

## INFORMATION FOR INTERNATIONALS

## HISTORY

Triton is one of the oldest student rowing associations in the Netherlands, founded by a blow of the hammer at the 5th of October 1880, and wears the colours dark blue and white. Triton is one of the three oldest student rowing clubs, along with Njord in the city of Leiden, who are called 'the Oldest' and Laga in the city of Delft who are called 'the Naughtiest'. Triton is called 'the Noblest'. Along the years, Triton has grown in size and popularity. It went from a small boathouse floating on beer barrels to a large association located in a large rowing complex along the Merwede Channel. Along the way, many traditions, songs, clothing pieces and relics came into existence. The Triton motto is: 'Vivat, Crescat, Floreat "Triton" in aeternum', meaning 'may Triton live, grow and flourish in eternity'.

Since Triton is founded, it has delivered 21 Olympians. Famous (old) members are, among others:

- Willem Einthoven, winner of the Nobel Prize for Physiology of Medicine (1924)
- Piet Lieftinck, minister of Finances (1945 - 1952)
- Gerard 't Hooft, winner of the Nobel Prize for Physics (1999)
- Tjeerd van Wimersma Greidanus, professor of Neuroendocrinology and current honorary president

Furthermore, Triton organises the Varsity, which is a race modelled after the Oxford/Cambridge boat race. This is the most important student rowing race in the Netherlands, and has rich traditions and history.



## INFORMATION FOR INTERNATIONALS

### TRITON TODAY

In the present, Triton is a student rowing club. Rowing is the biggest student sport in the Netherlands. Every year, around 500 to 600 students apply to become a member of Triton, of which around 250 are admitted. There are two categories of rowing. Competitive rowing, for which there is a selection and only the best few qualify. Among competitive rowers, there are the lightweight and heavyweight men, the lightweight ladies and the ladies. Competitive rowers train six to ten times a week. The other category is recreational rowing. These rowers train a bit less, once to six times a week. Even recreational rowing can become quite competitive, but having a good time is also very important!

At our society located along the Merwede Channel, members come together every monday and tuesday. The cooking commission cooks a meal for the members, which costs only 3 euro's! Members gather to drink beers, chat with each other, eat together after training, or before partying, depending on which type of rower they are of course. Throughout the year, many fun events take place, of which most are organized by the members of Triton themselves.

Next to rowing and recreation, there are lots of possibilities for members to develop themselves by joining commissions. There are commissions for journalism, hospitality, rowing events, parties, finding sponsors, maintenance of boats and many more. All of them consist out of active members with heart for Triton. This way, no talent is wasted and other members enjoy the perks of having those commissions. If you're good at something, you can develop yourself at Triton.



Triton Beach Party

## INFORMATION FOR INTERNATIONALS

### TOP TIER ROWING

Are you a high-level rower? Then you have come to the right place. Currently, three Triton rowers are in the Olympic team: Kaj Hendriks, (men's eight), Harold Langen (men's coxless four), and Monica Lanz (women's eight). Triton consistently trains talent that goes to the top. This is because of a high level of coaching, good facilities and a lot of ambition.

Our professional coach Coen Eggenkamp, who formerly trained the national team, guides our rowers to get the best out of themselves. Alongside Coen, experienced former rowers and members of Triton, who often are schooled with official coaching training, help out by providing coaching for the large group of competitive rowers. Furthermore, we have a professional weight lifting program provided by Tjalling Knijff, who also trains the Olympic team.

Triton also has high level rowers with whom you can train. We consistently delivered rowers at the Dutch Rowing Team, and currently have a lot of talent walking around.

A good example of an international top rower rowing at Triton is Jakub Grabmuller. He is a member of the Czech national team, but rows at Triton. Curious about how he does this? We interviewed him! Read further on page 6.



The Triton senior eight, with two Olympians and three World Championship rowers

## INFORMATION FOR INTERNATIONALS

### THE CITY OF UTRECHT

Thinking about studying in the Netherlands? Here is some information about studying in Utrecht as an international student.

