



**Universität
Zürich** ^{UZH}

Global Student Experience

UZH in 100 Seconds



<https://www.youtube.com/watch?v=kFexLYRGrA>



**Universität
Zürich**^{UZH}

Global Student Experience

Contact Details



Head of Global Student Experience

Afra Schacher

Head of Student Mobility

Andrea Orbann

Incoming Team

Ilaria Russo, Incoming Coordinator

Nadine Fossati, International Student Advisor

Alice Ragueneau, International Student Advisor

Cecilia Caruso, International Student Advisor (International Master's Students)

Cheyenne Jaeger, Student Assistant

Dunja Rhyner, Student Assistant

Silvan Mock, Trainee

Contact: incoming@int.uzh.ch





**Universität
Zürich**^{UZH}

Global Student Experience

Programm



1. Administrative Information

2. Information on UZH Services

- Academic Sports Association Zurich ASVZ
- Language Center – Self-Access Center
- Psychological Counseling Services
- RSB Committee
- Student Association of the University of Zurich (VSUZH)
- Erasmus Student Network Zurich (ESN)





**Universität
Zürich** ^{UZH}

Global Student Experience

Where are we located?



UZH Main Campus

Raemistrasse 71

Room KOL-E-17

Opening Hours: Mon-Fri, 9:30-12:30





Universität
Zürich^{UZH}

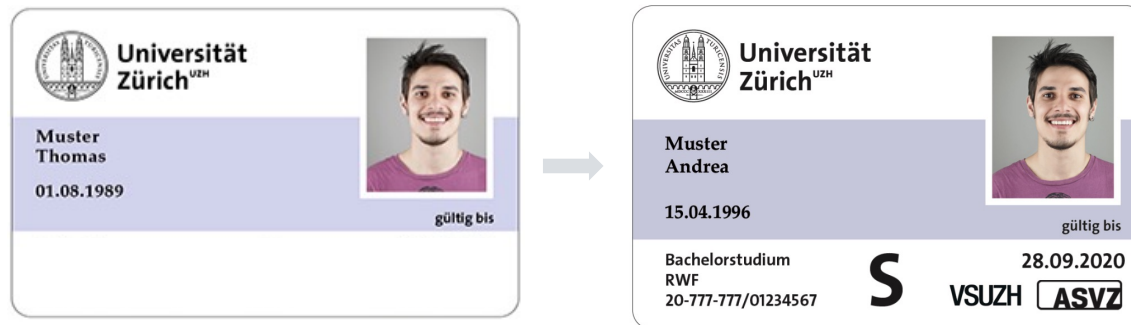
Global Student Experience

Student Card



Picking up your Student Card

Right after the Information Session, outside this room.



Where can I
validate my
student card?

<https://www.uzhcard.uzh.ch/en/validation/validierstationen.html>





Universität
Zürich^{UZH}

Global Student Experience

Registration at the “Personenmeldeamt” / Residents’ Registration Office



Universität
Zürich^{UZH}

Studienbescheinigung HS 2023

██████████

geboren am ██████████, Matrikel Nr. 23 ██████████ ist an der Universität Zürich immatrikuliert.

Mathematisch-naturwissenschaftliche Fakultät
Bachelor of Science UZH
Studienprogramm: Geographie

Diese Bestätigung ist gültig bis 31. Januar 2024.

Prof. Dr. Gabriele Siegert
Prorektorin Lehre und Studium

For your registration, you need:

- a valid passport
- student card or proof of matriculation
- signed rental contract
- registration fee
- confirmation from Global Student Experience that you are an exchange student at UZH
- **Important:** you need to register within 14 days of your arrival

→ See Fact Sheet “Registering at the Personenmeldeamt” on our [website](https://www.etermin.net/studentadministration) and schedule your appointment online: <https://www.etermin.net/studentadministration>

→ Make sure to keep your residence permit always on you especially when travelling!

