

AMSTERDAM

FREE MAP

FOR YOUNG TRAVELLERS
MADE BY LOCALS

USE IT

- FOOD
- OUTSIDE
- ART
- MARKET
- MUSEUM
- CINEMA
- INFORMATION
- ENTERTAINMENT/ACTIVITY
- ACCOMMODATION

PRACTICAL INFORMATION

FIRST THINGS FIRST
Amsterdam is a global village: a busy but small city where everything and everyone battles for space. The city centre is especially touristy and overcrowded. So be mindful of your surroundings and local residents (who have to deal with lots of nuisance and garbage on the street). Be open-minded, explore the outer parts of Amsterdam - there is so much more than just the canals! - and, instead of large chains, support local businesses (our map mentions a lot of them...) that contribute to social and ecological sustainability.

PRAT NEDERLANDS MET ME
Amsterdam is a very international city, so you can get around easily by speaking English. But don't let this discourage you from practising some Dutch! The city is growing increasingly international and gentrified, so learning a traditional Dutch word or two is always appreciated!

TRANSPORT
While walking in Amsterdam is comfortable, convenient, and definitely advisable, most people use a bicycle to get around. If you're comfortable with it, we suggest you do the same - it's by far the most efficient (and perhaps pleasant!) way to traverse the city. You can find plenty of bike rentals around or you can use the Donkey Republic app. (PS: in modern Amsterdam, roadworks are never not a thing.) Prepare to take a scenic detour every now and then!



TESSA (28)

WORKER'S PALACES
What makes me a proud Amsterdammer, is the city's unique architectural abundance and the social neighbourhoods it fosters. That's why I send all my visitors to museum Het Schip to learn about Amsterdam's social housing history and experience one of these neighbourhoods for themselves. A housing complex from the early 1900s, the city started building these kinds of 'workers' palaces' as an answer to its slums. I highly recommend taking a guided tour and visiting the post office and worker's residence, which are still in their original condition.

PS - recommended in the area: go for some OG Italian takeaway pizza from 10, Memmo e Tu (and eat it in Westerpark)



BOOK A TOUR THAT MATTERS: FROM POLLUTION TO SOLUTION IN AMSTERDAM
"In Amsterdam North, on the grounds of the old shipyards, a new revolution is playing out of the circular economy. Here, you will find circular cafés, shops, that breathe a collective spirit! Visit, among others, the award-winning Café, and cultural freespace Tolhuistuin. Get inspired by the stories of the pioneers towards a circular paradise where nature and humanity thrive as one."

ANOUSCHKA (35)

Tours that Matter is a group of local storytellers their city and advocate for 'Positive Tourism'. We that inspire you to discover new places and be exploring the Amsterdam that lies beyond. Do you dive into the unique values of Amsterdam, local and counterculture? Check out tourist/urban tour that matters!



TRANSPORT
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Public transport can also be a good option, depending on where you need to go. The metro lines are relatively fast and well-connected. Both Google Maps and the 9292OV app will help you further. You can buy tickets at every train and metro station or check in and out of every public transport mode with your bank card!

The ferry across the IJ river is free and provides a very nice view of the city. (Pro-tip: check the app Fontveer for live departure times of the ferries!)



BARS, CAFÉS, AND RESTAURANTS

Bars in Amsterdam generally close at 1 am on weekdays and often at 3 am on the weekends. Restaurants normally don't serve dinner anymore after around 9:30 pm. While there is always a dinner option available, many restaurants are quickly booked full - especially popular, trendy places - so make your reservations early!



LET'S TALK MONEY
In Amsterdam, you can pay by debit card pretty much everywhere. At some grocery shops, card-only has even become the standard.



The tipping culture in Amsterdam is easy going. It's okay not to, but the polite and usual thing is giving a tip of anywhere from 10 to 20 percent on amounts above €10.

DON'T BE TRASHY - TAKE CARE OF YOUR TRASH

Recently, the Netherlands has imposed deposit money onto beer and soda cans (on top of beer bottles and lots of plastic bottles). As a result, homeless people sometimes empty the trash bins in search of some leftover cans, please consider keeping your cans and bottles with you and returning them at the grocery store in exchange for some money, or donate them directly to a person collecting them.

NEED TO PEE?

The supply of public bathrooms in Amsterdam could be better, but bars and restaurants are usually willing to let you use their toilet if you ask politely. For the boys, the city offers *plastikullen* here and there - these green, spinnily-shaped outdoor urinals - and we are still waiting for the city to come up with more women-friendly solutions!

DRUG CULTURE

While the City of Amsterdam explores progressive and sensible ways to regulate substances - instead of fighting an ineffective war on drugs - remember that hard drugs are strictly illegal here. While you can buy weed and hash at 'coffee shops' and 'truffles' (the spiced version of psychedelic mushrooms, which are themselves illegal) at special shops, be civil about it: don't smoke in busy public spaces or your hotel room. Like alcohol, marijuana is also 18+. Always take care of yourself and be responsible!



SUNSETS AT WEESPERKADE
Winters in Amsterdam can be tough, but summers in the city are worth the wait. One of my favourite things to do on a summer evening is to take some cold drinks, snacks, and a blanket to the Weesperkade. No better place in Amsterdam to watch the sunset in the city.



TOUR THAT MATTERS: FROM POLLUTION TO SOLUTION IN AMSTERDAM NORTH

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Tours that Matter is a group of local storytellers who love their city and advocate for 'Positive Tourism'. We give tours that inspire you to discover new places and perspectives, exploring the Amsterdam that lies beyond. Do you want to dive into the unique values of Amsterdam, freedom, diversity, and counterculture? Check out ToursThatMatter.com to book a tour that matters!

