

# The Netherlands Activity pack



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# Hallo

Welcome to tripAbrood's Netherlands activity pack.



At **tripAbrood** we're launching an **AI travel assistant**, matching you and your family to the perfect holiday. Just because you can't leave your home at the moment, doesn't mean you can't travel to far flung destinations around the globe from your sofa. Each week we will be releasing a new activity pack, focusing on a new destination to give your family a taste of their history and culture.

**The pack is split into 5 parts:**



## **History:**

A little introduction to the country, their history and culture



## **Taste:**

Some great recipes you can make together with your kids that reflect the country



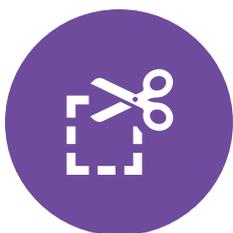
## **Explore:**

Find out where the country is and how you'd make your own way there



## **Talk:**

Learn a few words or phrases to help you speak like a local



## **Creative:**

Learn a skill or create something that relates to the local culture

We hope you and your kids enjoy your journey to **the Netherlands** on this trip. When you're ready to cycle alongside the canals, we'll be waiting to guide you through the simple booking process. **Tot ziens**

The **tripAbrood** team x

# History

A little introduction to the Netherlands, its history and culture.



## FACTS ABOUT THE NETHERLANDS



The Netherlands is a country in Europe



The official language of the Netherlands is Dutch



Amsterdam is the largest city in the Netherlands, it is also the capital



The Netherlands is a very flat country, almost 25% of its land is below sea level



The population of the Netherlands is around 17 million



The Netherlands is a constitutional monarchy - just like the UK!



The Kingdom of the Netherlands also includes islands in the Caribbean



There are over 4 times more bikes in Amsterdam than there are cars

## THE HISTORY OF THE NETHERLANDS

The Netherlands have been part of many different countries throughout their history. Between the seventh and sixteenth centuries, the Netherlands were part of the Frisian Kingdom, The Kingdom of Lotharingia, the Holy Roman Empire then finally, Spain. During this period, the Netherlands was often referred to as the “**Low Countries**”.

From the late 1500 onwards, the Netherlands declared and fought for their independence. Finally in 1648, Spain agreed to recognise the independence of the various provinces. Once they became an independent country, the Netherlands went through the Dutch Golden Age (1581-1672) where they became a major economic power in the world and were acclaimed for their science and art. Because of their trading, the Netherlands are often regarded as the first capitalist country in the world. They had the first full-time stock exchange and Amsterdam was the wealthiest trading city in early modern Europe.





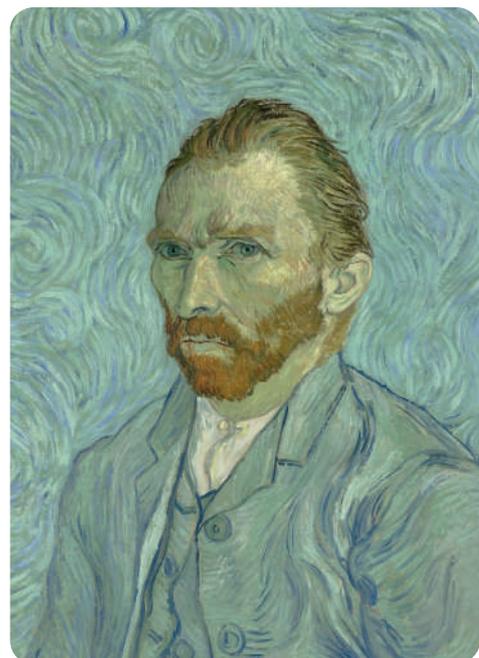
## ART IN THE NETHERLANDS

Today, many people visit Amsterdam to see its fabulous art museums and for good reason! The Netherlands have had some fantastic artists including Rembrandt, Vermeer and Vincent van Gogh.

