



SEPTEMBER EDITION

# MAGAZINE

*Join, Lead, Succeed*



BY PUCK KOOPMANN

# COLOPHON

**The EBF Magazine is a publication by EBF Groningen, the study association for all Economics and Business students in Groningen.**

**Author**

**Puck Koopman**

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**EBF Board 2024-2025**

**Lianne alberts, l.alberts@ebfgroningen.nl**

**Zohal Faizi, z.faizi@ebfgroningen.nl**

**Stella Versteegen, s.versteegen@ebfgroningen.nl**

**Veerle de Graaf, v.degraaf@ebfgroningen.nl**

**Robin van der Meijden, r.vandermeijden@ebfgroningen.nl**

**Jarno Prins, j.prins@ebfgroningen.nl**

**Puck Koopman, p.koopman@ebfgroningen.nl**

**Pien Kokelenberg, p.kokelenberg@ebfgroningen.nl**

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# PREFACE

## Project & Inclusion Officer

The new academic year has officially started! After a summer of relaxation (and maybe a bit of study prep), we're all back in Groningen and ready to start the new year together with the EBF. As your new board, we've been looking forward to this all summer, and we are excited for all upcoming events.

This edition, the very first one I might add, will be focused on getting involved within the EBF by joining a committee. Being a Member of the EBF is of course great in itself, but, becoming an Active Member by getting involved in a committee can really enrich your student experience. Whether you have done a committee in the past, are already thinking about joining a committee or just curious about what it entails, this magazine will show you everything.

On the next few pages, you will find everything: from a preview of upcoming events, to interviews with current committee members sharing their experiences. We'll also introduce you to the 18th EBF Board, so you'll know who is working behind the scenes to make this year a success.

Here's to a year full of amazing events, new opportunities & friends, and maybe a spot on one of our committees.

Best,

Puck Koopman

Project & Inclusion Officer, EBF Board 2024-2025



# GET TO KNOW THE 18TH EBF BOARD



<b>Name</b>	Lianne Alberts
<b>Function</b>	Chairman
<b>Age</b>	20 (for 2 more weeks !!)
<b>Hometown</b>	Hengelo
<b>Fun fact</b>	I learned how to drive a tractor before I learned how to drive a car

<b>Name</b>	Zohal Faizi
<b>Function</b>	Vice-chairman
<b>Age</b>	23
<b>Hometown</b>	Apeldoorn
<b>Fun fact</b>	I turn into a breakdancer when I had a few drinks too many



<b>Name</b>	Stella Versteegen
<b>Function</b>	Secretary & HR Officer
<b>Age</b>	20
<b>Hometown</b>	Amersfoort
<b>Fun fact</b>	I am a "seccie" but my desk is always the messiest

<b>Name</b>	Veerle de Graaf
<b>Function</b>	Treasurer
<b>Age</b>	21
<b>Hometown</b>	Nijmegen
<b>Fun fact</b>	I can't tie my shoelaces



# GET TO KNOW THE 18TH EBF BOARD



**Name** Robin van der Meijden  
**Function** IT & Marketing Officer  
**Age** 24  
**Hometown** Drachten  
**Fun fact** I almost exclusively eat "tostis", breakfast or lunch it doesn't matter

**Name** Jarno prins  
**Function** Commercial Officer  
**Age** 21  
**Hometown** Haren  
**Fun fact** My parents are in the new EBF  
Promotion video



**Name** Puck Koopman  
**Function** Project & Inclusion Officer  
**Age** 20  
**Hometown** Losser  
**Fun fact** I lost 12 bikes during my first year in Groningen

**Name** Pien Kokelenberg  
**Function** Career Officer  
**Age** 22  
**Hometown** Zaandam  
**Fun fact** I worked as a barista, but don't like coffee..





# GET TO KNOW.... PUCK!



## CAN YOU INTRODUCE YOURSELF?

Certainly! Hi everyone :)

I grew up in Losser, a small town in Twente. In my younger years, I spent a lot of time swimming, and later I joined a hockey team with friends. Two years ago, right after finishing high school, I moved to Groningen and have been living here ever since. Next to the EBF, I'm also a member of Aegir. Although I don't have much time for rowing anymore, I still make sure to join the social events & parties. I also enjoy staying active and love getting in some workouts whenever I can.

