



How-to Freshmen

Hey there! Hopefully your year is off to a great start. To further help you in your freshmen adventures, this "How-to Freshmen" flyer is created. It has all the information you need to make your first year at the University of Twente as amazing as it can be!

Study advisers

The University of Twente has a couple of study advisers that assist you in your study endeavours. They can answer all study related questions, so don't be afraid to contact them!

➤ TCS: studyadviser-tcs@utwente.nl

➤ BIT: b.e.rosink@utwente.nl

➤ Study advisor page of the University: ictsv.nl/study_advisors

Osiris

Osiris is the place where you register or de-register for a module/minor/elective. You can also find your study progress here, and all upcoming tests/resits for the courses you are enrolled in. Check out the website!

Find it at osiris.utwente.nl/student

Food & Drinks

There are a couple of locations on campus where you can find food and drinks.

Lunch and dinner:

Waaier restaurant (Mensa):

utwente.nl/mensa

Sports canteen: sportkantine-ut.nl (dutch)

Theatercafé Vrijhof:

ictsv.nl/vrijhof_restaurant

Drinks:

Vestingbar (Bastille): www.vestingbar.nl

Sports bar: sportkantine-ut.nl (dutch)

Starbucks (Educafé)

Canteens:

Horst canteen

Ravelijn canteen

Brownies&downies (Spiegel)

Lemons & Beans (Technohal)

For more information, look at ictsv.nl/canteens.



Inter-Actief



Buying books via Inter-Actief

Curious about which books you need during your Bachelor? You can find it on ictsv.nl/book_sales, or on Canvas. These books can be ordered via the Inter-Actief website as well: ictsv.nl/buy_books

Printing Facilities

Xerox is the professional printing service of the UT. You can send an email to xeroxcarre@utwente.nl with your poster/flyer and specify the size, paper kind, and colour you want. Then they will print it for you for a small fee.

If your print is not that professional, you can use the campus printers. Send your document to mobile-print@utwente.nl or follow the instructions on ictsv.nl/printers_ut

We also have our own printer! Either log in to one of the workspaces and connect to the printer from there, or use a USB-stick.

Canvas

Canvas is the place where you can find everything you need related to your study, including a module overview, (Pre)-recorded lectures, practice exams, necessary files and assignment submission pages. Check out canvas.utwente.nl

Mental Wellbeing

Mental wellbeing is very important, both for your study and your personal life. Whenever you feel like you aren't doing too well, these resources are here to help:

[The mental health page of Inter-Actief](https://ictsv.nl/mental_health)
ictsv.nl/mental_health

Student counseling:

sacc@utwente.nl

Location: Vrijhof (building 47), floor 3, room 311 (red desk)

utwente.nl/en/ces/sacc

Student psychologist:

psy.planner.utwente.nl

Complaints

Are you annoyed with your teacher, do you think that the lectures were way too difficult, or do you disagree with decisions made by the University? File a complaint!

[Via Inter-Actief \(education related only, after speaking with teacher\):](https://ictsv.nl/new_complaint)
ictsv.nl/new_complaint

[Complaints for the University of Twente:](https://ictsv.nl/complaints_ut)
ictsv.nl/complaints_ut



 035 489 3756

 inter-actief.utwente.nl

 contact@inter-actief.net

 Zilverling E208 (Starbucks / Educafé)