13TH CENTURY: FISH, WATER AND A FEW BUILDINGS

In the late 13th century, a small town formed where the Amstel river touched the Zuiderzee - a larger body of water on the Northeast of Amsterdam. As a hotspot for fishery and trading, this slowly grew into the city of Amsterdam.

17TH CENTURY: THE 'GOLDEN AGE

Amsterdam grew significantly into a bustling city and a hub for global trade, boosted by the Dutch Republic's colonial endeavours. The carefully decorated canal ring and its storage houses played a central role as the backdrop for wealthy merchants as well as the less fortunate - workers and migrants (often religious refugees) - to keep the trade going.

19TH INTO 20TH CENTURY: THE POWER OF PLANNING!

After remaining the same size for two centuries, the city grew again in the late 19th century, leading to new projects such as the 'General Expansion Plan' (*Algemeen Uitbreidingsplan of AUP*) in the 1930s, providing the foundation for the city's outer districts (which you can explore extensively with this map) and recreation areas such as the large park het Amsterdamse Bos.

1940 - 1945: A SCAR IN THE CITY FABRIC

Historically, Amsterdam has been a destination for people of many nationalities and backgrounds. Especially the Jewish community has characterised the city throughout the century. Before WWII, around a tenth of the city's population (± 80.000) was Jewish. And while the numbers don't always align, it's fair to assume that around 10% of the community survived the Holocaust.

1980S - TODAY: FROM ROCK BOTTOM TO 'SUCCESS'

In the 1980s, Amsterdam found itself in many crises. Many people (mostly families) were leaving the city, 10,000 of its inhabitants struggled with heroin addiction, and the built environment was in a poor condition. In the subsequent decades, many things changed: the housing market was largely liberalised, the city became an attractive economic and cultural hub, and the population grew strongly. Amsterdam has become so 'attractive' that it has now reached a 'crisis of success' (as author Marcel van Engelen has called it): housing prices have shot through the roof, heavy tourism leaves a strong mark on the city - you can tell from the chaotic streets and TikTok-queues in the city centre - and an abundance of expensive e-bikes and €5 coffees lays bare a new level of economic inequality. But luckily, Amsterdam is still much more than this! Get lost with USE.IT Amsterdam, and find out...

THE VENICE OF AMSTERDAM

One of my favourite places in Amsterdam has to be the place where I grew up. I may be biased, but it's the perfect area to relax and experience Amsterdam's (modern) residential character. And it's not even that far from the city centre! I'm talking about Oostelijk Havengebied. This is where all the ships used to come through and warehouses were located, and you can still visit them now, as they are transformed into a little shopping mall (Winkelcentrum Brakke). My favourite area is Java-Eiland, because it feels like you're walking through Dutch Venice! You'll find water and bridges everywhere, and plenty of little parks between the houses to a rest while adventuring in this area.

A NICE STROLL, SUNSET AND SIP OF WINE

Amsterdam is often cloudy, and when the sun does shine, the dense environment sometimes makes it hard to find a nice spot to enjoy a sunset. One of my favourite spots in the city is the Overhaalengang bridge, a seemingly mundane bridge for walking and cycling near the city zoo Artis, but on a sunny evening, you can sometimes spot someone putting down their garden chair on the concrete blocks, watching the sun dip into the water near Central Station while enjoying a glass of wine. There's always space for company, so sit down, chill out, and watch the boats pass by! Close by, you can go for a stroll by the water on the Entrepotdok, a magical part of town, with beautiful historic warehouses and a calm atmosphere (even if you can hear the animals from the zoo across the water).

BEER THAT BONDS

Brewgen Meeting Point started as a 'social' beer brewery in Zaandam (you know, that place north of Amsterdam where all the tourists go, in search of people in clogs and tiny, old houses). Before founding this brewery, the owner Patrick Brewgen had an accident and spent a few weeks in a coma. Despite the struggles during his recovery, he managed to establish the brewery and make it a success. This inspired him to make the brewery into a place with career opportunities for people to whom working doesn't come so naturally. And now, they have a tasting room in Amsterdam West, for you to enjoy!

THE CLASH OF THE NORTH!

Changing from a historic shipyard to an experimental creative district, **NDSM** is a rare area for many reasons. A rugged public space, where truly everyone is welcome to daydream and gaze over the IJ river. Here, many artists have their studios and practise their crafts. A local organisation curates art projects and events and rents out the space for festivals. At the same time, **NDSM** is supposed to grow as a safe recreation space or 'backyard' for many different people, such as old 'Northmers' (some of whom used to work at the shipyard) and new yuppie-residents - who don't always like each other that much... This is a spot for both remiscising industrial history and experiencing local tensions in a changing city, all the while enjoying its many gems, such as urban beach bar **Plek** and art space **Beautiful Dresses and Nieuw Dakota**. Or, if you're lucky, you can catch Europe's biggest flea market: **Lilalien!** This takes place one weekend every month. You can reach **NDSM** easily with the free, direct ferry from Central Station, which also gives you a nice view.

AN OASIS FOR THE CITY, BY THE CITY

De Groene Veld is truly what the Dutch would call a *recreatieveld* - a rugged and edgy, yet free and authentic part of town. Formerly a site for sewage treatment, a group of squatters found their refuge here. In the future, it will also become a site for sports and an energy plant, but with joint efforts of the municipality and surrounding residents, it will remain an open space for culture, arts, and experimentation with various events and an affordable café... at least for now.

"EAT WELL, DO GOOD"

Open every day 08:30 - 17:00
DIGNITA restaurants (yes, they have multiple locations) not only focus on producing hand-crafted menus, using organic and local ingredients but also on providing, certified training programmes for the most vulnerable. Enjoy a tasty all-day brunch at one of the three restaurants in Amsterdam and contribute to this good cause.