My guilty pleasure is eating a pickle rolled up in chicken breast

## WHAT IS YOUR GUILTY PLEASURE?



As the Project & Inclusion Officer (PIO) of the EBF, my role is all about making events happen. I oversee several committees, including the Activity committee, Christmas Ball, ESR Spring, International Committee, Introduction Committee, Leadership & Entrepreneurship Committee, and the Sports Committee.

In addition to guiding these committees, I handle project management for events like the Introduction weekend and EBFestival. My responsibilities also include recruitment and sustainability. A big part of my role is focusing on internationalisation & inclusion as well, making sure everyone feels welcome & engaged.

## WHAT DO YOU DO AS THE PROJECT & INCLUSION OFFICER?

I wanted to do something totally different than being in the books. My time as a committee member made me really enthusiastic about the EBF, and I realized how much I enjoyed being part of the association. Plus, it gave me the chance to meet amazing people and experience the great community within the EBF.

The idea of working with big companies, organizing awesome events, and meeting so many new people really appealed to me. I also absolutely love the social side, getting to know everyone better & having fun at the countless events & parties

I really want to make sure that every student at the FEB feels as welcome at the EBF as I did & has just as much fun as I've had so far during my time here.

## WHY DID YOU APPLY FOR THE EBF BOARD?

I am really excited about the Skit trip! Having organized it myself last year, I can say it is going to be an amazing week, even better than I anticipated. It is truly a unique experience during your student years. Also looking forward to ESR Spring, as I have only heard the best stories about past ESRs. (Recruitment for the ESR Spring committee is still open!). It is going to be a fantastic year filled with great moments & unforgettable experiences.

## WHAT ARE YOU MOST LOOKING FORWARD THIS YEAR?



It was strange to suddenly live on my own, and definitely a bit overwhelming at first. But what I really enjoyed was how everyone was open to meeting new people.

By throwing myself into new experiences, I ended up having a great time and meeting some of the best friends. Of course it takes some time to get used to your new life here in Groningen, but realize that everyone is in the same boat (or has been), so there is no need to be afraid to ask others for help or advice!

## HOW DID YOU EXPERIENCE THE FIRST FEW MONTHS OF YOUR STUDENT LIFE?

# WHAT DO YOU GET AS AN

# ACTIVE MEMBER?



**Expand your  
network**

**Access to  
exclusive events**



**Participate in the  
committee battle**

**Develop key  
skills**



**Boost your  
confidence**

**Enhance your  
resume**

**Master time  
management**

**Tons of fun**



**Weekly  
committee evenings**



# GO ON AMAZING TRIPS



# MEET THE ESR FALL COMMITTEE

Every year, the EBF organizes two European Study Research trips: one in May and one in November. A different committee is responsible for each trip.

## How did you choose the destination of this years trip?

"With sustainability in mind & keeping travel options in Europe without flying, Prague was the obvious choice. It's affordable, large, offers plenty to explore, and just completely "slays".

As for the research theme, we based it on our research coordinator's, Michelle, thesis topic."

## What does a typical day on ESR look like?

After waking up together, highly likely feeling a bit hangover, but excited for the day, we will start off great thanks to Martijn who whips up a delicious breakfast. We then head out in our best attire for some company visits, where we will put on our best versions.

After a laid-back lunch, we dive into exploring Prague with a "lawa". After a few hours, we head back to the apartment for a well-deserved rest. The committee organizes dinner for everyone, and the night kicks off with a themed party of only guys/only girls. We then regroup in the city for a night out, making sure we finish the day with a blast!

## What would you advise be to the next ESR committee?

Definitely reach out to previous ESR committees for help, they have got valuable experience & tips to share. Also, make sure to thoroughly read through the drive map, it is a goldmine of information. When it comes to promotion, use Brightspace effectively and remember, promotion is key!



**"PRAGUE JUST COMPLETELY SLAYS"**

## What was your biggest challenge during preparations of the ESR?

One of them was getting Yoran to Zernike for our meetings, it is quite a trip by bike :)"

## How do you make sure the participants are engaging?

We will follow lectures together and bond with them over drinks at Dorst?! on Mondays, it is a great way to get to know everyone and get everyone excited for the week filled with parties.

