



# **SPOUSE CARE**

PART 2: Cultural Awareness

**Information for employers who care about their expats and the spouses experiencing life in the Netherlands**



*Did you know....orange carrots were bred in the Netherlands in the 16th century in honor of the house of Orange. Before they were white, yellow, black, purple or red.*

## **Spouse Care Part 2:**

### **Cultural Awareness, how to survive the Netherlands**

The **Spouse Care program Part 1** may be extended with 'Cultural awareness'. This part of the program offers the chance to get to know more about the Dutch culture.

We address various topics from a Dutch perspective such as, time, family life, holidays, appearances, greeting & visiting the Dutch, cultural hotspots.

Test for Spouses: *Are you Aware?*

that you can expect:

- at breakfast..... **hagelslag** (chocolate sprinkles on your bread)
- at lunch.....**haring met uitjes** (raw herring and onions)
- at dinner..... **stamppot** (vegetable mash)
- at New Year's eve.....**oliebollen** (Dutch doughnuts, but then a bit different)
- at any market.....**poffertjes** (kind of mini pancakes)

that you can expect:

- the Dutch are very direct (you probably already found out yourself)
- the Dutch become extreme on King's Day and want you to do the same
- Sinterklaas turns out to be another character than Santa Claus
- Shaking hands is a Dutch obsession, therefore The Dutch shake hands all the time!

In this workshop the participants will find out how *Aware* they really are!



*Did you know...the Dutch are proud of their cultural heritage and love to share that with you?*

## **Spouse Care Part 2:**

### **What more to expect:**

#### **Topics during the morning program:**

- The Netherlands in a nutshell
- Typical Dutch stuff
- Sports
- Family life
- VIPS/BN'ers

#### **Afternoon program:**

- Typical Dutch lunch
- Outdoor Cultural experience with **Kaat**

### **Kaat**

In the afternoon, after the Projob Cultural Awareness Program in the morning, it's time to enjoy work of some fabulous Dutch Designers.

The Dutch Designers are amongst the best of the world and Dutch Design is found everywhere in Amsterdam. Not only in various museums and art galleries, but also in ordinary lives of Dutch people.

To find out more about Dutch Design and to enjoy a beautiful walk through the center of historical Amsterdam, then please enroll this afternoon program.

#### **The total program is hosted by:**

Shereen Leissius, career coach & trainer at Projob  
Gea Wortelboer, coach & trainer at Wortelboer Trainingen  
Karina Groot, owner Kaat Insider packages