PITS AND PÉTANQUE

Open every day 12:00 - 00:00
Sometimes, all you want is just a plain, simple, traditional café. In that case, **'t Blaauwhout** hits the spot. A staple café with a cute terrace where you can watch the elderly (or the young!) play *pétanque* or *jeu de boules*, as the Dutch colloquially call it. P.S. after your drink, make sure to wander around the neighbourhood and say hi to the animals at the farm on *Bickerseiland*!

THE MYSTERIOUS GUINEA PIG

Another cinema? Yes, we just have too many special cinemas not to mention! If not for an arsy 16 to 35 mm movie, pop by **Filminis Caviar** for its history. No one knows why it's called after a guinea pig (could in Dutch - maybe because the cinema is so small...). Fun facts: this place was once a boarding school for kids training to be skippers, and nowadays, you can pay in Bitcoin!

BROODJE — (INSERT NAME HERE)

Mon - Fri
Near Central Station and perhaps every Dutch neighbourhood, has a cult-classic shop for cheap, no-nonsense sandwiches. Utrecht has **Broodje Ben**, Nijmegen has **Broodje Alex**, and Amsterdam (West) has **Broodje Daan!** We don't know how this tradition of naming shops after simplistic Dutch male names started, but whoever these men are exactly... we owe them for their great sandwiches with delicious toppings!

GIVE ME MORE, PANCAKES!

Open every day
Want to try as many Dutch pancakes as you can AND take a boat ride, but your wallet won't let you? This cult classic is here to save the day. Take a trip on the waters around Amsterdam on the **Pannekoekboot** while enjoying unlimited pancakes! These traditional pancakes can be topped with anything you want: from sweets to savoury things and fruits! The current record of most pancakes eaten in one session is 38, by the way.)

TAKE YOUR HOLIDAY HERE!

De - Sun
Like many parts of Amsterdam Noord, **De Ceuvel** used to be an industrial site and shipyard. Nowadays, it's a utopia for people who are into sustainable urban projects and a famous dating spot amongst Amsterdamers. Around the boardwalk, there's a series of adorable bookshouses, where social and ecological entrepreneurs have their offices. The scrappy yet cosy bar and restaurant offers a dock to swim from and refreshing drinks and eco-conscious bites. Ideal when sunbathing next to the water.

BLEND IN WITH THE NORTHERNERS

Modestaar Amsterdam is a true gem of the North! This cosy sanctuary - a home for artists and social entrepreneurs and a meeting place for the local neighbourhood - offers plenty of activities, from swapping clothes and eating the basic yet legendary Dutch *toet* (aka grilled cheese), to flea markets and simply grabbing a cup of coffee. Check the programme (in Dutch) at modestaar.org

THE MAJOR'S MOVIE MEMORIES

Open every day 13:00 - 00:00
Hailing from 1912, **The Movies** is the oldest of Amsterdam's many small, independent cinemas, screening mostly arthouse movies but sometimes also blockbuster. Even the movie, *Penke holven*, reminiscent about catching a movie here as a younger woman in love and has expressed her fondness for this place and its Art Deco wallpapers.

LET THIS BAR MELT YOUR HEART!

De Verloren is one of those places that restore your faith in humanity. When this spot was still empty a few years ago, a few locals offered up a plan to turn it into a place for the whole neighbourhood to come together and give back to the community by making donations or volunteering in their projects. Next to serving bites and drinks, the crew hosts activities like gardening, bingo, sports, meditation, and music. And to top off this heart-warming goodness, you can go and say hi to Barry and Roelie, the cutest pigs you will ever meet.

WHY CROWDFUNDING IS WORTH THE EFFORT!

In 2014, Jan, Jeroen, and Carina had a dream to start a bar. They stumbled upon this 'big, ugly, and - most importantly - available' café and started a crowdfunding campaign, offering friends and family to then come and enjoy one of the bar had opened. 10+ years later, the down-to-earth café **Drinkpoint** Charles is still going strong, offering a drinks menu as diverse as their entertainment programme (including di-sets, semi-acoustic sessions, and comedy). Check all events at calchickpointcharles.com!

NINETIES NOSTALGIA

Open every day
Amsterdam used to be a city of sex, drugs, and rock'n'roll. We don't want to ruin your mood, but those days are pretty much gone. Like in many other cities, grungy bars have made way for expensive and polished-up wine bars and high-end gyms. **Café Sound Garden**, however, is one of those places that still embodies that bohemian 90's feel. And a real family enterprise, too: the daughter of owner Maarten stepped up when her mom passed away when she was only fifteen. The perfect spot to have a pint and immediately sweat it out again whenever the café hosts a rock band session!



Until Barten van der Grinten, there's always water near Central Station while enjoying a glass of wine. There's always space for company, so sit down, chill out, and watch the boats pass by! Close by, you can go for a stroll by the water on the Entrepotdok, a magical part of town, with beautiful historic warehouses and a calm atmosphere (even if you can hear the animals from the zoo across the water).



SUNSETS AT WEESPERKADE
Winters in Amsterdam can be tough, but summers in the city make them worth the wait. One of my favourite things to do on a long summer evening is to take some cold drinks, snacks, and a picnic blanket to the Weesperkade. No better place in Amsterdam to watch the sunset in the city.

