



# Welcome! Do you need any help? We would be happy to point you in the right direction.

## Learning to study\*

Simple practical questions

[Study info on studentportal.rug.nl](#)

Registration for courses/examinations\*\*

[Education desk at your faculty](#)

Study-related questions/issues

[Study Advisor](#)

Binding Study Advice (BSA)

[Study Advisor](#)

Help studying

[Student Service Centre](#)

[Study Advisor](#)

## Study content\*

Course content/study programme

[Ocasys](#)

[Studentportal.rug.nl](#)

[Teacher](#)

[Course coordinator](#)

Electives/minor

[Ocasys](#)

[University minors](#)

[Study advisor](#)

[Studentportal.rug.nl](#)

[Study guide](#)

Timetable/study plan

[Schedule](#)

[Study advisor](#)

[Studentportal.rug.nl](#)

[Study guide](#)

Choosing or changing study direction /  
choosing a master

[Study advisor](#)

[Student Service Centre](#)

Abroad/exchange/scholarships

[International/ mobility office of your faculty](#)

[Mobility and Scholarship Desk \(MSD\)](#)

Internship

[Faculty career services](#)

[Internship coordinators](#)

\* Are you a first-year student? Then your mentor/tutor will also be there to help you find your way

\*\* Questions about your registration at the UG? Go to the [Student Information and Administration](#).



## Personal

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### Delay due to personal circumstances

Study advisor

Student counsellor SSC

### Studying with a functional impairment or extraordinary circumstances

Study advisor

Student counsellor SSC

### Mental/emotional support needed

Study advisor

Trainings/workshops

Psychologist SSC\*\*\*

E-health Mirro modules

### Help with stress, personal circumstances, self-discipline

Trainings/workshop SSC

Psychologist SSC\*\*\*

E-health Mirro modules

### Career orientation

Study advisor

Career services

### Complaint, objection and appeal

Study advisor

Student counsellor SSC

## International and exchange students

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### Questions about visa and immigration

Immigration Service Desk (ISD)

### Questions/issues related to the Modern Migration (MoMi) legislation

Immigration Service Desk (ISD)

Student counsellor SSC

Click [here](#) for the full range of services offered by the Student Service Centre.

Are you experiencing harassment or unequal treatment? Please contact the RUG [confidential advisor](#).

Do you believe that the situation is structurally unsafe or unhealthy, or that it involves an error in the system? Please contact the RUG [ombudsperson](#).

### Please note\*\*\*:

that our [psychologists](#) are only available during office hours. Moreover, they are not equipped to deal with emergency / crisis situations or severe psychological problems.

- If you find yourself in an emergency / crisis situation or you require medical assistance during office hours: Please contact your [general practitioner](#) (GP).
- If you find yourself in an emergency / crisis situation or you require medical assistance after office hours: Please contact the out-of-hours GP service in [Groningen](#) or [Leeuwarden](#). For immediate assistance, call the national emergency number 112.
- If you are afraid that you may hurt yourself, please call 113 or 0800 0113 (free of charge) or visit [113.nl/english](#) for help with suicide prevention. You can also contact 113 suicide prevention if someone you know is or may be suicidal. For technical reasons, the crisis telephone number (113 or 0800 - 0113) is unfortunately only accessible for people calling from within the Netherlands. If you are not currently in the Netherlands, but you need help, you can reach someone at 113 on chat at 113.nl.