Rembrandt and Vermeer are two famous artists from the Dutch Golden Age that we learned about earlier. They both lived in the 1600s but they didn't have very much in common. Rembrandt was a successful painter during his lifetime and painted portraits, landscapes and depicted many other scenes - although he seemed to like luxury and spent as much as he earned if not more! Vermeer, on the other hand, was never famous during his lifetime, he sold everything he ever painted to one collector and lived his whole life in Delft, a Dutch town. The people there appreciated his work but outside of Delft, people didn't know his work. Centuries later, Vermeer's work was rediscovered and he is now considered one of the greatest painters of his time.

Vincent van Gogh is one of the most celebrated and famous painters in history. However, his story was more similar to Vermeer's than Rembrandt's and he did not have an easy life. He was never famous in his own time, he only sold one painting during his whole life and lived in poverty. Today, his paintings are some of the most valuable in the world. He was mostly self-taught as an artist and painted many self portraits as well as other scenes.

The Van Gogh Museum is dedicated to his works and is the second busiest museum in Amsterdam after the Rijksmuseum - which contains works from Rembrandt, Vermeer and van Gogh.





## FLEVOLAND

Flevoland is one of the provinces in the Netherlands. It is around 20 minutes drive from Amsterdam, was established in 1986 and is home to around 400,000 people. You might be wondering why Flevoland is so special when the other provinces don't get their own paragraph. **Flevoland is special because it's the largest man-made island in the world.**

Because the Netherlands is so flat and the majority of its land is barely above sea level, floods have always been a problem. For centuries, the Dutch tried to push back the sea to protect themselves and reclaim more land for the Netherlands. To do this, they built many flood defense systems and one series of constructions, the Delta Works, built after a particularly bad storm which caused major flooding throughout the country, has even been called one of the Seven Wonders of the Modern World.

After a flood in 1916, the Dutch decided to build a dike to close off the Zuiderzee, a shallow inland sea which covered around 5,000km. In the following years, they began to drain the Zuiderzee, leaving a river to provide access to the sea, and the land beneath became Flevoland - **an artificial island below sea level.**

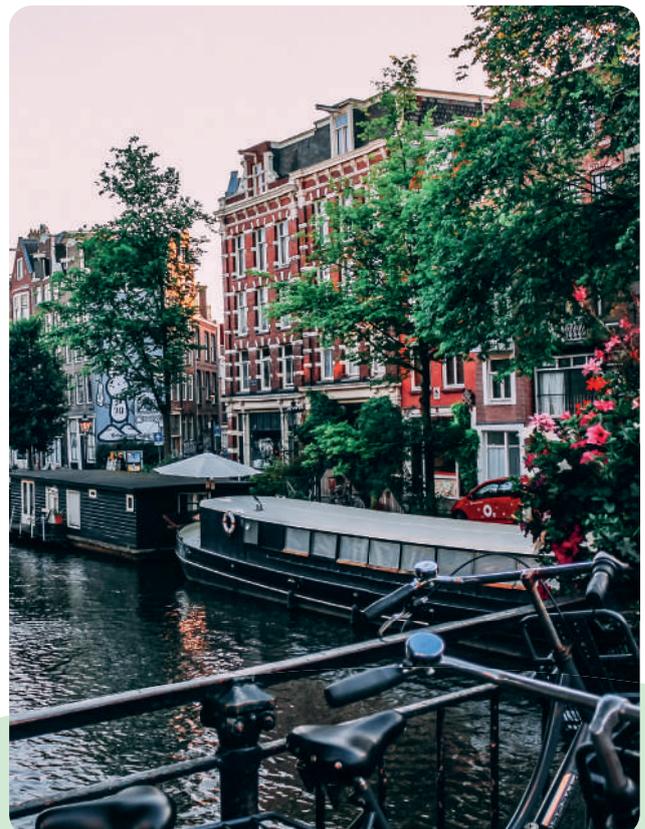
Today, Flevoland is home to the Walibi Holland theme park, some great historic sites and uniquely, Aviodrome - an aviation themed museum with lots of fun activities to do, there's everything from flight simulators to sightseeing flights and you can even take part in pilot training to receive your Aviodrome pilot license.