5 MIN 10 MIN

WALKING DISTANCE



DON'T BE A TUGST BINGO

COMPLETE THE BINGO CARD AND ACT LIKE A REAL LOCAL AMSTERDAMMER

<p>Don't smoke any weed during your stay - most of us locals actually don't smoke weed that much... :)</p>	<p>Don't hit anyone with your bike and overuse your bell</p>	<p>Don't get hit by a bike</p>
<p>Go beyond the overly busy city centre and visit every other district (and get to know their names first)</p>	<p>Grab a snack out of a hole in the wall at FEBO</p>	<p>Learn any Dutch word or phrase that's NOT lekker, gezellig or neuken in de keuken</p>
<p>Catch an ajax game in a brune kroeg (no matter how badly they're playing)</p>	<p>Take a dip in the city waters, despite the time of year! (for example, at Het Stenen Hoofd or Marineterrein)</p>	<p>Never order a pint of beer: go for a smaller vliegende (25 cl) or flutje (20 cl)</p>

BROWN CAFÉS

Amsterdam wouldn't be Amsterdam without the 'brown café' (*brune kroeg* in Dutch) - an iconic type of café with a come-as-you-are kind of atmosphere, a wooden interior, all kinds of tapestries and other historic artifacts. The brown café has a rich and complex history and played an important role when the city started to expand again from the late 19th century onwards. Not just in the centre but also in the newly built districts, these cafés were like a second living room for labourers who didn't have much to do at home, as there were no TVs yet. Many brown cafés in Amsterdam claim to be "the oldest in town". But does it really matter? All of them breathe the same kind of history. Some things have changed, like *het bittervurde* - catching a drink right after work - which used to happen a lot in the 20th century when big companies and factories were still concentrated inside the city and drunk driving wasn't policed as much. But also, many things haven't, like ordering a beer and some *jeuveau* (old Dutch gin) together or eating a boiled egg at the bar (a centuries-old, simple and cheap solution for 'satisfying drinkers' hunger) can still be found in 2023. The city council unanimously agreed to try and formally protect *brune kroegen* as heritage. Proost to that!



Every dutch city, and perhaps every dutch neighbourhood, has a cult-classic shop for cheap, no-nonsense sandwiches. Utrecht has Broodje Ben, Nijmegen has Broodje Alex, and Amsterdam (West) has Broodje Daan! We don't know how this tradition of naming shops after simplistic Dutch male names started, but whoever these men are exactly... we owe them for their great sandwiches with delicious toppings!

Garden, however, is one of those places that still embodies that bohemian 90's feel. And a real family enterprise, too: the daughter of owner Maarten stepped up when her mom passed away when she was only fifteen. The perfect spot to have a pint and immediately sweat it out again whenever the cafe hosts a rock band session!

A HEAVEN FOR EVERYTHING QUIRKY

7th - Tue
De Nieuwe Amste offers underground events (literally and figuratively!) where artists of all types and backgrounds can live their dream. Stand up comedians, touring musicians, pub quiz aficionados and many more will find a way to entertain their crowd here. You can also just drop by here for a drink or food (for example, check out the weekly social dinner 'deon food' prepared by volunteers and the weekly local residents). Check the website for events held in English!

ART IN THE HEART OF AMSTERDAM

15th - Tue
 Are you still in the city centre? We recommend exploring the outer parts of the city too! But while you're here... pay a visit to **Wijl Paleis**, a free space for creatives who want to share their ideas and express themselves in different ways. It has a gallery, workshop, exhibition hall, and more! This community of creatives stands for experimentation and art. Check the programme at wijlpaleis.nl/program.

WARNING: LOCAL RESIDENTS IN THE AREA!

19th - Tue
 We have to admit... This map almost didn't feature any place inside the city centre of Amsterdam. Especially not in the very inner core of the Red Light District, which has been completely overrun by tourists. 'I live here!' is something that many inhabitants have yelled out of their windows. They hang up notices or call out visitors who are causing a nuisance. This information centre organises activities and runs campaigns that are all about reminding tourists to be mindful of local residents. Are you arriving at the Central Station, or staying in a hostel nearby? Then do consider passing by the **We Live Here** centre and become the best tourist you could possibly be!

POWERED BY PROTEST!

Amsterdam as we know it wouldn't look the same if it wasn't for protests. Recently, Amnesty International created an overview of some of the joys and highlights of our beloved city that stood the test of time thanks to demonstrators fighting for their preservation:

- The public library in Geuzenveld, protected by local citizens (and bookworms) in the 1980s.
- Cycling paths: both citizens and pro-cycling unions organised large-scale protests from the 1970s onwards, calling for a safe cycling city. Even the famous bicycle tunnel underneath the Rijksmuseum almost disappeared in 2000!
- Westerpark: this old factory next to Westerpark almost turned into a large road and a place for train infrastructure, but survived as an official piece of heritage and a recreational area, all thanks to the local community.
- Olympic Stadium: some people deemed this historic stadium unnecessary when the Ajax stadium, the Johan Cruijff Arena, was built in the 1980s. Then, architects and sports fans stood up to protect it.
- NDSM: many artists moved into this old shipyard in the 1990s and later formed an organisation to help keep it alive as a cultural space.
- Reguliersgracht: for many tourists the ultimate spot for their Amsterdam canal selfie, the Reguliersgracht offers a view of seven bridges in a row. In 1990, it almost became a space for the new tramline, but people like painter and art critic Jan Veth contested this plan.
- Public toilets: in 2017, an Amsterdam woman was arrested for peeing on the street. Just like the 1970s feminist movement, Dole Mina, she then protested against public toilets only offering access to men. With great success: many people supported her and the city subsequently invested 4 million euros in more public toilets.

EXPLORE THE CITY... AND YOUR MIND!

Open every day
 Alright, we understand that "did you take any drugs?" will be the first thing your friends will ask you after you've been to the Dutch capital. And you need an answer! If you're going for some mind-expanding magic, get your goods at **Kokopelli**, the first shop to ever sell psilocybin, or magic truffles - over the counter in Amsterdam. This store was set up by a local artist and focuses strongly on native cultures and wisdom.

FANCY A DRINK BEFORE CATCHING YOUR TRAIN?