## GOT EXCITED?

**APPLICATIONS FOR THE ESR SPRING COMMITTEE ARE OPEN UNTIL SEPTEMBER 22ND!**



# ENJOY THE BEST PARTIES

# MEET THE ACTIVITY COMMITTEE

The Activity Committee is responsible for most of our informal activities, including the EBF Mid-Year Party and the EBFestival

## Which were your favorite events?

Our favorite events were the midyear party and the festival. Both events were very crowded, which instantly created a great atmosphere. We had put extra effort into the decorations and outfits for these events, and the unlimited drinks at the midyear party also helped. The festival was fun because it was held at a completely different location with a very different vibe.

## What made organising the EBFestival so fun?

We enjoyed organizing parties like the EBF festival because you get to decide a lot of things yourself, such as the theme, music, decorations, and location, allowing you to be creative with your committee. You also get a behind-the-scenes look at how such a large event is run.

## What are the key ingredients to a good party?

Friends, good music, fun outfits, alcohol, and people who are ready to go out without any obligations. If the party is busy, the rest usually falls into place.

## GOT EXCITED?

**APPLICATIONS FOR THE ACTIVITY COMMITTEE ARE OPEN UNTIL SEPTEMBER 22ND!**



**“YOU GET A BEHIND-THE-SCENES LOOK AT HOW A LARGE EVENT IS RUN”**

## What is your best memory from the past year?

Definitely the EBF festival. It's great to see an event you've worked on for so long turn out to be a success. We also enjoyed how, over the course of the year, you really become closer with your committee and other active members.

## Can you enjoy the parties as much as others?

We definitely think you can enjoy it just as much as when we were just attendees, but in a different way. When you're organising, you are more focused on whether everything is going smoothly both before and during the social. But when everything is going well, you can enjoy the evening with your friends, and it's especially rewarding knowing that you organised it. What makes organizing even more fun is that you welcome everyone at the door, which allows you to meet and talk to a lot of people.





**EXPLORE YOUR FUTURE**

CAREER

## BE SOCIAL & OPEN MINDED

Your time as a student is all about meeting new people & experiencing new things. Whether your in lectures, joining in on activities, or going to the parties, getting to know others will make your student days even more exciting, so expand your circle and see where it takes you!

## FIND YOUR BALANCE BETWEEN STUDY & FUN

While the freedom to have fun is super tempting, don't let your studies slip. Master the art of time management so you can have those wild nights and still ace your assignments. That way, you'll enjoy your downtime to the fullest without the stress!

## JOIN A COMMITTEE & GET INVOLVED

Want to meet amazing people, grow your network, and pick up skills you won't learn in the classroom? Joining a committee is the way to go! Check out the opportunities on our website or have a chat with Puck (+31 6 24 66 20 71) to get to know more.

## DON'T HESITATE TO ASK FOR HELP

University can be challenging at times, but remember, you're not alone! Whether it's coursework or something else weighing on you, don't be afraid to reach out. A little help or a fresh perspective can make all the difference.