Utrecht is a beautiful and inspiring city. It is a relatively small city, with 334.147 inhabitants. Remarkably, 19% of Utrecht's inhabitants are students! Utrecht is relatively small and cosy. The medieval city centre is small enough to explore by foot, but large enough to enjoy world class festivals, modern architecture, trendy shops and interesting museums. It is characterized by its canals and the Dom tower, which is the large church of the Netherlands. Fun fact: buildings in Utrecht are not allowed to be higher than the Dom tower, because it has to be the largest building of the city. It can be visited, providing a beautiful view over Utrecht. Another big advantage is that Utrecht is the most central city in the Netherlands. This gives an opportunity to travel easily to other places of interest at other places in the country. Furthermore, Utrecht is very cycle friendly. A huge benefit for rowers of course, because they can take the bike everywhere and stay fit. Fun fact: Utrecht has twice as many bicycles as inhabitants.

Watch a video about Utrecht here: <https://www.youtube.com/watch?v=2Q5NpRdl5Z0>





## INFORMATION FOR INTERNATIONALS

# STUDYING AT UTRECHT UNIVERSITY

The 2017 Academic Ranking of World Universities conducted by Shanghai University ranks Utrecht University as #1 in the Netherlands, #13 in Europe, and #47 worldwide. Utrecht University is consistently put at the #1 place of the Netherlands, and ranks high in the world ranking. It is a renowned University with a broad field of academic studies.

In order to provide some information about the costs of studying in the Netherlands, we compiled some information from the Utrecht University website (<https://www.uu.nl/masters/en/general-information/international-students/financial-matters/costs-studying-and-living>). They estimate that you can expect to spend 800 to 1000 euros on living expenses.

## TUITON FEES

	2018/2019
Full time EU/EEA, Surinam or Swiss students (statutory tuition fee)	€ 2060
Part time EU/EEA, Surinam or Swiss students (statutory tuition fee)	€ 1831
Non-EU/EEA students (institutional tuition fee)	€ 8000 - 12000

## OVERVIEW OF AVERAGE LIVING EXPENSES

- *Accommodation:* 350 – 800 euro per month
- *Living expenses (food, clothes, services, public transport):* 350 – 450 per month
- *Insurance:* 40 – 100 euro per month
- *Books / study materials:* 65 – 85 euro per month
- *Visa & permits (depending on your nationality):* 0 – 350 euro, once
- *Contingencies (bicycle, higher phone bill, financial setback etc.):* 500 euro, once
- *Membership fee for Triton:* 200 euro, once

## INFORMATION FOR INTERNATIONALS

### DO YOU WANT TO SUBSCRIBE OR NEED MORE INFORMATION?

We would love to see you to come and row at Triton. Do you want to subscribe or need some more information? Then you can send an e-mail to [cwl1@usrtriton.nl](mailto:cwl1@usrtriton.nl). You can also find us on Facebook (@USRTrition) and on Instagram (@usrtriton)

## INTERVIEW WITH JAKUB GRABMULLER

An example of an international rower who joined Triton is Jakub Grabmuller. He joined Triton in 2016 and is still rowing here. He trained with the national team of the Czech Republic and is eager to get as far as possible in his rowing career.



**Piet: Hey Jakub, thanks for having us! Can you tell us a bit about who you are?**

Jakub: I'm a 21-year-old from Prague, Czech Republic. My sports career started when I was five and my grandfather took me to the local ice hockey stadium - I immediately liked it! Then I played ice hockey for ten years, but in ice hockey you have to make a very early decision if you want to go pro at the expense of your studying, so I had to find another activity soon. A friend then pursued me to try rowing when I was 14. I didn't really like the idea at first, but when I tried it, it sucked me into the sport pretty quickly. I really like the idea that you can get to a high level in rowing and still be studying at a decent level.

**Piet: What brought you to the city of Utrecht in the Netherlands?**

Jakub: Well, in my last year of high school I was thinking about the possibility of going to study abroad. I was thinking about going to countries which had a good level of education and with a good rowing programs. Of course, I've been thinking about the US, but it didn't happen.