## CANALS

When people think of the Netherlands, Amsterdam and its many canals tend to come to mind - **there are over 100km of them in the city and nearly 1500 bridges used to get over them!** The first canals were built as defensive moats - like the ones you get around castles. As the city expanded, more and more moats ended up inside the city walls. They began to be used to transport people and, more importantly, goods around the city. They were so useful that they began to build new canals within the city walls so they could reach different areas. **Can you think of another European city with lots of canals?**





## BIKES, BIKES, BIKES

Do you own a bike? What about your parents? In the Netherlands, there are 17 million people and 22.5 million bikes. That means, on average, they own 1.3 bikes per person! 84% of Dutch people own bikes so that means many people own more than one! Many children cycle to school, while adults cycle to work - **do you know anyone who travels to school by bike?**

About a quarter of all Dutch people cycle every day and the country is designed around this. There are over 30,000km of dedicated biking space. This isn't including roads where bicycles are ridden alongside other traffic such as cars and buses, it only includes spaces used entirely for biking.

The Netherlands is trying to further increase the use of bikes. One way that they're doing this is through rental bikes so that when someone is visiting another city in the Netherlands and hasn't brought their bike, they can still easily access one. The idea is that a person rides their bike to the station, leaves it in one of the giant automated bike garages and travels to their destination. When they arrive, you can pick up a bike using your OV-chipkaart (a transit card) directly at the train station and it only costs around £3 to rent the bike for 24 hours. **Do you think this is a clever way to encourage more cycling?**



# Taste



Here are two recipes from the Netherlands for you to try out. We hope you enjoy them as much as we did!

## HAGELSLAG

Father's Day is coming up! In the Netherlands, it is traditional on Father's Day (and Mother's Day) to bring your parents breakfast in bed! We thought we'd use that as our inspiration for our taste section and help you give you and your parents a little breakfast treat!

Hagelslag might seem like it's just for kids, but it's popular for all ages in the Netherlands - it's a little bit like us having some bread and jam! Apparently they eat 14 million kilograms of Hagelslag every year!



### Ingredients:

- Slices of white bread
- Unsalted butter to spread on the bread
- Chocolate or rainbow sprinkles (yes - trust us!)

### Method:



#### To make Hagelslag

1. Take a slice of bread and spread unsalted butter across it, be sure to reach the edges! This can also be made on toast, so if you'd like to try that variety, pop the bread in the toaster before buttering!
2. Sprinkle lots of sprinkles onto your buttered bread.
3. If you want to get creative, now is your chance! Cut the bread into hearts, stars or whatever your imagination comes up with! Remember to be careful when using knives and cutters.
4. Time to eat - it's that simple!



## PANNENKOEKEN

Pannenkoeken or Dutch pancakes aren't usually eaten for breakfast in the Netherlands - they're huge! They are usually eaten for lunch or dinner. They can be eaten with savoury or sweet toppings - we'll give you the basic recipe first followed by some inspirational ideas. Some variations involve slight changes to the original recipe so plan in advance!

### Ingredients:

- 250g of flour
- 2 large eggs
- 500ml of milk
- Butter for frying
- Pinch of salt
- Any additional toppings (see below)

### Method:



#### To make Pannenkoeken

1. Add the flour, pinch of salt, eggs and half the milk to a bowl and whisk until smooth.
2. Mix in the remaining milk and let the batter rest for around 30 minutes.
3. Heat a knob of butter in a frying pan - preferably a non-stick one with a thick bottom - over a medium heat.
4. Spoon a thin layer of batter into the pan.
5. Quickly lift the pan and turn it so that the batter is spread evenly across the bottom.
6. Cook the pancake for around 3 minutes until the bottom is golden and the top is beginning to dry.
7. Flip the pancake over and cook for one more minute.
8. Slide the pancake out of the pan and start your next pancake!