Open every day
 In the heart of the city, right next to the train station, you'll find **Hemlocke Boom** - an open yet hidden waterfront bar where you can dream away, take a plunge, and watch the sunset. (It used to have a better sunset before a certain, big, famous hotel corporation built its HQ office across the water...). Despite its central, touristy location, it is often filled with locals from all over the city. It has lots of seats, rooftop access, and bar/lights at night. PS, the cafe name finds its origins in one of the wooden beams (boom in Dutch) upon which tiny houses were built in the 1800s, used by guards to check the boats coming in and out of the

NOMADIC KITCHEN

Open every day
 The head chef of **RAMADA** is a master of nomadic cuisine - a concept resulting in a diverse range of freezable dishes that, like nomad, reflect a sense of freedom and adventure. This restaurant, packed with fresh, quality ingredients, is very visually stimulating too. As you walk around the restaurant, you can see the different veggie and their vibrant colours displayed as part of the decoration.

A HAVEN FOR MUSIC LOVERS WORLDWIDE

Open every day
 Amsterdam's electronic music scene has a rich legacy, rooted in the free-spirited nightclub and music culture from the late 80's and 90's. From this history emerged the music label and record store **Rush Hour**, founded in 1997. Driven by pure love for border-crossing music - from house and disco to hip-hop and so much more - the Rush Hour crew distribute the widest variety of records and sometimes host unparalleled parties in clubs around the city and in-store listening sessions.

THE SEX WORKER'S STORY

Open Wed - Sat
 Close to We Live Here, you will also find the **Prostitution Information Center (PIC)**. The PIC organises tours in the Red Light District and tells you the area's story from the viewpoint of the sex worker. Did you know, for example, that the City of Amsterdam is making plans for a more regulated 'erotic centre' in the city's south? And that some sex workers in the city centre would prefer to stay here? Find out about this contested yet mythical place and learn all about the human perspective on this place!



FANTASTIC FOOD PREPARED BY REFUGEES PEOPLE

Mon - Sun
At A Beautiful Mess, you will taste delicious dishes prepared by people like Bertha, Lubna, and Mohammed. They have once fled to this country, and called by their names. This place offers countless people the opportunity to display their (culinary) talents, resulting in the most finger-tickling good Middle Eastern and Levantine dishes.

FROM LAMPEDUSA TO THE AMSTERDAM CANALS

Taking a boat tour through the canals is probably on your to-do list. Isn't it? Of course, it is - great idea! But if we may be so rude to interrupt, "instead of 'Just a canal tour', what about one that will share stories from migrants of the past and present? **Rederi Lampedusa** will take you through the canals in a boat that was left by people who fled from the Italian island of Lampedusa and tell you stories about migration in Amsterdam.

QUESTIONS OF CITY CENTRE



A CITY IN ITS OWN STYLE

What fascinates me the most about Amsterdam is its unique **Amsterdam School** style. Visible throughout the entire city in bridges, buildings, and architectural structures, the Amsterdam School style represents the essence and the beauty of the city. Characterised by the use of bricks in a decorative manner and inspired by societal motifs, I challenge you to discover these elements throughout the city!

Did you know that this style not only exists in Amsterdam? The style spread towards Asia where you can see some variations in Indonesian and Japanese architecture.

P.S. Don't forget to check out Museum Het Schip & De Dageraad for more insights, as well as the Olympic Stadium and the Scheepvaartmuseum where (they say) it all started.

WHERE FUTURE SOCIETY COMES TO LIFE...

Mon - Fri
 Are you the type who skips the plain entertainment and instead always looks for in-depth knowledge? At **Pakhuis de Zwiger**, you can dive into all kinds of social topics by attending talks, debate panels, film screenings, and many other events (most of which are in English!). Their programmes cover topics from all over the world, so who knows, you might even learn something new about your own hometown... This former warehouse brings together creative inspiration and lessons on how to shape our societies and cities of tomorrow and allows you to let new insights sink in afterward at their downstairs bar. Look for events at dezwiger.nl

SO THIS HAPPENED...

Open every day
 Are you getting tired of your friend's boring stories? Feel like hearing some new anecdotes from Amsterdamers? Then **Mezzab** is a great place to enjoy some heartfelt entertainment. Look out for their (open stage) storytelling nights where you get to listen to personal stories! Thrilling, cheeky, and touching stories guaranteed. Check mezzab.nl for the programme.

GO FOR A SWIM IN HISTORIC WATERS

At the iconic and historic **Marinefeer**, you can spot the most cold-blooded badasses of Amsterdam taking a plunge throughout the seasons. Some even combine it with a steamy visit to the **Kuuma Sauna** during winter. And just like any other city, Amsterdam has an important base for the climate crisis and temperatures rising every year. In summer, this area - which has been an important base for the Royal Navy and the supplying of ships throughout the centuries, even Vincent van Gogh had a picturesque view of the area's front yard - provides a happy cooldown for many locals and an opportunity to watch the sunset. **Marinefeer** is also an innovation district with experimental startups and a hotspot for food, drinks (be sure to check out **Pension Homeband**, a retro hotel, bar, and brewery) and sports. Going for a swim? Be wary when it has rained heavily the day before and check the water quality at marinefeer.nl/en/

A TASTE OF AMSTERDAM'S FOOD CULTURES WITH POOPIMP MOONCAKE!