Schedule
your
appointment
[here!](https://www.etermin.net/studentadministration)



**Universität
Zürich** ^{UZH}

Global Student Experience

Application for Residence Permit and Confirmation that you are an exchange student



**Universität
Zürich** ^{UZH}

Global Student Experience
Universität Zürich
Global Student Experience
Rämlistr. 71
CH-8006 Zürich
www.gst.uzh.ch

UZH, Global Student Experience, Rämlistr. 71, CH-8006 Zürich

Romy Beer
Incoming Coordinator / Event Manager
Telefon +41 44 634 45 05
incoming@gst.uzh.ch

An das Kreisbüro
An das Migrationsamt des Kantons Zürich

Zürich, Date

Gesuch um Aufenthaltsbewilligung

Sehr geehrte Damen und Herren

Wir bestätigen, dass der/die unten genannte Student/in für die angegebene Zeit im Rahmen des Swiss-European Mobility Programme (ehemals Erasmus) an der Universität Zürich immatrikuliert sein wird.

Studienstatus: **Austauschstudent/in**

Vorname Nachname:

Geschlecht:

Geburtsdatum:

Staatszugehörigkeit:

Heimuniversität:

vorläufige Studiendauer an der Universität Zürich:

Fachbereich:

Stipendium der Universität Zürich:

Wir sind Ihnen dankbar, wenn Sie dem/r Student/in die Aufenthaltsbewilligung bald erteilen können und dabei nur die minimalen Gebühren verlangen.

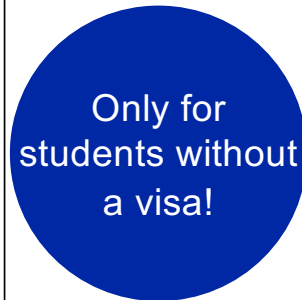
Für eine wohlwollende Prüfung der Angelegenheit danken wir Ihnen im Voraus bestens.

Freundliche Grüsse

Universität Zürich
Global Student Experience

Romy Beer
Incoming Coordinator / Event Manager

Seite 1/1





Universität
Zürich^{UZH}

Global Student Experience

Scholarship





**Universität
Zürich^{UZH}**


Global Student Experience
Universität Zürich
 Global Student Experience
 Plattenstr. 71
 CH-8006 Zürich
 www.gse.uzh.ch

Zürich, 04.09.2023

Zahlungsanweisung für SEMP- Stipendien, 2023/2024

Name	Muster
Vorname	Muster
Geburtsdatum	27.09.1999
Stipendienbetrag CHF	2.200,00
Buchungstext	Muster SMS IN 2023/2024
Verbuchung zu Lasten	L-92103-35-01 / 361'000

This installment is valid until 30 December 2023!



The scholarship rate can be collected upon presenting the installment at the cash desk of the University of Zurich:
Künstlergasse 17
8006 Zurich (see map, building 'KAS')

Opening hours:
Tuesday and Thursday,
9:30 a.m. - 12:30 p.m.

Andrea Ortbann
Leiterin Studierendenmobilität

Ilaria Russo
Incoming Coordinator / Project Manager

Seite 1/1

Picking up your Scholarship

- Scholarship recipients should have signed up for a pick-up slot on [Eventbrite](#) by now in order to collect the scholarship form.
- Once you have picked up your scholarship form, please go **directly** to the cash desk to collect the amount stated.
- Make sure to bring this form to the cash desk together with your ID/passport.





Universität
Zürich^{UZH}

Global Student Experience

Change of Address



University of
Zurich^{UZH}

UZH for Students

Home

New at UZH? Studies Organization Advice & Support Dates & Addresses Life at UZH

Home / Studies Organization / Administration / Changing Contact Data



Changing Contact Details and Use

You can view and change your contact data like address and phone number at any time in the [Student Portal](#) under "My Enrollment and Personal Data."

The changes will be effective immediately for all correspondence and all student administration documents.





