



Erasmus Student Network  
**Twente**

*Violence against women is an even greater cause of ill health than traffic accidents and malaria combined. This is why we, as ESN Twente, want to create awareness for the [International Day of the Elimination of Violence Against Women](#), which the United Nations has declared to be the 25th of November. To do this, we created a guide with resources for anyone who has been a victim of violence or anyone who wishes to know more about this topic and how to help out. (The resources are suitable for both male and female people.) The following information applies within the Netherlands. If you feel like something is missing, kindly contact: [housing@esntwente.nl](mailto:housing@esntwente.nl).*

**--- IN CASE OF IMMEDIATE DANGER, DO NOT HESITATE TO CALL 112 !!! ---**

Contact the Netherlands Police by phone:

**Emergency:**

- Emergency number: 112 (free of charge)
- Text-phone for persons who are deaf or hard of hearing: 0800-8112 (free of charge)

Non-emergency (for questions or to make an appointment):

- Local police: 0900-8844\* or +31-343 57 8844
- Text phone for persons who are deaf or hard of hearing: 0900-1844\*
- Report Crime Anonymously: 0800-7000 (free of charge)
- Fill in the police's [contact form](#), so they can contact you.

*\* This number has a base rate of 9.51 cents and  
2.8 cents per minute.*

Flip this page over.

What? Where?	<p>'Veilig Thuis', meaning 'safe at home', is there to help anyone, young and old, who is affected by domestic violence or child abuse.</p> <p>Veilig Thuis breaks the spiral of unsafe situations and offers perspective, giving people a future again.</p> <p>They have locations all over the Netherlands. The link is for the location in the Twente region.</p>
For who?	<p>Dutch people looking to report a case or ask for advice. Also available for any other questions regarding domestic violence.</p> <p>Non-Dutch speakers will need someone to act as translator as the staff only speaks Dutch.</p>
How?	<p>You can contact them via phone for free 24/7, chat, send an email, or visit the location: <a href="https://veiligthuiswente.nl/contact/">https://veiligthuiswente.nl/contact/</a></p>
Link	<p><a href="https://veiligthuiswente.nl/">https://veiligthuiswente.nl/</a></p>

What? Where?	<p>Sexual Assault Centers, the CSG's, operate in 16 regions in the Netherlands. Their staff are working together with the police, healthcare professionals (including psychologists) and the government. The center closest to Enschede would be Twente-Achterhoek:</p> <p><a href="https://www.centrumseksueelgeweld.nl/csg-twente-achterhoek/">https://www.centrumseksueelgeweld.nl/csg-twente-achterhoek/</a></p> <p>The link at the bottom is for the English contact page.</p>
For who?	<p>Dutch and English speakers who wish to educate themselves on sexual violence and the options available to them. If you are a victim and contact this center, you will be provided with personal support from a range of professionals and a case manager.</p> <p>For Dutch speakers who want to learn more, they also offer a youtube channel:</p> <p><a href="https://www.youtube.com/channel/UCBnRr0LtijNMzOBBq3x1bcg">https://www.youtube.com/channel/UCBnRr0LtijNMzOBBq3x1bcg</a></p>
How?	<p>You can contact them via phone, chat, form or email. The speed of their response depends on your choice: immediate, within 7 days, after 7 days. For urgent calls: +31 0800 0188</p>
Link	<p><a href="https://www.centrumseksueelgeweld.nl/csg-en/">https://www.centrumseksueelgeweld.nl/csg-en/</a></p>

What?	The University of Twente offers counselling support to students in need through the Student Affairs Coaching & Counselling (SACC) team.
For who?	Students of the University of Twente.
How?	Counselling is offered at a variety of levels. Visit the link below to learn what those are. If you are unsure who to contact, contact <a href="mailto:sacc@utwente.nl">sacc@utwente.nl</a> . They will be able to redirect you to help you find the right type of support. The team might also be able to help you reach out to other organisations when you face a language barrier.
Link	<a href="https://www.utwente.nl/en/ces/sacc/coaching-counselling/counselling/">https://www.utwente.nl/en/ces/sacc/coaching-counselling/counselling/</a>

What?	Service Point Saxion.
For who?	Students at Saxion (Enschede or Deventer).
How?	Students may reach out to the service point in order to schedule an appointment with a student counsellor or arrange for language support. You can contact them via mail here: <a href="mailto:servicepoint@saxion.nl">servicepoint@saxion.nl</a> .
Link	<a href="https://www.saxion.edu/studying-in-the-netherlands/services/service-point">https://www.saxion.edu/studying-in-the-netherlands/services/service-point</a>

What?	A virtual knowledge platform about Violence Against Women initiated by the United Nations.
For who?	Everyone who wants to learn more on this subject, especially for those who wish to become engaged as supporters themselves. Available in English, French and Spanish.
How?	You can explore the platform to learn about different incentives and their effectiveness. <i>If you want to know about the support available in different countries, visit</i> <a href="https://www.endvawnow.org/en/need-help">https://www.endvawnow.org/en/need-help</a> .
Link	<a href="https://www.endvawnow.org/en/about">https://www.endvawnow.org/en/about</a>

