

Welcome to College Sutherland Amsterdam!

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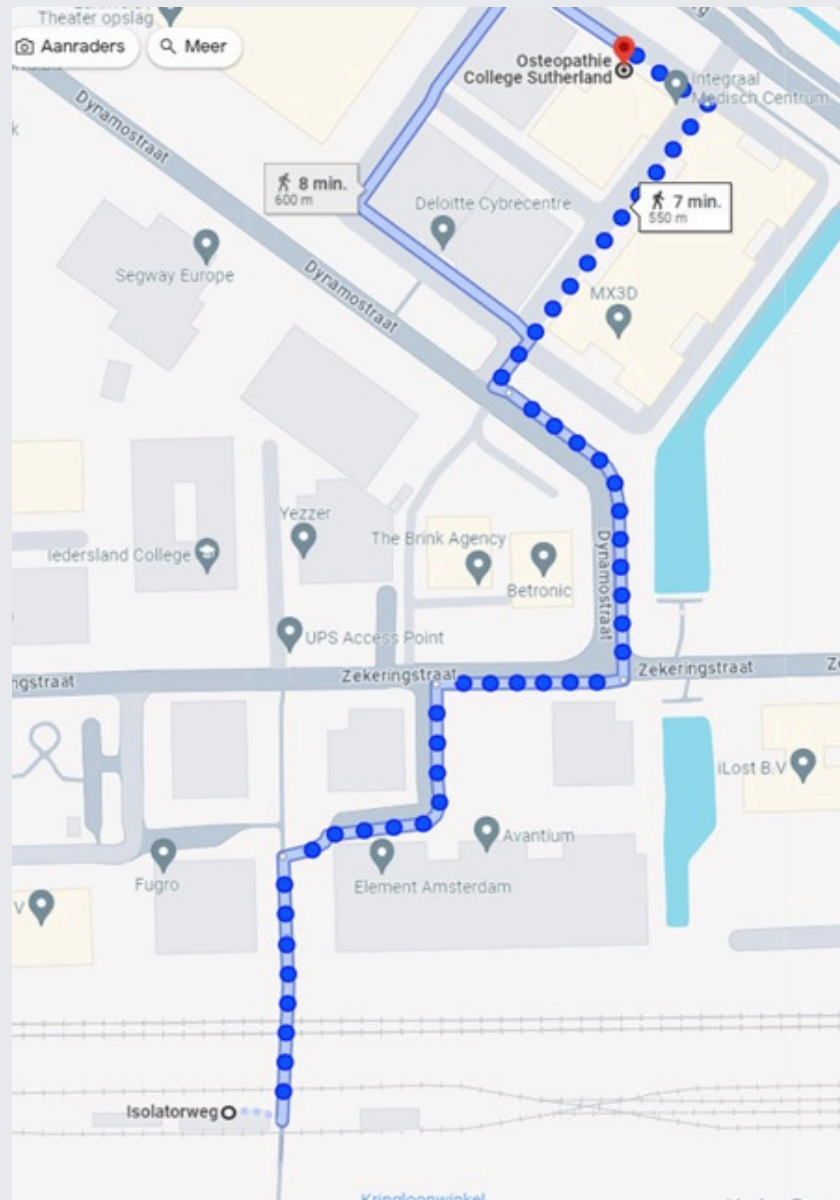
How to get to
College Sutherland
by public transport:

Since almost 30 years College Sutherland is located in the city of Amsterdam.

At first it was located in the city centre. After expanding and developing the college and the medical centre the new location became where we are now: in the western harbour area of the city.

With this brochure we will give you information about hotels, public transport and nice things to know about Amsterdam, so you can make the most out of your visit to our lovely city.

We wish you a pleasant and inspirational stay.



From trainstation
Amsterdam Sloterdijk
you take **metro 50/51**
where you get off on the
first stop:
Isolatorweg (also the end
of the line).
At the metro-exit you turn
left and walk to our college
in about 5 minutes

Addresses stations (Train, Bus, Metro)

Amsterdam Centraal
Stationsplein 15, 1012AB
Amsterdam

Amsterdam Sloterdijk
Orlyplein 105, 1043DT
Amsterdam

Hotels we recommend

Within walking distance from College Sutherland:

Hotel ibis Amsterdam City West
Transformatorweg 36, 1014 AK Amsterdam
Tel: +3120 721 9174



XO Hotels Park West
Molenwerf 1, 1014 AG Amsterdam
Tel: +3120 262 9263



There are also youth hostels in Amsterdam, like for example Stayokay



From **Schiphol Airport** you can travel to Amsterdam Central or Sloterdijk by train.

