



EU-CAYAS-NET

# Peer Visit

Dutch AYA 'Young & Cancer'  
Care Network

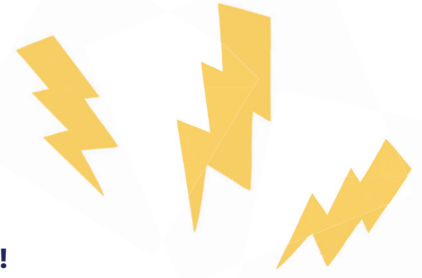
Amsterdam,  
the Netherlands

**25-29 July 2023**



## Contents

- 3** | Programme Outline
  - Peer Visit Venue
  - Accommodation
- 4** | Public Transports Near the Hotel
- 5** | POF (Peer Observation Form)
- 6** | Getting to and from Dutch Design Hotel Artemis & getting around in Amsterdam
- 7** | Transport expense reimbursement
- 8** | Dutch AYA 'Young & Cancer' Care Network
- 10** | Our Local Hosts
- 11** | Things to do in Amsterdam
- 13** | Try Local food
- 14** | Weather in Amsterdam
  - Currency in the Netherlands
  - Organisers contact details



## Hello and welcome to the EU-CAYAS-NET project's Fifth Peer Visit!

Our next destination is 🥁🥁🥁 Amsterdam! Known as the "Venice of the North", Amsterdam is a vibrant destination that effortlessly blends history, art, and a progressive spirit. This city will sweep you off your feet with its stunning canals, charming architecture, and diverse neighborhoods. Get ready to pedal through Amsterdam, immerse yourself in its vibrant culture, and create unforgettable memories that will stay with you forever! The irresistible charm of this city will leave a lasting mark on your heart.

On the next pages, you will find everything you need to help you plan your journey.

If you have any questions, don't hesitate to reach **Ana Totovina +40729973947** or **Elena Arsenie-Constantinescu +40757049285** on WhatsApp. We're here to help! 😊

## Programme outline

**25th July, Tuesday: Arrival**

**26th July, Wednesday:** Peer Visit Radboudumc, Nijmegen

**27th July, Thursday:** Peer Visit Netherlands Cancer Institute, Amsterdam

**28th July Friday:** Peer Visit Northwest Hospital Groups, Alkmaar

**29th July Saturday: Departures**

## Peer Visit Venue

The Netherlands Cancer Institute (NKI), Plesmanlaan 121, Amsterdam, Netherlands

Radboudumc, Geert Grooteplein Zuid 10, Nijmegen, Netherlands

Northwest Hospital Groups, Wilhelminastraat 12, Alkmaar, Netherlands

## Acommodation

### Hotel Information and Nearby Public Transport Stops

**Hotel:** Dutch Design Hotel Artemis

**Address:** John M. Keynesplein 2, 1066, Amsterdam

Dutch Design Hotel Artemis, a meeting point where hospitality meets Dutch design. Expositions with colorful art and design gives the hotel a luxurious ambiance. From the moment you enter the hotel till the minute your head hits the pillow you will be indulged with Dutch design. The influences of Mondriaan and Dudok are part of the DNA of the hotel. With its flexible surroundings Dutch Design Hotel Artemis can adapt to several situations and events.

## Public Transport Stops Near the Hotel

**1. Metro Station:** The metro station is 15 minutes walk from the hotel.

- **M51:** This metro route connects the hotel with the **Amsterdam Centraal railway station**, from there we will take the train to Nijmegen, on 26th and to Alkmaar on 28th.

**2.** Use public transportation to get to our hotel from either Central Station or Amsterdam Zuid by getting Metro 50 or 51 (direction **Isolatorweg**) to station **Henk Sneevlietweg** then take bus 68 to **John M Keynesplein**. Bus 68 runs from Monday till Friday.



## POF (Peer Observation Form)

POF is structured in two categories:

Observation Questions














Interview Questions

We separate the questions into two categories, but every question can be asked in both categories. If you want to ask a question that is not included in the POF, feel free to do it.

### How to complete the POF

1. Please read the POF before the visit to the Hospital.
2. During the peer visit take notes directly on the POF, or in an agenda. It is up to you how you want to take notes, as long as at the end of the Peer Visit all your observations will be uploaded on the Online POF.
3. Complete the Online POF, right after the final Peer Visit on Friday. Your memory will be fresh and you will not forget the important details and information. We will schedule time to sit down with the whole group for this. Bring a tablet or a laptop with you if possible. This will make it easier to complete the online POF.
4. Now you are done. Enjoy the rest of your time in Amsterdam!