**Piet: did you get an offer for a scholarship?**

Jakub: Yeah but I didn't want to pursue them. I started to look around Europe and the Netherlands immediately caught my eye, because of course I had seen the recent results of the Dutch Rowing Team. I also had some contacts and I've been told that in the Netherlands you can have a really good combination between rowing and studying. So that's why I decided to go to Utrecht.

**Piet: Is it true that you are called 'the beast of Prague' in some circles?**

Jakub: Yeah, this was a joke of my teammate, but it actually kind of got stuck, because everybody started using it after he made it up. I like to joke around as well, so I accepted the fact that you don't always get to choose your nickname.

**Piet: How do you actually think other people see you?**

Jakub: Uuhm, that is a good question. I guess other people might think of me as that one guy who doesn't speak Dutch and trains all the time. Sometimes I meet certain people in the morning and then see them again in the afternoon, so they have a feeling that I'm just there all day, which is not true.



## INFORMATION FOR INTERNATIONALS

**Piet: What surprised you about Dutch culture?**

Jakub: Well, small 'biermpjes' (beers), but dutch culture in general as well. Especially the costume theme party style, which is at every Triton party. In the Czech Republic, it is very casual. You just go and party in normal clothes, and here it's very normal that you have to pimp up your outfit and go to a party in a certain style or theme.

**Piet: Maybe something about the attitude of the people?**

Jakub: Yeah, everybody is really tall. Tall and fit, because of the bicycles. And well, the attitude... No I don't think there is a huge difference. Well, maybe that you are crazy enough to bike here in the rain all the time.

**Piet: Is there a difference in how things are done at Triton and at your previous Czech rowing club Dukla Praha?**

Jakub: First of all, I can't really compare this, I'd say, because Dukla is like a top sport center. Something like at the Bosbaan (where the national team trains) in the Netherlands, while Triton is a student rowing club. There is like a lot of difference, but that makes sense.

**Piet: Is there a difference in trainings approach in the Netherlands compared to Czech? For example the amount of weightlifting, or the amount of kilometers?**

Jakub: Yeah, I would say that in the Czech Republic, more kilometers are rowed at lower intensity throughout the year. Dutch rowers don't row as often as we do, however, sometimes they row much more intensive. Triton does have a perfect weightlifting program, which is not even comparable with the Czech one. We train with Tjalling Knijff, who also trains the Dutch national squad. He is a great coach, giving us a lot of effort. I think that really strong weightlifting program is one of the main comparative advantages of Triton.

**Piet: Do or did you experience a language barrier?**

Jakub: Yeah of course. When I came here I knew like two Dutch words, so of course I experienced it. Especially at the parties, because in the beginning everybody was talking to me in English, but at a certain point everybody switched to Dutch and at that very moment I was lost. Eventually it got better, and right now I don't feel like there is any barrier anymore. Everybody here speaks English and they probably know that you speak English too. It's getting better and better as everyone teaches me new words.

**Piet: A good follow up question on the language and fitting in: how do you experience the efforts of other people to approach you and to try to get to know you?**

Jakub: I appreciate it a lot! When I came here, all members of the heavyweight group and all of the competitive rowers were really nice to me and thanks to that I think I integrated very quickly. So yeah, they helped me a lot. Everyone was really open minded, and I think that is a part of the Triton atmosphere which I really enjoy. Also, when I came here in September, there were a lot of welcome parties which helps to get to know others. There are plenty of events which Triton offers for the first year rowers and the members of Triton overall. After a very short period, you have the feeling that you belong to the community.

**Piet: Something I remembered and really liked was that when you first came here, you brought a big keg of beer.**

Jakub: Yeah that was fun. That's the Czech way to get to know each other. Everybody drinks two beers, everybody is happy and then the conversation gets much faster.



## INFORMATION FOR INTERNATIONALS

**Piet: True! But the effort was really appreciated to bring something and formally introduce yourself.**

Jakub: Yes, I think it helps to not really stay along and these are like little things you can do to introduce yourself and get along a little better.