# HOW TO.. BE A STUDENT

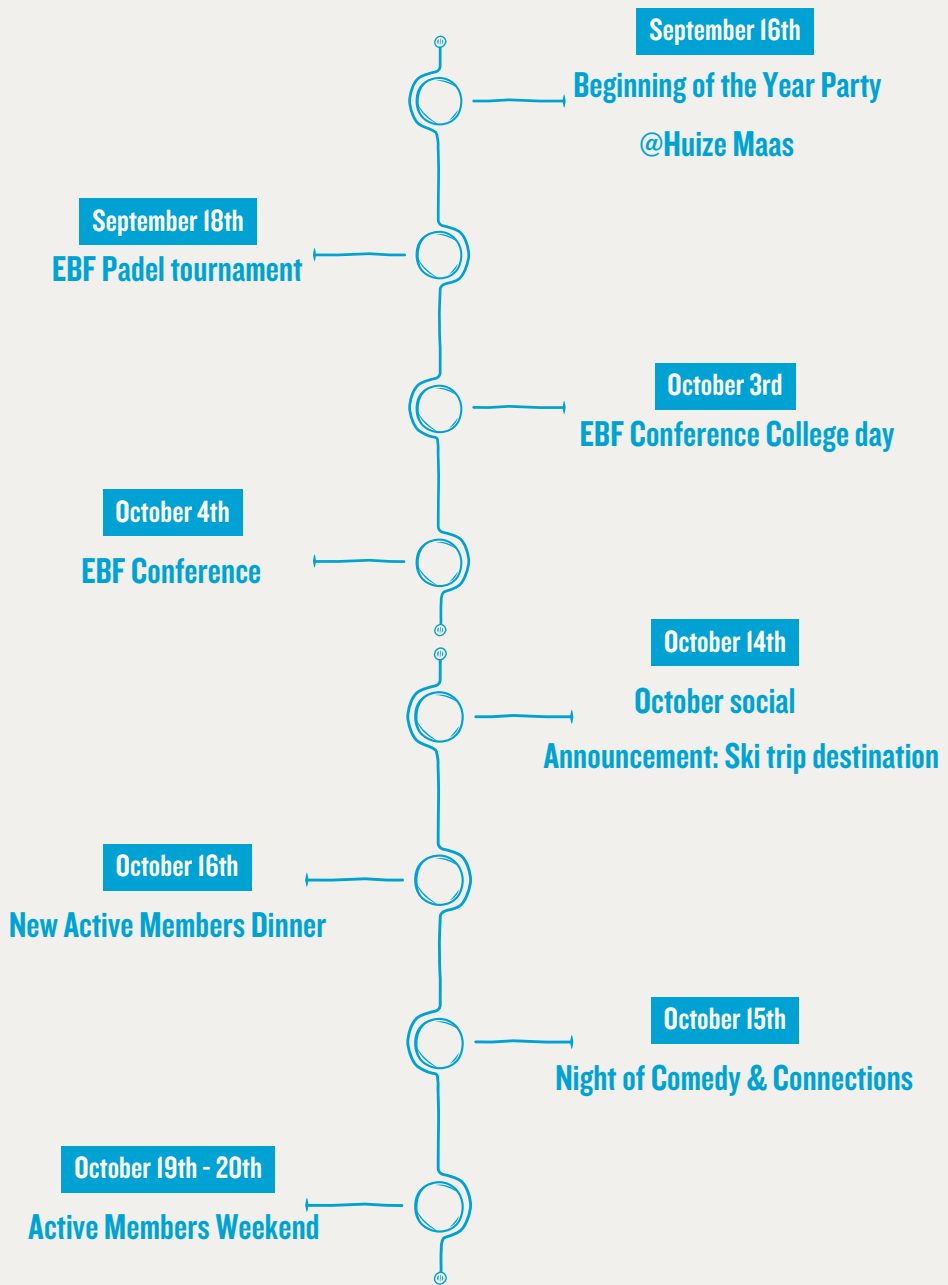
## LEARN TO COOK & BUDGET (AND MAKE IT FUN!)

If you're living on your own, knowing how to whip up some tasty (healthy) meals is a lifesaver. Plus, budgeting wisely will save you from those end-of-the-month struggles. Cook together with friends—it's cheaper, you'll learn new recipes, and it's a great way to bond!

