



The Netherlands

Country ID's

 **Capital:** Amsterdam

 **Flag:**



 **Language:** Dutch



 **Geography:** The Netherlands is in north-western Europe, with overseas territories in the Caribbean. It has 12 provinces and borders Germany, Belgium and the North Sea. The country is mostly flat and low-lying, with some hills in the south.

 **Population:** approximately 18.1 million in 2026

 **Outline Map of the Netherlands**



 **Key Cultural Symbols:** Windmills and tulips are well-known symbols, as are Dutch Golden Age art (notably Vermeer and Rembrandt), Van Gogh's paintings and Anne Frank's diary.

 **Traditional Music and Dances:** Levenslied, meaning "song of life", is popular Dutch music about the joys and struggles of everyday life. It became popular in working-class communities in the early 20th century.

 **Important National Celebration:** 27 April marks King's Day and is celebrated with orange clothes and music.

 **Popular Greeting:** "Hallo!" means "Hello!", while "Goedemorgen!" means "Good morning!"

 **Popular Food:** "Stroopwafels" (thin waffles filled with caramel syrup), "bitterballen" (meatballs) and "stamppot" (mashed potato and vegetables with a smoked sausage).

 **Easy Recipe:** 'Poffertjes' are soft, mini pancakes, a typical Dutch treat, which are easy to cook in small batches and to decorate.

Fun Facts

More bikes than people! The Netherlands has around 23 million bikes for 18 million people.

Dutch people are among the tallest in the world, averaging around 1.84 m for men and 1.70 m for women.

Pictures of Key Cultural Elements



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