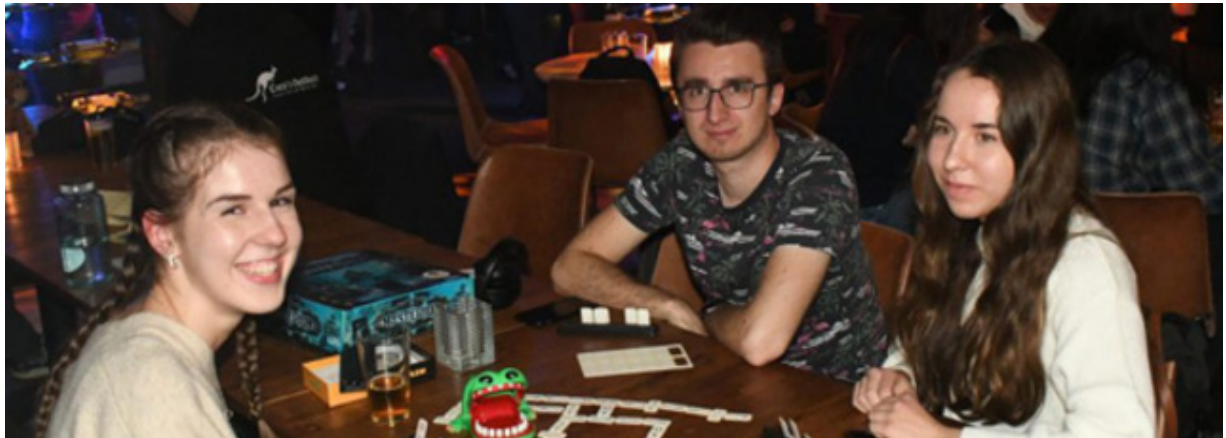




UvA Start Newsletter | no. 3 - 11 July 2024



ESN buddy programme

Dear **student**,

Just arrived, or arriving soon in Amsterdam, and do you want to meet new people? Sign up for the ESN Buddy Programme! **It'll match you with a local student and other international students** who share your interests. Your local buddy will love to show you around and answer all your questions about the university, housing, or the best places to grab a coffee.

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

IND Study Progress Monitoring

[This information only applies to Regular, MVV & VVR 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 www.uva.nl/payment](http://www.uva.nl/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 16 July and 6 August.**

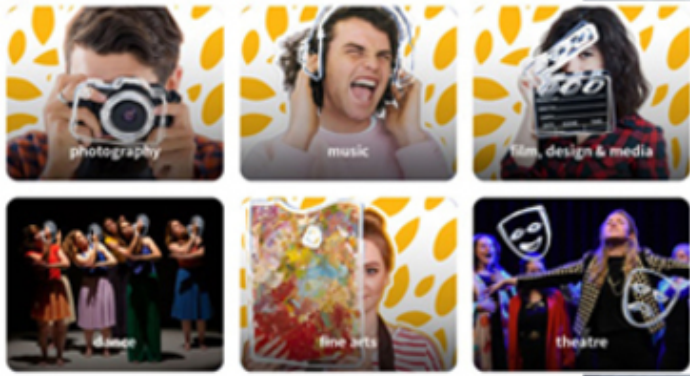
[Find details and sign up for a webinar](#) →



Start Magazine

Find out what you need to prepare for your studies. Discover which extracurricular activities are available. Read all about Amsterdam's hotspots. The online UvA Start Magazine will provide you with an **enjoyable and helpful overview of everything you need to know** when you start your studies at the University of Amsterdam.

[Go to the online Start Magazine](#) →



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.

[Go to the USC →](#)



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 a more specific question about your situation, you can contact our [Central Student Service Desk](#). Or drop by **our pop-up Arrival Desk** on **Monday 19 August and Monday 2 September**, for face-to-face assistance during your first days at the UvA!

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](#) (pdf).

Images: UvA Beeldbank, Unsplash and Freepik.



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