**Piet: This might be a good tip for other internationals when they come and row here**

Jakub: Definitely! Bringing your local beer, food or some other local thing helps you to introduce yourself in an easy and relaxed way. Also, especially in the rowing environment, and the sports environment in general, you appreciate all the little things you get and if you see effort from one side you can also expect the effort from the other side. I think at Triton, more than anywhere else, it's what you give you take back.

**Piet: How is training with your training/peer group? It might not be the best questions because you're in the single a lot, but you do train with a group of other rowers. How do you experience this?**

Jakub: At Triton there is a highly competitive heavyweight and lightweight men's group where I can train with. We do a lot of training together, especially the erg sessions. The stakes can get pretty high there. It's certainly an advantage for me as a single sculler because I can join the big group for certain trainings, but I also have enough time to train my individual things alone in the boat. I think that is also an important thing Triton has to offer, because you can improve quickly individually but when it suits you, you can join the group where it gets competitive. For example, sometimes we have sparring sessions, and you really want to end up on top on the sheet.

**Piet: Have you ever had the chance to train with Dutch olympic rowers?**

Jakub: Of course! At Triton we have three olympic rowers, Kaj Hendriks, Harold Langen and Monica Lanz. Kaj and Harold spend a lot of time with us and it is really motivating every time they join us for the erg session. You get the motivation right away just from seeing them row next to you or talking with them post training.

**Piet: And have you trained with people outside Triton, from other clubs?**

Jakub: From time to time. In the winter period we participate in the long distance races, where it is pretty common to combine with other clubs. I rowed several times in the quadruple scull with people from Delft, Tilburg and Maastricht. Some of them also compete on the international level. That was a nice experience as well, because you get to know new people on a very high training level. You do some training, perform a nice race and make some new friends across the Netherlands.

**Piet: How do you experience the level of coaching you receive?**

Jakub: Personally, I think the level of coaching is really high at Triton. We are very lucky to have a competent head coach, Coen Eggenkamp, who is really dedicated and offers us a lot of his time. He used to coach the Dutch U23 National Team and signed to Triton to coach later on. As I mentioned earlier, we also have a brilliant weight lifting program with Tjalling. Tjalling Knive, Knief, Knijf?

**Piet: Knijff**

Jakub: That one. Also, last year a former gold Olympic winner, Niels van der Zwan took care of me and started really to give me individual lessons in the single. That boosted my technique, and you also don't get the chance to train with a gold Olympic medallist every day. It's also a great source of inspiration and it gives me kind of a special feeling that he is willing to put such an effort into me.



## INFORMATION FOR INTERNATIONALS

**Piet: I can imagine that is was a bit of a gamble to get from a professional club like Dukla to a student rowing club. You went somewhere you've never been before and you just had to trust there was a good level of coaching.**

Jakub: I got a lot of information beforehand, but it's true that you're never completely certain about what you're going. For example, when I came to Triton, I was worried that a lot of coaches don't have coaching education and they are just few years older than I am. A lot of young people such as current students and former rowers go and become coaches voluntarily. They don't do it for money, but simply because they are part of the Triton community and they want to add something to it. And even though sometimes they don't have the perfect coaching education, they do their best and put their hearts into coaching various training groups. What I like about this is that you build a bond which goes way beyond just coach/athlete relationship, you also become friends and you really appreciate every minute they spend with you.

Another funny thing, coming back to the differences of the clubs, is that throughout the world coaches are used to coach from a motorboat behind the rowers. But at Triton we have very nice training water, which is basically like a Dutch channel, or canal, so it's very tiny for motorboats to enter and if you would do that, the waves would bother the other rowers too much. Therefore, all coaches coach from their bike, which is different to what I'm used to.

**Piet: Yeah I can imagine that is different from a river. You can't cycle along there**

Jakub: Yes, this has some benefits because you don't get a lot of waves and the water is covered from the wind pretty well.

**Piet: I know that they never come up when you ask for them, but have you maybe had any funny experiences?**

Jakub: I don't know. Maybe, one situation - I was kind of getting friendly with everyone, but there was one girl from the competitive training group with which I never talked to. Therefore, I thought she didn't really like me or so. But then we sort of interacted one day, and I found out that the reason that we didn't talk to each other was not because she didn't like me, but because there was the language barrier. But when we told each other, we both laughed about it and we got more friendly and easy going after that.