Universität
Zürich^{UZH}

Global Student Experience

Your UZH E-mail Account



- Please check your UZH e-mail account regularly.
- With your UZH E-Mail Account you will have access to Microsoft 365 (Outlook):
<https://www.zi.uzh.ch/en/support/Outlook-und-Kollaboration-Office-365/microsoft-outlook/setup.html>
- First steps: <https://www.zi.uzh.ch/en/support/Outlook-und-Kollaboration-Office-365/microsoft-outlook/first-steps.html>





**Universität
Zürich** ^{UZH}

Global Student Experience

Booking Modules



All the information and a video tutorial on module booking is available on this website:

<https://www.students.uzh.ch/en/studyadmin/booking.html>

Video tutorial and instructions on how to book modules:

<https://www.zi.uzh.ch/en/support/geschaeftsapplikationen/sapplus/bookingmodules.html>





Universität
Zürich^{UZH}

Global Student Experience

Cancelling Modules



Cancelling modules

Make sure you don't miss the cancellation deadline for a module if you have changed your mind! If you miss it and don't complete the module, it counts as a failed attempt.

Cancellations of exams

Petitions for the cancellation of an exam due to illness should be handed in at the Dean's Office of your faculty **before** an exam is taken.

Find the
cancellation
deadlines [here!](#)





Universität
Zürich^{UZH}

Global Student Experience

UZH Student Portal and OLAT



- Check your course schedule, your exam results and transcript of records in the UZH Student Portal.
 - Find the login link here www.students.uzh.ch/en.html
- OLAT is the online learning platform that many lecturers at UZH use to manage their courses and to share course material.
 - You can find it at <https://lms.uzh.ch/dmz/> → use your UZH login data
 - How To's: confluence.openolat.org/display/OO104EN/OpenOLAT+10.4+User+Manual
- If you have IT problems, please visit or call the IT service desk: www.zi.uzh.ch/de/support.html





Printing, Copying and Scanning at UZH



With UZH Print Plus 4 Students you can print, scan and copy.

- Charge your student card with money and you can start printing and copying. Scanning and sending or saving documents on a flash drive is free.
- More information:
<https://www.zi.uzh.ch/en/students/workplace-collaboration/uzhprintplus/4students.html>
- Instructions on how to top up credit:
<https://www.zi.uzh.ch/en/support/it-workplace/uzhprintplus/topup.html>
- Location of print/scan stations:
<https://www.zi.uzh.ch/en/students/workplace-collaboration/uzhprintplus/locations.html>





Universität
Zürich^{UZH}

Global Student Experience

Libraries at UZH



Since January 1, 2022 all libraries of the University of Zurich have been combined under the University Library Zurich and it holds over two million volumes.

<https://www.ub.uzh.ch/en.html>

A list of all
libraries can be
found [here!](#)





**Universität
Zürich**^{UZH}

Global Student Experience

Getting Support: UZH Advisory Services



IT Service Desk

(www.zi.uzh.ch/de/support.html)

Career Services

(www.careerservices.uzh.ch/en.html)

Psychological Counseling Services

(www.pbs.uzh.ch/en.html)

Global Student Experience

(www.int.uzh.ch/en/in.html)

Disability Office

(www.disabilityoffice.uzh.ch/en.html)

Student Advisory Services

(www.studienberatung.uzh.ch/en.html)

Office for Gender Equality and Diversity

(www.gleichstellung.uzh.ch/en.html)

Housing Office

(<https://www.wohnen.ethz.ch/en>)

Student Organizations

(<https://www.students.uzh.ch/en/studentlife/studentorgs/organizations.html>)





Universität
Zürich^{UZH}

Global Student Experience

Life in Zurich



Zurich Tourism Image film: <https://www.youtube.com/watch?v=IQ-VNky7f5A>

Useful Apps and Information:

Apps for information about **public transport**:

