

Programmebooklet Studytrip 2018 Edinburgh



Stichting
Paul Erdős



TAKE A DRAM WITH WARM HOSPITALITY, WILD NATURE AND A SPOT OF GOLF - A TRUE SCOTTISH EXPERIENCE

1. The Torridon
2. Both House Hotel
3. Meldrum House Country Hotel & Golf Course
4. Trump International Golf Links
5. Balmoral Castle
6. Cairngorms National Nature Reserve
7. Ben Nevis
8. Inverlochy Castle Hotel
9. Kinloch House Hotel
10. Old Course Hotel Golf Resort & Spa
11. Fairmont St Andrews
12. Gleneagles Hotel
13. Loch Lomond and the Trossachs National Park
14. Mar Hall
15. Turnberry, A Luxury Collection Resort



Island

Speyside

Highland

Islay

Campbeltown

Lowland

INVERNESS

ABERDEEN

GLASGOW

EDINBURGH

PREFACE

Dear Deelnemers,

Today is the day we have all been looking forward to. We are leaving for an eight day study trip towards Edinburgh! After our hopefully cozy flight we will be staying in High Street Hostel right in the city centre. During the week we will visit multiple universities, an observatory and the city of St Andrews, where we will get all kinds of talks and tours. Apart from the mandatory program you are free to explore the city and its surroundings for yourself. There is also a voluntary program which has been organised by the committee. You can choose to join a hiking trip through the Scottish nature, drink fine whisky, or experience Edinburgh on a darker tone during the horror walk! If you want to join any of these activities, be sure to contact a member of the committee, because some of our events have a limited number of participants!

This trip could not have been realised without the help of the hard working members of the studytrip committee 2018. Although I am certain that most of you know us already, I will introduce them to you nonetheless. Tom Konijn is the secretary and was in charge of contracting the different funds to make sure the studytrip is as cheap as possible. Gavin Pelan, our treasurer, is in charge of the money and he ensured that not a Euro would go to waste! Together with Sebastian Zur he was in charge of contacting all the universities. Stefanie Fijma, amongst other tasks, designed logo on the sweaters and the front page of this booklet! And of course Lieuwe Bakker, who is head of scheduling and will make sure that our use of the public transportation this week will go as smooth as possible.

I hope you have a fun, educational but most of all a very gezellige week. If you have any questions do not hesitate to come to the committee!

Omar Ould-Boukattine
Studytrip Committee 2018

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COMMITTEE



Omar Ould-Boukattine
Chairman



Tom Konijn
Secretary



Gavin Pelan
Treasurer



Sebastian Zur
Schooled boy



Lieuwe Bakker
Lees de notulen



Stefanie Fijma



PRACTICAL INFORMATION

Departure:

Thursday, May the 3th at 09:30
Location: meeting point Schiphol
Flight: 6922, departing at 13:10



Return:

Thursday, May the 10th at 15:30
Location: High street hostel
Flight: 6925, departing at 19:40

Hostel: High street hostel
Adress: 8-18 Blackfriars Street
Edinburgh EH1 1NE, UK
Tel. hostel: +44 131 557 3984.
Breakfast time: 07:00 - 10:30

Dolls House Restaurant:
Adress: 3 Church Street
St Andrews KY16 9NN, UK
Date: Tuesday 8th of May
Reservation at: 19:15

Emergency number UK: **999** or 112
Phone number of Dutch embassy: (+44) 7731 553 120 (in case you steal a traffic sign)
Telefoonnummer Police Edinburgh: 0118 999 881 999 119 725 3

Prices public transport: £ 1,70. Flat fare rate .

Train: humongously expensive. Use Google Maps to figure out how it works.
Another good website to look up prices: www.travelinescotland.com.

Phone numbers of the committee:

Omar: +31 6 27145273 (In case you want to hike)
Steeff: +31 6 29003799 (In case you need anything)
Gavin: +31 6 46541005 (In case you're lonely)
Tom: +31 6 10227896 (For Fissa ;))
Sebas: +31 6 40260232 (If you want to skinny dip in the ocean)
Lieuwe: +31 6 20893663 (In case you want to give him food, or thank him for being the best committee member ever!)

