Start Newsletter
for international students

Emails about your enrolment
Degree students will regularly receive emails from the UvA concerning their
enrolment. These emails will state what you need to do in order to finalise your enrolment. You can also check what you need to do on www.sis.uva.nl > log in with your UvA-net ID > checklist. When your enrolment is finalised, you will receive a proof of enrolment.

Make sure you take care of these things before classes start. And of course, if necessary we will help you during your Start appointment.

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**Student Finance**

You might be eligible for student finance from the Dutch government. Whether you qualify for student finance depends on your age, course and nationality or residency status. It’s worth your while to check your eligibility.

[Student finance →](#)

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**Health and wellbeing**

Health and a sense of wellbeing are important for your studies and your life as a student. Feeling fit is of course pleasant and it probably also increases your study progress. The UvA offers an overview of facilities, classified by theme, so that you can check who you can contact if there is room for improvement.

[Health and wellbeing →](#)

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**General Practitioners Practice UvA**

International students enrolled at the UvA are entitled to use the General Practitioners Practice UvA. Appointments can be made on workdays between 08:00 and 17:00 by phone or at the front desk. It’s also possible to ask a medical question by phone. Find more information as well as tips and tricks on the website.

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**Dental care**

Dental care is available at the Academic Centre for Dentistry Amsterdam (ACTA). Treatment is provided by University dental students who are supervised by qualified dentists. This takes slightly more time but ensures better quality at a lower cost (on average, 65% of the normal fee). Ask your insurance provider about reimbursement.
Intreeweek: UvA’s Introduction Week

Do you want a fabulous start to your life as a UvA student? Join the Intreeweek, the official introduction week of the UvA. From **26 up till 30 August** 2019, you will get to know the city, the university and your fellow students. A week - guided by senior students from your study programme - you absolutely wouldn’t want to miss. Sign up early, to get a discount and/or to arrange accommodation.

- **When:** Monday, 26 - Friday, 30 August 2019
- **Costs** (accommodation not included): €100 early bird (till 25 July) and €125 regular (till 16 August)
- **Registration** from 1 July-16 August (due to limited spots the earlier, the better)
- **Questions?** Find our [contact details](#).

Go to the Intreeweek (for Bachelor’s students)

UvA Master’s Introduction Day

On Tuesday, 27 August 2019, the UvA organises a general UvA Master's Introduction Day. The main purpose
of this event is to give you a warm welcome and the opportunity to meet many other international (pre-)Master’s students. Participation is not mandatory, but is highly recommended, since it will be a good start of your international (pre-)Master’s experience at the UvA and in Amsterdam. As of 1 July, you can expect an invitation mail to register.

- When: Tuesday, 27 August 2019
- Costs: €7,50 early bird (till 31 July) and €15 regular (till 22 August)
- Registration from 1 July-22 August (due to limited spots the earlier, the better)
- Questions? Email ISN at masterintro-sts@uva.nl

Go to the Master’s Intro (for Master’s and pre-Master’s students) →
ISN Introduction Week

Join the ISN Amsterdam Introduction week! This is truly the most exciting way to start your time in Amsterdam. It’s a good opportunity to make new friends, immerse yourself in Dutch culture and get to know the university and the city of Amsterdam in a unique way. You will receive an invitation email with instructions on how to enrol. See you in August!

- When: Tuesday 20 - Friday 23 August 2019
- Costs: €65 early bird (till 18 July) and €75 regular (till 12 August)
- Registration from 1 July-12 August (due to limited spots the earlier, the better)
- Questions? Email ISN at isn-introduction@uva.nl

University Sports Centre

Futsal, boxing, bouldering, martial arts, water polo: the University Sports Centre (USC) offers more than 80 sports at discount rates for students. The main building Universum has a large gym, a climbing wall, squash courts and other facilities.

Go to the USC →
Cycling in Amsterdam

Cycling is cheap and healthy, and the main means of transport in Amsterdam, the bicycle capital of the world. Important advice for cycling ‘virgins’: buy a comfortable bike and take your time to get used to it, as cycling in Amsterdam can be quite hectic, especially during rush hours. Be aware that cyclists, too, have to obey traffic rules. Bikes are for sale at bicycle repair shops. Plus, the ASVA student Union holds a second hand bike sale regularly.

ASVA Bike sale →

Dutch weather

If you want to see the weather forecast for the Netherlands, there are, of course, many websites you can check. One specific website on a typical Dutch phenomenon, namely rain, is very useful. The website Buienradar (in Dutch, rain radar) tells you where and when you can expect rain.

Previous Start Newsletters

The Start Newsletter is sent from June to the beginning of September. Previous editions are available online.

Previous editions Start Newsletter →