Pick-up service

On Wednesday, 29 January 2020, between 07:00 and 15:00, the UvA offers new international students a free pick-up service from
To ensure a smooth start in Amsterdam, all international students are invited for a Start appointment to get help with University and government formalities.

The shuttle bus will take you to the university to have an all-inclusive Start appointment.

If you are renting with De Key or DUWO, you will also collect your key.

Please sign up beforehand for this Pick-up service (available beginning of December), and check the video for an impression of your arrival at the UvA.

Start appointment

International Student Network

The International Student Network Amsterdam (ISN Amsterdam) is a student-run organization dedicated to helping international students studying at the University of Amsterdam make the most of their stay in the Netherlands. ISN is part of the Erasmus Student Network (ESN). Introduction days, parties, borrels (drinks), weekend trips, cultural activities and much more. Make the most of your time studying abroad and join the ISN Amsterdam!
ISN Winter Introduction Week
A truly exciting way to start your life as an Amsterdam international student! During this week full of unforgettable activities, you will meet new friends, immerse yourself in Dutch culture, and you will get to know the UvA and Amsterdam in a unique way! You will receive a personal invitation to sign up.

- When: 30 January-1 February 2020
- Costs:
  - Early bird: €65 until 19 December 2019
  - Regular: €75 from 20 December 2019 till 16 January 2020
- Questions? Email ISN at intro@isn-amsterdam.nl

For more information, visit the website of ISN Amsterdam →

Buddy program
Get to know a Dutch (or local) student and expand your social circle, someone with a global mindset and an openness towards each other’s cultures, who knows the local treats of Amsterdam, someone who can
answer your questions about town, the UvA or Dutch ways. Sign up for the ISN Amsterdam Buddy Program and you’ll get a match with a local student who shares your interests.

Check the info and register in December →

UvA-net ID
When you receive your UvA student number, you will also be issued a UvA-net ID, giving you access to the digital services of the UvA, such as Wi-Fi, Canvas and the Digital Library.

UvA-net ID →

UvA Student Email
Email is an official means of communication at the UvA. After activating your UvA-net ID, you have the option of activating your own UvA student email address.

UvA Student Email →

Student ID card
You will receive your student ID card during your Start appointment, after uploading your photo before Thursday, 16 January 2020.

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.

**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.

**General Practitioners UvA → Academic Centre for Dentistry Amsterdam (ACTA) →**

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Editors: UvA Student Services. Contact us through UvAStudentservices@uva.nl.

You are receiving this newsletter to help you prepare for your study programme at the University of Amsterdam, once every two or three weeks from November to the beginning of February. Previous editions are available online (pdf).

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