Remember! In the UK, the wall outlets are different from mainland Europe!

SUDOKU

Hard

7								
		5	4					
		2	5				3	7
		7	2				5	9
1	8				3	6		
6	1				8	4		
					1	2		
								8

Medium

5		1				6		4
	9		3		6		5	
				9				
4								9
			1		9			
7								6
				2				
	8		5		7		6	
1		3				7		2

HISTORY OF EDINBURGH

The area around modern-day Edinburgh has been inhabited for thousands of years. Its origins as a settlement can be traced to the early Middle Ages when a hillfort was established in the area, most likely on the Castle Rock.

In 1707, at the time of the Act of Union, Edinburgh was a small capital city, little more than a single street. An overcrowded population of 35,000 was crammed into tenement dwellings. The wealthy and the poor lived in close proximity throughout the first half of the 18th century.

They also frequented the same inns, clubs and societies that thrived in the 'Enlightenment'. In 1695, the Bank of Scotland was founded, marking Edinburgh as a financial centre. However, England took many prestigious projects down south and economic stagnation in Scotland created a rebellious atmosphere in the 18th century.

Responding to these multiple problems, the government announced an architectural competition to design a New Town for Edinburgh. The New Town project was designed to bring more prestige to Edinburgh. The building and furnishing of this district sparked up the economy and surged the well-paid working class.

In the 19th century, Edinburgh's economy and banking industry grew significantly. By the 1820's, Edinburgh was the biggest financial centre in Britain after London. In addition, the presence of the university led to an age of enlightenment.



By the late 18th century, Edinburgh already enjoyed a remarkable reputation as a city of intellectual brilliance and beautiful architecture, mainly in the Greek neo-classical style. Hence the nickname 'Athens of the North'.

As Edinburgh decided to skip the industrial revolution in the 19th century, the city remained in relatively good state after the aforementioned troubling times. However, after the second world war, there was a great social disorder and a schism between poor and rich. We can see a portrayal of the poorer side of Edinburgh in movies like Trainspotting. Luckily things are on the mend and we will show you the beautiful city it is today.

UNIVERSITY OF EDINBURGH

The University of Edinburgh was founded in 1558 as the College of Law, and it became a university in 1582. It is the sixth-oldest university in the English speaking world. In the eighteenth century, this university played a key part in the European enlightenment. The university has 20,000 students and more than 3,000 academic staff. The university has several campuses spread across the city, and we'll be most interested in the King's Buildings campus. This part of the university is situated in the south of Edinburgh. It is home to the College of Science and Engineering.



Notable alumni of the university are the mathematicians Michael Atiyah, William Hodge and Thomas Bayes, the physicists James Maxwell, Max Born and of course Peter Higgs. Furthermore, the university has housed

other famous people such as Charles Darwin, Alexander Bell, the philosopher David Hume and writers such as Sir Arthur Conan Doyle and Sir Walter Scott. The university often scores seventh in the European rankings.

We will visit the School of Physics, the School of Mathematics and the Higgs Institute for Theoretical Physics during our stay. These are all located in the same building, so we won't have to walk too far.

Both the research of mathematics and physics are internationally renowned. The School of Physics is regularly involved in high-impact work and papers, for example concerning the Higgs Boson, studies of the oldest galaxies and investigating dark matter and dark energy.

The School of Mathematics teaches pure, applied mathematics, statistics and operational research. The university has over 2,000 students following undergraduate courses.



ROYAL OBSERVATORY

The Royal Observatory of Edinburgh was first established in 1789, even though astronomy has been taught in Edinburgh since the opening of the town's college in 1583. Astronomy in Edinburgh flourished at the Playfair Observatory on Calton Hill – the brainchild of the Astronomical Institution of Edinburgh. Calton Hill became the Royal Observatory when King George IV visited Scotland in 1822. The first Astronomer Royal for Scotland (the honorary title for the director of the Observatory), Regius Professor Thomas Henderson, was appointed in 1834. Since then Henderson was the first astronomer to measure parallax and determine the distance to the stars – an achievement that has made him one of Britain's most famous astronomers.

