



## UvA Start Newsletter

### Travelling to the Netherlands

For the most up-to-date information on travelling to the Netherlands, please make sure to regularly check the website of the Dutch Government on this topic.

[Go to 'Netherlands and you' →](#)



### ISN Winter Introduction

Get your student life in Amsterdam off to a great start, join **Wintro 2021!** Wintro is the free online winter introduction of ISN Amsterdam, the network for international students at the UvA and the AUAS (Amsterdam University of Applied Sciences).



During this introduction day on Thursday 28 January 2021, you will get fully prepared for your first days in Amsterdam and meet your fellow international

students. Find the full programme [here](#).

*Registration is open until 21 January, or until maximum capacity is reached.*

Register for Wintro →



## Student life in times of corona

Getting out of bed ten minutes before your online classes start, writing exams in front of a webcam... What's it like to start your studies and live in Amsterdam during these corona times? In this episode of our series of student vlogs, Leila from Lebanon tells you all about her experiences.

Watch Leila's vlog (YouTube) →

Got questions about living and studying in Amsterdam? [Chat with international students on our website.](#)

### **Corona measures**

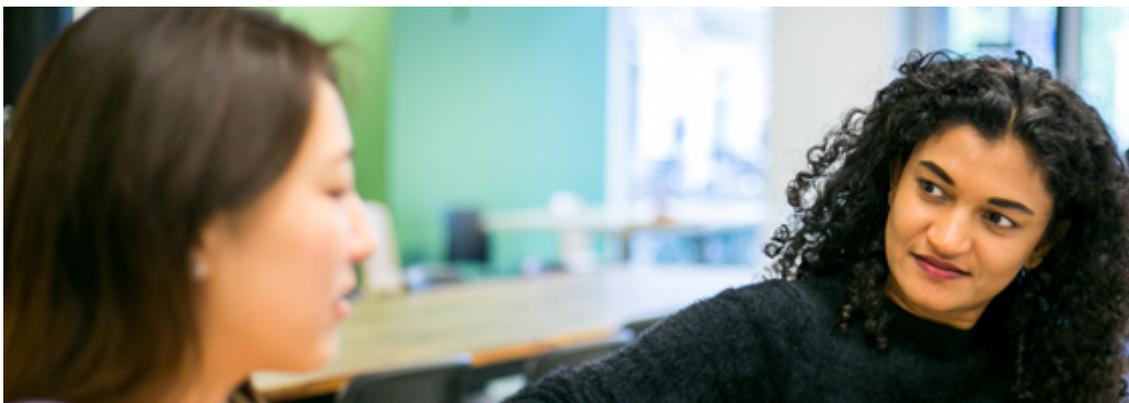
Want to know more about corona measures at the UvA and in the Netherlands? Visit [www.uva.nl/coronavirus](http://www.uva.nl/coronavirus) for the latest UvA updates or visit [the website of the Dutch government](#) and the [website of RIVM](#) (the National Institute for Public Health and the Environment).



## ISN Buddy Programme

Just arrived, and no clue where to go? Sign up for the ISN Buddy Programme! You will be matched with a local student that shares your interests and can show you around, and answer all your questions about university, housing or the best places to grab a coffee.

**Sign up for the Buddy Programme →**



## Health and wellbeing

A healthy student is a happy, successful student. The UvA offers a useful overview of facilities related to both physical and mental health.

**A-Z list: health and wellbeing →**

### **General practitioners practice**

#### **UvA**

As a UvA student, you are entitled to use the General Practitioners Practice UvA in case you have health issues that need treatment. Find information about registration and making appointments on their website, as well as information about the Dutch healthcare system in general.

### **Dental care**

Looking for a dentist? Treatment at the Academic Centre for Dentistry Amsterdam (ACTA) is provided by dentistry students and supervised by qualified dentists. Not only does this ensure great quality, it will also save you a lot of money (about 65%). Check with your insurance provider which costs you can get reimbursed.

**General Practitioners Practice UvA →**

**Academic Centre for Dentistry  
Amsterdam (ACTA) →**



## Studying with a disability

The UvA aims to be optimally accessible to all students, regardless of a disability or special needs. We offer help and advice to make your studies successful, and respond to your individual situation as best we can.

Are you dealing with issues that might affect your studies? Think of limited mobility, a chronic illness, dyslexia, etc. Please contact a student counsellor well in advance before the start of your programme to discuss your situation.

**Support for students with a disability →**

## University of Amsterdam

Editors: UvA Student Services. Contact us through the UvA Central Student Service Desk.

The Start Newsletter is sent to all new international UvA students from June to the beginning of September. Did you miss one? All previous editions are available online.

Images: UvA Beeldbank and Unsplash

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