## PANNENKOEKEN TOPPINGS

Here we've listed a few ideas for toppings or variations for your pancakes. There are many more out there but we've chosen some of our favourites. Dutch pancakes are a full meal and be eaten with practically everything so feel free to be creative!

### Sweet:

**Simple:** You can keep it simple by adding a variety of fruit, lemon juice, sugar, maple syrup, honey or jam.

**Cinnamon Apple:** For something a little more, cut up some apple into slices around 5mm thick and add some cinnamon (1 tsp per apple). Fry these in hot butter for about 2 minutes on each side. Add these to the pancake with some sugar or honey on top!



### Savoury:

**Simple:** you can keep these simple by adding your favourite cheese and ham.

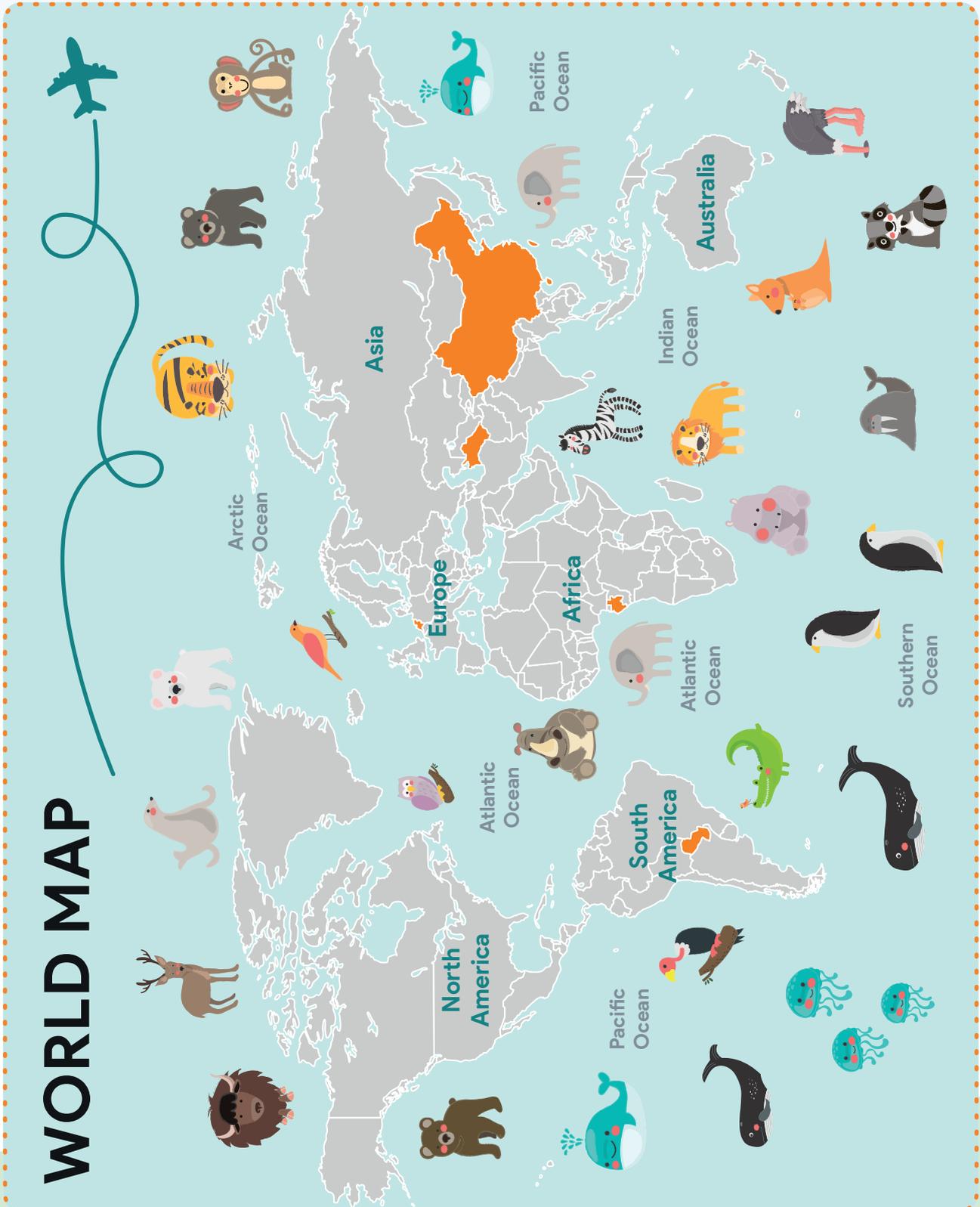
**Bacon:** Fry a few slices of bacon in your pancake pan, once you've turned them over, spoon the pancake batter on top and cook as per the instructions above! This is great with syrup too.

