



## UvA Start Newsletter

no. 1 - 23 November 2023

---

### Welcome to all new UvA students!

Dear student,

We are excited you're about to start your programme at the University of Amsterdam next February. We would like to **make your start as smooth as possible**.

You'll receive our Start Newsletters in the upcoming months, full of practical information and nice-to-know items to keep you updated.

We wish you the best of luck with your preparations and are looking forward to welcoming you to Amsterdam.



### Arrange your health insurance

The health insurance system in the Netherlands might be different from what you are used to. By law, it's required that you arrange appropriate health insurance for the entire duration of your stay. Failing to do so may result in a

fine.

**Make sure you have the type of coverage you feel comfortable with.** Take special care if you have any pre-existing conditions. On our website, you can get up to speed with the latest information.

[Read more about health insurance →](#)



## Erasmus Student Network Amsterdam

Are you looking to make life-long friends from all over the world? Or just trying to find yourself a new home in the beautiful city of Amsterdam? The Erasmus Student Network (ESN) Amsterdam is here to help you on your way to an unforgettable experience! This student-run non-profit organisation offers **a variety of fun, social and cultural events throughout the year**, from weekend trips to city scavenger hunts, from workouts to improv crash courses, parties and more! Make your time in Amsterdam unforgettable and **join ESN Amsterdam**.



[Become a member →](#)

## Studying with a disability or chronic illness?



A disability or chronic illness might hinder studying. It can make it more difficult or cost more time and energy. Would you like to find out how the UvA **can support** you and how you **can arrange this**?

Watch the **video** above and visit [uva.nl/disability](https://uva.nl/disability).



## Learning Dutch

*Hallo, hoe gaat het?* The UvA's Institute for Dutch Language Education (INTT) offers Dutch language courses at different levels and intensities. You'll soon find out that most people in Amsterdam speak English to some degree, but **learning a little Dutch can be very useful** if you want to find a job to support your studies. A reduced fee for the courses applies to UvA students enrolled in international study programmes.

[Dutch language courses at the INTT website](#) →

## 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 November up to the beginning of February.

Images: UvA Beeldbank, Unsplash and Freepik.



If you no longer want to receive this newsletter: [unsubscribe here](#)