



Getting started at UCU!

Checklist for Exchange Students

You will be very busy as soon as you arrive! Please prioritise the following important tasks...

For more information, you can always refer to the [Incoming Student Newsletters](#)

<p>Payment of campus fees An invoice was sent to you via OSIRIS. Refer to the information there or reach out to the Finance Office for help.</p>	<p>UCU Finance department ucu.finance@uu.nl</p>	<input type="checkbox"/>
<p>Health/liability insurance Dutch law requires you to have health insurance, and we strongly advise you having personal liability insurance.</p> <p>The UCU Student Welcome Packet contains more information concerning if you need to take out additional insurance. These are sent to your student email addresses upon your arrival.</p> <p>For student insurances we have a collaboration with AON Student Insurances. This insurance provider has a lot of experience with international students and offers a Basic Health Insurance policy as well.</p>	<p>International Office ucu.internationaloffice@uu.nl</p> <p>UU Student Services studentservices@uu.nl</p> <p>More info</p> <p>AON website</p>	<input type="checkbox"/>
<p>Register with the City of Utrecht Please await an email from International Office with instructions.</p> <p>You must create an appointment within your first 5 days of arriving in the Netherlands. You can sign up for an appointment online before you arrive, and schedule it for <i>after</i> your arrival at UCU.</p> <p>You can make an appointment by following the instructions on this page. Here, you will also find the step-by-step guide to help you, since the appointment module is currently only available in Dutch.</p>	<p>International Office ucu.internationaloffice@uu.nl</p>	<input type="checkbox"/>
<p>Register with a local General Practitioner / dentist Many medical practices are within a 5-10 bike ride from the University College Utrecht campus, and others are spread throughout the city. You can find more information in the Practical Matters Newsletter or on the UCU Students website.</p>	<p>More info</p>	<input type="checkbox"/>



<p>Opening a Dutch bank account Refer to the 'Money Matters' section of the New Students page or your information booklet you will receive before Arrival for more information.</p>		<input type="checkbox"/>
<p>Getting a phone contract We recommend you to check with fellow students where to find which provider will best fit your needs.</p>	<p>UCSA Board ucu.ucsa@uu.nl</p>	<input type="checkbox"/>
<p>Purchasing a bike There will be a Bike Market during Introweek or you can check out the local bike stores</p>	<p>UCSA Board ucu.ucsa@uu.nl</p>	<input type="checkbox"/>
<p>Ordering your academic course books Ordering textbooks will be your responsibility.</p> <p>Refer to the 'Books' section of the New Students page for links to book suppliers in the Netherlands.</p>	<p>UC Student Council ucu.studentcouncil@uu.nl</p>	<input type="checkbox"/>
<p>Welfare & personal matters If you wish to raise any important welfare or personal matters which may impact on your study or life at UCU, please do so as early as possible.</p>	<p>Student Life Officer Mark Baldwin m.p.baldwin@uu.nl</p> <p>More info</p>	<input type="checkbox"/>
<p>Technical matters: Activate your Solis ID, log in to Osiris, log in to Blackboard, add print credit These are the main technical resources for your studies at UCU. Refer to the 'IT Matters' section of the New Students page for information on each of these portals.</p>	<p>UC Student Council ucu.studentcouncil@uu.nl</p> <p>More info</p>	<input type="checkbox"/>
<p>Buy an OV "public transport" card You can tap onto public transport with your bank card. If you have been approved for a public transport allowance via DUO, you will need to purchase an OV chip card to activate it.</p>		<input type="checkbox"/>



Where to buy what?

Shopping Guide

A new country means new shops to discover. Below you will find a few shops listed and what you can buy there.

Where!	What?
Albert Heijn (AH) / Jumbo / Plus	Supermarket (also sells pay-as-you-go phone cards)
Kruidvat / Etos	Toiletries and over the counter medication
HEMA	Has almost everything: (basic) clothes, toiletries, office supplies, bedding, kitchen stuff, decorations for your room, pay-as-you-go phone cards
Bike shops: (For example) Fietspunt, Fietswinkel Laag	Bikes and bike supplies
SwapFiets	If you want to lease a bike
Hoog Catharijne	"The Mall"
Bruna	Office supplies, stamps, post office
Bol.com	Online store: from books, to electronics, etc.
Action, Blokker, Flying Tiger	Decorations, homeware, toiletries