**Sausage and Cheese:** You can also follow this technique with smoked sausage or salami, simply add to your pancake pan and spoon the batter on top. We recommend adding cheddar cheese to these ones!

**Ham, egg and Spinach:** **you'll need an ovenproof pan for this one!** Finely chop some spinach and add it to the pancake batter. Melt the butter in the pan on a medium heat and then add the pancake batter. Transfer the pan to the oven for 10 minutes. Remove the pan and sprinkle with ham. Crack an egg into the middle of the pancake and return to the oven for another 5 minutes or until the egg is cooked as you'd like. Remove from the oven and top with parmesan and black pepper.

# Explore

Explore our map to discover where the Netherlands is and how you would get there.





## FIND

**Looking at the world map:**

We've **highlighted 5 countries**. Can you identify the Netherlands?

What are the other highlighted countries?

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Which countries are closest to the Netherlands?

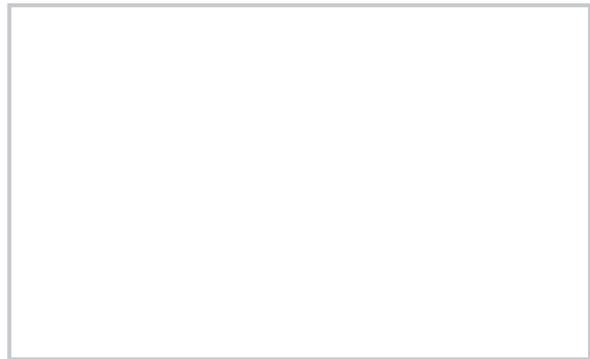
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Which sea borders the Netherlands?

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## THE FLAG

**Draw and colour in** the Netherlands flag.



Does this flag remind you of any other flags?  
Which countries?

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## GETTING THERE

**Draw on your map** the countries you would like to stop at on your way to the Netherlands.

For each part **write down**:



What mode of transport you would take

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The distance from the city you left to the city you're going (Tip: Ask google for some help)

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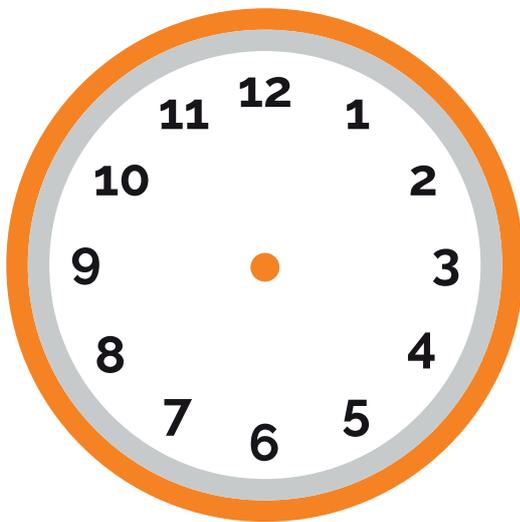
How long you think it would take you to get there