## Participants

Ana Maria Totovina	Romania		Nicola Unterecker	Germany	
Anna-Elina Rahikainen	Finland		Rebekah Lindores	United Kingdom	
Elena Arsenie-Constantinescu	Romania		Sonia Silva	Portugal	
Ioannis Akermanidis	Greece		Sophia Sleeman	The Netherlands	
Massimo Guglielmi	Italy		Tim Van Hoorenbeke	Belgium	
Mihael Severinac	Croatia		Virgilia Madan	Moldova	
Nataliia Hrad	Ukraine				

## Technical Team

Cristina Trifulescu	Romania		Katie Rizvi	Hungary	
---------------------	---------	---	-------------	---------	---

## Getting to and from Dutch Design Hotel Artemis & getting around in Amsterdam

### Amsterdam Airport Schiphol (AMS)

There's a train and bus station at Schiphol Airport and there are several ways to get to the hotel, depending on how much you feel like walking. To plan your journey using public transport, we recommend using google maps which provides up-to-date information on routes, and schedules. The apps '9292' and 'NS' are quite helpful in planning travels as well.

You can buy a public transport card from the yellow ticket machines at Schiphol and most stations or use your bankcard or ApplePay/GooglePay to check in and out . Remember to always check in and out when you enter and exit the bus



**Local Travel**



**Train Travel**



**Local Travel**

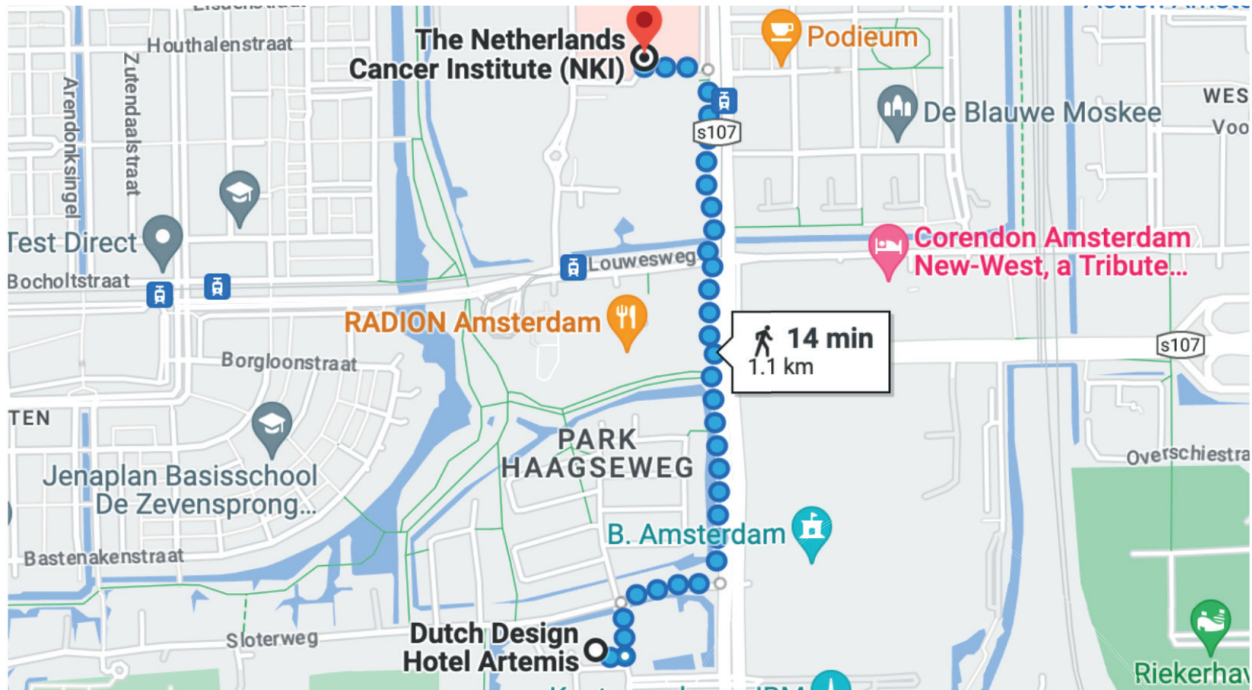


**Train Travel**



## Dutch Design Hotel Artemis to The Netherlands Cancer Institute (NKI)

The hotel is 14 minutes distance by the Netherlands Cancer Institute



### Transport expense reimbursement

Please make sure to keep your receipts and invoices: we are only able to reimburse the shuttle service and other public transport expenses after the event if you include copies of your tickets or screenshots of the bank account with your reimbursement claim form.

You can find the reimbursement form available on the event page of [beatcancer.eu](https://beatcancer.eu)

## Dutch AYA 'Young & Cancer' Care Network

The Dutch AYA 'Young & Cancer' Care Network is a collaboration between hospitals, consisting of six regional care networks. This way AYA care is available as close to home for every AYA cancer patient (18 - 39 years) as possible. Within each regional network there are general and regional hospitals that provide basic AYA care, as well as one or two AYA expert centers with AYA outpatient clinics at the university medical centers and the NKI.