SBB (for Switzerland): www.sbb.ch/en/timetable/mobile-apps/sbb-mobile.html

ZVV (for Zurich): www.zvv.ch/zvv/en/service/apps/timetable-app.html

Half fare Travelcard: <https://www.sbb.ch/en/travelcards-and-tickets/railpasses/half-fare-travelcard.html>

App for a **map of Switzerland**: www.schweizmobil.ch/en/switzerlandmobility-app-e.html

Further information on life in Zurich: <https://zurich.esn.ch/w/start>

Things to do in Zurich: <https://www.zuerich.com/en/visit/top-things-to-do-in-zurich> or https://www.ronorp.net/zurich_en

Download
the App
UZH now
[here!](#)





Universität
Zürich^{UZH}

Global Student Experience

Health Insurance



It is **mandatory** to get sufficient health insurance coverage **within 3 months** of your arrival.

After registering at the *Personenmeldeamt* and you will receive a letter stating the same from the municipal health authorities. **Please keep this letter.**

- Students who have a European Health Insurance card can apply for an exemption.
- Students with a private health insurance or a state insurance, can apply for an exemption too but most likely the exemption will not be granted. Therefore, we recommend that you apply for a Swiss health insurance.

IMPORTANT: Students with a European Health Insurance card who plan on working during their stay cannot apply for an exemption and need to get a Swiss health insurance. As soon as you are employed in Switzerland, your EU health insurance can refuse to pay your claim.



**Universität
Zürich**^{UZH}

Global Student Experience

More Information about Health Insurance



- [Fact Sheet “Health Insurance”](#)
- www.bag.admin.ch/bag/en/home/versicherungen/krankenversicherung/krankenversicherung-das-wichtigste-in-kuerze.html
 - „Health insurance: Key Points in Brief“

**We will offer a
Health Insurance
Q&A on Thursday,
March 7 at 4.30pm
(invitation will
follow)**

ACADEMIC SPORTS ASSOCIATION ZÜRICH

sanitas



 Zürcher
Kantonalbank





About the ASVZ

- Academic Sports Association Zurich/Akademischer Sportverband Zürich
 - University sports organization of Zurich (ETH Zurich/University of Zurich/ZFH)
 - offers all students, employees and further members of the universities a voluntary sports program
 - five main sport centers
 - Polyterrasse
 - Irchel
 - Fluntern
 - Höggerberg
 - Winterthur
 - different further locations in Zurich (also in Winterthur and Wädenswil)
-

Sports Program

- over **120** different kinds of sports
- **lessons**: weekly up to 600 different lessons
- **individual training**: training areas for individual strength and cardio training
- **various courses and camps**: subject to registration and additional costs
 - you can learn various kinds of sport purposefully
- **advice**: How to train? Which sport suits me? How to get motivated?
 - speak with our experts!



Media

ASVZ Sportfahrplan Sportarten Sportanlagen Events über ASVZ Blog

Suchen:

For brain, body and soul.

Das Sport Center Irchel ist von 21.08. - 16.09.2019 wegen Umbauarbeiten geschlossen.

Das ASVZ bietet über 18'000 Angebote aus 120 Sportarten in 89 Sportanlagen in und um Zürich.

[ZUM SPORTFAHRPLAN](#)

ASVZ-Blog: Wort zum Sport
Montag, 10. September 2018
Training auf instabilem Untergrund - Warum dieses gerade so beliebt ist
Regenzeit davon bewirkt, was propagiert wird

ZUM BLOG

Gib uns deinen Like!
Die ASVZ-Webt nach näher kennenlernen, über den folgenden deiner Sportarten schauen und dich für dein nächstes Abenteuer im ASVZ inspirieren lassen - das erwartet dich auf unserer offiziellen Facebook-Seite

[ZUR ASVZ-FACEBOOK SEITE](#)

ASVZ-Infomail
Frühste Neuigkeiten zu ASVZ direkt in deiner Mailbox

E-Mail-Adresse [ANMELDEN](#)

ASVZ

14:02 100%

Suchen: Sportarten, Sportanlagen, Events ...