"It might surprise you, but when I spent a while abroad (where I enjoyed spectacular food), I eventually started missing the food of Amsterdam. And when I say 'food of Amsterdam', I don't mean **stamppot** or **stroopwafels** but Indonesian **gado gado** and **Sundanese pom**. In other words, I was missing Amsterdam's large diversity of food cultures. In Amsterdam, you can **dim sum** like in Hong Kong, eat the best **gajdar** and **yappad doner**, and enjoy unforgettable Indian street food. From Armenian to South-Asian, you can try it all here. In need of a pick-me-up after a long day strolling around? Drop by **Kalishai Parbat** for delicious, fresh, vegetarian street food from India. The chefs prepare everything from scratch. Or, if you want to taste the diversity of the Surinamese cuisine, go to **Papa Asava** for an entire evening with dinner, cocktails, and sometimes live music. Want to find out about more extraordinary food tips for the Netherlands? Read more at mooncake.nl or check out my Instagram and TikTok: [mooncake.nl](https://www.instagram.com/mooncake.nl) (in Dutch)!"

FOOD CULTURES

HEY, PERSON FROM THE FUTURE! READ THIS!
 We compiled and wrote the information for this map in 2025. In other words, we can't guarantee that - at the time of reading this - every bit of content is up-to-date. After all, it is a crazy and rapidly changing city. You will find out you

THIS PLACE IS WHATEVER YOU WANT IT TO BE!

A place that, in my opinion, showcases many beautiful aspects of Amsterdam is **De Sering**. It's a place that's hard to define, free to be whatever it wants to be. Sometimes it's a community kitchen, other times it's a fine dining restaurant (Trestle). Some nights are for dancing, and other times you can join a painting workshop. The space is run by people from all over the world who come together to create something special. Many are volunteers, so if you'd like to meet locals and contribute to something unique, you could lend a hand for an evening!



FACE IS WHATEVER YOU WANT IT TO BE!

A-G EDGY NIGHTLIFE AT OUR URBAN EDGES.

skatecalle, garage noord, or murmur (b)

ABEL (33)

SIBLING RIVALRY

I have a confession to make: I, the designer of this map, don't live in Amsterdam. I live in Amsterdam's smaller sibling in the east: Utrecht. Fellow Utrechters will kill me for saying this, but while I love "my" city, I can't, in good faith, deny Amsterdam's appeal; especially the club scene is among the best in the world. In my opinion, Utrecht has been trying to elevate itself to Amsterdam's standards in recent years, but we still have a long way to go. That being said though, Amsterdam can feel hectic and chaotic, and it's really nice not having to evade tourists on bike lanes when I get back to Utrecht. I think I will forever consider Utrecht and Amsterdam's siblings the foremost a bit more calm, laid-back, and mindful, while the latter is cool, loud, and hip. And since I have two actual siblings living in Amsterdam, it's really nice that I can crash at their places and experience both cities whenever I want it, for whatever reason, you're up for a change of scenery and you have some time to spare, consider hopping on the train. Cite little sibling Utrecht is only 20 minutes away!

AMSTERDAM-NOORD

FORGET VONDEL PARK!

Everyone always talking about Vondelpark. But don't let the tourists talk you into visiting either, given this is the city. Especially **Fleetspark**, a firm offshoot. (Not so much in the evening, though, when it gets a little spooked because of the lack of street lanterns...) It offers lush or long stretches of paths (next to the Ringvaart water or on the Westelijke Noordwal), a museum, and a cheap outdoor pool (Fleetsparkbad) during summer. If you're feeling adventurous, you can also *peruse* traditional Dutch 'old gin' at the waasvelder and distillery **T'Nieuwe Diep**, or cycle over the Mescor bridge to have your lunch at the tiny eatery on the **Diemenpark** island.

WHO SAID THE NETHERLANDS DOESN'T HAVE WILDERNESS?

After a bite at **Polder** (24), feel free to wander around Science Park a bit more. While it might not win a trophy for its beauty, it's an intriguing crossroads where science and creativity meet. Check out **Anna's Tuin en Krug**, for example. The three-acre garden with veggies, bees, and other kinds of wilderness is always publicly accessible, and - if you're lucky - you can drop in for a workshop on gardening and permaculture in the city.

GO HERE, WHILE YOU'RE STILL ALIVE...
Wed. 11:00-12:00

WED • SUN
11:00 • 17:00

We don't want to ruin your mood, but... a museum about ... death? Yes, really. **Museum Tot Zover** is part of the cemetery De Nieuwe Oosterveld, and explores all kinds of questions about dying. What happens when you die? How do people from different cultures mourn? What are some different food traditions at funerals? Don't skip out on this museum and the green scenery in Amsterdam Oost, because death is a part of life!

SCATTERED SECRETS!

Compared to other capital cities, Amsterdam is like a village. For example, it's only about 16% as large as London. That's why people notice pretty quickly when something curious starts popping up in public space (which happens surprisingly often in Amsterdam). If you're feeling playful, try and spot some of these hidden symbols and stories:

Footy murals: Louis van Gaal, Edgar Davids, and even the former mayor wearing his pinstriped suit. The anonymous street art collective **Kamp** used the city walls to post illustrations of all kinds of Amsterdam icons. See the city walls for many years already. They find inspiration in the football and hip-hop and hope to add something refreshing to the abundance of advertisement posters. It might not be legal, but as they said in an interview once: "A little bit of art won't hurt anyone, right?" (kompsedof.nl/instagram)

A story in every street: Are you (learning) Dutch and curious about the history hidden in Amsterdam's bricks and stones? Check out [@ommetjelemontr](mailto:@ommetjelemontr@instagram) on Instagram for a large supply of fun facts about the city streets you would otherwise miss. This platform started when Amsterdammer Josephine (29) asked her father Tom (62) how to remember all the stories he had to tell during their walks. "Write them down", Tom said, and Ommetje metron (a Stroll with Tom) was born.

Portraits on paper: All over the city, you can find intriguing posters of wood-engraved portraits of refugees: Visual artist Himmelsbach is the driving force behind the quaterlira art project. Paper Monument for the Paperless and sees it as a way of "literally giving a face to undocumented refugees". The posters have even started emerging in other cities around the world.