How do you get from Amsterdam Central station to Amsterdam Sloterdijk station and v.v.?

Take metro 51 or make use of one of the many trains between these two trainstations

Go to **www.ov9292.nl** (or use **their app**) for public transport travel advice.

Visit these websites to make a choice for a travel ticket that suits your plans:

www.gvb.nl/en/travel-products/tourists



or

www.ns.nl/producten/onbeperkt-reizen/p/holland-travel-ticket





As an osteopathy student you will learn the holistic approach to the human body, with the focus on restoring natural balance and functionality.

The course at College Sutherland provides in-depth insight into anatomy, physiology, pathology and manipulative techniques. You will develop skills to identify and correct physical limitations through gentle manual techniques. You will also learn the importance of understanding the interrelationships between structure and function in the body. As a future osteopath you will be trained to approach individual health problems from a complete perspective and create tailor-made treatment plans.

The Osteopathy training consists of three learning routes

- **Full-time** (4 years, including clinic)
- **Part-time** (7 years, including clinic)
- **Shortened part-time** (6 years, suitable for people with a different (para)medical prior education)

Osteopathy in the Netherlands

There are currently approximately 1,000 osteopaths working in the Netherlands, which amounts to only 1 in 20,000 Dutch people. So there is certainly room for another 8,000 osteopaths! By making the right choice, namely obtaining the diploma and fully committing to this wonderful profession, you can have a successful future in osteopathy.

What kind of work do osteopaths find after their College Sutherland training?

60% start an independent practice immediately after the Clinic (Co-Therapy) and the exams. So after the clinic and thesis you can get started straight away!

40% start after the Clinic (Co-Therapy) in a group practice or health center. The demand for group practices is increasing significantly. So after your studies you can usually immediately join a group practice. There is a great demand for new osteopaths in existing practices, because the waiting lists are filling up.

Is osteopathy a recognized profession in the Netherlands?

In the Netherlands, osteopathy is part of complementary medicine. It is complementary to conventional medicine.

A short history of Amsterdam



The first written mention of Amsterdam comes in 1275. In that year Count Floris V granted the people living near the dam on the Amstel River freedom to navigate the waters of the Province of Holland - without paying tolls.

Around 1300 the city was developing fast. The first church - the core of today's Old Church - was built around 1300. Dikes were built along the banks of the Amstel river. And in the river itself, at the spot where the National Monument now stands, they built a **dam**. This became the site of the 'Plaetse' market.

Amsterdam's economy floated on **beer and herring**. In 1323 the city was awarded a monopoly on the import of beer from Hamburg - something which had been prohibited for a long period. This gave Amsterdam a valuable competitive advantage. When the fish shifted their spawning ground to the North Sea, Amsterdam saw its chance to penetrate a new market.

A blooming economy helped Amsterdam to grow into the biggest city in the province of Holland, with some 30,000 inhabitants.

Merchant adventurers from Amsterdam sailed the seas to the far-off Indies or '**spice-islands**' (today's Indonesia). Big risks brought bigger rewards. Soon, a process had been launched that would boom into the 'Golden Century'. Towards the end of the 15th century, the **great maritime powers** of Portugal and Spain undertook epic voyages of discovery to the Americas and the Indies. Holland soon became involved in trading exotic imports from these regions, initially by collecting cargoes in Lisbon for sale and distribution to wider markets.

The 17th century was **boom-time** for Amsterdam. Riches, power, culture and tolerance burgeoned in the city. Not surprisingly, Amsterdam's magnificent network of **canals** was set out in the 17th century. And along the canals which girdle the city, the citizens built houses taller than any seen in any other Dutch city centre. The city authorities encouraged this 'tall is prestigious' idea to add to the glory of Amsterdam. Two massive places of worship were built in the first half of the century, the Zuiderkerk and Westerkerk - respectively the South and West churches. The gothic city hall was destroyed by fire in 1652, and the present building (now the Dam Palace) rose up on the same site. Dam square - still De Plaetse in those days - was expanded considerably. The city also grew apace, and by 1700 it boasted some 200,000 inhabitants.

I amsterdam is the official guide to everything in Amsterdam. Find all the information you need for your stay:

www.i amsterdam.com/en



For more interesting history you can take a look at:
www.amsterdamsights.com/about/history.html (source)