However, by 1888 the fortunes of the Royal Observatory were at a very low ebb with inadequate buildings, outmoded instruments, an unsuitable site and a paltry budget. A Royal Commission recommended that the Edinburgh Observatory should cease to be a national Scottish institution and that its buildings should be handed over to the University.

Luckily enough, this fate was averted by the generosity of the Earl of Crawford. He offered to donate the instruments of his own observatory

and his unique astronomical library to the nation on condition that the Government build and maintain a new Royal Observatory to replace the one on Calton Hill. This new Observatory, designed and equipped under the supervision of the new Astronomer Royal for Scotland, Ralph Copeland, came into being in 1896.



The site included the new residence of the Astronomer Royal. Site, materials, buildings and embellishments were all carefully selected to provide an altogether superb public monument to astronomy as well as a state-of-the-art research centre. The gift of the Crawford Collection, one of the greatest collections of astronomical books in the world, was, and continues to be, the historical heart of an institution at the leading edge of science and technology.

During our visit we will not only view this collection, but we will also partake in one of the most daring astrological experiments in Scotland: looking at the sun.

HERIOT WATT UNIVERSITY

Heriot-Watt University is a public university based in Edinburgh, Scotland. It was established as the School of Arts of Edinburgh by Scottish businessman Leonard Horner on October 16th, 1821. Having been inspired by Anderson's College in Glasgow, Horner established the School to provide practical knowledge of science and technology to Edinburgh's working men and thus it became the world's first mechanics' institute. This are educational establishments, originally formed to provide adult education, particularly in technical subjects, to working men. In 1837, the School



of Arts moved to leased accommodation on Adam Square, which it was able to purchase in 1851 thanks to funds raised in James Watt's name. In honour of the purchase, the School changed its name to the Watt Institution and School of Arts in 1852. After financial difficulties in 1873 the Directors turned to George Heriot's Trust for support, and agreed to a merger of the Trust's endowment with

the Institution's own. This resulted the Watt Institution becoming a technical college and renaming to Heriot-Watt College. Since then Heriot-Watt has opened four more campuses: Dubai, Malaysia, and two more in Scotland. The original campus of Heriot-Watt is divided into six schools. The two which we will visit are:

- The School of Mathematical and Computer Sciences; incorporating mathematics, actuarial mathematics and statistics and computer science.
- The School of Engineering and Physical Sciences; incorporating physics, chemical engineering, chemistry, electrical, electronic, computing and mechanical engineering.

As you can see from the schools, the subjects being taught and researched at Heriot-Watt are more applied than at those at the University of Amsterdam. So if you are considering a more applied direction within your discipline, pay close attention during the talks about the research themes and being a PhD student at Heriot-Watt.



GHOST TOUR

The Edinburgh vaults, admired by some, feared by most, are the one place in Edinburgh where beauty meets beasts, Blair Street meets Cowgate and daring souls meet their demise. What was once meant for workshops, house taverns and storage for merchants, later became housing for the homeless and a hotspot for criminal activities such as illegal gambling taverns and, as rumour suggests, a storage where bodysnatchers stored their corpses overnight. Only 32 years after its beginning in 1788, the conditions of the vaults had deteriorated so much due to damp and poor air quality that most of its businesses left.



At this time, the vaults mainly housed the poorest of Edinburgh's citizens and the aforementioned criminals. It is believed that around and about 1860 even they had moved to healthier places. The knowledge that people had even lived there was only discovered in 1985 during an excavation, when evidence of toys, medicine bottles, plates and other signs of human habitation had been found.

Nowadays, it is widely believed the vaults are a petri dish of paranormal activity because of its rich history. In 2009 a BBC program even filmed a segment of one brave individual, Joe Swash, staying in the vaults for a whole night. The filming of said program recorded some unexplained voices during the night. Swash was the only person in the vaults and did not hear the voices himself at the time of recording, despite the sounds being audible on his own microphone. They continued to be heard on the recording for some 20 minutes before abruptly stopping after what appears to be the sound of children yelling...

Since most of the NSA members aren't susceptible for scaring due to paranormal activities, you are going to be put to the test. We, physicists and mathematicians, arguably the most non-believing citizens in the world, will walk right through the vaults themselves. On Friday the fourth we can separate the men from the boys.

