



Information Session 1

02. September 2024



Contact Details



Head of Global Student Experience

Afra Schacher

Head of Student Mobility

Andrea Orbann

Incoming Team

Adeline Hofrichter, Incoming Coordinator

Nadine Fossati, International Student Advisor

Alice Ragueneau, International Student Advisor

Rosina Korschildgen, International Student Advisor (International Master's Students)

Cheyenne Jaeger, Student Assistant

Dunja Rhyner, Student Assistant

Contact

incoming@int.uzh.ch



Program



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)



Where are we located



UZH Main Campus

Raemistrasse 71

Room KOL-E-17

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

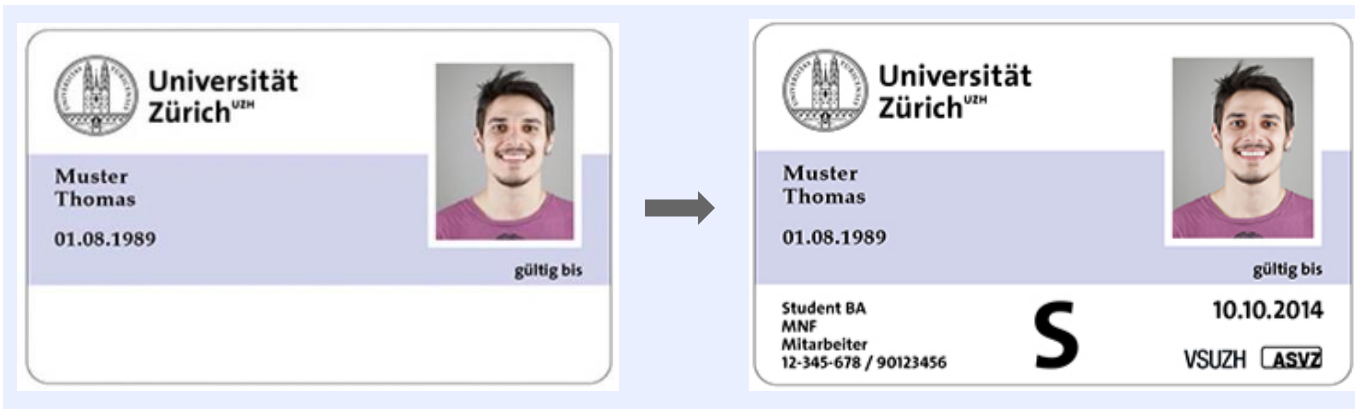


Student Card



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>



Registration at the “Personenmeldeamt” / Residents’ Registration Office



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 Registration Personenmeldeamt” on our [website](https://www.etermin.net/studentadministration) and schedule your appointment online: <https://www.etermin.net/studentadministration>

→ Make sure that you always have your residence permit with you, especially when travelling!

Schedule your
appointment
[here!](#)

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



 **Universität Zürich** ^{UZH}

Global Student Experience
Universität Zürich
Global Student Experience
Rämistr. 71
CH-8006 Zürich
www.int.uzh.ch

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

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

Studierendenstatus: **Austauschstudent/in**
Vorname Nachname:
Geschlecht:
Geburtsdatum:
Staatszugehörigkeit:
Heimuniversität:
voraussichtliche 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

Only for students
without a visa!

Change of Address



The screenshot shows the 'University of Zurich UZH' logo and 'UZH for Students' header. A navigation menu includes 'New at UZH?', 'Studies Organization', 'Advice & Support', 'Dates & Addresses', and 'Life at UZH'. The breadcrumb trail is 'Home / Studies Organization / Administration / Changing Contact Data'. The main heading is 'Changing Contact Details and Use'. The text below states: '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.' Annotations include a blue circle around 'Student Portal' with an arrow pointing to it, and a larger blue circle on the right with the text 'Change your address here!'.

