Dear students,

As council members, we know how stressful student life can be. Between keeping up good grades, doing extracurricular activities, and maintaining a social life, it sometimes can be hard to find some time to slow down. This is not without consequence; studies show that we are a generation plagued by burnout and depression.

To start conversation and to draw attention to the help that is available, the University organises the UvA Health Week from 16-20 April. For instance, there are student psychologists that can help you with difficulties relating to your studies, family situation or other personal issues like anxiety and low self-esteem. They are based at the Roetersseiland campus.

The UvA also offers support with a wide range of free workshops. These are aimed at helping you with improving study skills, psychological guidance, and career advancement. If you are too busy to go to a workshop, maybe the e-Coaching programme can help. If you are interested, a more detailed description can be found under ‘Training and Workshops’ in the A-Z list of your programme (most are available in Dutch and English).

Finally, another easily accessible way to wind down and find some peace during a stressful day, is visiting the contemplation room at Science Park. It is located near the library, in B1.26.

As you can see, there are a lot of possibilities if you need help. Don’t be afraid to ask questions and talk about it!

Yours truly,
The Faculty Student Council

More information? Visit us in room B0.112, send an email to fnwi@studentenraad.nl or go to studentenraad.nl/fnwi

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New building at Science Park?

The UvA is conducting a feasibility study into realising a new building at Amsterdam Science Park. Due to the growth of the Faculty of Science in recent years, Science Park 904 has become too small to house the entire Faculty. While this shortage of space is currently addressed by several temporary measures, the new building would provide a more permanent solution.

The university is also taking this opportunity to realise a hotspot for education, research and collaboration in the fields of computer science in general, and artificial intelligence in particular.

If you want to know more about the plans, including whom the building would be for and how the representative advisory bodies are involved in the decision-making process, you can read the helpful Q&A in the A-Z of your programme website. The aim is to make a decision on the (financial) feasibility of the new building before the summer.

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Students’ rights and duties in plain Dutch

Want to know how long your lecturer can take to grade your exam, or whether a certain course is really compulsory? The Bachelor’s Teaching and Examination Regulations and the Rules and Guidelines of the Examinations Board detail the rights and duties of the Faculty of Science student. However, because these documents are based on the Higher Education Act, they contain a lot of legal terms and phrases. This might make it difficult to find the information you are looking for.

Therefore, Bachelor’s students at the Faculty of Science can now find their rights and duties in ‘plain Dutch’ in the A-Z of their programme website. The most important regulations are summarised, and there are references to the source material for those who want to go deeper into the subject matter.

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Events

Tuesday 10 April, ICA conference (Spectrum), Uilenburgersjoel
Tuesday 10 April, 12:00-13:00, BetaBreak with Nobel laureate Ben Feringa, Central Hall
16-20 April, UvA Health week
Monday 30 April, 17:00, Drinks with the Council (Praat-met-de-raadborrel), B0.112

For all events, check student.uva.nl

Comments or suggestions about the To Dah Loo? Please send an email: info-science@uva.nl