culture and ethics in the Netherlands
- Attention to cultural integration, such as Dutch customs, holidays, and etiquette
- Contributing to an inclusive learning environment where international students feel at home and are well-prepared for their future in the Netherlands

By making this knowledge and these skills accessible, Lijst STERK contributes to an inclusive learning environment in which international students feel at home and are well-prepared for their future in the Netherlands.

Clear and accessible information services

International students are faced with a lot of information during their first weeks at Hanze. Lijst STERK believes it is important that they have quick and easy access to the right support. That's why a comprehensive overview of all these important matters is essential. This overview should include, among other things: information about the buddy program and how students can sign up, guidance on housing, rental rights, and recognizing scams, as well as courses and workshops on the Dutch language, culture, society, and job market. Finally, there should be an explanation of how Hanze's online learning environment works, so students know from the start where to find their course materials, how to enroll in courses and exams, and where important announcements and deadlines are communicated.

Lijst STERK advocates for a clear and organized information package that bundles all the relevant topics for new international students. This will ensure they have a smooth and wellstructured start to their studies.

Main points:

- Giving international students quick and easy access to the right support during their first weeks
- Offering a well-organized and clear information package with all relevant topics for new international students
- Making the information package available in understandable language, both physically and digitally

With this initiative, Lijst STERK aims to ensure a strong start for international students, where they feel seen, heard, and well-supported.

Closing remarks

Dear students,

On behalf of the entire candidate faction, we want to thank you for reading the 2025–2026 election manifesto. From May 12 to May 16, 2025, you can vote for Lijst STERK and make your voice as a student heard.

This is the vision we are committed to making a reality. Do you support these changes? Then make your voice count during election week by voting for Lijst STERK, so we can represent your interests in the council.

Powered by students, strong for students: because no one knows what works and what doesn't better than students themselves. Standing strong for students!

On behalf of the entire candidate faction,

Quynh Pham,
Luna Kingma,
Caspar Lunshof,
Douwe Schippers,
Jaydee Sanders,
Floor Smit.