University of Zurich UZH | UZH for Students

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

Home / Studies Organization / Administration / Changing Contact Data

Changing Contact Details and Use

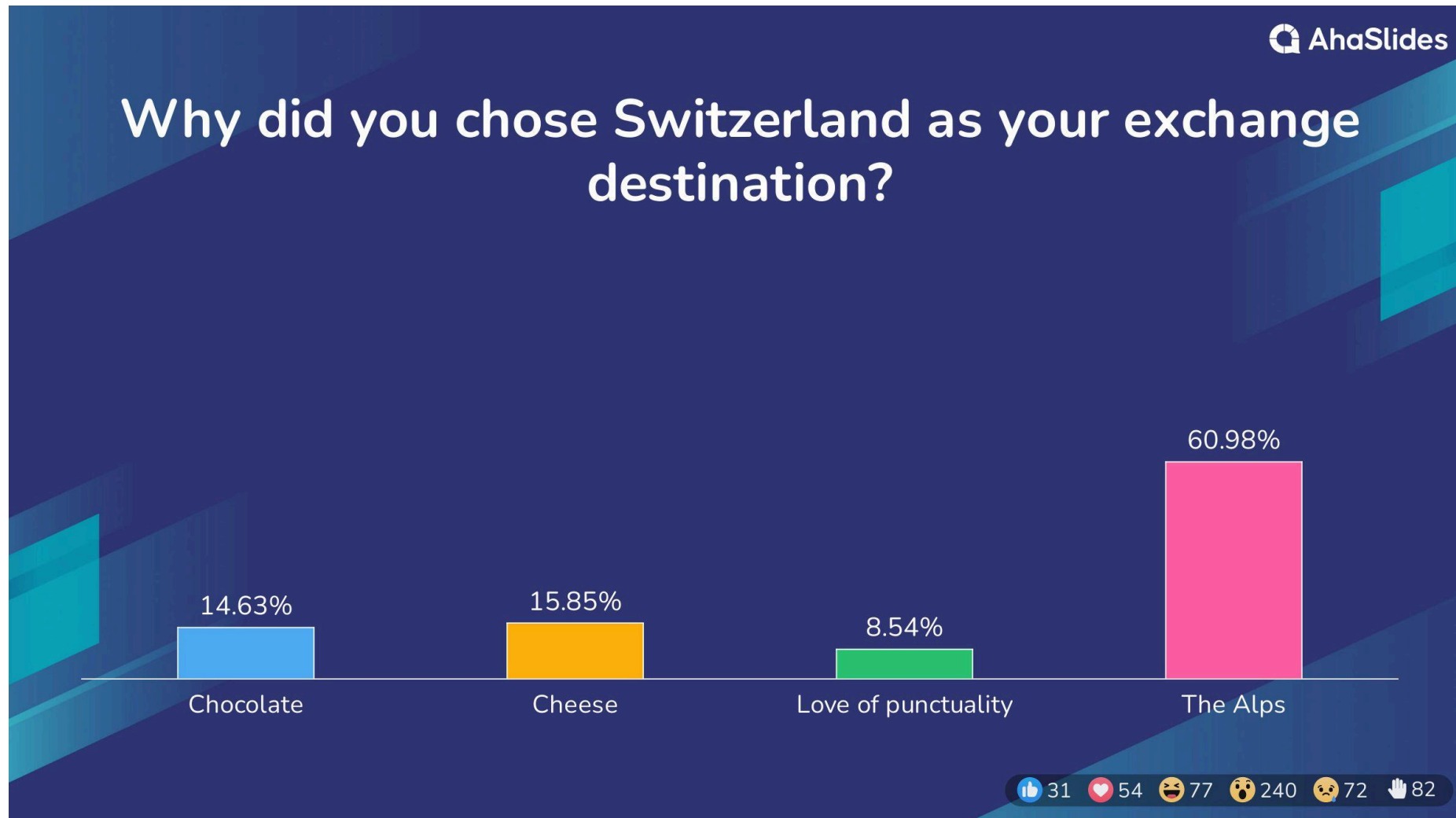
You can view and change your contact data like address and phone number at any time in the **Student Portal** under "My Enrollment and Personal Data."

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

Change your address [here!](#)



Why did you chose Switzerland as your exchange destination?





Global Student Experience

Universität Zürich
Global Student Experience
Rämistr. 71
CH-8006 Zürich
www.int.uzh.ch

Ilaria Russo
Incoming Coordinator / Project Manager
Telefon +41 44 634 45 06
incoming@int.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 Orbann
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 [here](#) 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.