Street art: an instant smile: A triangle brick becomes an ice cream cone. The red-white gate of a parking lot becomes the shirt of Wladimir Klitschko. A traffic sign becomes Captain America's shield. Street art Franky also finds a way of cheering up Amsterdam's streets with funny figurines and paintings. Check out [@streetartfranky](https://www.instagram.com/streetartfranky/) on Instagram and spot them in real life!

A BOHEMIAN GETAWAY FAR INTO THE WILD-WEST

endless bikes, direct Dutch people, and noisy tourists, you can take a long bike ride to the green outskirts of Nieuw-West to **Cantina (54)**. Only open on afternoons in the warmer months, this 'scrapyard meets garden of Eden' offers the perfect moment to grab a snack, drink, and slow down.

POST-EXAM SNACKS!

Open every day
09:00 - 01:00

At the heart of Science Park, once a swampy area, is a quirky developing scientific and academic district - sits the convivial café and restaurant **Polder**. In the middle of this 'knowledge' district Polder stands out for its farm-like character, serving dishes that fit that vibe perfectly. Maybe you'll walk into some students celebrating the end of their exam period! Or... and rest in peace to Koofie, the cutest restaurant dog that has ever

WHITE STORK SUPERVISORS

Are you still here? On a Sunday? Great. Then there's a chance the **Pure Markt** is happening at Park Frankendell! This market offers high-quality artisanal food and goods under the supervision of two white storks who like to hang out here regularly. If there is no market, you can still enjoy the lush park's peace and hidden paths. Check puremarkt.nl for more information!

ICE ICE BABY

Open every day
07:30 - 23:20

Did you know that Dutch people are among the best ice skaters in the world? Well yeah, we'd better believe it's always so cold and we have canals that freeze like the winner [well... before the climate crisis], so you bet it's in our blood! The **Jean Eden Libaan** was the third 400-meter rink in the world and it offers a artificial, but just as Dutch winter experience for ice skating lovers. Get your tickets online or at the counter. You can rent a pair of skates once you're there.

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HIGHRISES IN ZUIDOOST. Nowadays, it's one of the most bustling areas of the city and a hotspot for trying different types of food, spotting street art, and taking part in cultural events. It's also home to the AFC Ajax stadium, the **Johan Cruijff Arena**. Indeed, sports are in the heart of this district. Who knows, you might spot the next Johan Cruijff juggling a football on one of the area's urban courts...

LOCAL STUDENTS!

11:00 - 01:00
This is a non-profit cinema, a hotspot for international by students.

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your life! Gebrouwen door (women) is an 'Amsterdam beer sisters'. They started brewing 3 and two years later managed to open a well-known bar in the city centre. After achieving great success and decided to start entirely on this project. They just a few minutes away from you can enjoy their different fruit neighbourhood.

A LAB

by from Vondelpark (main area) is nestled in a former theatre and it is a space for creatives, rigging documentaries. You can their debate evenings or just

make a USE IT map for your city?
@use-it-travel

35

FROM MARIJUANA-CLOUDS TO FAMILY CAMPING

Open every day
Nestled on a small island on the IJmeer, **Camping Zeeburg** is an eco-friendly campsite. The city established this cult-classic spot in the '70s as a place for hippies who were sleeping and essentially chain-smoking weed in the city centre. Nowadays, it has become more of a family-friendly spot, but the free spirit still resides in this place's DNA. The campsite offers pitches for all your camping needs, as well as heated cabins and colourful wagonettes. Enjoy on-site facilities like a bar/restaurant, daily fresh goods, bike and canoe rentals, and cultural activities during the high season.

37

A PLACE BREATHING FREEDOM AND CREATIVITY

Squatted in 1999, this non-profit platform, housed in an impressive old building, was brought together by a diverse and international community. **OT301**'s activities are all about art, politics, and many different subjects, exhibitions, and a vegan/veggie kitchen. Located in a very busy area - but hidden from the untrained eye - watch out for bikers on the traffic-heavy Overtroom when trying to find this gem.

39

THE ULTIMATE 'PLACE NEXT-DOOR'

Open every day
De Groene Olfant has a vibe reminiscent of Central Park in *Friends*: a cute, smaller-sized hangout spot and the perfect kind of 'bar next-door'. They regularly host pop-up nights and offer a fantastic terrace in the sun on summer days. Street tip: at closing time on a Thursday, the bar staff donate the decorative flowers to the remaining guests, so as not to let them go to waste before replicating them with fresh flowers.

40

THE FRESHEST OF THE FRESH

Mon - Sat
Ever wondered why the Dutch are so tall? Maybe it's the food they are eating! The Netherlands is the second biggest exporter of agricultural products in the world. What better way than to try fresh fruits and vegetables at one of Amsterdam's best markets: the **Dappermarkt**. PS. Let Piet and Evelien, owners of the market's flower stall, brighten your mood with the happy colours of their flowers and their playlist of Dutch party classics.

42

TO SIP OR NOT TO SIP

Thu - Mon
Fancy some poetry paired with carefully prepared cocktails and Jamaican dishes? **Labyrith** will offer this combination of elements together with traditional African-Caribbean culture. Meet the amazing mixologist Sam Kinger Ebelle and engage in some poetry events on location.

44

IN TOUCH WITH NATURE (LITERALLY)

11:00 - 17:00
Here's a question you might never have thought about before: what happens to trees that are being cut down? In Amsterdam, the answer is: many different things! Sometimes, the city uses them for generating energy, and sometimes, the wood ends up with residents or entrepreneurs - which is the case for **Stadshout**. As a social cause, their campaign raises trees wood for creative projects and souvenirs, which they showcase in their shop in the De Pijp area, a refreshing kind of shop to drop in, even if it's just for the fresh smell of wood.

