

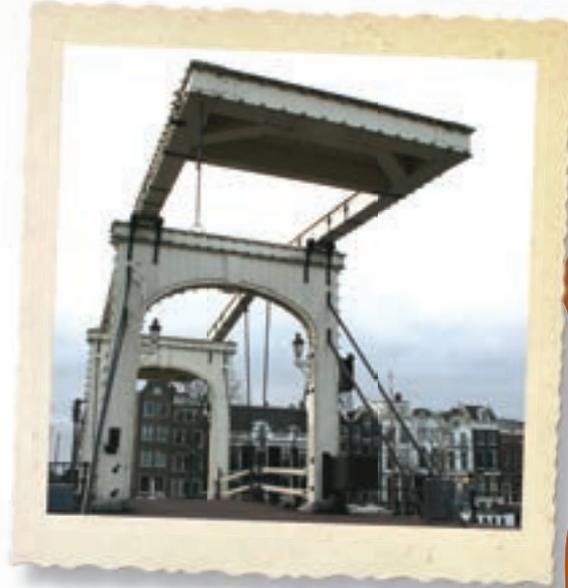
# Amstel

## Did you know that?

Beer was what people drank in the Middle Ages. Because beer was filtered and boiled, it was safer to drink than water, which was usually dirty. People drank about **300 litres per year** in those days, nearly a bottle a day... even children, although they usually drank a lighter type. The water of the Amstel river was also used for brewing beer: a beer brand was named after it!



Canal cruises are one of the most popular attractions in Amsterdam. Discover the city from the water and choose a route that you think is nice.



Some of the most beautiful bridges are across the Amstel. Go and see the 'Magere Brug' (Skinny Bridge, which is called that because it's very narrow) by night, when it's lit up.

There are over 1,500 bridges in Amsterdam!  
Just try and imagine how much water flows through the city!