Sign up for a
pick-up slot
[here!](#)

Digital Learning Agreement (DLA) vs. Learning Agreement (LA)



Swiss-European Mobility Programme – Student Mobility for Studies Learning Agreement

The purpose of the Learning Agreement is to provide a transparent and efficient preparation of the study period abroad and to ensure that the student will receive recognition in his/her degree for the courses successfully completed abroad. By signing this document, the student, the Sending Institution and the Receiving Institution confirm that they approve the Learning Agreement and that they will comply with all the arrangements agreed by all parties. Sending and Receiving Institutions undertake to apply all the principles of the Erasmus Charter for Higher Education relating to mobility for studies (or the principles agreed in the Inter-Institutional Agreement). The Receiving Institution confirms that the courses listed in the table below are in line with its course catalogue and should be available to the student. The Sending Institution commits to recognise all the credits or equivalent units gained at the Receiving Institution for the successfully completed courses and to count them towards the student's degree. Any exceptions to this rule are documented in an annex of this Learning Agreement and agreed by all parties. The student and the Receiving Institution will communicate to the Sending Institution any problems or changes regarding the study programme, responsible persons and/or study period.

General information			
Student	Last name(s)	First name(s)	E-mail
Sending Institution	Name of institution	Faculty/Department or Study Programme	Country
Receiving Institution	Name of institution	Faculty/Department or Study Programme	Country
	University of Zurich		Switzerland
Planned period of the mobility	from		to

Courses to be attended

This table states the courses to be attended at the Receiving Institution and the number of ECTS credits (or equivalent) to be awarded upon successful completion.

Courses to be attended at the Receiving Institution			
No	Course unit code (if any)	Title (as indicated in the catalogue of the Receiving Institution)	(ECTS) credits
Total:			



Swiss-European Mobility Programme – Student Mobility for Studies Learning Agreement

Exceptional changes
Exceptional changes to the courses listed in the above table have to be approved by the student, the responsible person (departmental coordinator) in the Sending Institution and the responsible person in the Receiving Institution. Any changes should be clearly documented and should be done as early as possible after the beginning of the semester. To do so, please change your course list accordingly in Mobility Online under "Learning Agreement Changes". Print the updated Learning Agreement and have it signed by all parties.

Commitment
All parties must sign the Learning Agreement before the start of the mobility. It is not compulsory to circulate a paper document to collect original signatures. Scanned copies of signatures or digital signatures may be accepted, depending on the national legislation or institutional regulations.

	Name and signature	Date
Student		
Responsible person (Departmental Coordinator) at the Sending Institution		
Responsible person at the Receiving Institution		

Important note: If the learning agreement contains courses from different subjects (e.g. major and minor subject), the learning agreement has to be approved by all respective departmental coordinators. In this case, please use the following section for the additional signature. If you are only taking courses in one subject, this section can be left empty.

We confirm that the proposed programme of study/learning agreement is approved.
The following approval includes the course no(s) (according to the list above)

	Name and signature	Date
Responsible person (Departmental Coordinator) at the Sending Institution		
Responsible person at the Receiving Institution		

- Only for **SEMP** students: please transfer the data digitally using for example OLA (or any other system used by your home university) and follow the instructions given by your home university.
- If your home university does not support Digital Learning Agreements yet, please upload a scan of your signed LA to Mobility Online.
- Link to Mobility Online: <https://mobility.int.uzh.ch/mobility/>