46

CIRCULAR BAKERY

06:00 - 17:00
Open every day
Have you ever heard of circular baking? Probably not. And you're not the only one. This is a special method where you use everything bread has to offer. Including leftovers! You heard it right, this bakery uses EVERY last bit to make its bread even better! You don't believe it? Ask them yourself at **Baking Lab**.

41

DINNER FOR A GOOD CAUSE

19:00 - 23:00
Enjoy a vegan dinner at **M&Z**. Run by volunteers, this kitchen in the heart of Amsterdam grew out of a squinting movement and donates its profits to charities. It features a concert hall, bar, anarchist library, and a location for bands and artists to perform.

43

FROM CHOCOLATE TO MOVIES

Open every day
11:30 - 01:00
This cinema, run by volunteers, has a curious story. Its founder was a chocolate seller who made his dream come true. He built a cinema mainly focused on artistic films and documentaries from all over the world. Today **Rialto**, as he named it, features special classic films and monthly expat meet-ups amongst other special showings such as student- and amateur-made movies.

45

THE BIRTHPLACE OF USE-IT-AMSTERDAM!

Open every day
10:00 - 01:00
You read it right! **Tolbar** is the place where the idea for this map was born. We owe the bar crew big time for keeping us fed and hydrated while writing this map. But enough about us. Tolbar is a prime example of what in Amsterdam is famously called a *boredloft*: a 'boreding spot' for culture, Central yet hidden, with a tasty selection of bites and drinks. And don't forget to check out the live music nights (its music venue is called Cinehol).

A PORTAL TO THE PAST

Wed - Sun
15:00 - 01:00
Rijk & Puk is the perfect place to enjoy a freshly drafted beer! This old, traditional bar will send you back to a time when everything was better... and when the local football team Ajax is playing, this cash-only bar turns into a party with free bierdebieten at each goal. Great to combine with a day in the Oosterpark - a nice nearby place to hang out.

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A BOHEMIAN GETAWAY FAR INTO THE WILD-WEST

Fri - Sun
For a global village, Amsterdam is relatively calm. But if you still find yourself overwhelmed by the endless bikes, direct Dutch people, and noisy tourists, you can take a long bike ride to the green outskirts of Nieuw-West to **Cantina (54)**. Only open on afternoons in the warmer months, this 'scrappy meets Garden of Eden' offers the perfect moment to grab a snack, drink, and slow down. While you're at it, continue your way to the nearby **Fruittuin van West (55)** - a lush garden and farm where you can buy products straight from the source.

A CHIME ON THE SQUARE

Open every day
Some Amsterdammers say it's not worth leaving the Ring (the circular highway surrounding the city, we disagree! For example, just outside the ring, you will find **Plein 40-45**, a lively square with a market, which happens to be the biggest in Amsterdam-West! This place obtained its name in 1955, as a way to remember the occupation during WWII. You will also find a freedom monument here. If you fancy some local food and goods, you should give this place a try.

56

A MAGNIFICENT MOSAIC

Closed in July & August
As the name suggests, at **Podium Mosaic**, (57) arts, culture, and food come together as if they are all part of a beautiful piece of mosaic. Drop by for an exhibition, a theatre play, a base of their Mediterranean cuisine, or simply admire the awe-inspiring building.

58

59

60

WE <3 WEST

Open every day
Feel like cycling but further on a sunny day? Take some time to explore **Nieuw-West**. An iconic part of Amsterdam. Much like Zuidooost, the 'new West' neighbourhoods were built as a postwar expansion with many green spaces. Today, it's home to lots of grassroots cultural projects.

Take a ride around the idyllic *Slooterplas*, maybe go for a swim in the lake or hang out by the beachside. Don't hesitate to stop by the **Van Esterenmuseum (58)** to learn about architecture, design, and how this city district was once 'invented'. Afterwards, you can stop for a drink at the beach-café **BUTTER (59)**, or go for a boogie on a weekend night at the music-bar **Phone Lake (60)** (during the summer months).

61

YOUNG ARTISTS, UNITED!

The - Sat
16:00 - 18:00
OSCAH stands for Open Space Contemporary Art Museum and is conveniently located at the Amsterdamse Poort shopping centre. This museum always has a vibrant programme with small exhibitions on art, fashion, design, and craftsmanship, and focuses on young artists from different (sub)cultures. You could say that OSCAH provides a stage for all kinds of topics and artists that are sometimes overlooked in 'conventional' museums.

63

THE FIRST SHOP IN THE AREA

Open every day
09:30 - 19:00
If you are wandering around Amsterdam South East, then don't hesitate to stop by **Tok & Kai Hing** for a quick Antileen, Chinese, Surinamese, or Taiwanese snack before continuing your journey. While at it, why not look around this adorable store and shop for some products you wouldn't normally find so quickly in the Netherlands? It's a family-run business that has existed for almost 50 years! In fact, it was the first store in this neighbourhood. Something worth visiting.

62

THE HEART AND SOUL OF ZUIDOOST

Tue - Sat
09:30 - 17:30
Located next to the public library in Zuidooost is **Imagine IC**. This 'archive meets museum' collects things and stories that celebrate what this neighbourhood has been all about throughout the decades. From a 'shopping window' that tells local stories to exhibitions and conversation nights, **Imagine IC** has everything to make you feel at home.

64

FEEL THE FREEDOM IN THE AIR

The **Nelson Mandela** park's name quickly explains itself when you spot the big monument in the park, a tribute to freedom and Mandela's fight for equality. Besides the monument - which is actually based on portraits of local Zuidooost residents - the park is a nice and spacious place to stroll, have a barbecue, or (sometimes) attend a large music concert!

55