



UvA Start Newsletter | no. 1 - 21 November 2024

Welcome to the UvA

Dear **student**,

We're excited you're about to start your programme at the University of Amsterdam! We aim to make your start as smooth as possible. This is the first of 8 Start Newsletters. They offer you **practical information to keep you updated** and need-to-know and nice-to-know. Of course, as a student, you have specific needs and wants. We would very much like to know more about them. Please **share with us** at the end of this newsletter. We wish you the best of luck with your preparations and look forward to welcoming you to Amsterdam.



UvA student housing

Finding housing in Amsterdam is difficult for everyone, especially students. Whether you are starting your first semester at the UvA, or are already here in Amsterdam, you can reach out to the [International Student Housing](#) team with questions regarding your housing search. We have also hosted housing webinars in the past that you can [rewatch on this website](#).



Arrange your health insurance

The health insurance system in the Netherlands might be different from what you are used to. **By law, you're required** to 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. You can get up to speed with the **latest information** on our website.

[Read more about health insurance](#) →

Erasmus Student Network Amsterdam



Are you looking to make life-long friends from all over the world? Or maybe you're trying to find yourself a new home in 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 memorable and join ESN Amsterdam.



Become a member →



Studying with a disability or chronic illness?

A disability or chronic illness might hinder your study. It can make studying 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, and visit 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 discover 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](#) →

Which information are you looking for?

Thank you for taking the time to read the information we wanted to share with you. You'll receive 7 more Start Newsletters with practical information in the coming weeks. We are curious to find out which topics you would like to see tackled in this newsletter. What specific content are you interested in? Are you missing certain information? Please share your wishes so we can try to address your needs.

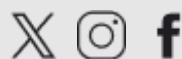
[Share your wishes with us](#) →

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 first week of February.

Images: UvA Beeldbank and Freepik.



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