**Piet: How difficult was it to get housing in Utrecht, and did Triton help you with finding a house?**

Jakub: In my first year I lived in an apartment provided by the university. But usually you only have the contract for one year, so after that you have to find new housing. I found my new house thanks to Triton - club has several Triton-houses around the city, one of them, the most famous one is called 'Roeierspaleis de Houtman' (roughly translates to Rowerspalace the Woodhouse), is strictly for serious rowers, but other houses are for all of members of Triton. From time to time there are free rooms so fellow Triton members are wanted, and I've been lucky enough that I found myself a very nice house where I live with 11 other rowers.

I've heard that it can really be difficult to find a normal house in Utrecht as an international because in terms of supply and demand, there is a lot of demand compared to supply. During the evenings at which new housemates are selected, Dutch person is more likely to be chosen out of convenience and an abundance of supply. So in that way I was really glad that I could get housing without going to many selection evenings thanks to the Triton community.



## INFORMATION FOR INTERNATIONALS

**Piet: And what kind of Triton members are living in the house?**

Jakub: Four rowers row seriously on a competitive level, and the rest of the rowers are engaged with Triton in different activities, such as leading commissions, cooking at Triton, recreational rowing, coxing, and organizing all kinds of activities. But the rowing connects all of us.

**Piet: Do you have any special relics in the house?**

Jakub: Of course, we have several Triton blades, naturally in their classic dark blue color with the white stripe, posters and paintings on the walls and some other stuff.

**Piet: Can you maybe tell us a bit more about the way things go at Triton?**

Jakub: Something I really like about the system at Triton is that at Mondays and Wednesdays there is a commission that cooks for you, so you can go and enjoy a dinner at Triton for only three euros. Chefs think of the fact that competitive rowers eat a bit more, which comes in hand. My previous club was strictly about rowing, but at Triton there are enjoyable evenings around two or three times a week. It's a nice way to hang out with your fellow rowers, because you can sit down immediately after your training session in 'the hall', have some conversation and get to know people. You have to be formally dressed, which unites everybody and is a nice tradition. A part of the clothing tradition is the tie, which you earn by rowing your first race ever for Triton. The recreational rowers get a different tie than the competitive rowers.

**Piet: Are there any more traditions?**

Jakub: Yeah it has been kind of weird to get familiar with all of the traditions at Triton, because some of them make sense and some of them really don't. Most of the traditions are based on the idea to make people socialize with each other and have a fun time. Also, you have the formal clothing at the dinner / drinking evenings, the songs you sing, some rowing related rules, the Varsity, which is like the Dutch boat-race and there is a lot more. They all go back a long time, because Triton exists since 1880, so there is a history behind everything. It gives a really warm authentic feeling and it creates a strong and united community. But the only way to really find out is come and row here yourself.

**Piet: How is the fleet? Do you row in a good boat?**

Jakub: Triton has a solid system of providing new boats. Every year, new boats are coming and the best rowers get to row in the best ones. The boathouse never gets old. It doesn't matter if you're a lightweight girl or a heavyweight guy, the chance is pretty good that your boat is not older than just a few years. Let's be honest, material plays a huge role in rowing.

**Piet: Do you have any advice or is there anything you want to say to future internationals who are thinking about rowing at Triton?**

Jakub: Yeah of course, no worries and just go try it. I think it's a really good addition to studying in Utrecht. You will get a lot of friends, and an awesome community of people. It is awesome in the sense that it has to offer something for everyone. If you want to drink beers, make friends and do part time activities you can do it, but if you want to really get somewhere with rowing it's also possible. You really don't have to be scared to come to Triton because there is some sort of close community, and every year there are coming 250 to 300 new freshman which are mostly also new to the student and rowing world, so there is a certainty that there are lots of people who feel the same way you do. When I came here I felt that everyone knows each other quickly. So yeah, just go try it.