



UNIVERSITY OF AMSTERDAM



## Start Newsletter

for international students





## Workshops and training

Throughout the year, UvA Student Services provides workshops, training and information sessions: from improving your study skills to decision making in your (academic) career, from studying abroad (also short-term) to reducing and managing stress.

So, acquire skills to tackle piles of study material, learn how to write a perfect CV - or go for a full Career workout - and explore your global opportunities and practise how to be yourself.

[uva.nl/training-en](https://uva.nl/training-en) →

## IND study monitoring

By law you need to attain at least 50% of the credits of your study programme each academic year in order to keep your residence permit on the basis of study. The UvA therefore needs to check your progress and report this to the IND, and if you do not reach the 50% threshold, the IND will cancel your residence permit.

We will inform you on this progress and any steps you may need to take later in the year.

IND →





# 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 →**

## 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.

**General Practitioners Practice UvA →**

## 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.

**Academic Centre for Dentistry Amsterdam (ACTA) →**



## UvA Job board

UvA Job board is the job platform exclusively for UvA students and recent UvA graduates. Log in with your UvA-net ID to view the current range of graduate jobs, internships and study-related part-time jobs in your field, added on a daily basis.

**Go to UvA Job board →**

## Working in the Netherlands after graduation

After graduating from the UvA, you can stay in the Netherlands to find a job. If

you have an EU/EEA nationality, you do not need a permit for this. If you are a non-EU/EEA student, then you can apply for an orientation year. The Orientation Year permit allows non-EEA students to spend one year in the Netherlands to find a job as a highly skilled migrant. Please read the information carefully. Also, keep in mind that learning Dutch will enhance your opportunities in finding a job. Go to [intt.uva.nl](http://intt.uva.nl) for information about Dutch lessons.

[uva.nl/work](http://uva.nl/work) →



## 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, and until 30 September a special offer.

**Special offer at USC** →

# FOLIA

## Folia International

Folia is the independent news medium for students and employees of the UvA. On the international page you can find topics in English about the university, campus, Amsterdam, science, student life and everything else that's interesting for international students. Visit the website or follow Folia on [Facebook](#) to keep up to date!

**Folia International** →

## Students' Charter and code of conduct

The UvA's Students' Charter covers a wide range of topics of great importance to everyone studying here. These include our rules and regulations, your rights and duties as a student and details of the University organisation. The Code of Conduct International Student in Dutch Higher Education, adhered to by Dutch universities, guarantees proper recruitment, selection and coaching of students from outside the European Union.

**UvA Students' Charter →**

## **Previous Start Newsletters**

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

**Previous editions Start Newsletter →**