



no. 2 - 25 June 2026



Erasmus Student Network Amsterdam

Dear **student**,

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 →](#)

Press the button:



Summer Introduction: (Pre)Master & Exchange students

[This information only applies to Master & exchange students.]

Start your student journey in Amsterdam by signing up for the Summer Introduction 2026! The general introduction for Dutch and international (pre-)Master's and exchange students will take place from **Wednesday 19 August to Friday 21 August**.

During these days, you'll meet your fellow students and get a great start to your life in Amsterdam. All Master's and exchange students will receive a registration email, so **please check your inbox!**

[Read more here →](#)

The logo features the word "intreeweek" in a bold, black, lowercase sans-serif font. Above the "i" and "n" are three stylized black asterisks. To the right of the word, the year "2026" is displayed in white inside a red speech bubble.

Intreeweek: UvA's introduction week for all bachelor's

[This information only applies to Bachelor students.]

Kickstart your student life in Amsterdam with the Intreeweek! Intreeweek is the general introduction week of the University of Amsterdam, open to all new Bachelor's students. **From Monday, 24 August until Friday, 28 August**, you'll get to know Amsterdam, the UvA, and most importantly - your fellow students.

Curious about the programme? Visit the Intreeweek website for more information about the activities, tickets and answers to frequently asked questions.

[Read about Intreeweek →](#)



Money Matters

While you can't put a price on knowledge, **studying certainly doesn't come cheap**. Expect to spend about €975-€1,500 a month on living expenses alone, tuition fees not included. On our website you can find a [rough breakdown](#) so you can prepare financially.

Fees and funding

Several scholarships and loans are available to UvA students for them to finance their tuition and living expenses while studying in the Netherlands. **If you wish to apply, please note that there are deadlines.** Also, consider it may take multiple weeks to complete applications, and that some must be applied for while you're still in your home country.



Health and wellbeing

Studying can be as challenging as it can be exciting! **During this journey, the UvA supports your health and wellbeing through a great many services and initiatives.** Study advisers, student psychologists and general practitioners are here for you, but so are CREA, the cultural centre, and seven UvA sports locations throughout Amsterdam. Whatever you need to study, there's a good chance you can find it on our website. Check out the overview online.

[Everything on health and wellbeing →](#)

[Our services on Instagram →](#)



Health insurance

Arrange your health insurance.

The health insurance system in the Netherlands may be different from what you are used to. By law, **you are required to arrange appropriate health insurance for the entire duration of your stay.** Failure to do

so may result in a fine.

Make sure you have the type of cover you feel comfortable with, and take particular care if you have any pre-existing medical conditions. You can find the latest information on our website.

[Read more about health insurance →](#)



Student ID card

To borrow your books from the library or to safely park your bicycle: the student ID card is indispensable on campus. Request yours and apply by uploading a photo using your [UvAnetID](#). **You can get this sorted one month before your start at the UvA.** When your card is ready for pick-up, you will receive an e-mail about where to collect it. This may take several weeks.

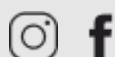
[Read more about how to apply for your student ID card →](#)

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 up to the first week of September. Previous editions are available [online](#).

Images: UvA Beeldbank, Unsplash and Freepik.



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