**Deadline for
DLA & LA is
September 30**

Your UZH E-Mail-Account

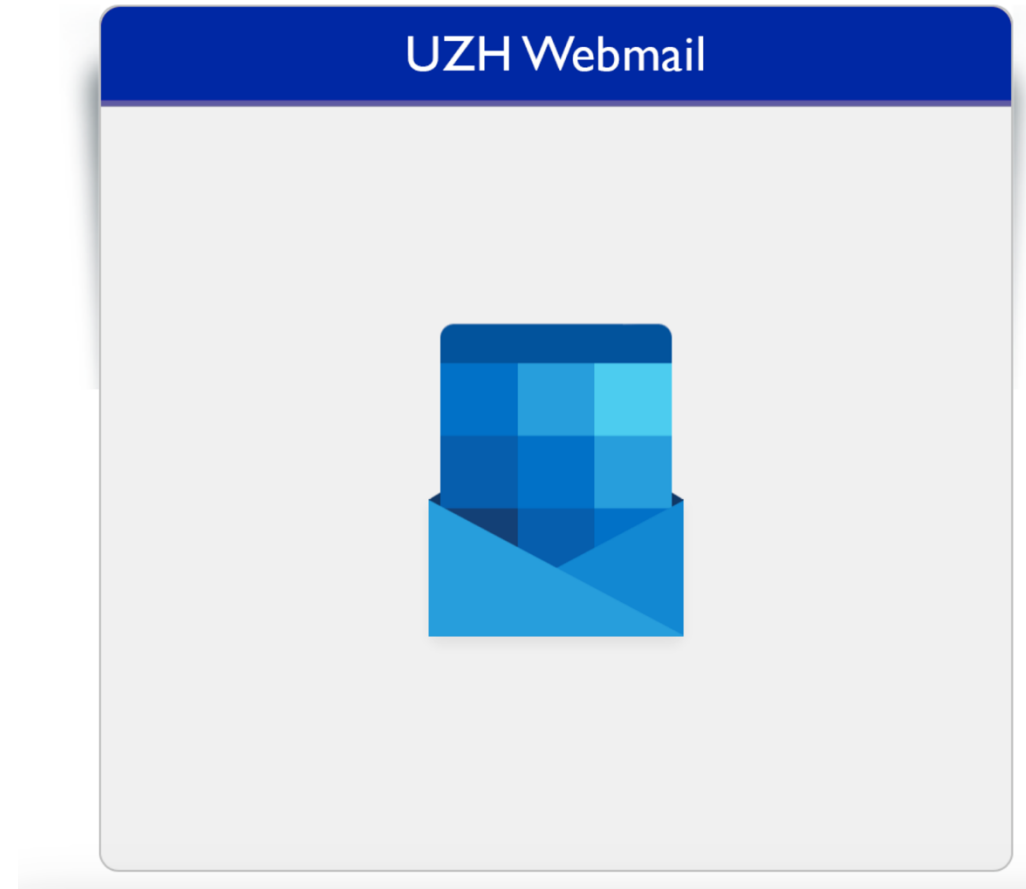
- Please check your UZH e-mail account regularly.
- With your UZH E-Mail Account you will have access to Microsoft 365 (Outlook):
<https://www.zi.uzh.ch/en/support/Outlook-und-Kollaboration-Office-365/microsoft-outlook/setup.html>
- First steps:
<https://www.zi.uzh.ch/en/support/Outlook-und-Kollaboration-Office-365/microsoft-outlook/first-steps.html>



UZH Webmail

To send/receive all emails

Login with your UZH shortname



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>



Choose Faculty

Fall Semester 2024



Faculty of Theology and the Study of Religion



Faculty of Law



Faculty of Business, Economics and Informatics



Faculty of Medicine



Vetsuisse Faculty



Faculty of Arts and Social Sciences



Faculty of Science



School for Transdisciplinary Studies



Further Offers



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!](#)



UZH Student Portal and OLAT



- Check your course schedule, your exam results and transcript of records in the UZH Student Portal.

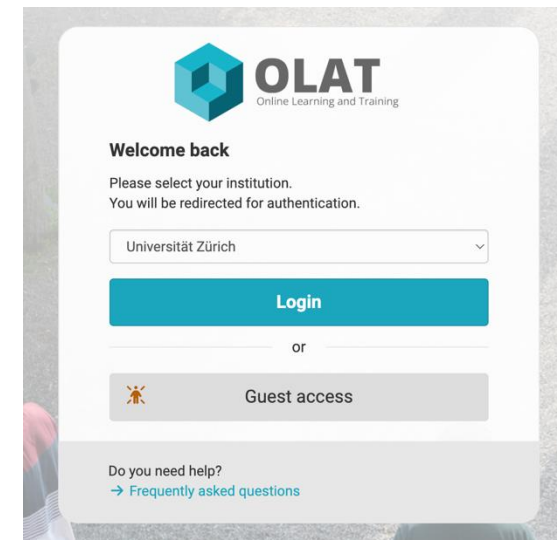
- Find the login link here
www.students.uzh.ch/en.html

- 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



What do you think will be the greatest challenges during your exchange?



What are you most looking forward to during your exchange?

AhaSlides

What are you most looking forward to during your exchange?



👍 31 ❤️ 54 😂 77 🤯 240 😟 72 🖐️ 144

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>



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!](#)



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>)



Getting Support: UZH Advisory Services



Zurich Tourism Image film: <https://www.youtube.com/watch?v=lQ-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!](#)



Health Insurance



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

After registering at the *Personenmeldeamt* you will receive a letter stating the same from the 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.