LEKTION **JETZT EINSCHREIBEN**

Training, E1/E2 16:45-17:40

TRX SUSPENSION TRAINING

[Sport Center Hönningerberg](#)

[Trachsel Charlotte](#)

Heute

16:45 TRX Suspension Training

Morgen

12:00 Kondi

19:15 Basketball **ABGESAGT**

YOGA

Participation



The image shows a mobile application interface for ASVZ. The background is a blue and orange textured pattern. The app header features the ASVZ logo, a menu icon, a mail icon, and a settings icon. A search bar contains the text "Sportarten, Sportanlagen, Events, ...". Below the search bar, there are two event listings. The first listing is for "Individuelles Training, Alle" at "Sport Center Polyterrasse" from 16:10 to 17:40, with 14 spots available and a "PLATZ-NR. 3" button. The second listing is for "Training, Alle" at "Sport Center Polyterrasse" from 18:30 to 20:00, with 2 spots available. A date separator indicates "Dienstag, 15. September". At the bottom, there are logos for "sanitas", "Nike", and "Energie Kantonalbank".

Welcome to the ASVZ!
Register online via
ASVZ app or asvz.ch
and start moving.

Participation

NEED HELP?

asvz.ch/welcome
asvz.ch/willkommen

ASVZ

Search: Sportarten, Sportanlagen, Events, ...

E Individuelles Training, Alle 16:10 - 17:40
FITNESS **DEMNÄCHST**
🏠 Sport Center Polyterrasse
👤 14 Plätze frei
EINGESCHRIEBEN **PLATZ-NR. 3**

E Training, Alle 18:30 - 20:00
JUDO **JETZT EINSCHREIBEN**
🏠 Sport Center Polyterrasse
👤 Elia Guzzi
👤 2 Plätze frei

Dienstag, 15. September
16:10 FITNESS **EINGESCHRIEBEN**
18:30 JUDO

ASVZ
sanitas Nike Energie Kantonalbank

Akademischer Sportverband Zürich

Sport Center Polyterrasse
ETH Zentrum
8092 Zürich
044 632 42 10
info@asvz.ch
asvz.ch

sanitas



 Zürcher
Kantonalbank



Universität
Zürich^{UZH}

ETH zürich



Learning Languages at the Self-Access Center

Grüezi Guten Tag Bonjour Buongiorno Bun Di Hello Buenos Días
Goedendag God Dag Hyvää Päivää Dzień Dobry Merhaba Tungjatjeta
Jó Napot Zdravstvuyte Γεια σας 你好 こんにちは გამარჯობა



Universität
Zürich ^{UZH}

ETH zürich



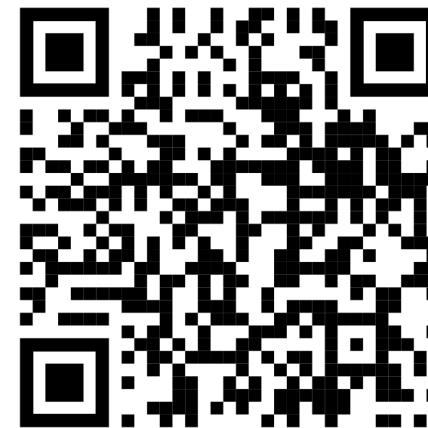
About Us: The Self-Access Center (= Selbstlernzentrum)

- A library specialized in autonomous learning of foreign languages
- Staff: two language teachers and seven students, each responsible for at least one language

Our Learning Activities

- **Language Get-Togethers / Study Workshops**
- **Book Clubs**
- **Game Events**
- **Self-study** with a vast array of learning materials
- **Tandem** sessions with one partner (native speaker)
- **Free of charge!**

Homepage





Universität
Zürich UZH

ETH zürich



Locations and their Spring Semester Schedules

Self-Access Center *Rämistrasse*:



Self-Access Center *Hönggerberg*:





Universität
Zürich ^{UZH}

ETH zürich



Learning Activities: Registration Page (either location)





Universität
Zürich ^{UZH}

ETH zürich



**See you at the
Self-Access Center 😊**



Universität
Zürich ^{UZH}

ETH zürich

Psychologische Beratungsstelle

Psychologische Beratungsstelle

Psychological
Counseling Services





Psychological Counseling Services

- Professional counseling can help you overcome difficult phases in life, troubles in your studies and conflicts arising during the course of doctoral study. We are here to offer effective support – also in the case of an acute crisis. Our therapists are all clinical psychologists with qualifications in psychotherapy.
- The counseling services are available to all matriculated students and PhD candidates at UZH and ETH Zurich.
- The sessions are confidential and free of charge.
- We offer counseling in German, English, Dutch, French, Spanish and Polish, and one counseling session lasts 30–50 minutes.



You can come to us with all kinds of issues...

For example:

- problems in a relationship or family problems
- dealing with stress, test anxiety, procrastination, writer's block, starting a phd, conflict management for phd candidates
- cultural integration
- psychological assessment
- crisis intervention
- ...



Universität
Zürich^{UZH}

ETH zürich

Psychologische Beratungsstelle

Arrange a personal Appointment

Please arrange an appointment

by e-mail: pbs@sib.uzh.ch.

We are also available during the semester breaks.

Consultations will be held either by phone, video-meeting or on site.

Our offices are at Plattenstrasse 28, 8032 Zürich

www.pbs.uzh.ch





Protection Against Sexual Harassment

- Any behavior that injures or demeans a person on account of their gender or gender identity, and that the targeted person finds uncomfortable (for example unwelcome physical contact, intrusive behavior, salacious remarks or jokes about appearance) is forbidden at UZH.
- The regulations to ensure protection against sexual harassment apply to all staff and students at the University of Zurich
- Contact points for initial confidential advice and support: The contact persons of the RSB Committee and the Investigating Person (t.uzh.ch/rsb)
- **We are here for you.**
- **UZH stands for zero tolerance.**



t.uzh.ch/rsb





WELCOME AT UZH

Verband der Studierenden
der Universität Zürich **VSUZH**

WE ARE THE VSUZH – YOUR STUDENT ASSOCIATION AT UZH

Representing each and every student and their interests toward the university, the public and political actors.

At UZH you'll find three types of student organizations;

Fachvereine representing the students of a subject

StudOrgs for a specific topic (ex. culture, ecology, sport...)

and us *VSUZH*, your student association

For an overview simply google [uzh student organizations]

WE ARE THE VSUZH – YOUR STUDENT ASSOCIATION AT UZH

Each organization is very important, especially when it comes to meeting other students, organizing events, tips and tricks for your study and more.

Everybody in these organizations is more than happy to get to know you - so feel free to approach any student organization that interests you or that you just want to know more about!

SERVICES AND PROJECTS

A group of young people, including a man with a bun, a woman with long hair, and others, are gathered outdoors in front of a building with greenery. They appear to be in a casual conversation. The image is overlaid with a semi-transparent dark grey box containing text.

Free legal consultation for any questions around your flat, work, exams and all else

Our **Impulsfabrik** a hub for any new projects you'd like to launch around the UZH

Nightline offers psychological counsel regarding any issues around family, friends, love, stress, sleep...



Great having you at UZH!

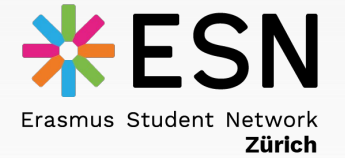
Get in touch and stay up to date:

info@vsuzh.ch

www.vsuzh.ch

Welcome to Zürich!