But beware, you might not return...

Ghost Tour information:

Date: Friday, May the 4th(be with you)

Time: 18.30 - 20.00

Entrance fee: €12

HAGGIS

The history of haggis, the national dish of Scotland, is shrouded in folklore, mystery and ambiguity. Although only a few sassenachs actually like it, the Scots are notorious for adoring this delicacy and devouring it by the bucketload. Guts and judgements aside, this dish is served and celebrated throughout its homeland.

It's no lie that haggis consists of sheep intestines, or "pluck" with stuffing. To be precise, a sheep's heart, liver, lungs mixed with onion, oatmeal, salt and spices. Traditionally, these items are blended together inside the casing of a sheep's stomach.



Nowadays, sausage casing makes for a more edible alternative. Despite preconceived notions, haggis is flavoursome and appetising. Vegetarian haggis is also a popular alternative. The dish can be found on special occasions, in high-end restaurants and even some fish 'n chips shops.

Typically, it is served with "neeps and tatties" (turnips and potatoes).

Surprisingly, there are no concrete facts to prove that haggis is wholly Scottish. Some argue that the delicacy stems from ancient times. After a hunt, easily perishable parts of an animal were cooked and eaten instantly. Others claim that its origins go as far back to the ancient Romans or even before at around the eighth century. Certain theories argue that it came straight off a ship from Scandinavia. Additionally, some may be shocked to learn that the first printed recipe of something remotely similar to haggis was from England in the early 1400's.

Traditionally, when haggis is served, a skilled speaker dressed in full Scottish garbs, boldly and proudly recites "Address To A Haggis" before it is devoured by all. Although quite a spectacle, this tradition is still very much alive and thus deeply ingrained in Scottish culture.

The speculations, stories, and bold statements surrounding haggis could more than likely continue on for centuries. One undeniable truth is that it is, and always will be, an integral part of Scotland's vibrant heritage. You should really try it out, if you can stomach it.

SCHEDULE

Edinburgh	Thursday 3th of May	Friday 4th of May	Saturday 5th of May	Sunday 6th of May	
07:00			Gather at the hostel 07:45		
08:00					
09:00	Gather at Schiphol airport - 09:30				
10:00			Pit stop in Callander		
11:00		Gather in front of the hostel - 11:30	Starting at the summit of the mountain 11:00		
12:00		Visiting the Royal Observatory			
13:00	Flight dep - 13:10 Flight Ar - 13:40				
14:00					
15:00					
16:00	City Walk				
17:00			Back in Callander (between 16:30/18:30)		
18:00		Ghost tour	Back to the hostel! 19:00		
19:00					
20:00				Pubcrawl - 20:15 Gather at the hostel	
21:00					
22:00					
23:00					
00:00					

Studytrip: Edinburgh 2018

Monday 7th of May	Tuesday 8th of May	Wednesday 9th of May	Thursday 10th of May
	Gather at the hostel 07:45		
Gather at the hostel 09:00	Visiting the University of St. Andrews	Gather at the hostel 09:45	
Visiting the University of Edinburgh		Short break until 14:15	Visiting the University Heriot Watt
	Continuing programme 14:30	Climbing Arthur's Seat	
	City walk - 16:30		Gather at hostel Heading to the airport 15:30
			Flight dep - 19:40
	Gathering at the Doll's house - 19:15		Back home! Flight Ar - 22:15
	Gezellige Group Dinner		
	Heading back to the hostel! 22:00		

SKERE ACTIVITIES

After paying for the trip, the sweater, food and many beers in Edinburgh, you're probably flat broke. How are you going to entertain yourself for the rest of the week? No worries! The committee has scavenged the internet to find fun activities, completely free of charge!

Do you like including a cultural visit in your holiday? Lucky for you, some of the best museums in Edinburgh are free to visit! **The National Museum of Scotland** for example, which has galleries displaying Scottish history, world cultures, a giant T-rex skeleton and much more. You can also visit Dolly the Sheep! **The Scottish National Gallery, the Modern Art Museum, the Writers' Museum** and **the Scottish National Portrait Gallery** are also free to visit.