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 Wednesday, October 09 at 4.30pm (invitation will follow)

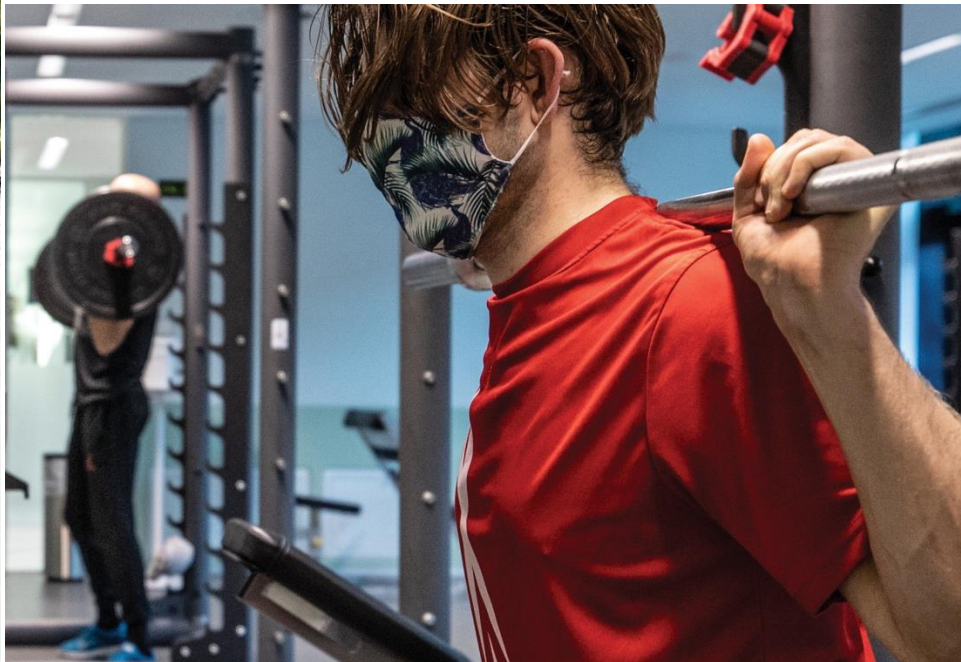
ACADEMIC SPORTS ASSOCIATION ZÜRICH

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 and Winterthur)

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
- **advice**: How to train? Which sport suits me? How to get motivated?



Participation

The image shows a smartphone screen displaying the ASVZ app interface. The background is a blue and orange textured pattern. A white speech bubble in the top left contains the text: "Welcome to the ASVZ! Register online via ASVZ app or asvz.ch and start moving." Below this, a red circular button with a white hand icon says "NEED HELP?". At the bottom left, the text "asvz.ch/welcome" and "asvz.ch/willkommen" is visible. The app interface includes the ASVZ logo, a search bar with the text "Sportarten, Sportanlagen, Events, ...", and two event listings. The first listing is for "Individuelles Training, Alle FITNESS" at 16:10 - 17:40, with a "DEMNÄCHST" button. The second listing is for "Training, Alle JUDO" at 18:30 - 20:00, with a "JETZT EINSCHREIBEN" button. A green star icon is positioned between the two listings. At the bottom, a date "Dienstag, 15. September" is shown, followed by "16:10 FITNESS" and "18:30 JUDO", with an "EINGESCHRIEBEN" button. The bottom of the screen features the ASVZ logo, the "sanitas" logo, the Nike logo, and the "Zürcher Kantonalbank" logo.

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

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

NEED HELP?

asvz.ch/welcome
asvz.ch/willkommen

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

ASVZ
sanitas Nike Zürcher Kantonalbank

Check out:

[ASVZ-Imagefilm](#)

[How to ASVZ](#)

Learning Languages at UZH & ETH: *Self-Access Center / Selbstlernzentrum*

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

Self-Access Center

- Specializes in autonomous language learning
- Library, learning activities
- Library:
 - Audiobooks, novels, magazines, newspapers, DVDs, self-study courses, games etc.
 - Use on site or borrow
 - Languages: German, English, French, Spanish, Italian, Portuguese, Swiss German, Japanese, Chinese (and more)

Self-Access Centers: Rämistrasse & Höggerberg

Rämistrasse

Campus Zentrum: Rämistrasse 71

Höggerberg

Campus ETH Höggerberg

Homepage (locations, calendars, contact info, etc.):



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.
- **We are here for you.**
- **UZH stands for zero tolerance.**



t.uzh.ch/rsb





Universität
Zürich ^{UZH}

ETH zürich

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. Our counselors are all clinical psychologists with qualifications in psychotherapy.
- One counseling session lasts 30–50 minutes.
- We offer counseling in German, English, French, Italian, Swedish and Polish.
- The counseling service is available to all matriculated students and PhD candidates at UZH and ETH Zurich.
- The sessions are confidential and free of charge.

