



UNIVERSITY OF AMSTERDAM



no. 3 - 9 July 2026



ESN Buddy Programme

Dear **student**,

Join the ESN Buddy Programme and get paired with a Local Buddy. Moving to a new city is exciting, but making friends can be the hardest part. **Your buddy will help you settle in**, answer your questions, and introduce you to other people. By the end of your first weeks, you won't just know the city, you'll have a circle of people to share it with.

[For more information and to sign up →](#)

IND Study Progress Monitoring

[This information applies to all students except Exchange students]

Your Dutch residence permit for the purpose of study will be valid for the duration of your study programme. According to Dutch law, you are **only allowed to keep your residence permit if you obtain at least 50% of the required credits for each academic year**. For students who are enrolled in a full-time degree programme that started in September, this amounts to 30 ECTS each year which must be received before the 31st of August. Pre-master's students must complete their preparatory period within one academic year. The Immigration Office sends out 3 emails each year to inform you about this process and any steps you may need to take.

[Read more about Study Progress Monitoring →](#)



Finalize enrolment and tuition fee

You will receive emails from the UvA concerning the status of your enrolment. In the checklist on www.sis.uva.nl, you can **check what you need to do to finalize your enrolment**. Once you have finished your enrolment and have completed your tuition fee payment, you will receive proof of registration via email.

You can either pay the whole tuition fee amount at once or authorize the UvA to debit your tuition fee in monthly instalments. For this option, you will need a bank account from within the SEPA territory.

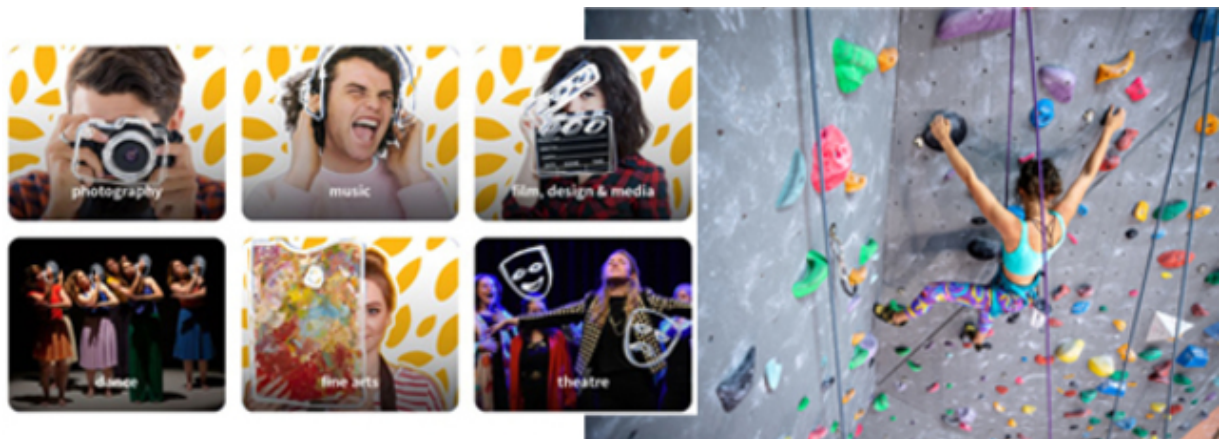
[Read more on Tuition fee payment →](#)

Health Insurance webinar

Dutch law requires all international students to have appropriate health insurance for their entire stay in the Netherlands. But what are the specific rules and regulations? What can and can't be insured? You will find many answers on our page about [health insurance for international students](#).

Student insurance provider AON hosts webinars about their insurances and everything you need to know on this topic. **There are four separate webinars for EEA and Non-EEA students on 14 July and 4 August.**

Find details and sign up for a webinar →



Culture & Sports

Cultural center CREA

This is a great place to meet creative minds! On offer is 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 Roeterseiland campus.

Go to CREA →

University Sports Centre (USC)

Archery, boxing, bouldering, speed skating, water polo; the University Sports Centre offers students [a great variety of sports at discount rates](#). The

main building Universum, has a large gym, a climbing wall, squash courts and other facilities.

In September, you'll receive the USC Deal: work out for free until 1 January 2027. Keep an eye on your inbox!

[Go to the USC →](#)

UvA AI Chat as a secure alternative

The UvA provides students with an **AI environment where your data and privacy are safe: UvA AI Chat**. This gives you an alternative to commercial models while still letting you use the same convenient tools and features. All your input stays within the UvA environment, is not shared with third parties and cannot be viewed by others.

[Read more about UvA AI Chat →](#)



Questions?

As a new student, you probably have plenty of questions. Did you know that **you can find a lot of answers online**? Select your programme on student.uva.nl/en and find information tailored to you.

Are you still looking for **application-related information**? Check out uva.nl/application.

If you have more specific questions, the [Central Student Service Desk](#) is here to help. You may have already been in contact with us through phone or live

chat to ask questions about your enrolment. However, once you arrive on campus, **you can also visit us at our desk**. We can help you with questions about your enrolment, tuition fees and admission process, but we can also help you if you have practical questions upon your arrival.

You can find our desk on the Roeterseiland campus (REC). **From the 29th of June until the 28th of August, you will find us in the L-building at the desk in L0.50.** From the 31st of August onwards, you can visit us at our usual desk on the ground floor of the JK building. Please see student.uva.nl/cssd for all our contact information, location and opening hours.

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](#).