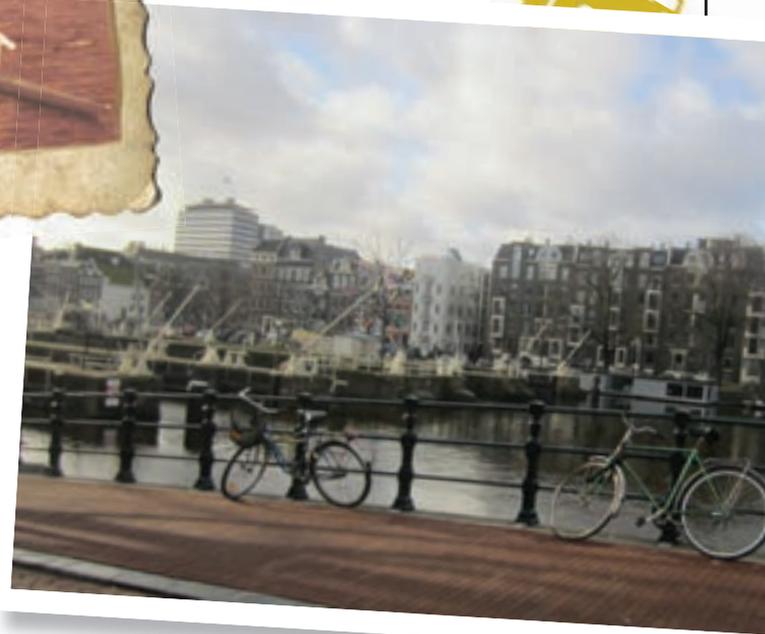


A modest individual,  
but a mighty power



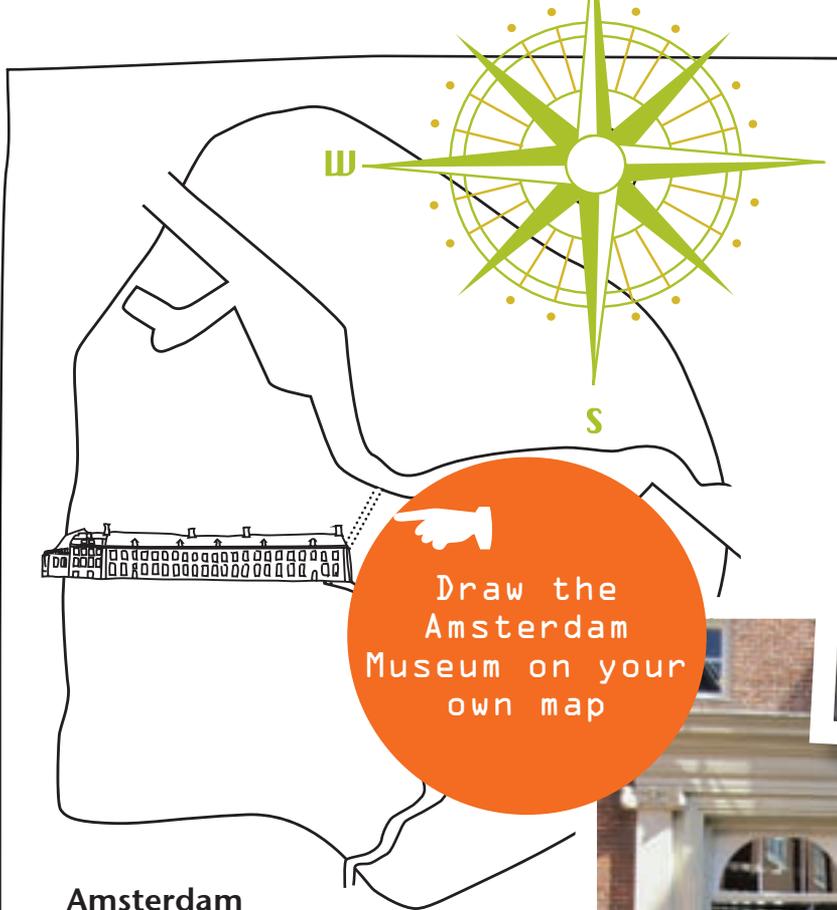
## HENDRIK BERLAGE

In the southern part of Amsterdam lies the Berlage Bridge, named after a well-known **architect and urban planner, Hendrik Berlage**. The bridge is the entrance to Amsterdam-Zuid, which was built to a large extent to his specifications: **Plan Zuid (South Plan)**. His **'no frills and no nonsense'** style is easy to recognise: modest but daring. 'His' **Beurs van Berlage** (Berlage Commodity Exchange) in the city centre is one of the **top 100 UNESCO monuments in the Netherlands**.



You'd expect a river to go on forever, but the river Amstel just ends! Long ago, the river flowed to the IJ via the Rokin, the Dam and the Damrak. **Nowadays, most of the water flows through the canals.** Only a small stream still follows the ancient route beneath the streets through round culverts.





Draw the  
Amsterdam  
Museum on your  
own map

Amsterdam  
Museum

*Amsterdam.*



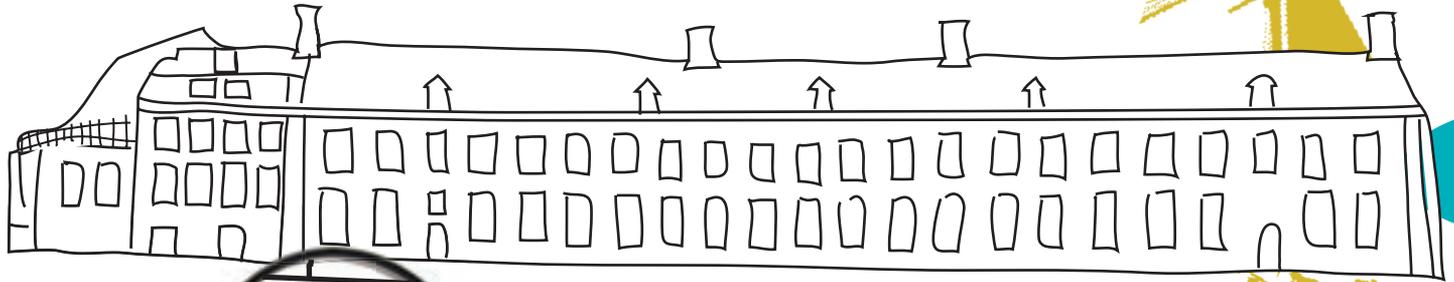
**For 400 years,**

the buildings that house the Amsterdam Museum housed **an orphanage**. In the museum, you can see what life in an orphanage was like.

Potatoes, kale, sausage, bacon cubes, a small lake of gravy, and mustard: real **boerenkool** (kale hodgepodge). With a little bit of luck, it fits into one saucepan. Just add salt and pepper, and tuck in. You can make it yourself, give it a try!



# Amsterdam Museum



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Discover the history of Amsterdam in under an hour: the **Amsterdam DNA** exhibition in the **Amsterdam Museum**. Statues, drawings, films... Start exploring our beautiful city in this museum!

Over 700 years ago, the former village of Aemstelledamme granted city rights: the city of Amsterdam was born.

The history of Amsterdam starts about 1,100 years ago. The first small settlement was built on the soggy marshland of what was then called Aemestelle.



To protect the inhabitants from the seawater, a dam was built at the mouth of the river **Amstel**. Can you see a name starting to emerge?