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
- need for support with finding a suitable Psychotherapist or Psychiatrist within the Swiss healthcare system

Arrange a personal Appointment

Please arrange an appointment

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

We are also available during the semester breaks.

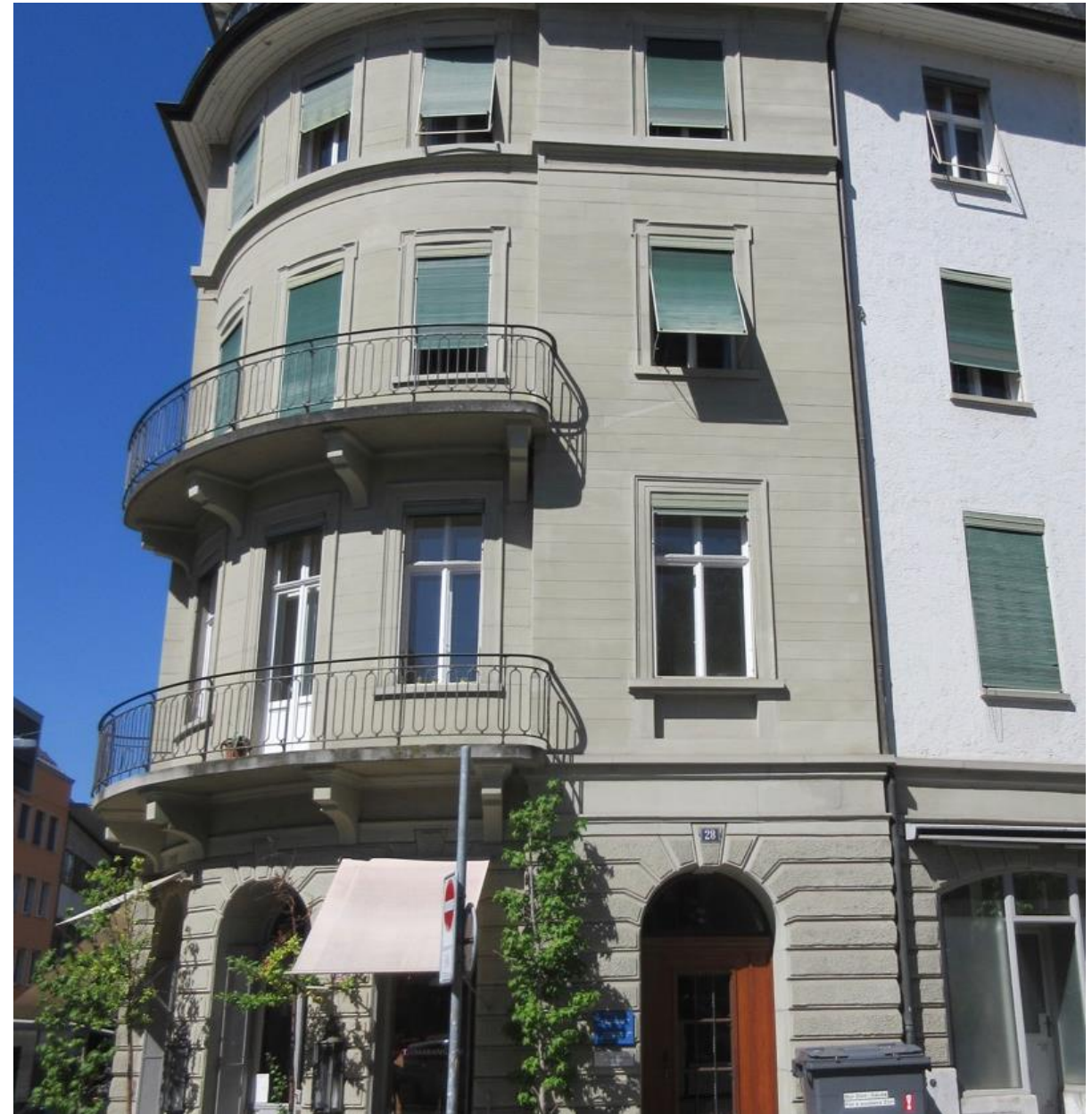
Consultations will be held either on site, by video-meeting or by phone.