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## CLOCKS

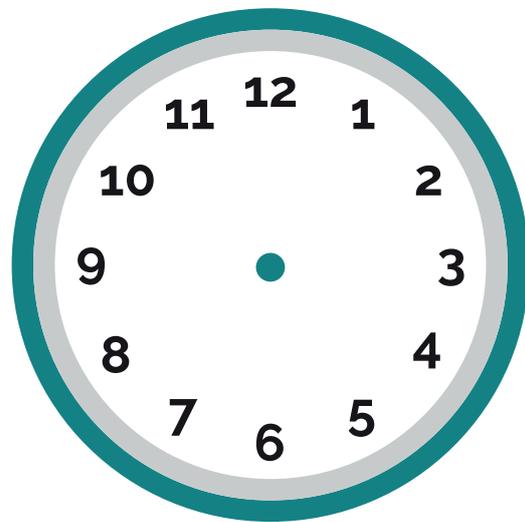
UNITED KINGDOM



My clock:

**Draw** the current time on the clock.

AMSTERDAM, THE NETHERLANDS



The Netherlands clock:

**Draw** the current time in Amsterdam on this clock.

## TIME ZONES

**Fill in** the blanks below:

Amsterdam is the capital of \_\_\_\_\_ Warsaw is the capital of \_\_\_\_\_

The Netherlands time zone is ahead/behind (delete one) of ours by \_\_\_\_\_ hour(s).

The time where I live is \_\_\_\_\_ The time in the Netherlands is \_\_\_\_\_

Someone my age in Amsterdam would be doing what right now? \_\_\_\_\_



## WORD SEARCH

Find the following words associated with **the Netherlands** in the word search. Words may run forwards, backwards, diagonally, up or down. Some may overlap or even be backwards!



- |           |        |           |         |       |
|-----------|--------|-----------|---------|-------|
| Amsterdam | King   | Aangenaam | Bonaire | Canal |
| Bikes     | Orange | Hallo     | Tulip   | Dutch |

U	S	F	E	R	J	K	R	W	G	D	J
A	M	S	T	E	R	D	A	M	T	U	R
T	E	W	U	Q	R	Y	I	V	O	E	Q
Q	R	A	L	P	B	W	E	U	D	H	E
X	T	U	I	M	I	A	F	F	B	A	R
H	E	Y	P	U	K	I	N	G	E	L	I
C	G	D	G	W	E	S	X	C	V	L	A
T	N	C	Y	I	S	P	E	S	W	O	N
U	A	A	N	G	E	N	A	A	M	L	O
D	R	N	C	K	R	Y	O	Y	H	J	B
U	O	A	O	L	V	J	L	C	B	E	S
O	R	L	F	E	N	L	M	B	G	R	T

# Talk

Learn a few Dutch words to help you speak like a local.



## LANGUAGE

Here are some of our favourite **Dutch words**, see if you can try and use all 10 in your conversations with your family and friends today. Can you write a short story using these words?

1.

**Hallo**

Hah-loh  
Hello

2.

**Tot ziens**

Toht zeens  
Goodbye

3.

**Dank u wel**

Dahnk oo vehl  
Thank you

4.

**Hoe gaat het met u?**

Hoo khaht ut meht oo?  
How are you?

5.

**Heel goed**

Hayl khoot  
I'm fine

6.

**Ik heet...**

Ik hayt  
My name is...

7.

**Aangenaam**

Ahn-guh-nahm  
Nice to meet you

8.

**Ja**

Yah  
Yes

9.

**Nee**

Nay  
No

10.

**Spreekt u Engels?**

Spraykt oo ehng-uhs?  
Do you speak English?

Dutch is the official language of the Netherlands and almost the entire population speaks it but there are there are many other regional languages too. English is also an extremely popular language in the Netherlands and over 90% of the country speaks English - although tourists speaking a few words of Dutch are always appreciated!

# Creative



Why not draw your own self portrait like Van Gogh for your dad for Father's day? If you're feeling more crafty, try making your own dutch windmill.

## PAIN A SELF PORTRAIT LIKE VAN GOGH

### You will need:

- White paper
- Paint
- Medium and small paint brushes
- Thick black pen
- Glue



### To make your drawing:

- Take a piece of paper and paint it all one colour. Pick a colour that expresses your mood. This will be your background.
- On another piece of paper, draw a self portrait taking up approximately  $\frac{3}{4}$  of your paper.
- Paint your drawing and leave to dry.
- Once it's dry, use a thick black pen to outline your facial features.
- Cut your painted face out and stick onto your painted background.