The AYA Care Network is formed by a growing number of hospitals providing AYA care (over 65 locations across the Netherlands, June 2023). They get supported by a central coordination team, which works in order of its founding board.

**During our Peer Visit we'll be visiting the following three hospitals that are part of the Dutch AYA 'Young & Cancer' Care Network.**

### **The Netherlands Cancer Institute (NKI)**

Founded in 1913, is among the top 10 comprehensive cancer centers, combining world-class fundamental, translational, and clinical research with dedicated patient care. The initiative of the hospital is to promote excellent translational research that has been recognized by the European Academy of Cancer Sciences, when they designated us 'Comprehensive Cancer Center of Excellence in Translational Research'.





## **Radboudumc**

Radboud university medical center specializes in patient care, scientific research, teaching and training in Nijmegen. Revolutionize healthcare through person-centered innovation and collaborative networks, ensuring the best possible care for all patients, now and in the future. Radboud university medical center aims to be a dot on the health-care horizon; to be pioneers in shaping a sustainable, innovative and affordable health-care system for generations to come.



## **Northwest Hospital Group**

Northwest Clinics is a hospital organization with locations in Alkmaar, Den Helder, Heerhugowaard, Limmen, Schagen and Texel. Northwest Clinics has an explicit task in the area of education and training. The Northwest Oncological Center offers AYA care especially for young adults with cancer. This care is for patients aged 18 to 39 years. AYA care in the North West is provided by various professionals, such as a nurse specialist, case manager or doctor. During the treatment, but also afterwards, special care and support is offered in the form of conversations, the 'AYA consultation'. These conversations are in addition to the medical care you receive.



## Our local hosts

### Dr. Eveliene Manten-Horst,

#### Director of the Dutch AYA 'Young & Cancer' Care Network



Eveliène is a biomedical scientist who studied malignant blood cell adhesion and its dissemination. She later shifted to hospital management, prioritizing patient perspectives. As Secretary General of the Patient Board for eight university medical centers, she supported concentration issues in pediatric oncology. In 2012, Eveliène initiated the 'AYA movement,' creating a nationwide Care Network across 65+ hospitals. Her team assists healthcare professionals in implementing AYA care. Besides her professional expertise, Eveliène has also personally experienced the impact of cancer on both herself and her young family. She got breast cancer in her early 40s, and not long after that she lost her husband Peter due to a brain tumor. Her way of navigating through life as a widow with two young sons, has contributed to her work in supporting other cancer patients and their families.

**Sophia:** "Eveliène's ongoing effort, enthusiasm and creative way-of-doing continues to inspire many in improving care for adolescents and young adults with cancer. She's also the most thoughtful colleague you can imagine. And has waaaay better physical stamina than me when it comes to things like hiking, even though I'm half her age"

### Sophia Sleeman

#### Patient advocate at Stichting Jongeren en Kanker and PR & communications coordinator of the Dutch AYA 'Young & Cancer' Care Network



When diagnosed with Non-Hodgkin's lymphoma at the age of 18, Sophia found herself extremely lost in the adult oncology ward of the hospital. In between patients that could've been her (grand) parents, she lacked age specific care and support. While recovering from her treatments she connected with other young cancer survivors and discovered the - then recently founded - 'AYA Care Network'. Around 2016 Sophia got involved on different levels within the Care Network and patient organization Stichting Jongeren Kanker, and now works for several projects within the field. Within the role of communications coordinator she supports hospitals and healthcare professionals with the implementation and awareness of AYA care. I'm super excited to welcome survivors from all across Europe in the Netherlands to get a taste of our AYA Care Network! And I'm always in for a good glass of wine or spontaneous party.



## Things to do in Amsterdam

Amsterdam is considered one of the most central cities in Europe. There is no shortage of things to do and visit in this city full of art and culture!



### 1. Red light district

You must have heard about this place! The Red Light District is very beautiful, full of canals and old houses, it's a great mix. Especially known for prostitution, where sex workers are through large windows. Keep in your mind: taking pictures of sex workers standing in brothel windows is strongly frowned upon.

### 2. Canal cruise Amsterdam & Houseboat Museum

Amsterdam also allows you to float :) There are two options for this: you visit the Houseboat Museum and discover what the typical floating life is like or you take a tour of Amsterdam's canals. What do you think?



### 3. Museumplein

The Museumplein or Museum Square is the square where some of the main museums of Amsterdam are gathered, such as the Rijksmuseum and the Van Gogh Museum. This is also where the famous I amsterdam sign is located, the favorite place for photos and selfies in Amsterdam!