Our main offices are at Plattenstrasse 28, 8032 Zürich

We also offer counseling at the UZH-Campus Oerlikon and the ETH-Campus Hönggerberg

For immediate help in acute crises you find a list of services that are available 24/7 on our website

www.pbs.uzh.ch



The UZH Student Association



Representation of all students at the University.

Two main pillars:

- **Represent** students' interests
- **Enhance student life** at UZH



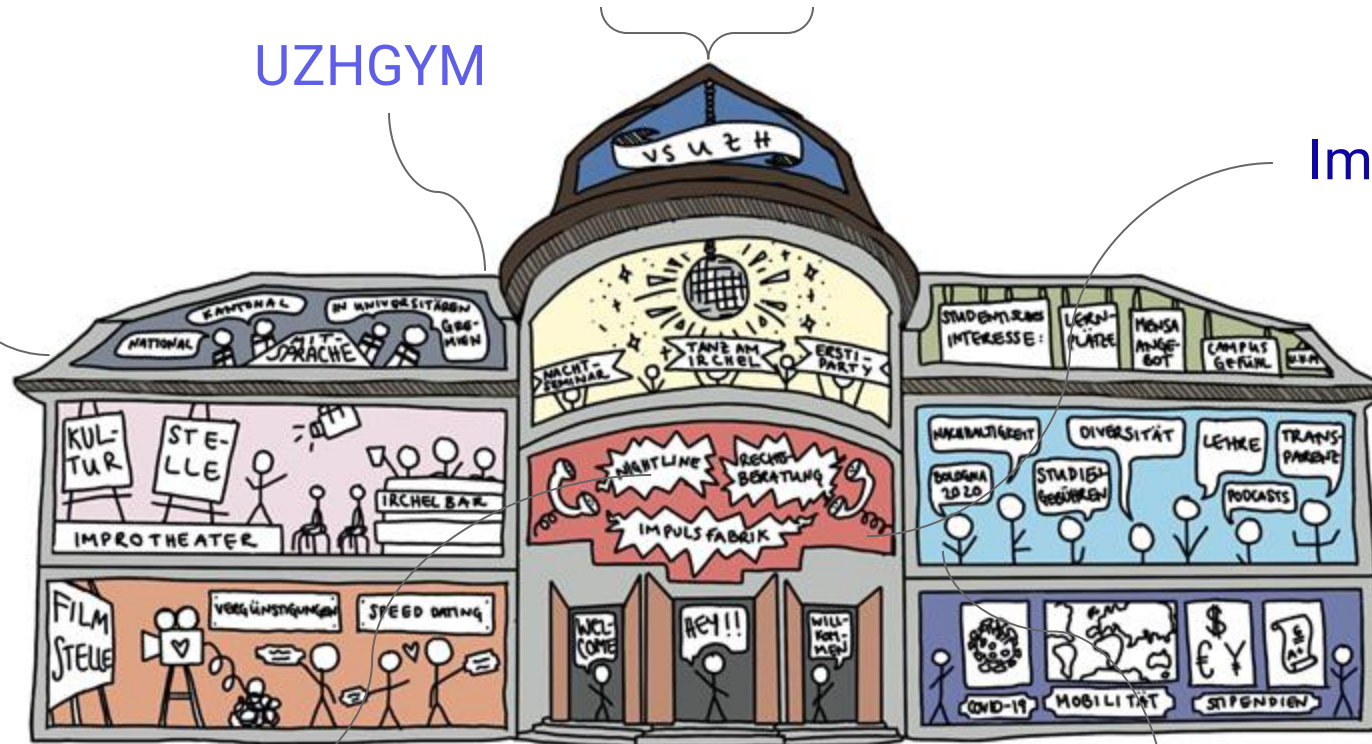
VSUZH Offers

Information & Help

UZHGYM

Impuls Factory

Impro Theatre



Study Space
"VSUZH Stübli"

Nightline

Legal Advice



University of Zurich



Planned **VSUZH** Events in September

Official Fresher's Party

Friday, 20.09.2024

Free Entrance for Freshers!



Activity Fair

Wednesday, 25.09.2024 in Lichthof **Main Building**

Thursday, 26.09.2024 in Lichthof **Irchel**

9:30 am - 4:30 pm

Get to know the student organizations at UZH!