## DUTCH WINDMILL

### You will need:

- Empty loo roll
- Paint
- Coloured paper
- Scissors
- Pin
- Glue



### To make your windmill:

- Paint your loo roll in your favourite colour and leave to dry.
- Use coloured paper to cut out 2 windows and a door for your windmill. Stick them on with glue.
- Make some grass by cutting a long strip of card and either drawing or cutting grass shapes into it. Stick onto the bottom of the loo roll.
- Roll up an A4 piece of card and place inside the loo roll.
- Cut a piece of paper 12cm x 12cm and fold both sides corner to corner.



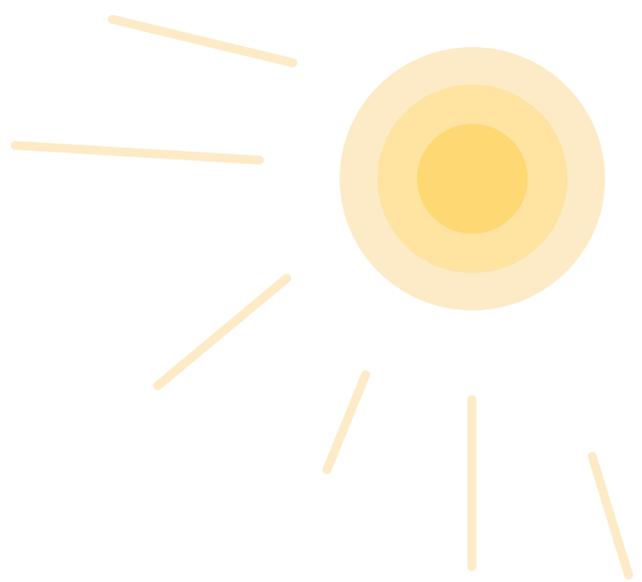


- Cut along each line, but stop cutting approximately 2.5cm from the center of your paper.
- Take one corner of each triangle and place in the center of your square, using a pin to hold it in place. Put the pin through the top of the roll of card.
- Bend the pin down 90 degrees and tape to the inside of your roll of card.



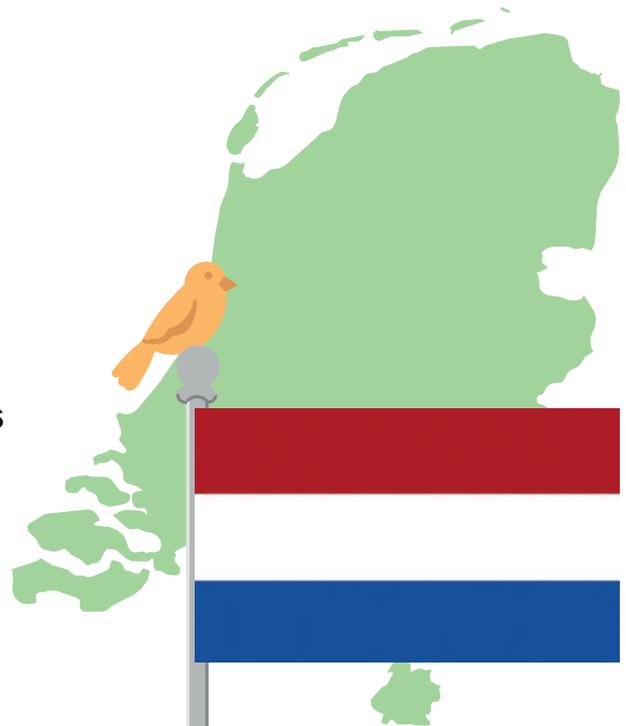
## FINISHED DUTCH WINDMILL





Thanks so much for downloading the Netherlands pack. We hope you had as much fun using it as we did creating it.

Don't forget to share your creations with us via Facebook or Instagram ([@tripabroad](#)).



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