Tip Sheet: AI Brown Bag Session for International Students, November 2018

AI Inside (intranet): https://www.radboudnet.nl/ai-inside/

Social life and culture shock

- Dealing with culture shock: https://barendspsycho.com/culture-shock-stages/
- Radboud clubs and groups: https://www.ru.nl/currentstudents/besides-your-study/student-life/student-associations/
- Student Chaplaincy activities: https://www.ru.nl/studentchaplaincy/activities/meeting-conviviality/cozy-connections/

Tips from third-year AI international students

1. Get involved in your courses because that increases motivation and drives ambition.
2. Get to know your classmates and choose your group members carefully.
3. Get organized and plan everything. It’s the only way to keep you stress levels low.
4. Start searching for a room for the second year early (Student Advisor recommends no later than after your exams in January.)
5. Get involved in non-academic activities (also outside AI) because that’s how you meet people, form bonds, and get more out of the programme than just grades.

Medical care

1. "Medical treatment: going to the doctor or dentist": https://www.ru.nl/currentstudents/vm/general/medical-information/medical_treatment/
2. Health insurance: https://www.ru.nl/currentstudents/vm/general/medical-information/dutch_health_care/

Accommodation

- SSH& rules (cancellation, etc.): https://www.sshn.nl/en/i-am-leaving/cancelling-the-rental-agreement/
- Housing (general, including rules): https://www.ru.nl/english/education/bachelors-programmes/international-bachelors-students/housing/
- Housing websites (see PDF “Searching for accommodation”): https://www.ru.nl/english/education/bachelors-programmes/international-bachelors-students/housing/accommodation-service-international-office/
- Preparing for a viewing: https://kamernet.nl/tips/international-students/housing/want-a-student-room-in-the-netherlands-prepare-for-a-viewing

Radboud administration

- Confirmation of enrolment letters: https://www.radboudnet.nl/ai-inside/faq/faq-miscellaneous-academic-administrative/
- Room reservation: https://www.radboudnet.nl/ai-inside/faq/faq-miscellaneous-academic-administrative/

DUO (Dutch student loan)

- Student finance: https://duo.nl/particulier/student-finance/index.jsp
- Get prepared > Student finance: https://www.studyinholland.nl/prepare/get-prepared (first, complete the questionnaire on the right)

On-campus jobs

- AI department & programme: https://www.radboudnet.nl/ai-inside/next-your-studies/student-assistant-jobs/
- Campus Detachering: https://www.ru.nl/studentenbanen/

Tips from the Student Advisor

1. Keep positive! You are just a few months in and there will be ups and downs, but you can survive & thrive.
2. Please ask for help! There are lots of people in campus who are willing to help you.
3. Support each other.
4. Be responsible & take initiative.
5. Find balance: school-life balance. "All work and no play makes <insert name> a dull <boy/girl>.”
6. Please check the intranet, AI Inside, regularly.