One month to go!
In less than a month, your studies at the UvA will start. We look forward to seeing you soon! We have created an online step-by-step guide to help you make some necessary arrangements for your time in Amsterdam. Check the website often to stay up to date about the latest developments.

Go to uva.nl/uponarrival →

Arrival webinar
Join us for all your questions about arriving in the Netherlands, registering with the municipality and collecting the key to your room.

11 August, 3:00 - 4:00 pm
Webinar →

Health and wellbeing
A healthy student is a happy, successful student. On our website, you will find a useful overview of the facilities and services on offer related to both physical and mental health.

A-Z list: health and wellbeing →

General Practitioners Practice UvA
As a UvA student, you are entitled to use the General Practitioners Practice UvA if you have health issues that need treatment. Find out how to register and make appointments on their website. Here you can also find general information about the Dutch healthcare system.

General Practitioners Practice UvA →

Dental care
Looking for a dentist? Dentistry students supervised by qualified dentists provide treatment at the Academic Centre for Dentistry Amsterdam (ACTA). Not only does this ensure professional practice, but it will also cost you around 65% of what you would pay for an appointment at a regular dentist. Check with your insurance provider which costs you can get reimbursed.

Academic Centre for Dentistry Amsterdam (ACTA) →

Where to go with questions?
As you are starting your life at uni, you will undoubtedly have questions. About your enrolment at the UvA, your schedule, books, courses, and so on. We have made an animation video to show you where to find answers.
Student finance DUO
A Dutch word you will probably hear a lot throughout your studies is stu/fi, the abbreviation for studiefinanciering (student finance). You might be eligible for student finance from the Dutch government. Whether you qualify for these loans depends on your nationality or residency status, age and study programme. Do check your eligibility to not miss out.

DUO website about student finance

Studying with a disability
The UvA aims to be optimally accessible to all students, regardless of a disability or special needs. We offer help and advice to make your studies successful and respond to your situation as best we can. Contact a student counsellor well before starting your studies if there is anything the UvA should consider, like limited mobility, chronic illness or dyslexia.

Support for students with a disability

University library and study centres
UvA students have free access to the UvA Library buildings to study and pick up books. Due to the changeable nature of Covid restrictions set by the government, you might find at some point that study places will require a reservation in advance. Of course, the digital library will always continue to provide round-the-clock access.

Please go to the University Library website for up-to-date information.

Go to the UvA Library

Laptops and fast internet
Apart from the books we offer, you will be well-served by our other facilities. If you find yourself without a laptop or computer, you are welcome to borrow and use ours. The library and our study centres provide a reliable, stable and fast internet connection for your research.

Study centres and opening hours

CREA & University Sports Centre (USC)

CREA
CREA is the UvA’s cultural centre and a great place to meet creative minds. They offer a wide range of courses in music, fine arts, dance, writing, media and much more. And if you’re looking for a place to grab a coffee or have drinks, the CREA café is ideally located right in the middle of the Roetersseiland Campus.

Go to CREA

University Sports Centre (USC)
Archery, boxing, bouldering, speed skating, water polo: the University Sports Centre 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. Please keep an eye on their website for the latest updates with regards to health and safety.

Go to the USC
Instagram Countdown Calendar

Count down 30 days to the start of the new academic year on the UvA Instagram page (@uva_amsterdam) from 7 August. Of course, you’re currently dreaming of your summer plans, but we’re excited to celebrate the good news that we can welcome everyone back to campus next year. That’s why we’ll have **30 days of giveaways, fun facts and lots of helpful tips and updates.** Will you count down with us? For now: have a great holiday!

Follow us on Instagram →

University of Amsterdam

Editors: UvA Student Services. Contact us through the UvA Central Student Service Desk.

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 June to the end of September. Did you miss one? All previous editions are available online.

Images: UvA Beeldbank, Unsplash and Freepik.

If you no longer want to receive this newsletter: unsubscribe here.