Outside there's a lot to visit as well. **The St. Giles' Cathedral** is a beautiful cathedral just outside the hostel. It has many remarkable features, such as stained glass windows, medieval stone works and a marble Holy Table. **St Cuthbert's Parish Church** and **St. Mary's Cathedral** are also recommended. On Calton Hill you can visit many impressive monuments, such as **the Dugald Stewart Monument**, (which is worked into the logo!) **The Nelson Monument, the Playfair**

Monument and the Monument to Scottish Parliament. The most famous of all is **the National monument of Scotland**, inspired by the Athenian acropolis.

Would you like to see more of Edinburgh's scenery? You can walk along the **Water of Leith Walkway** to visit a few of Edinburgh's most impressive sights. Fancy the beach? Luckily, there's a few situated around Edinburgh. **Portobello beach** is just outside the city centre. Want to go for an adventure? Visit **Cramond beach** and **Cramond Island!** The island is one of the few islands in Scotland which you can reach by foot. It is one of the most archaeologically rich sites, featuring remnants of the Romans and fortifications used in WWI and WWII. Be careful though, it is a tidal island!

If you prefer hanging out in the park, there's plenty to visit in Edinburgh as well. Beside Calton Hill, you can also visit the **West and East Princes Street Gardens, Inverleith Park, the Royal Botanical Garden, Holyrood Park** or **The Meadows.**



HIKING TRIP

A mere 90 km from Edinburgh lies the border of Loch Lomond & The Trossachs National Park. The park spans almost 2000 square kilometers. It was established as a national park in 2002. The park is home to many mountains and one of them is called: "Ben Ledi". Ben Ledi is positioned on the southern edge of the Highlands in the Trossachs hills, some four miles northwest of Callander near the village of Kilmahog. It is often regarded as having some of the most romantic scenery of Highlands. The mountain boasts an excellent viewpoint and is a popular hill-walking destination that can be seen from many parts of the southern Highlands in Scotland's National Park.

On Saturday the 5th of May, we are going for a hiking trip to the top of Ben Ledi. Our goal is the memorial cross at the summit of the mountain at 879 metres. The cross was placed as a memorial to Sgt. Harry Lawrie, who died in a crash during a rescue operation on another mountain called Ben More on February the 1st in 1987.

Hiking Tour information:

Date: Saturday, May the 5th

Time: 07.45 - 19.30

Entrance fee: €30,-

Packing list:

- Good walking shoes
- Enough water (more than 1.5L) and food
- A good mood and fair amount of energy
- An extra pair of socks
- Clothing suited for the Scottish weather and incidental rain

We will gather in front of the hostel at 07:45 and take the bus towards Callander. This will take roughly 90 minutes. Here we will have the opportunity to buy some snacks and visit the information center. After the quick stop, we will continue with the bus towards the foot of the mountain, where our hike will begin at 11:00. After climbing Ben Ledi, we will walk back to Callander, where the bus will pick us up for our journey back to Edinburgh. We will walk 15 km in roughly 7 hours with enough breaks and scenery stops.