### 4. Van Gogh Museum

Van Gogh was Dutch and this museum houses the largest collection of his paintings and drawings. Considered one of the best museums in the world, it is a mandatory stop in Holland.



### 5. Heineken experience

Do you like Heineken beer? If yes, this is the right experience for you! Learn more about this beer while you have fun interactive activities during the tour and ...yes, you will drink 2 or 3 Heineken during the visit ;)

### 6. Vondelpark

A beautiful park in Amsterdam! It is an excellent option for a pleasant and lovely walk.

### 7. Dam Square and Royal Palace in Amsterdam

Dam square is one of the main squares in Amsterdam, where the city began. The Royal Palace is located there. Nowadays, the kings of Holland appear there on the balcony from time to time, when there is an important ceremony.



### 8. Anne Frank House

The Anne Frank museum is the house where she lived in hiding with her family during the Second World War. Only Anne Frank's father survived. This house tells in detail this story and everything they went through.

This is a touching visit, which connects us with one of the darkest moments of the history.

### 9. Begijnhof

This is a square where the houses of religious women who did not take formal vows are located.



### 10. Jordaan Neighbourhood

This is a neighborhood you will not regret to visit. Additionally, it can be a perfect time to eat a delicious traditional Dutch Apple Pie! Winkel 43 it's an amazing place to taste it.

## Try local food

Amsterdam offers a range of local foods that are worth trying during your visit. Here are a few popular dishes:

- 1. Stroopwafels:** These sweet treats consist of two thin waffles joined together with a layer of caramel syrup in the middle. They are best enjoyed warm and freshly made.
- 2. Bitterballen:** These deep-fried meatballs are a classic Dutch snack. They are typically filled with a mixture of beef or veal ragout and served with mustard for dipping. Bitterballen are a perfect accompaniment to a refreshing drink at a traditional Dutch pub, known as a "bruin café."
- 3. Haring (Hollandse Nieuwe):** Haring is a raw herring filet that is traditionally eaten by holding it by the tail and taking a bite. It is often served with onions and pickles. The herring season typically runs from May to July, and trying this local delicacy can be a unique cultural experience.
- 4. Poffertjes:** These fluffy mini pancakes are a beloved Dutch treat. Served with powdered sugar and butter, poffertjes are a delightful snack, especially enjoyed at outdoor markets or pancake houses.
- 5. Dutch Cheese:** The Netherlands is famous for its cheese, and Amsterdam offers a variety of delicious options. Gouda and Edam are popular varieties, and you can find cheese shops throughout the city where you can sample and purchase different types of Dutch cheese.
- 6. Indonesian Rijsttafel:** Although not strictly Dutch, Indonesian cuisine has had a significant influence on Dutch culinary traditions. Rijsttafel, meaning "rice table," is a lavish spread of various Indonesian dishes served with rice. It's a flavorful and aromatic dining experience that reflects the historical connection between the Netherlands and Indonesia.

These are just a few examples of the local food you can find in Amsterdam. Exploring the city's markets, food stalls, and traditional Dutch eateries will give you an opportunity to discover even more culinary delights.



## Weather in Amsterdam

Weather in the Netherlands is like a box of chocolate: *you never know what you're gonna get*. So be prepared for cold, heat, windy, sunny and everything in between. And rain. Let's not forget the rain.

Overall: the temperature in July during the day should fluctuate between 18°C and 28°C.

## Currency in Amsterdam

The currency used in Amsterdam is Euro €.

Debit cards accepted practically everywhere. Credit card and cash in some cases.

## Organizers contact details

### Ana Totovina

ana.totovina@youthcancereurope.org

+40729973947

### Elena Arsenie-Constantinescu

elena@youthcancereurope.org

+40757049285

### LOCAL HOST

#### Sophia Sleeman

sophia@ayazorgnetwerk.nl

+310615021625

Thank you for being part of this project! We hope you will have an amazing experience during our peer visit in the Netherlands. If you have any questions, we are here for you!

This peer visit activity is delivered in Task 4.3.5 led by Youth Cancer Europe, a pan-European patient advocacy organisation with a community spanning more than 35 European countries. To learn more, go to [youthcancereurope.org](https://youthcancereurope.org) or follow us on

 @youthcancereurope

 Youth Cancer Europe

 Youth Cancer Europe

 @cancereurope



For the latest project updates follow us on:

 @youthcancersurvivors

 @youthcancersurvivors

 @youthcancersurvivors

 @youthcancereu



# YOUTH CANCER EUROPE



For more information please see the event programme and other details on [www.beatcancer.eu](http://www.beatcancer.eu)



Co-funded by  
the European Union

Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Health and Digital Executive Agency (HaDEA). Neither the European Union nor the granting authority can be held responsible for them.