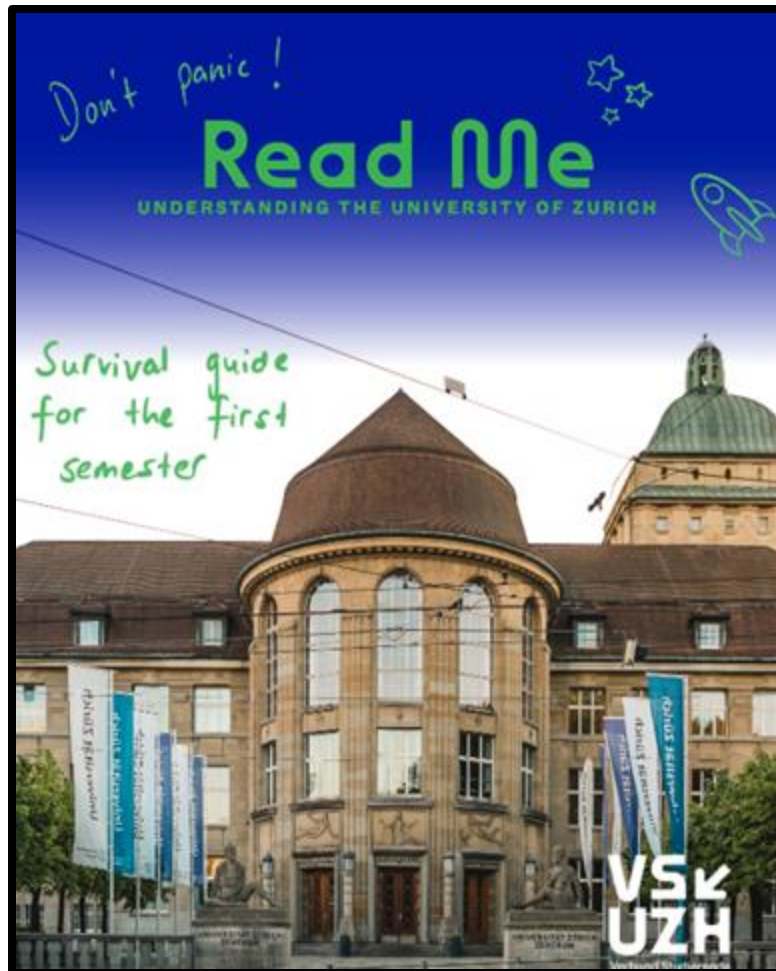
IMPULSFABRIK



University of Zurich |



VSUZH-Guide for Your Start at UZH



Get in touch!

@vsuzh

Mail to info@vsuzh.ch

or stop by at our **Office**
at Rämistrasse 62 (Tramstation: Kantonsschule)



University of Zurich



Have a **great start!**



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://esncard.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



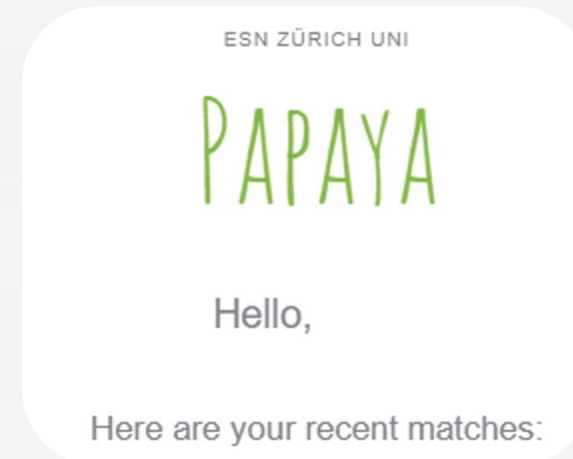
Get a local buddy

*„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



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



ESN Welcome Week: 08. – 22.09.

** Tentative schedule!

Sun. 08.09	Wed 11.09.	Thu 12.02.	Fri 13.09	Sat 14.09	Sun 15.09
Trip to Rigi with small hike to Rigi	Landesmuseum tour	Zweifel Chips factory tour	International Dinner	Zürich Tram Rally	Uetliberg hike Beethoven 9 th Symphony
Mon 16.09	Tue 17.09	Thu 19.08	Fri 20.09	Sat 21.09	Sun 22.09
Lake hangout / pub meetup	Landesmuseum tour	Zvieri ETH Lake hangout / Pub meetup	Buddies event	City rally with photo challenges Beachvolley ball	Uetliberg hike Aleschgletscher Hike

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



Save the Date

Friday 04.10
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