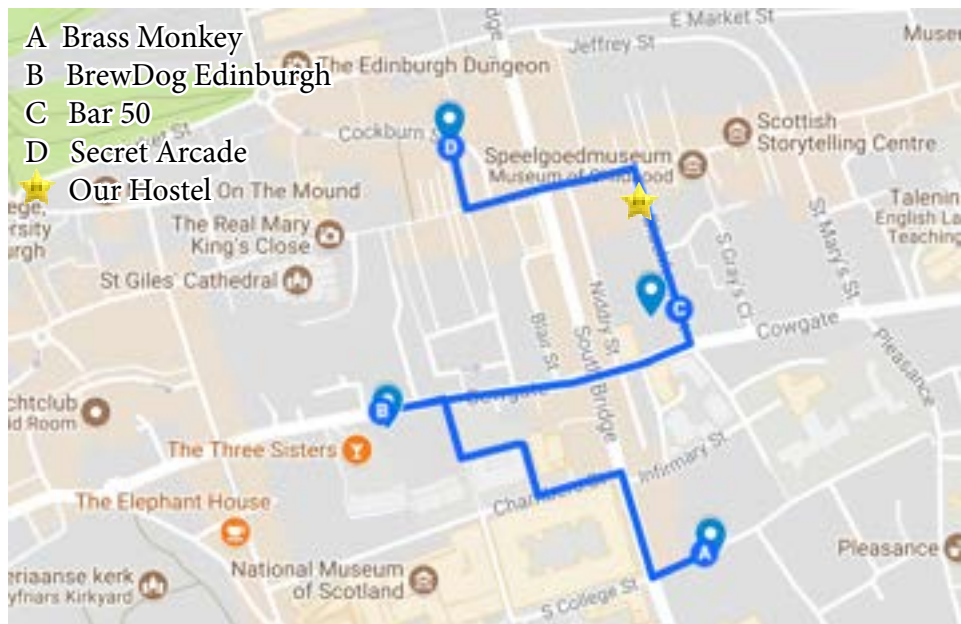


PUB CRAWL

The United Kingdom is widely known for its intimate relationship with alcohol and a good night out, or 'sesh', as most locals tend to call it. Every drinking culture is different, so one of the best things to do during your stay in Edinburgh is to savour the culture and enjoy Scotland's national pastime. While many students and young adults party like we do in the Netherlands, by having a pre-drink sesh before going to the club, the watering hole of choice amongst the majority of British citizens still is the pub. Pubs, short for public houses, operate on a remarkable business model: They frequently open at 11 in the morning, yet as a licence allows a place to be open

for only 12 hours per day, they close at 11 in the evening. In addition, they will serve (near-)proper food. This is much earlier than most Dutch people are used to, but rest assured, for most pubgoers will reach their desired promillage before the night is over.

On the Sunday, however, we will go to some bars frequented by students. We will start in the Brass monkey at 20:30, followed by a visit to the BrewDog at 21:30, then we'll go to Bar 50 at 22:30. The faint of heart will be glad to hear this is next to our hostel. Afterwards, we'll finish with a nightcap at the Secret arcade at 23:30, where they serve vodka of over 90% alcohol by volume.



SCOTTISH SCENTENCES

How are you?
And you?
Good morning!
I missed you so much!
Can you say it again?
I don't know
Return soon!
I'm short of breath

Don't be a tattle-tale
I'm looking for John
One moment please!
How much is this?
Excuse me! (to pass by)
Come with me!
You're crazy!
You're not making any sense!
Oh yes, right now

What do you do for a living?
I've been learning Scottish for
one month
Hurry up, you're always drag-
ging your heels.
Zullen we samen naar karaoke
gaan?
And some words that describe
being drunk...

Hou ar ye?
An ye?
Guid mornin!
A misst ye sae muckle!
Can ye say it again?
Ah dinnae ken
Haste ye back
I'm fair pucked

Don't be a wee clipe
A'm leukin/swatchin for John.
Ae moment please!
Hau much is this?
Ho ye!
Come wi's!
Yer aff yer heid!
Yer Bum's oot the windae!
Och aye the noo

Whit d'ye dae for a livin?
A've been lairnin Scots ae
month.
Yer aywis at the coo's tail.
Issho ni karaoke ni ikou ka?

Blooterred, Steamin, Wrec-
ked, Bladderred, Hammered &
Smashed

HISTORY OF ST. ANDREWS



As most of us are so used to the beauty of Amsterdam, almost every other city we step foot in are met with our Dutch cynicism when looking at its buildings, its citizens and its overall culture. However, even the most cynical amongst us won't be able to dislike this pastoral town. Its historical buildings and culture can cause unwanted protrusions in the kilts of the most asexual people.



St. Andrews got its name thanks to Saint Andrew, one of Jesus' twelve apostles and, according to the new testament, a brother of Simon Peter. Saint Andrew is believed to have lived together with Jesus Christ in the beginning of Jesus' public life. Both Saint Andrew and his brother were fisher-

men by trade, and therefore called upon by Jesus to be "fishers of men".

This old and sacred city is probably best known as the "home of golf". A well deserved name, since it is regarded as the birthplace of this game of the rich. Although you would never hear a Scotsman say this, since in Scotland it is played by all classes of society. You would be wise not to say that it isn't.