## JUST ENJOY EVERY MOMENT!

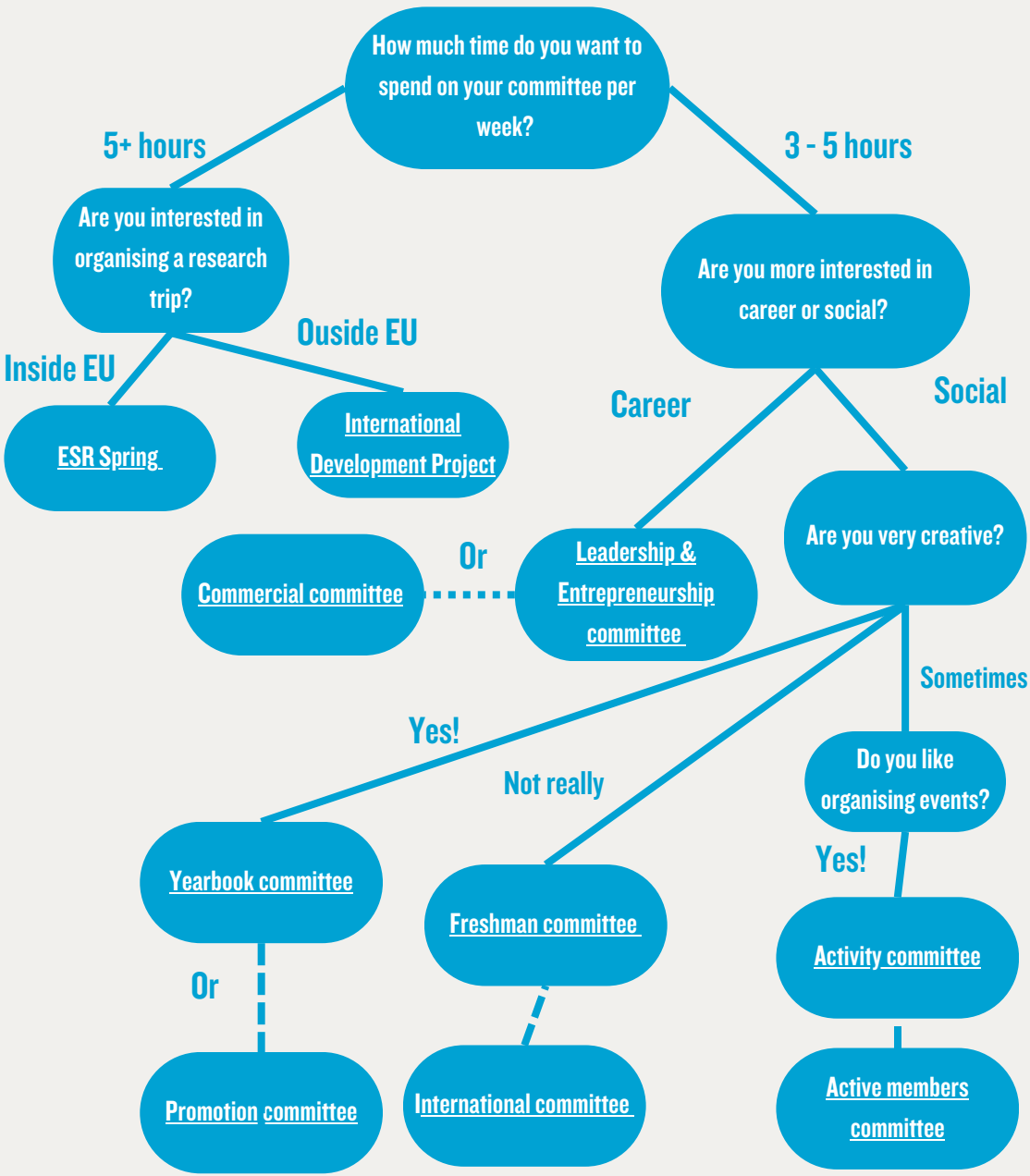
This is a once-in-a-lifetime adventure filled with freedom and endless opportunities. Embrace every experience, learn from it, and most importantly, have fun along the way!

# UPCOMING EVENTS



# WHICH COMMITTEE FITS ME BEST?

## SEPTEMBER EDITION



## Closing Words

As we come to the end of this very first edition of the EBF Magazine, I hope you've gained a clearer picture of what it means to become an Active Member within the EBF by joining a committee. Committing to a committee opens doors to so many great opportunities: you'll build new skills, form lasting friendships, and make a real impact within our association.

I am excited to see you at our upcoming events, and even more excited to help you find the perfect committee to join! If you have any questions, don't hesitate to reach out—I'm always happy to help. Whether it's over coffee, by email, app, or even a quick call.

Looking forward to seeing you all soon!

Best regards,

Puck Koopman

Project & Inclusion Officer, EBF Board 2024-2025

Contact:

+31 6 24 66 20 71

[p.koopman@ebfgroningen.nl](mailto:p.koopman@ebfgroningen.nl)