The Erasmus Student Network

42 countries
1000⁺ HEIs
15 000⁺ volunteers
350 000⁺ students

ESN Zürich

- about 50 volunteers
- „students helping students“
- serving five of Zürich's Unis



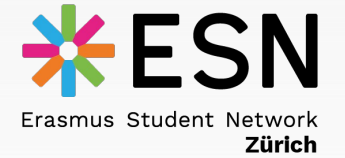


- ✓ **Events**
- ✓ ESNcard
and office
- ✓ Buddy System
- ✓ Welcome Week

Find upcoming events and
register on our homepage

For example:
Hikes, ...





- ✓ **Events**
- ✓ ESNcard and office
- ✓ Buddy System
- ✓ Welcome Week

Find upcoming events and register on our homepage

For example:
..., museum visits, ...





- ✓ **Events**
- ✓ ESNcard
and office
- ✓ Buddy System
- ✓ Welcome Week

Find upcoming events and
register on our homepage

For example:
..., food events, ...





- ✓ **Events**
- ✓ ESNcard
and office
- ✓ Buddy System
- ✓ Welcome Week

Find upcoming events and
register on our homepage

For example:
..., cultural events, ...
And many more!

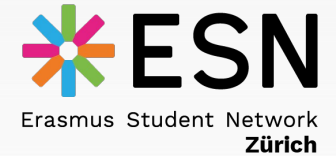


Get your ESNcard

at Welcome Week events
and in our office



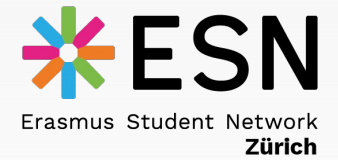
- Discounts at our events
- and at various partners across Europe (register at <https://escard.org/>)
- 10 CHF, valid for one year



- ✓ Events
- ✓ ESNcard and office
- ✓ Buddy System
- ✓ Welcome Week



The ESN Office



ETH CAB E 16, Universitätsstrasse 6

- Opens every (second) Wednesday, 6.15 – 7pm
→ Check the homepage!
- Get your ESNcard (card payment only)
- Ask us any questions 😊



- ✓ Events
- ✓ **ESNcard and office**
- ✓ Buddy System
- ✓ Welcome Week



Get a local buddy

*„Help, I don't know anybody yet!“
„Which is a nice hike for beginners?“
„Which is the best transport ticket for me?“
„What to do in my free time?“*

...

1. Sign up to papaya
<https://papaya.iter-idea.com/auth>
2. Join our Buddy System
3. Wait for us to match you :)



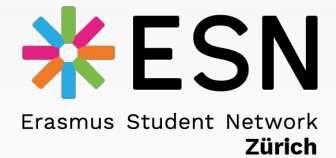
Designed by
Team Papaya

ESN ZÜRICH UNI

PAPAYA

Hello,

Here are your recent matches:



- ✓ Events
- ✓ ESNcard and office
- ✓ **Buddy System**
- ✓ Welcome Week



ESN Welcome Week: 18. – 25.02.

** Tentative schedule!



Sun 18.02.	Mon 19.02.	Tue 20.02.	Wed 21.02.
Üetliberg Hike Board game night	International Dinner Pub Meetup + Quiz	National Museum Tour Pub Meetup	[break]
Thu 22.02.	Fri 23.02.	Sat 24.02.	Sun 25.02.
Fondue Night Pub Meetup	Welcome Event with your local buddies	National Museum Tour City Rallye Pub Crawl	Üetliberg hike