In the mid-eighth century a monastery was established by the Pictish King Oengus. That monastery, now traditionally associated with the relics of Saint Andrew himself, is said to contain the bones of the saint's arm, kneecap, three fingers and a tooth, believed to have been brought to the town by Saint Regulus.

It's ancient town center has the esthetic right out of a movie. As most of you will probably want to have something to bring home, you better make some great pictures.

UNIVERSITY OF ST. ANDREWS

Founded in 1411, the University of Saint Andrews is the oldest university in Scotland. Because of political and religious tensions with France and England at the time, Scotland required a safe university for its own citizens, and thus chose to found it in the bishopric of Scotland.

Throughout its history, the university has experienced some tumultuous times. In 1470, several masters and students were expelled for attacking the Dean with bows and arrows, and in 1544, the university banned beards, gambling and football.

In the 19th century the University made considerable progress in developing teaching and research in the arts, divinity and the biological and physical sciences. In 1897 the University was joined by a new academic centre in nearby Dundee and with it gained notable achievements in medical and applied science. This association ended in 1967 with the foundation of a separate University of Dundee.

In 1876, the University Senate decided to allow women to receive an education at St Andrews at a level roughly equal to the Master of Arts degree that men were able to take at the time. The scheme came to be known as the 'L.L.A. examination' (Lady Literate in

Arts). It required women to pass five subjects at an ordinary level and one at honours level and entitled them to hold a degree from the university.

In the last 90 years, the university has conferred around 1000 honorary degrees. Notable recipients include Benjamin Franklin, Rudyard Kipling, Alexander Fleming, Iris Murdoch, James Black, Elizabeth Blackadder, Tim Berners-Lee, and Hillary Clinton.



As the 20th century progressed, it became increasingly popular among the Scottish upper classes to send their children to the country's oldest higher learning institution, and the university's student population rose sharply. This revival has been maintained to the present day. Several members of the Royal Family have studied here, and Prince William and Kate met here whilst studying.

KILTS

What is it about men in kilts that women find so attractive, and other men seem to admire? For many women, the sight of men wearing kilts increases their pulse, and the question of what's under his kilt runs their minds.

A kilt-joke goes something like this: 'a rather well dressed lady asks a Scotsman: "what's worn under your kilt?" To which he replies: "nothing madam, it's all perfectly in working order."

The origin of whether anything is worn underneath is of course shrouded in history. It's certainly true that Highlanders hundreds of years ago had no need for undergarments. Since department stores had not yet been invented they couldn't just go out and buy a pair when their mother-in-law was coming over for dinner.

Traditionally, Scottish Regiments did not wear anything below the kilt. A soldier on parade was sometimes even asked to stand at ease, so that the drill instructor, who carried a long stick with a mirror on one end, could verify that he was properly (un)dressed.

When wearing a kilt without underwear, it is vitally important that you learn to sit in your kilt without losing your dignity. That is, always ensure that you smooth the pleats of the kilt beneath you as you sit down, and while sitting keep your knees together. You can also use the weight of your sporran to ensure that the apron of your kilt is always between your legs, when sitting with your knees apart. In doing so, you will avoid embarrassment to yourself and others.



WHISKY

'Uisce beatha', Gaelic for water of life, is a substance most people know by its anglicised pronunciation: whisky. There are records from 15th century Ireland mentioning whisky, but the drink was nothing like what it is today. Back then, whisky wasn't allowed to ripe, so it resembled wodka more than whisky.

Over the years, the recipe became more and more refined. Nowadays, whisky is made by distilling a concoction made of malted barley (NB: Some call an alcoholic spirit made of grain whisky too, but we disregard those Americans). The distilling apparatus is made of copper to remove unpleasant sulphurous elements.

Of course there are many variations on this brewing method, and small changes result in big differences. Scotland is renown for its skill in whisky making. There are a hundred different distilleries, which export whisky out of the country for a total of £4.3 billion yearly. There are roughly four distinct regions of whisky made in Scotland. These are Lowland, Highland, Speyside and Islay.

Lowland whisky is brewed in the lowlands (south) of Scotlands. It is generally milder than the other regions. The whisky has a less peaty flavour than

the other regions. A notable brewery is Glenkinchie, so be sure to give it a try during your stay.

The next region is the Highlands. This region is home to the most distilleries. The whisky is often described as being medium bodied, but because the region is so big, there is a huge difference between distilleries. A few recommended brands are Tullisker, Dalwhinnie and Highland Park.

Speyside whiskies come from near Aberdeen. They tend to be more delicate and have complex flavours. A few distilleries are Aberlour and Macallan.

Islay whisky generally has a distinct, smokey flavour. They are often heavy and take time getting used to. The best known whiskies from this area are Lagavullin and Laphroig.

Be sure to give some of these a go during your stay, and remember, enjoy!



MAD LIB

Whoohoo ! You, _____(1.), _____(2.) and _____(3.) finally agree after _____(4) hours of fighting. You're trip to _____(5) is booked! The weekend getaway to _____(6) and backpacking in _____(7) had been cancelled last minute. Time to prepare! You cannot live without _____(8) _____(9), and _____(10) wants to buy _____(11) items of his/her favourite _____(12) first. _____(13) wants to go shopping for a new _____(14) _____(15). Eventually, _____(16) wins. You will first go to _____(17)! You see a look-a-like _____(18) walking around. As you're relaxing with a _____(19) mask, you decide to post this on _____(20). On your _____(21), you type a message with your _____(22) to _____(23). Oops! You accidentally send a message to _____(24). (S)He sends a picture of his/her _____(25) with the words: "I fancy you more than _____(26). If I can join you on your trip, you will get some _____(27) and as many of _____(28) as you want!" Hmm... Sounds tempting, but _____(29)! You'd rather go shopping for _____(30). At the store you're carrying _____(31) kg in bags. Until you see _____(32) and _____(33) on a _____(34). "You're much too _____(35) to lift those bags, give those to us!" They say in a _____(36) manner. How convenient: for _____(37) pounds per _____(38), plus a bonus of all the works of _____(39), you can also book them as bag-carriers! Now you're all set for the _____(40) trip ever!

- | | |
|------------------------------------|-------------------------------------|
| 1. Name person 1 | 21. Device |
| 2. Name person 2 | 22. Body part |
| 3. Your favorite TA | 23. Person you're close to |
| 4. Your favorite prime number | 24. Your ex-partner |
| 5. Destination of the BEC | 25. Favourite part of human anatomy |
| 6. Destination of the LiftCie | 26. Favourite pofbare item |
| 7. Big city in Europe | 27. Scottish delicacy |
| 8. #Consumed beers last week | 28. Favourite snack |
| 9. Favourite drink | 29. Expletive |
| 10. Person 1 | 30. Item |
| 11. #EC you earned since Christmas | 31. Weight of your bag |
| 12. First thing you see | 32. Favourite physicist |
| 13. Person 2 | 33. Favourite mathematician |
| 14. Colour of your sweater | 34. Vehicle |
| 15. Clothing piece | 35. Characteristic |
| 16. The TA | 36. Mood (adjective) |
| 17. Destination Edinburgh | 37. Your airplane seat number |
| 18. Favorite professor | 38. How long you last in bed |
| 19. Fruit type | 39. Favourite artist |
| 20. Social media platform | 40. Adjective |

BUCKETLIST

While some of you might see this study trip as a welcome intermezzo from your daily struggle with homework and tests, others might miss the challenging part of completing these exercises. That is why we would like to provide these people with a bucket list, as to quench this thirst.

- Throw your ID/Passport into a club
- Use a towel as a kilt in a pub
- Buy frozen spring rolls
- Order a Whisky Coke and ask for Pepsi instead of Whisky
- Play a game of cards in the Edinburgh Vaults
- Skinny dip in the North Sea
- Make a nutscape on the top of Ben Ledi
- Share the night with a traffic sign
- Watch a football match in a pub in England
- Shower with 10 people at the same time
- Eat a fried marsbar
- Spend one night in Cowgate Hostel
- Buy an entire keg in a pub
- Don't wash your neck the entire trip
- Go crawling home from the pub
- Convince a scot you are a professional sportsman
- Play a bagpipe

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