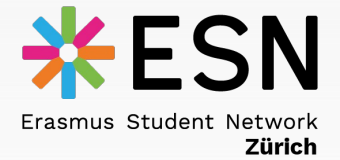
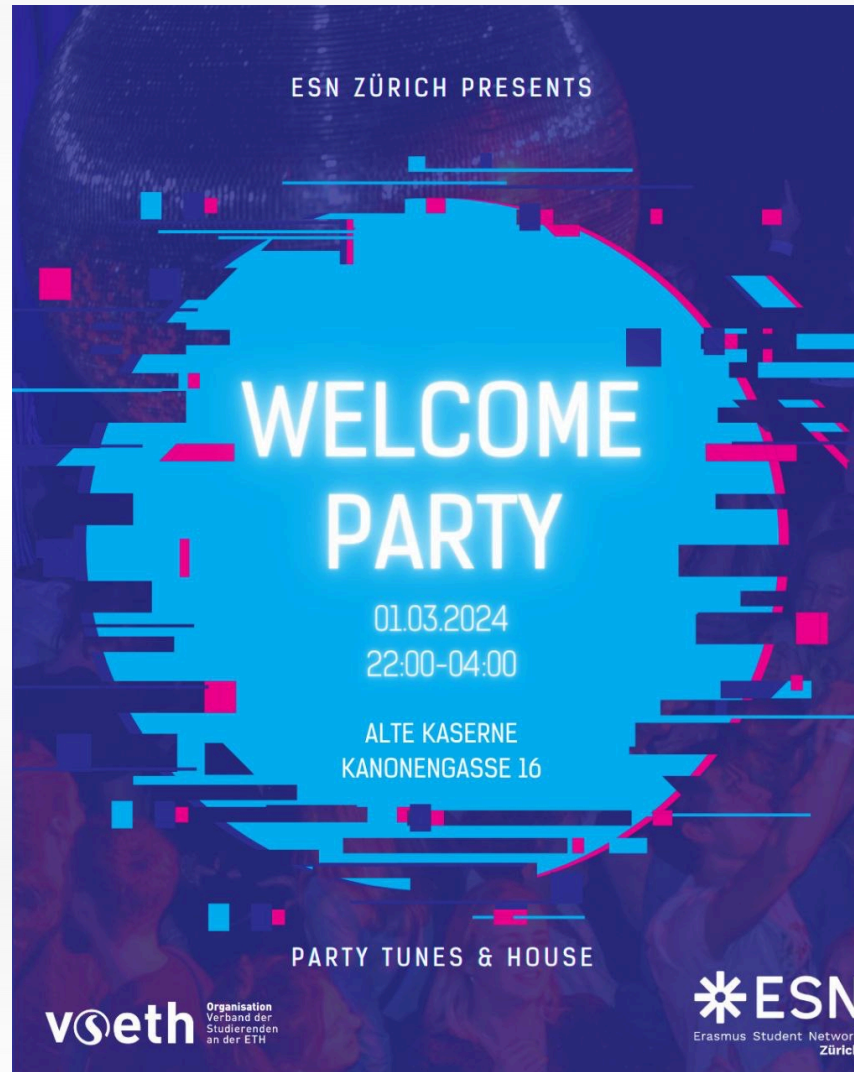
- ✓ Events
- ✓ ESNcard and office
- ✓ Buddy System
- ✓ **Welcome Week**

Check our homepage for updates and registration



Save the Date

Fri 01.03.
ESN Welcome Party



- ✓ Events
- ✓ ESNcard and office
- ✓ Welcome Week
- ✓ Buddy System



Stay up to date!



www.zurich.esn.ch

info@zurich.esn.ch



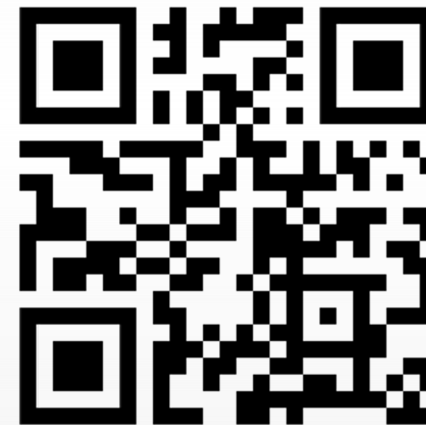
News channel

Exchange chat



[@esn_zurich](https://www.instagram.com/esn_zurich)

*Do you want to take
over for a day? 😊*



https://linktr.ee/ESN_Zurich





**Universität
Zürich** ^{UZH}

Global Student Experience



Questions?